

EngAGE

#LoveLaterLife

**Staying well
in summer**

Keeping safe
in hot weather

Eat the rainbow

The importance a
colourful diet

**Protect
yourself
online**

Top tips from
Thames Valley Police

COMPETITION
Plant a sunflower
and spread some
sunshine!
page 21

Hello!

Update

If you registered a Power of Attorney between 1st April 2013 and 31st March 2017 you may have been asked by the Office of the Public Guardian (OPG) to pay too much as an administration fee and be due a partial refund. **You must claim your refund by 1st February 2021.** The miscalculation of fees happened because the OPG became more efficient at processing the registrations but didn't reduce the fee at the time – fees were only lowered from 1st April 2017.

To check if you are due a refund visit www.gov.uk/power-of-attorney-refund or ring the Office of the Public Guardian on 0300 456 0300 (choose option 6).

Get in touch

Contact the Editor

sophiedyer@ageukoxfordshire.org.uk

Main office address

Age UK Oxfordshire, 9 Napier Court,
Barton Lane, Abingdon, OX14 3YT

Main office phone number

0345 450 1276

Visit our website

www.ageuk.org.uk/oxfordshire

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We are Age UK Oxfordshire – a local independent charity with a national name. We raise funds locally to help deliver services for older people in Oxfordshire. We are one over 130 local Age UKs and are brand partners of Age UK.



Contents

- 3 Update from Penny Thewlis
- 4 Staying Well This Summer
- 5 How to Grow Your Own
- 6 All in a Day's Homeshare
- 7 Protect Yourself Online
- 9 Fundraising News
- 10-11 Staying Active at Home
- 12-13 Eat the Rainbow
- 14 Creativity at Home
- 15 The Five Senses
- 16-17 Helping Someone Who's Grieving
- 19 Puzzle Page
- 20 60 Seconds with...

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Salani Kahle: Stay Well!

By Penny Thewlis, Chief Executive

What strange and difficult times we find ourselves in, coping with so many restrictions on our lives that accompany social distancing and all the anxieties and isolation that go with it. Yet it has seemed to me that the birds have never sung more loudly and the blossom has never been fuller – but perhaps that's just because our world has become a lot quieter.

We have thought hard – and continue to think – about how best to adapt our services to meet ongoing needs that haven't changed but also some of the new needs that have arisen as a result of the lockdown. I thought it would be helpful to give you a brief summary of how Age UK Oxfordshire has been maintaining services whilst adapting to very different ways of working. We are now working from home with the help of technology. We are becoming proficient at video meetings, which are almost as good as the real thing, but I am really missing the opportunities you don't usually even think about in the office to test out ideas a bit more informally while making a cup of coffee.

On 23rd March, we established a **new telephone support service (01865 411288)**, which will continue during the current situation. We have so far taken over 800 calls to this new service, many of which resulted in help with practical issues such as shopping and prescription collection. Over 350 people calling the new service have requested a regular, weekly check in call. Happily, a great team of new volunteers, including 30 from **Bicester Village**, have stepped up to the plate and are helping to deliver some of these calls.

In normal times, much of our work is done through home visits. For the time being, we are replacing these wherever possible with extended telephone calls. **Carers Oxfordshire**, the **Community Information Network**, **Dementia Oxfordshire**, **Generation Games**, **Homeshare**, **Oxfordshire Specialist Advice Service** and **Social Prescribing Link Workers** continue to take referrals as usual and, in addition, teams have introduced regular, pro-active 'check in' calls to existing clients to ask

how they are and to offer practical support. Some people have said that they would welcome a regular weekly check in call from us in the current situation and we are now calling between 4,000 and 5,000 people a week.

The Discharge Support Team continues to help people to settle safely back home after a hospital admission but we have taken the difficult decision to suspend routine **Footcare** and **Home Support Options** home visits when we felt that the risks had begun to outweigh the benefits. We're looking forward to recommencing these services just as soon as it is safe to do so.

Of course, a lot of what we do involves bringing people together, for exercise, for activities or just for a chat – impossible in the current situation, so we have been working on different ways of achieving similar effects. The friendly, regular telephone calls have an important role to play here, and we have also been thinking about what we can achieve with a little help from technology. The **Generation Games** team have produced six new home exercise videos, which can be accessed online (see p11). We are now working on DVDS to post out to people who are not online, as well as a creativity pack with lots of ideas to get the creative juices flowing. And we hope that you will enjoy this edition of **EngAGE**, with lots of ideas about how to stay well during lockdown.

Now, for those of you who have wondered about the title of this piece, I am sharing a little Zulu with you: *salani kahle* means 'Stay well'. It is the response to *hamba kahle*, which means literally 'Go well' or 'Goodbye'. Some of you may recognise the source of this as 'Cry the Beloved Country', a novel about apartheid written by Alan Paton in 1948. 'Go well', 'stay well' is a gentle, hopeful refrain throughout the novel and it seems particularly appropriate at the moment.

