

*Age UK Oxfordshire's Magazine*

# **EngAGE**

**Could you be eligible for extra money?**

**A week in the life of a Dementia Adviser**

**Discovering local history**



We are a local independent charity supporting older people across Oxfordshire to live life to the full.

## Contents

- 3 'Brand the Bus' - Vote for us!
- 4 Planning ahead
- 6 Forging connections in communities
- 8 Oxfordshire Advice Partnership
- 9 Could you be eligible for extra money?
- 10 Puzzles
- 12 A week in the life of a Dementia Adviser
- 14 Keeping moving
- 15 Oxfordshire Talking Therapies
- 16 Struggling to pay your energy bills?
- 17 Discovering local history

## Get in touch

Age UK Oxfordshire, 10 Napier Court,  
Barton Lane, Abingdon, OX14 3YT

0345 450 1276

[contactus@ageukoxfordshire.org.uk](mailto:contactus@ageukoxfordshire.org.uk)

[www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire)



AgeUKOxfordshire



AgeUKOxfordshire



AgeUKOxon

For advertising enquiries please email  
[media@ageukoxfordshire.org.uk](mailto:media@ageukoxfordshire.org.uk).

Age UK Oxfordshire is a company limited by guarantee no. 4328143 and registered charity no. 1091529. Registered in England and Wales.

This magazine is produced by Age UK Oxfordshire. All rights are reserved by the charity and no part of this publication may be reproduced in whole or in part without the written permission of the charity. Please note that the inclusion of named agencies, companies, products, services or publications does not constitute a recommendation or endorsement by Age UK Oxfordshire.

## Welcome from our CEO, Paul Ringer.



As winter ends and spring begins, we're starting a season of reflecting on our mission to make an even greater positive impact on our communities. Well over 400 people have shared their thoughts on our direction and priorities – thank you!

In this edition, you'll read about innovative projects that are blossoming with potential, volunteers who are planting seeds of change, and information and advice to help brighten your spring!

We've teamed up with Better Housing Better Health to help you stay safe and warm at home (**see p16**). We're also part of the new Oxfordshire Advice Navigator, which offers information on debts, benefits and entitlements (**see p8**). Please consider if you or someone you know might qualify for Pension Credit (**see p9**), which can also lead to extra support like the Winter Fuel Payment.

As the days get lighter, I hope you're feeling positive, but if the longer days bring feelings of loneliness, please reach out to us. We're here to support you and connect you with what matters to you – [community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk) / **01235 849 434**.

Let's use the energy of spring to make meaningful changes, support those in need, and create a world where everyone can thrive. Every day matters, for everyone.

Wishing you all warm and bright months ahead,

Paul

Age UK Charity  
Quality Standard





Scan the QR code with your smartphone camera to vote.



## ‘Brand the Bus’ - Please vote for us!

**With the ongoing cost of living crisis and older people emerging from one of the toughest winters ever, the need for our charity has never been greater. The population of Oxfordshire is ageing, with 1 in 4 residents expected to be aged 65 or older by 2034. Our support is crucial in helping older people navigate these challenging times.**

Winning the Brand the Bus competition and having an Age UK Oxfordshire branded bus travelling around the county would benefit our organisation in numerous ways, including:

- **Reaching offline audiences:** Allowing us to connect with those who are not online, informing more people about how we can help.
- **Addressing ageism:** Highlighting the issues of ageism in society and helping to change mindsets.
- **Raising awareness:** Increasing awareness of our charity, which in turn boosts fundraising and volunteering efforts.
- **Promoting inclusivity:** Making older people and unpaid carers feel seen and valued, contributing to a more age-friendly Oxfordshire.
- **Encouraging social interaction:** Motivating older people and unpaid carers to get out and about more, thereby reducing loneliness and isolation.

On-board and radio advertising would significantly enhance our ability to reach more people across the county, especially those who are offline and affected by the ‘digital divide’.

Please get on board with our ‘Brand the Bus’ campaign to help us share our messages across the county. Together we can ensure that older people and unpaid carers have the opportunity to live life to the full. To find out more information or to vote (we are entry #47) please visit [www.oxfordbus.co.uk/vote-now](http://www.oxfordbus.co.uk/vote-now) or scan the QR code above with your smartphone camera.