So I wish you *hamba kahle, salani kahle. Stay well!*

Staying Well This SUMMER

As a nation, we are renowned for talking about the weather and we always hope for some sunshine in the summer. But sometimes it can get just a bit too hot! So how can we ensure we look after ourselves in very hot conditions?

GOING OUT



- Plan your trips out to **avoid the hottest part of the day** (11am–3pm)
- **Take a bottle of water** with you and take regular sips to stay hydrated, you can also splash a little on the back of your neck to help cool you down
- If possible, walk on the side of the street that is in the **shade**
- If you are going out in the car, put a **light coloured sheet over windows** facing the sun (trap it in the doors) while it's parked to keep it shaded

STAYING IN



- **Keep curtains and windows shut** on the side of the house facing the sun and open the ones on any sides in the shade. Check throughout the day, as the sun moves position
- Save jobs around the house for **cooler times of the day** such as first thing in the morning or early evening

- **Check up on friends and neighbours** who may be less able to look after themselves



EATING & DRINKING

- **Drink plenty of water** or other non-alcoholic drinks to stay hydrated
- **Eat foods high in water content** such as grapes, melon, tomatoes and cucumber to help with your hydration levels too
- If the heat means you don't feel hungry, try to have **small snacks** more often rather than a large meal (but do ensure you eat enough to keep your energy levels and nutrition well balanced)



EXERCISE

- Consider whether to maintain your usual fitness routine but at a **cooler time of the day** or whether you might need to scale it down for a while (if you are concerned about your health, you should speak to your GP)
- **Stretches and Tai-Chi** can help to maintain your muscle health without over-exerting or exhausting you

HOW TO

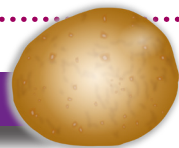
GROW YOUR OWN

Cotteslowe Horticultural Therapy Nurseries tell us their gardening tips for how to grow your own food at home. Leave your troubles to one side, get your therapeutic gardening tools out and stick your hands in some soil.



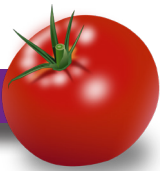
Peppers

- Cut open a pepper, saving seeds from the centre
- Dry the seeds for a couple of days
- Plant seeds individually into 9cm pots
- Place pots onto a kitchen windowsill or somewhere warm
- When plant has grown to around 10–15cm tall and there is no longer any risk of frost, plant into large pots or into the garden in a sunny spot as they need water and sun to really thrive
- Feed with liquid plant food once a week
- Water daily or as needed



Potatoes

- Leave a few potatoes in a sunny position until shoots start to appear
- Plant potatoes in soil at double the depth of the potato itself, with the new shoots always pointing upwards
- Water as needed
- When you start to see leaves come through the soil begin to take notice
- Make sure that only one stem of leaves is visible at all times by covering the rest with soil.
- Harvest potatoes when the plant flowers and the leaves turn yellow and droop
- Dig up one plants at a time as they will spore better when left in the soil
- The potatoes can all be dug up before the first frost of the year, usually around October.



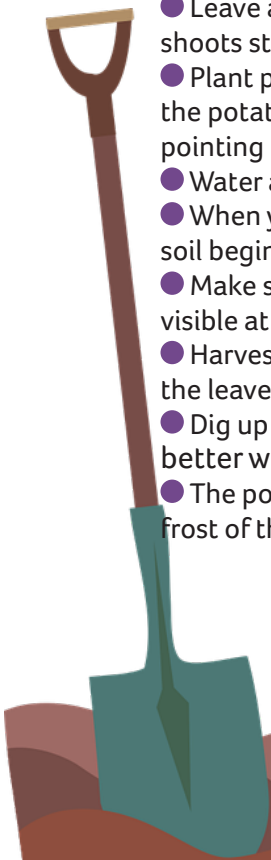
Tomatoes

- Cut a thin slice of tomato with seeds in it
- Place it on top of a pot full of soil and cover with a gentle sprinkle of soil
- Water and place on a warm, sunny window sill
- When seedlings start to appear, thin these out by only keeping the healthiest looking seedlings
- When the seedlings have around 6 leaves, pot them up into their own pots
- When the young plants have grown to around 30–40cm tall and there is no longer any risk of frost, plant each 'teenage' tomato plant into a larger container, or into the ground in a full sun position
- Rowdy teenage tomatoes require: heat, water, tomato feed (twice a week) and a bamboo cane. The bamboo cane, like any good care provider, helps to guide it upwards, rather than let it stray too far from home.



Garlic

- Find a nice firm head of garlic and break it apart into singular cloves
- Plant cloves of garlic in soil at double the depth of the garlic clove itself, with the pointed side facing upwards and the flat side pointing downwards
- Water as needed
- Harvest garlic when leaves have turned yellow and drooped



All in a Day's Homeshare

The **Homeshare Oxford** team continue to keep in close touch with Householders and Sharers during these uncertain times.