# Planning ahead – and why it matters for everyone

**Whilst many of us will live longer than our parents' generation, most of us will live our later years with one or more health conditions. Some of us may develop conditions such as dementia that make it difficult to communicate our wishes about how we want to be looked after, and what we want to happen if we become seriously ill.**

It therefore makes sense for us all to think about creating a plan which records our hopes and wishes.

This proactive approach is known as Advance Care Planning (ACP), and with 7th May 2025 nominated as National Advance Care Plan Day, it's something you'll be hearing more about in the coming months.

## **Why should I have an Advance Care Plan?**

An Advance Care Plan means that your family and healthcare professionals fully understand your wishes and expectations if you need care at some point in the future.

Much like making a will, creating an ACP enables you to 'get your house in order' and gives you peace of mind about an unpredictable future. It can also reduce a potential source of stress for families, who may have different opinions about what is best for you.

## **How do I make an Advance Care Plan?**

Firstly, think about what matters most to you and what might be important to you should you become very unwell. For example, where would you like to be looked after? Do you have any religious or spiritual beliefs that should be respected?



The next step is to record your wishes. Your GP can guide you through completing an Advance Statement, which records your wishes as a guide for others, as well as explaining more about an Advance Decision to Refuse Treatment (ADRT), which is a legally binding document about possible future care.

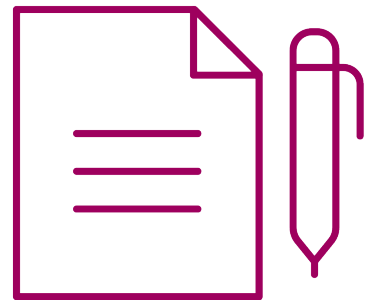
Other documents to consider include a Lasting Power of Attorney (LPA). This can be applied for online, or you can talk to your solicitor.

If you are already unwell, you can speak to any professional involved in your care including your GP, consultant or nurse. They can help you to understand treatments and care options that need to be considered in specific contexts, including a Do Not Attempt Cardiopulmonary Resuscitation (DNACPR) order and, in some areas, the the ReSPECT form.

Once completed, copies of your ACP should be kept with all relevant medical notes and care plans.

It is important to remember that your ACP will always be considered before any action is taken. Sometimes, your wishes may be overridden, but only where there is good reason. Remember too that you can change your mind about anything in your ACP but do be sure that everyone knows and that your plan is kept updated.

For more information visit [www.england.nhs.uk](http://www.england.nhs.uk) (search 'Universal Principles for Advance Care Planning') or you can call us on **0345 450 1276**.





# Volunteers - forging connections in communities

According to the most recent Oxfordshire Uncovered report, there are an estimated 35,000 people over 65 living alone in Oxfordshire, and 48,000 people in the county say they often or always feel lonely.

Our volunteers play a vital role in helping people who are feeling lonely to feel more connected. Whether that's as a befriender, by phone or in person, or by helping at one of our many groups, volunteers play an active part in their communities. We spoke to a couple of our volunteers about what their roles entail.

## The befriender role

Shazmin has been volunteering with Age UK Oxfordshire for almost 12 years in a number of different volunteer roles and currently supports three clients. Originally from Trinidad and having lived in the UK for many years, Shazmin was an ideal match for Mary-Nell who also lived as a child in Trinidad, with her parents and brother whilst her father was working there.

Each weekly visit lasts around an hour, and as well as chatting and sharing their memories, Shazmin helps Mary-Nell with practical support such as helping to arrange hearing appointments. Mary-Nell describes Shazmin's visits as 'splendid'; she finds Shazmin really easy to talk to and is very appreciative of her company and support.

About her volunteering, Shazmin says **"I think the greatest thing for volunteers is supporting someone who really needs it. To see the difference you are making is hugely worthwhile. Alongside helping with the day-to-day things, you also get to hear a lot of wonderful stories!"**



***"I find my befriender volunteer very valuable to my life. I look forward to his visits every week."***

Peter, aged 93, Banbury





## The groups and activities role

Billy helps run our monthly Silver Pride group at the Cornerstone Arts Centre in Didcot, supporting people aged 50+ in the LGBTQ+ community to meet friends and make new ones. Billy tells us a bit more about his role and what he enjoys about it.

## What made you want to volunteer with Age UK Oxfordshire?

I came across Age UK Oxfordshire through my work at Driving Miss Daisy and got to do some general volunteering with the team working in South Oxfordshire. I was delighted when they asked me to come on board formally to help with Silver Pride.

As a member of the LGBTQ+ community, it's really interesting to hear about how different it was for others years ago, how hard it was for them and how it's changed so much now.

## Tell us a bit more about what you do in your volunteering role?

Practical things like teas, coffees and cakes. Also, getting to know our members and putting them at ease. Some members have not come out until their later years, so it's great to have the support of others and to hear about the experiences of others who have been on the scene for longer. It's all about creating a safe, welcoming space.

## Do you enjoy your volunteering?

Yes! Often, we will sit mesmerised at the stories we hear, and we laugh a lot. They are such a lovely group of people. It is an absolute privilege to volunteer with the Silver Pride group and with Age UK Oxfordshire.

***“Having Billy join us at our sessions has been a real pleasure. He very quickly became part of the group, he is kind and caring and interested in people’s stories. We all benefit from having him with us.”***

Gaynor, Community Link Worker, Age UK Oxfordshire

If you'd like to find out more about the wide range of volunteering opportunities we have available, please visit [www.ageuk.org.uk/oxfordshire/get-involved/volunteer](http://www.ageuk.org.uk/oxfordshire/get-involved/volunteer), email [contactus@ageukoxfordshire.org.uk](mailto:contactus@ageukoxfordshire.org.uk) or call **0345 450 1276**. Whatever you choose to do, and however much time you have to give, you'll be making an incredible difference.









## Could you be eligible for extra money?

**Thousands of older people in Oxfordshire are eligible for, but not yet claiming Pension Credit, equating to millions of pounds per year in unclaimed entitlement.**

Pension Credit gives you extra money to help with your living costs if you're over State Pension age and on a low income. It can also help with housing costs such as ground rent or service charges, and means you continue to receive the Winter Fuel Payment.

We are determined to ensure that all local older people are receiving the financial help to which they're entitled, and so if you think you, a family member, or someone you care for might be entitled to Pension Credit, we strongly urge you to check. If it was the lottery, you'd at least check your ticket!

Pension Credit doesn't just top up your income. It's also your passport to other benefits such as free NHS dental treatment, a free TV licence if you're over 75, the Winter Fuel Payment and any future cost-of-living payments. You can get Pension Credit even if you have other income, savings or own your own home. You may get extra amounts if you have other responsibilities and costs.

Pension Credit tops up:

- your weekly income to £218.15 if you're single (£227.10 from April 2025)
- your joint weekly income to £332.95 if you have a partner (£346.60 from April 2025)

You can apply for Pension Credit by visiting [www.gov.uk/pension-credit](http://www.gov.uk/pension-credit) or calling **0800 99 1234**.

If you are over State Pension age you may be entitled to one of a number of benefits, including Attendance Allowance. This benefit is intended to help people over State Pension age with an illness or disability, who have been having difficulties or needing help with personal care for 6 months or more. To find out if you are eligible for Attendance Allowance and other benefits, you can complete a benefits check using Age UK's Benefit Calculator, by visiting [benefitscheck.ageuk.org.uk](http://benefitscheck.ageuk.org.uk). If you need additional support or aren't online please contact us on **0345 450 1276**.