GARDENING

Jen talks about her Homeshare experience and how she's getting on: *"I feel very lucky to have had Mary's company during lockdown. We get on brilliantly and I put this down to the careful matching process that is carried out by Homeshare Oxford. I remember feeling as though I had a friend as soon as I arrived in the city, which I've never had before when moving somewhere new."*

Jen is enjoying being able to assist Mary with various tasks and Mary is pleased that Jen is around to help out more than usual. They are both appreciating spending more time together. *"We have been very lucky with the weather recently and I am equally lucky that Jen likes to do some gardening - something my poor balance and arthritis doesn't let me do very often,"* Mary tells us. *"Jen says she likes weeding so I have decided to believe her! The garden hasn't had so much attention for years."*

Mary and Jen, concerned about the Householders who are currently without Sharers, have also offered to reach out with letters and cards that may help people feeling isolated.

HELPING OTHERS

A key element to Mark's Homeshare with Sally is the early morning dog walk which, by all accounts, is as enjoyable to Mark as it is helpful to Sally. Mark's offer to extend his weekly shop to other local Homeshare matches has been well received and he now has a regular Thursday delivery round!

Alan, one of our Householders currently without a Sharer, is particularly appreciative of the



shopping offer. Always top of Alan's list is a copy of the Oxford Times, which he has delivered each week to his neighbours, a couple in their nineties, for the past 10 years! The bonus, reported by both Mark and Alan (who have met at various Homeshare events over the past year) is that they get to be in regular touch with each other'.

FRIENDSHIP

Patience and Virginia are also doing well and have recently extended their communication with the Homeshare Oxford team, in the form of a newsy email, to all other Homeshare matches.

"Thanks to Homeshare, we are in a privileged position during the pandemic," says Virginia, Sharer. *"I feel very fortunate to be to living with Patience in her lovely home and not to be on my own at the moment. We have each other and it is a pleasure to be keeping in touch with others."* Patience calls it 'the perfect match'.

Marian, Homeshare Oxford manager reflects, *"I'm often struck by the thoughtfulness and kindness of our Householders and Sharers. Even when their own circumstances are not always easy, the lengths that some go to in their thinking and helping of others are above and beyond. There's something very special about the people that choose to participate in Homeshare, older and younger alike."*

PROTECT YOURSELF ONLINE



As the world moves more towards being online, it's important that we don't forget to protect ourselves from cyber crime...

During lockdown many of us have been doing more and more online - keeping in touch with family and friends, shopping, visiting art galleries or even taking our daily exercise.

Thames Valley Police issue a timely warning about 'cyber crime' and remind us about some of the simple actions that you can take to protect yourself online:

- **Use a strong, separate password for your email.** By creating a separate password for your email account, you're securing yourself should your password be stolen from an account elsewhere. Choose three random words and substitute letters for numbers to make the password harder for someone else to guess.

- **Watch out for fake emails and texts asking for your information.** These are called phishing messages, and they can sometimes look like they're from genuine sources. Look out for tell-tale signs such as poor spelling and grammar, incorrect email addresses and requests for information or payment out of the blue. Never give out your personal information unless you are sure it's from a trusted source.

- **Install the latest software and app updates.** You wouldn't put an old set of tyres on your car. Why would you trust old software to protect your personal data? Software and apps are regularly updated to secure against the newest viruses and online threats. Check the settings on your phone and computer to make sure you have the latest updates installed. Call your manufacturer or go on their website if you're not sure how to do this.

- **Secure your social media.** Social media is a great way for us to keep in touch with loved ones and share our lives with the but would you want a stranger to see this? Check the settings of your social media accounts to make sure you have adequate privacy filters enabled.

More details on how to protect yourself from cyber crime can be found on the **Thames Valley Police** website (www.thamesvalley.police.uk). If you think you have been a victim of an online scam, you should report this to **Action Fraud** by calling **0300 123 2040**.

You wouldn't put an old set of tyres on your car. Why would you trust old software to protect your personal data?





Leaving a legacy of kindness

A gift in your will could help give older people in Oxfordshire someone to turn to. You can make sure we are always there for those who need us **for years to come.**

To find out more please call **0345 450 1276** or email **admin@ageukoxfordshire.org.uk**. Alternatively visit our website **www.ageuk.org.uk/oxfordshire** and search 'Leave a legacy'.

Registered charity number 1091529

Fundraising News



A Scarecrow Smile

Thank you very much to Teresa Yates who has been raising money for Age UK Oxfordshire after making scarecrows!

She said: "During these unprecedented times I have more time on my hands & after a friend sent me some photos of scarecrows in her village I decided I would like to make firstly Mary followed the next day by Giles. The pair of them sit outside our house during the day & people walk by & take photos of them & you see people smile as they walk by & we have had lovely comments about them'. We love them! To donate please visit **www.justgiving.com/fundraising/TeresaYates**.

Age UK Oxfordshire, like so many charities across the UK, has been hugely impacted by the cancellation of fundraising events due to COVID-19. Thank you to Marian, our Homeshare Oxford manager, for raising over £400 for Age UK Oxfordshire by taking part in the 2.6 challenge alongside her family! Over a week long period, Marian ran 26.2 miles, Annie and Daniel did a daily 26 minute work-out, Tony drummed, madly, for 26 minutes each day and they ensured that 26 pots of sunflower or vegetable seedlings were safely delivered to older people in Oxford. Fantastic!