# Puzzles

## Anagram 1

bless more to

## Anagram 2

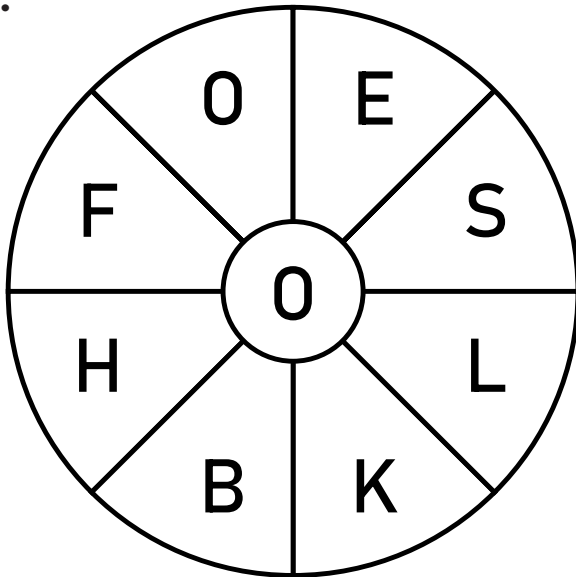
fox orders hi

## Word wheel

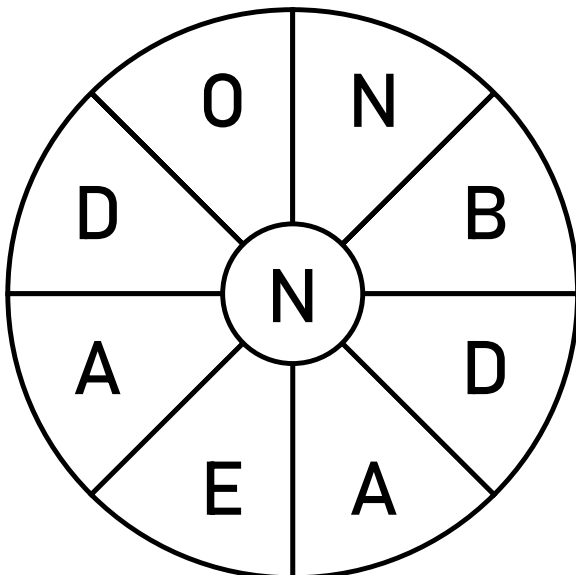
How many words can you make using the letters below? Can you find a 9 letter word?

All words must include the letter in the middle.

1.



2.





HAMBERLEY

CARE HOMES

## CELEBRATE SPRING IN FULL BLOOM

Whether you're enjoying a leisurely stroll in our landscaped gardens, or savouring our seasonal menu, Chawley Grove Luxury Care Home offers the perfect place to embrace the joys of spring.

Find out more – book your tour today:

**01865 633092**

**[enquiries@hamberleycarehomes.co.uk](mailto:enquiries@hamberleycarehomes.co.uk)**

Chawley Grove, 195 Cumnor Hill,  
Oxfordshire OX2 9PJ

Advertisement

## Could Homeshare be right for you?

**Our Homeshare service, Homeshare Oxfordshire, carefully brings together an older person (or couple) who would benefit from companionship or practical support at home, with another person who is happy to lend a helping hand and who is seeking affordable accommodation.**

In this safe and mutually beneficial living arrangement, the Householder provides a spare room in a welcoming home and, in return, can expect around 10 hours of help each week as a combination of companionship and practical support. The reassuring presence of another person in the house overnight also brings peace of mind.

Each Homeshare match is individual and carefully agreed and may include any of the following - cooking, shopping, gardening, help with technology and mobile phones, along with time spent together over a cup of tea or an evening meal perhaps.

The key is in the matching and our friendly, experienced Homeshare team, take great care to get this right. Safety is also central to Homeshare, with robust vetting process, including interviews, references and DBS checks.

Could Homeshare be a good option for you or someone you know? For more information visit our [www.homeshareoxfordshire.org.uk](http://www.homeshareoxfordshire.org.uk) or email [homeshare@ageukoxfordshire.org.uk](mailto:homeshare@ageukoxfordshire.org.uk), or pick up the phone to the team on **01865 410 670**.







## A week in the life of a Dementia Adviser

**At the heart of our dementia support service, Dementia Oxfordshire, is a team of 25 Dementia Advisers, working throughout the county to support people living with dementia and their families in a variety of different ways. To find out more about what they do, we headed off to Faringdon to spend a week with Dementia Adviser, Maria Kempson.**

### Monday

Maria's first task this week is a home visit to a gentleman who has recently been diagnosed with vascular dementia.

"I always like to meet new clients face to face the first time. I think it's much easier to get to know someone in person, and it's helpful to meet the family – they often need support too. Some people have lots of questions, others want to take things more slowly, so we are always guided by what's needed. We usually do a benefits check and talk through Advance Care Plans – including legal things like power of attorney. We also let them know about our information sessions for carers and for people with a recent diagnosis."

Next, she catches up on phone calls to other people she supports. "We check in with everyone we support at least every six months, more if needed, and they can get in touch anytime they need extra support."

In the afternoon, she's off to a new monthly dementia café. "It's a great chance to meet people in a more relaxed environment," explains Maria. "On the second Monday of the month, I also run a drop-in clinic at Faringdon Library, where anyone can come and chat about anything dementia-related."



## Tuesday

Tuesday starts with a call with Fran, Dementia Oxfordshire's embedded Admiral Nurse. Admiral Nurses are specialist dementia nurses, clinically trained in all aspects of the condition. "I support a lovely lady who has recently been diagnosed with another serious illness," explains Maria. "Fran was able to talk through how dementia may impact the proposed treatment. It's so useful to have access to her expertise."