A big thank you

● Thank you to **Banbury Town Council** for donating £500 for our Phone Friends service.

● **Bicester Town Council** has donated £500 to support people in Bicester with specialist information and advice.

● **Neighbourly** have kindly donated £400 towards our regular phone calls and have donated over 1000 books for us to pass on.

● **The Esmee Fairbairn Foundation** have generously donated £29,018 for us to support older people's wellbeing in Oxfordshire by inspiring them to engage in creative activity whilst in isolation.

the 2.6 challenge
Save the UK's Charities



Staying Active at home

The home could be an ideal place for exercises to improve everyone's fitness, health and also improve immune function. Some quick and easy exercises can be done from the comfort of home requiring no equipment and just a bit of motivation.

There are many benefits of physical activity, both physical and mental.

- It helps us to maintain our ability to live independently, decreases the risk of falling.
- It reduces the risk of heart disease, high blood pressure, cancer, and diabetes.
- It also can help to reduce symptoms of anxiety and depression.

Here are 5 simple exercises you could try to do regularly at home. Let us know how you get on!



Holding on to the back of a chair or something stable, raise up onto the balls of your feet. Hold it for a few seconds and come down. Repeat 8 x



Holding on to the back of a chair or something stable, raise up onto the heels of your feet, trying to keep as upright as you can. Hold it for a few seconds and come down. Repeat 8 x



Place one hand on the opposite knee. Reach the other hand back to hold on to the back of the chair. Hold for a few seconds and change sides.

You could finish off by taking your shoulders forwards, up back and down in a rolling motion. Then change direction and roll shoulders backwards. Repeat 8 x.



Sitting in the front third of your chair, reach your arms behind you and stretch out across the front of your chest. Hold for a few seconds.



Holding on to the back of the chair, push your bottom backwards and squat down and hold for a few seconds. You will probably feel this in your thighs. Great for strengthening legs! Repeat 8 x

Physical activity can reduce the risk of falling

NEW

FREE Home Exercise DVD!

At Generation Games, we usually run close to 80 weekly classes across the county with over 1000 people attending sessions. Since the outbreak of Coronavirus we have had to find other ways to provide exercise opportunities that help everyone keep active whilst at home.

Just before lock down, we managed to record specialised online Home exercise films, led by three of our highly trained Postural Stability Instructors. These include a variety of Strength & Balance exercises, some floorwork and Tai Chi. The films are all available on our website: www.generationgames.org.uk.

We realise that not everyone has access to the internet, so we have also produced DVDs with all the exercises on. We are grateful to **Oxfordshire Community Foundation** who have helped to fund the DVDs.

If you would like a copy of this new (free) DVD, please call us on **01235 849 403** or send us your name and address to: 'Generation Games (New DVD), Freepost AGE UK OXFORDSHIRE'



EAT the RAINBOW

We know that fruits and vegetables are good for us, but do you know why it is so important to get every colour of the rainbow into your diet? Registered Nutritional Therapist *Jane Parkinson* explains all...

We are always being reminded to eat a healthy, balanced diet to help us maintain good health and feel our best. This means eating a wide variety of food, in the right proportions and being aware of portion sizes to achieve and maintain a healthy body weight.

The Government's Eatwell Guide highlights the need to eat at least 5 portions of a variety of fruit and veg every day. As well as good sources of fibre, essential vitamins and minerals, they contain thousands of other substances known as phytonutrients (phyto = plant).

Phytonutrients help keep the plant healthy, sort of acting like their immune system, shielding them from being eaten and damaged by the sun. Although not essential, like vitamins and minerals, it is thought we can also benefit from the phytonutrients in our fruit and veg, so yet another good reason to eat at least 5 portions a day.

Phytonutrients provide plants with their colour, so choosing a variety of coloured fruit and veg can provide a range of not only essential vitamins and minerals, but also their beneficial phytonutrients.

Hopefully you are already eating at least 5 portions a day but if not, now is a great time to start. And why not go that bit further and join us in the challenge of '**eating a RAINBOW**' on as many days as you can each week!

To help you along the way we've drawn up a **Rainbow Food Chart** as a checklist. There's so much to choose from, have a look at the recipe I made for lunch which quickly ticked off 5 colours on the chart; I just missed out on yellow for the full house!

If you feel you need to increase the plant content of your diet, do make sure you do it slowly so that your body can adjust, especially with high fibre and brassica vegetables such as broccoli, kale, Brussel sprouts and cauliflower. If you have any concerns, discuss the risks and benefits of altering your diet with your GP.