## Wednesday

After a meeting with the local District Nurses, Maria sets up for the monthly Care2Share session which she hosts with another Dementia Adviser. "It's a safe, online space where carers can talk about the challenges they face. Sometimes we have a guest speaker too."

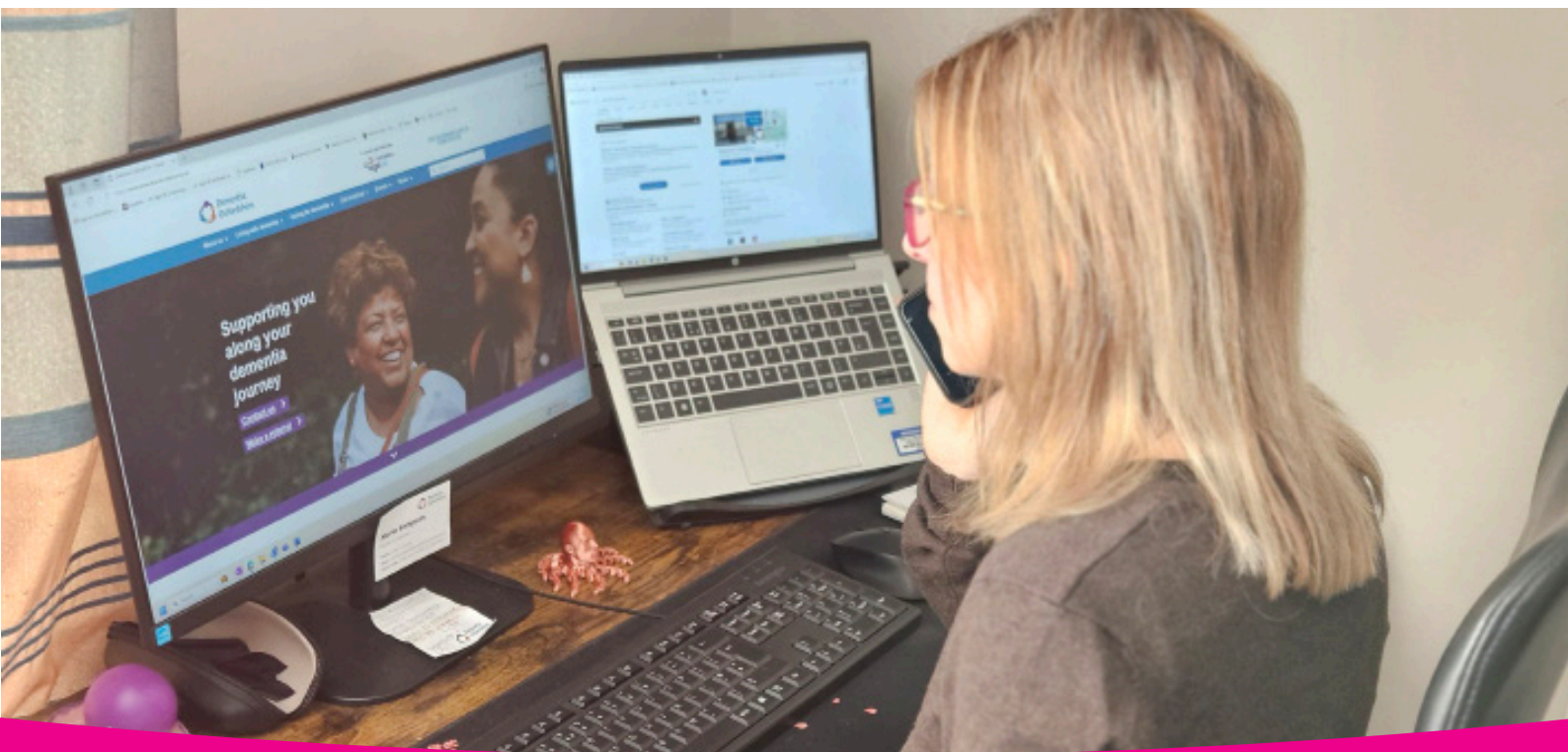
## Thursday

It's Maria's turn to cover the Support Line this morning. The first caller is worried about a neighbour. Maria quickly emails the neighbour's own Dementia Adviser, asking her to check in on the situation. "The Support Line is open to anyone with a question or concern about dementia, so the calls are very varied."