How to eat a rainbow... a simple ratatouille

Ingredients

½ aubergine, cut into ½-inch cubes
1 courgette, thick sliced into ¼-inch rounds
1 red and 1 orange pepper, deseeded, cut into ¾-inch pieces
1 red and 1 white onion, coarsely chopped
1 400g tin chopped tomatoes
2 garlic cloves, finely diced
1-inch length celery stalk, finely diced
3 tbsp olive oil
1 tbsp balsamic vinegar
1 tbsp mixed herbs (fresh or dried)
1 tsp paprika
Good pinch of salt & black pepper

Method

1. Heat 2 tablespoons of olive oil in a large pan over a medium heat, add the chopped aubergine and gently fry for 2 minutes; then add the peppers and courgettes and continue for another 5 minutes. Set aside in a bowl.
2. Add another tablespoon of olive oil and gently fry the onions, garlic and celery for about 7 - 10 minutes, stirring regularly.
3. Add the set aside vegetables and season with herbs, paprika and a good pinch salt and black pepper.
4. Add the tin of tomatoes and 1 tablespoon of balsamic (or any) vinegar and simmer stirring regularly for 15 - 20 minutes, until the veg are cooked to your liking.
5. Taste and adjust with any further seasoning.
6. Serve in a bowl with bread and a coleslaw.... and enjoy!



Rainbow recipe

Food chart

GREEN		BLUE/PURPLE		RED		ORANGE		YELLOW		WHITE/BEIGE	
broccoli	apple	beetroot	blueberries	tomato	apple	carrot	apricot	yellow	lemon	garlic	coconut
Brussels	avocado	aubergine	blackberries	radis	cherries	orange	melon	pepper	pineapple	onion	banana
kale	grapes	red	blackcurrants	pepper	rhubarb	pepper	nectarine	sweetcorn	melon	leek	pear
greens	kiwi	cabbage	plum	onion	red grapes	pumpkin	peach	ginger		fennel	
cabbage	lime		prunes	potato	raspberries	butternut	orange	squash		cauliflower	nuts
spinach			raisins	cabbage	strawberries	squash	tangerine	yellow		artichoke	seeds
asparagus			purple	beetroot	pomegranate	sweet	grapefruit	courgette		celeriace	
lettuce			grapes		cranberry	potato	mango			potato	
rocket						turmeric				parsnip	
beans/peas										turnip	
celery										mushroom	
cucumber											
courgette											



Creativity at home

Many of us have been disappointed by the cancellation of our regular creative and cultural activities, including the Age of Creativity Festival which has been postponed until October. Nevertheless the **Age of Creativity** offers you a plethora of extraordinary free creative online events to enjoy from the comfort of your own home. You can virtually tour the world's best museums, listen to podcasts, take a dance class, join a choir, listen to streamed concerts, watch quality theatre productions, join a virtual festival, learn crafting techniques or stretch your brain with a short university course. The choice is immense. There are also activities for people in a care home setting and for people with dementia. We will also be distributing free Activity Packs in May. To find activities online visit the website: festival.ageofcreativity.co.uk.



During the lockdown period, **Oxfordshire Age Friendly Creative Network (OAFCN)** has been sending out regular *Creativity at Home* emails, sharing lots of ideas for keeping busy and enjoying culture and creativity. To learn more about local age friendly creative projects and to share your own ideas then please email helenfountain@ageukoxfordshire.org.uk

The Five Senses

Helen Harman from Dementia Oxfordshire has been exploring how dementia can affect the senses.

The senses (sight, smell, touch, hearing and feel) can stimulate thinking, memory and concentration for people with dementia.

- **Hand massages** means personal interaction with the person with dementia, as well as using the senses of touch and smell.
- **Listen to music** and be creative, get up have a dance! Look on the Dementia Oxfordshire website (www.dementiaoxfordshire.org.uk) for some inspiration.
- **Getting outdoors**, even into the garden, consider nature as an activity. The birds are singing and the plants are flowering. Plant some seeds, herbs or vegetables. Smell the cut lawn or tomatoes in the green house. Create a wind chime from old bamboo sticks tied together. Have a bird feeder. Paint a pebble.



"I used to do aromatherapy hand massages with my Mum who had Alzheimer's and was deaf, but also lost her ability to speak much in the last few months of her life. Mix 10ml carrier massage oil (sweet almond oil is most popular as it is only slightly oily and glides over skin easily and is quickly absorbed) with 4 drops of essential oil (I used Lavender as my Mum loved the scent and it was soothing and calming)." – Tamsin

- Obtain a **twiddle muff** or blanket with ribbons, bead and buttons with different colours and textures to feel and comfort. Or a fiddle board with items to thread, screw or loop.

It is important to remember that everyone is unique - activities should not be patronising or cause frustration. Activities should provide opportunities for a positive experience, to trigger happy memories, relieve boredom and emotional anxieties.

If you or someone you know has a diagnosis of dementia and needs further support, please contact the **Dementia Oxfordshire Support Line** on 01865 410 210.

The senses can stimulate thinking, memory and concentration for people with dementia

- Put some **fresh flowers** in the house to smell and admire. Hang an indoor mobile.
- Make a **sensory box** with items to reminisce, touch and talk about. A favourite perfume, an item of jewellery, old coins and other tactile items: a feather, bubble wrap or fur.
- **Knead and roll out some dough** or pastry to make bread, jam tarts or shapes to paint. Other art activities include finger painting.

Poetic creativity

GRANDPARENTS

It's true our Grandchildren are the best
But Grandma and Grandad don't usually get to rest
Between our houses it's just over a mile
But in our bubbles we have to stay for a while

We need to wash our hands and stay away
And in our garden you can't even play
Everywhere is shut the church, library and the pub
Now the village shops are the main hub

So at the moment there is a flu like bug
But we really do miss having a hug
We usually enjoy birthdays, roasts and family days
But need to wait and try to "meet" in other ways

Technology has helped us all to stay in touch
But face to face time, is missed so very much
Facebook, House Party, FaceTime to name a few
But my granddaughter teaches me as it's all so new

When this is over we can celebrate and have some fun
Perhaps a family walk or barbecue in the sun
People worry about their jobs and loss of wealth
But we should be so very thankful for our health

by Helen Harman
Dementia Adviser and Grandparent



VIRTUAL HUGS



HELPING SOMEONE WHO'S

Grieving

You may find yourself in a conversation with a member of your family, a friend or a work colleague. Often these conversations can occur quite unexpectedly and can leave us feeling inadequate to know what to say, or do, or leave us wondering how we can help.

For people who have been bereaved all they may want to do is talk about the person who has died. One of the most helpful things you can do is to simply listen, and give them the time and space to grieve. Often you do not need to say anything.

Using the person's name who has passed away can really make a difference. It is normal for the person who is grieving to be finding it hard and to be emotional.

Offering specific practical help can also be very helpful and by contacting the **Late Spring** team here at Age UK Oxfordshire we can help you find local organisations that you could link them up to. Remember, when a person is grieving, even the most simple solutions to resolving a practical issue are forgotten.

LOOKING AFTER YOURSELF

When talking with a person who has been bereaved it can be tiring, draining and emotional. It is vital that you yourself have a way of switching off or letting go of any emotions or feelings that your conversation with them may have stirred. Know who and where you can turn to and talk to. Remember that the grief 'belongs' to the person that has been bereaved. You are simply in the privileged position that they trust you

*One of the most helpful things you can do is to **simply listen**...often you don't need to say anything...*

enough to talk to. You have the opportunity to offer a listening ear and a warm heart to someone who is grieving. Don't be tempted to absorb their pain and their sorrow.

Remember...

- It is okay to say that you **don't know** what to say.
- The gift of **presence** is one of the greatest you can give to a person who is grieving.
- Be prepared to talk about the person who has died: you can share memories with them of their loved one. **Do not be afraid to use the person's name.**
- Even if the person grieving does not respond today, they will **remember that you cared.**
- **Do not try to 'fix' everything.** People are not necessarily looking for solutions but rather just wanting to say out loud what they are feeling.



● **Be realistic** about the help you can offer. Whilst there is a lot you can probably do to help practically, you cannot bring the person back and rectify what is causing their grief.

● **Don't treat someone differently** than 'before'. Sometimes a bereaved person may just want to talk about '**normal things**' too.

But most importantly...

● **Be kind to yourself:** allow yourself the space after a difficult conversation to reflect. Where possible, build in a 20 minute pause for yourself.

Accept that talking with a person who has been bereaved can be hard. Death is a topic that many of us try hard to avoid thinking about because, if we are honest, it is a topic that we all worry about ourselves. Make sure that you talk to someone about your own feelings. **You are not alone.**

Late Spring Oxfordshire is our bereavement support network. To find your nearest group, please call 01235 849 434. You can also contact us to receive a copy of our new bereavement support guide or download it via www.ageuk.org.uk/oxfordshire



DOs

Be there for the person who is grieving – pick up the phone or (when not in lockdown) arrange to visit

Accept that everyone **grieves in their own way** – there is no 'normal' way

Encourage the person to **talk**

Listen to them

Create an environment in which the bereaved person **can be themselves** and show their feelings, rather than having to put on a front

Offer **practical** help

Be aware that grief can take **time**



DON'Ts

Avoid someone who has been bereaved

Use **clichés**: 'I understand how you feel'; 'You'll get over it'; 'Time heals'

Tell them it's time to move on, they should be over it – how long a **person needs to grieve is entirely individual**



Need *help* with your PC?

Fully qualified, locally based business is here to help with all your home and small business PC requirements, however trivial or complex.

Remote help option so no visit required

During these unusual times, a visit may not be possible or unwise. We already help lots of home users via our secure remote sessions.

A personal, professional service with a smile and at very reasonable rates.

(Qualifications and ID provided on request)

Landline: 01235 758013 or 01865 349057

Email: support@pc-help-4u.co.uk



Satisfaction or your money back

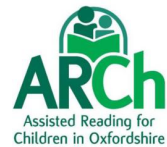
- Support for Macs & PCs
- Laptops, Desktops & Tablets
- New Supply & Installation
- Windows & OS X Upgrades
- Hardware Repairs
- Internet Security & Antivirus
- Backup Solutions
- Data Recovery
- Wireless Setups, Networking
- Software Rebuilds
- On-site & **Remote Help**

plus

- Monthly Cover
- Web Design & Hosting
- Server Support & Maintenance

Website: www.pc-help-4u.co.uk/oxford-it-support

ADVERTISEMENT



Could you help a child to read and change their life forever?