## Friday

Maria finishes her week with another home visit and then heads back to revise for her forthcoming exam for a Level 3 Diploma in Dementia Care. Good luck Maria!

Are you worried about your memory? Dementia Oxfordshire has a new Memory Support Service for anyone with memory concerns. We can also help if you already have a diagnosis of Mild Cognitive Impairment or are waiting for an appointment at the memory clinic. Talk to your GP to find out more.





# Keeping moving

Our bodies were made to move. Getting older doesn't mean stopping being active - it is one of the best things you can do to look after your health, stay independent and keep doing the things you enjoy.

## Being active has lots of benefits. It can:

- Improve your mood, self-esteem and energy levels
- Strengthen your muscles and bones and reduce your risk of falling
- Prevent many aches, pains and long-term health conditions from worsening
- Reduce your risk of a heart attack, stroke, diabetes and some cancers

The best way to be active will differ from person to person and it's always a good idea to build up your activity levels gradually. Below is a short exercise routine you can try at home. Being active is safe for most people and it has many benefits for your health and well-being. If you are concerned about an existing medical condition, please contact your healthcare professional to check beforehand.

## Before you start, march on the spot for 2 minutes to warm up.



### Heel raises

*Repeat 10 times*

Raise and lower heels slowly, keeping weight over big/second toe. Stand upright looking forward.



### Toe raises

*Repeat 10 times*

Raise and lower toes slowly, keeping your tail bone tucked underneath you. Stand upright looking forward.



### One leg stand

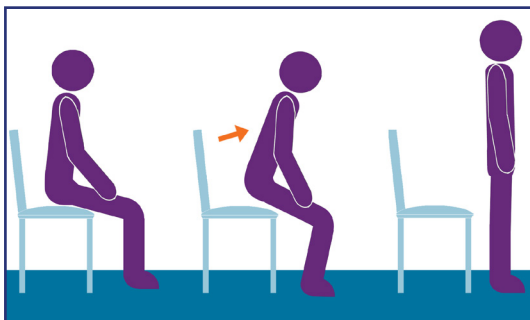
*Hold for 10 seconds each leg*

Stand upright, look to a point in front of you that isn't moving and lift one leg off the floor.

### Pelvic floor

*Repeat 10 times slow, 10 times fast*

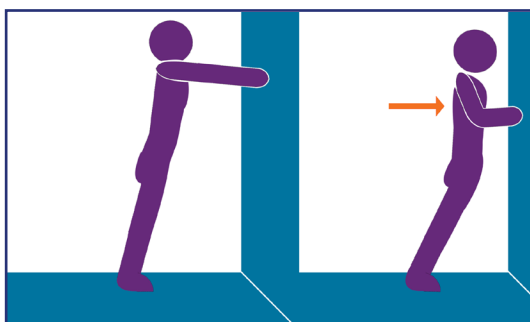
Tighten/contract the muscles around your back and front passages and lift up inside as if trying to stop passing wind and urine at the same time. Hold and then release.



### Sit to stand

*Repeat 8 times*

Sit tall near the front of the chair. Place feet slightly back and lean forwards. Press down through feet and thighs to stand. Bend knees and hips to lower down slowly.



### Wall press

*Repeat 8 times*

Place palms on wall, shuffle feet backwards keeping heels on the floor. Slowly bend then straighten elbows, keeping back straight and tummy muscles tight.

# Feeling out of sorts, worried or fed up? Oxfordshire Talking Therapies is a free NHS service which may be able to help you.

**Whilst more people can experience excessive worrying or feeling down as they age, that doesn't mean it is normal or something you have to put up with.**

Oxfordshire Talking Therapies offer lots of types of treatment for these difficulties: from courses around stress, sleep and low mood to individual treatments too. Their clinicians are also trained in helping support long-term health difficulties, such as diabetes, which can really affect how you are feeling, too. Often treatments are short-term and very practical, helping you to manage these difficulties differently and feel better.

Call **01865 901 222** or self-refer via the website [www.oxfordhealth.nhs.uk/oxon-talking-therapies](http://www.oxfordhealth.nhs.uk/oxon-talking-therapies) to arrange an initial call with a clinician to see how they could support you within 5 working days. If you prefer you can speak with your GP about them referring you.