Volunteers needed

All it takes is one and a half hours twice a week during the school day as an ARCh volunteer, sharing books, games and conversation.

Banbury guest house owner Sandra Selby, ARCh Volunteer at Queensway Primary school since 2012, says "I always leave school with a smile on my face. ARCh is a very rewarding charity to work with and the ARCh back-up team supports volunteers so well."

Full training, ongoing support and travel expenses provided for volunteers.

www.archoxfordshire.org.uk

Tel 01869 320380

The charity obtains enhanced DBS checks on all volunteers before placement
Registered Charity Number 1146276



ADVERTISEMENT



Make the most of Summer
Help the Community Shine!



Supporting our cause means the sun won't be the only warmth we feel this year

- Help us to make a difference to our community – Support our good cause
- Tickets are just £1!
- We can do so much more with your support
- It's a WIN WIN for us both – you also get the chance to win up to £25,000 every week!

To start supporting visit:

www.socharitable.co.uk

and search for: **Age UK Oxon**
Supporters must be 16 years of age or older.



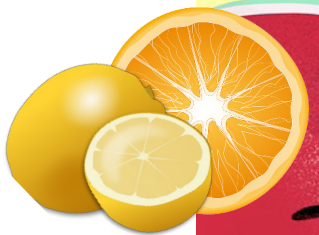
Puzzle Page

Solutions can be found on page 21

Wordsearch

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

RASPBERRY
LIME
BLACKBERRY
BLUEBERRY
WATERMELON
ORANGE
BANANA
PAPAYA
LEMON
KIWI
STRAWBERRY
GRAPE
APPLE



Sudoku

Fill in the blanks so that each row, each column and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

	4	7					6	5	
9				5	7				2
6			4	1	8	5			9
		9	2			6	3		
	9	2		8	6		4	7	
	0	6		4	5		9	3	
		3	6			9	1		
8			7	9	3	0			6
0				6	4				1
	1	4					8	6	

Anna McKay

Marketing Manager at Generation Games

60
SECONDS
with...

How long have you been in your role?

Just over 5 years.

What's the most rewarding thing about your job?

Receiving feedback from people who are enjoying exercising or who are new to exercise and feeling the benefits, and knowing that I've been a part of that.

What is one of the biggest challenges of your role?

Advertising our 80 classes in all parts of Oxfordshire is quite a challenge.

Where is the best place you've travelled to and why?

Puerto Escondido in Mexico, natural and quite empty beaches (apart from surfers who enjoy the huge waves as it is on the pacific coast)... and lots of fresh papaya juice!



Puerto Escondido

You're hosting a dinner party. Who are the 3 people, living or dead, that you would invite?

Difficult question! If not close friends, I'd invite Gina Milicia, a famous Australian photographer, she is talented and also very funny. Next, Rowan Atkinson, no explanation needed! And finally Sally Bromley, Chair of Parkinson's UK Oxford branch as she has a brilliant sense of humour.

If you could do another job for just one day, what would it be?

Pilot. I'd love to experience the thrill of being in control of take off and landing, although I'm secretly a little bit afraid of flying – but it does fascinate me.

Tell us something that might surprise us about you.

I love yogurt and I've been making my own for many years now. A couple of years ago I also discovered Kefir so I make that now too. Both are great for your gut health – and are delicious; I am quite interested in healthy eating.

How do you spend your free time?

I like cooking and inviting friends over, going for a run, going for a walk in beautiful Oxford and then having lunch somewhere.



If you won the lottery, what would you do?

If it was a large amount, probably faint. I would donate some to charity. Then I'd plan a trip to Japan and Australia.

How would your friends describe you?

Empathetic, loyal and practical.

What is something that is considered a luxury, but you don't think you could live without?

Easy! 70% dark chocolate.

What TV show or movie do you refuse to watch?

Anything to do with 'celebrities' on islands and horror.



Gina Milicia



Dementia Oxfordshire are delighted to announce their first
Sunflower Competition
Plant a Sunflower to Spread some Sunshine
Supporting people to live well with dementia in Oxfordshire

- Plant your seeds, send us your contact details to Dementia Oxfordshire (name & tel. number)
- We request a minimum donation of £2 which you can include with your postal entry or pay via our Dementia Oxfordshire 'Just Giving page'
- Send us your photos, when you plant your seeds, whilst you nurture your plants and when they are fully grown. We will include a selection of pictures on our website and elsewhere
- There will be a prize & certificate for the winner of the tallest sunflower
- See our website for more information

The closing date for the Sunflower Competition is 31st August 2020

Post: 9 Napier Court, Barton Lane, Abingdon, OX14 3YT
Email: competition@dementiaoxfordshire.org.uk
Website: www.dementiaoxfordshire.org.uk



Puzzle Answers

R	A	W	A	Y	R	Y	A	Y	A	P	A	P	B
B	N	E	E	R	L	R	A	B	B	Y	E	E	L
N	A	E	B	R	M	R	N	E	A	R	W	A	U
B	N	S	A	E	P	E	R	N	N	R	A	I	E
R	A	A	P	B	E	B	E	P	E	E	T	B	B
S	B	L	B	K	E	P	O	E	A	B	E	N	E
E	S	I	R	C	A	S	A	P	T	W	R	K	R
E	Y	B	I	A	Y	A	E	E	E	A	M	L	R
G	E	R	W	L	O	R	E	P	N	R	E	Y	Y
N	P	R	I	B	B	N	M	L	T	T	L	M	M
A	A	A	K	C	O	R	E	R	L	S	O	O	N
R	R	A	R	M	A	E	L	I	M	E	N	E	C
O	G	S	E	G	N	M	P	E	B	R	K	I	T
S	P	L	A	E	E	L	P	P	A	B	E	W	I

1	4	7	0	2	9	8	6	5	3
9	6	8	3	5	7	4	0	1	2
6	3	0	4	1	8	5	7	2	9
5	8	9	2	7	1	6	3	0	4
3	9	2	5	8	6	1	4	7	0
7	0	6	1	4	5	2	9	3	8
4	5	3	6	0	2	9	1	8	7
8	2	1	7	9	3	0	5	4	6
0	7	5	8	6	4	3	2	9	1
2	1	4	9	3	0	7	8	6	5

Could Homesharing be for YOU?

Homeshare Oxford, covering all of Oxfordshire, carefully matches older people looking for help or companionship at home, with another person who needs affordable accommodation and can lend a hand!



'I can wholeheartedly and unreservedly recommend Homeshare Oxford. I've seen the time and care they take in setting up and supporting the matches. Everyone benefits from their wonderful, caring ethos'.

Clare B, daughter of Householder



To find out more please visit
www.homeshareoxford.org.uk
email: homeshare@ageukoxfordshire.org.uk
call: 01865 410670



Registered Charity Number:
1091529



NEW TELEPHONE SUPPORT SERVICE FOR OLDER PEOPLE



A new telephone support service has been launched by Age UK Oxfordshire, offering advice and assistance to older people concerned during this time.

Call **01865 411 288**, leave your name and phone number and you will get a call back as soon as possible.

Assistance includes a friendly, weekly call to see how you are and to problem-solve if you are facing practical problems.

Sign up to EngAGE Magazine for FREE!

If you would like to receive information about activities, services and opportunities in your area, or if you would like to join our EngAGE mailing list, fill out this request form and return it to: **Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT** or call **0345 450 1276**. If you received this copy through the post you will already be on our mailing list. Alternatively, you can email sophiedyer@ageukoxfordshire.org.uk or visit www.ageuk.org.uk/oxfordshire/newsletter to sign up to our magazine e-mailing list.

Title..... First name..... Surname.....

Address.....

Postcode.....Daytime phone number.....

Email address.....

I would like to receive: ☐ EngAGE magazine in the post ☐ EngAGE magazine via email

Information about Age UK Oxfordshire services in your area (please specify).....

You can change your mind at any time and contact us as above to unsubscribe. For further details of how your data is used and stored, please visit www.ageuk.org.uk/oxfordshire/privacy-policy.

Donate

Age UK Oxfordshire relies on donations to ensure that we continue to support people in Oxfordshire to **love later life**. To make a donation please complete and return this form to: **Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT**. Alternatively call us on **0345 450 1276** or donate online via www.ageuk.org.uk/oxfordshire/donate. Every donation makes a difference. Thank you.

Title:	First name:	Surname:
Address:		Postcode:
Email address:	Telephone number:	
I wish to make a donation of £		
<input type="checkbox"/> I enclose a cheque/postal order made payable to Age UK Oxfordshire.		
Signature	Date	DD / MM / YY

giftaid it Gift Aid declaration

Please add to your donations through Gift Aid. If you are a UK tax payer, we can reclaim 25p for every £1 you donate.

☐ Yes, I want Age UK Oxfordshire to treat all donations I have made for the four years prior to this year, and all donations I make from the date of this declaration until I notify you otherwise, as Gift Aid donations. I confirm I pay an amount of UK income tax and/or capital gains tax to cover the amount that all charities and Community Amateur Sports Clubs will reclaim on my donations in the tax year.

If you would like to hear about our events, campaigns and how you can support local older people, please tick your contact preferences below. You can opt out at any time.

☐ Email ☐ Text ☐ Post ☐ Phone



On the 75th anniversary of VE Day we remember with gratitude the brave men and women who fought to protect our freedoms.

In the photo, our former volunteer, Liz Gatliff, is waving the flag during VE Day celebrations in London in 1945. She was 18 years old.



VE DAY

75TH ANNIVERSARY

A SHARED MOMENT OF CELEBRATION

8 - 10 MAY 2020