## Oxfordshire Talking Therapies





# Struggling with your energy bills? **BHBH can help!**

**If you're finding it difficult to manage your energy bills, worried about keeping your home warm, or need advice on financial support, Better Housing Better Health is here for you. A free energy advice service dedicated to improving warmth, well-being and energy efficiency in homes just like yours.**

Their trained advisers are ready to provide:

- Personalised home visits to assess your energy needs and offer tailored advice
- Clear, practical bill guidance to help you understand and manage your energy costs
- Debt management support to guide you through financial challenges
- Access to financial assistance and schemes you may be eligible for
- Fuel vouchers to provide immediate support with energy costs
- Energy-saving tips and accessories to help you reduce costs and stay warm



You may be eligible for additional support, such as the Warm Home Discount or the Cold Weather Payment, which can provide extra financial relief during colder months.

Staying warm is not just about comfort—it's essential for your health and well-being. Cold homes can increase the risk of illness, but there are steps you can take to stay safe and comfortable.

If you or someone you know could benefit from energy advice and financial support, don't hesitate to reach out. For more information call **0800 107 0044** or visit **[www.bhbh.org.uk/make-a-referral](http://www.bhbh.org.uk/make-a-referral)**.



***“I can't thank the team enough for the thoughtful home assessment and the free heated throw! It's such a cosy gift, and it really made my day.”***

*Someone recently supported by BHBH.*

# Delving into the past and discovering our local history

**Over the past year we have been running local history projects in Banbury and Carterton with fantastic support from our Age UK Oxfordshire Creative Ambassadors, a group of older people with an interest in creative ageing who help us to develop and deliver our creative projects.**

The Banbury Heritage Project, kindly supported by Historic England, enabled a group of local older people living with sight loss and mobility challenges to research local history. The group explored some very interesting aspects of Banbury's history including the Oxford Canal, the Alcan Aluminium Company and Spencer's Corset Factory which employed over 600 people in the town in its heyday. The group have worked with heritage organisations including Historic England, Banbury Museum, National Trust Upton House and Broughton Castle to make local history more accessible, using a variety of methods including AI (artificial intelligence), tactile mosaic making and audio description. The project has now ended but information about the project legacy can be found on the Creative Later Life website, <https://creativelaterlife.com>.

The Carterton Local History Project, kindly supported by West Oxfordshire District Council, meet monthly at Carterton Library to share and discuss Carterton's history. The group have explored the origins of the town including William Carter's Homesteads and the local tradition of market gardening and egg production the town was once renowned for. The project participants are working with an artist and plan to create a Carterton 'museum in a box' which can be loaned to local schools and community groups to help to share learning about the town's fascinating history.

If you are interested in local history there are some brilliant museum reminiscence groups that you can join at Banbury Museum & Gallery ([www.banburymuseum.org](http://www.banburymuseum.org) / **01295 236 165**), The Oxfordshire Museum in Woodstock ([www.oxfordshire.gov.uk/residents/museums-and-history/oxfordshire](http://www.oxfordshire.gov.uk/residents/museums-and-history/oxfordshire) / **01865 897 519**) and the Museum of Oxford in Oxford Town Hall (<https://museumofoxford.org> / **01865 252 334**).

For further information about our creative projects and to find out more about our Oxfordshire Age Friendly Creative Network please visit [www.ageuk.org.uk/oxfordshire/our-services](http://www.ageuk.org.uk/oxfordshire/our-services) or telephone **0345 450 1276**.

*Chris and Karey at Banbury Museum share canal stories and objects*








*Banbury Heritage Project participants enjoying a day out at Upton House*





## Expert care at home in Banbury

For 80 years, Prestige Nursing & Care have been trusted by our clients and their families to provide compassionate care that is focused on improving health and overall well-being, all in the safety and comfort of the place people love the most, their own home.

-  Expert Nurse-led care
-  Sensitive personal care
-  Palliative/End-of-life care
-  Companionship care
-  Condition-led care
-  Respite care

**"Friendly team who are efficient, sensitive and kind in their approach. They are very diligent and observant".**



[prestige-nursing.co.uk](http://prestige-nursing.co.uk)



01295 793163



[banbury@prestige-nursing.co.uk](mailto:banbury@prestige-nursing.co.uk)

# Useful contacts

## Age UK

0800 055 6112  
[www.ageuk.org.uk](http://www.ageuk.org.uk)

## Better Housing Better Health

0800 107 0044  
[bhbh@nef.org.uk](mailto:bhbh@nef.org.uk)  
[www.bhbh.org.uk](http://www.bhbh.org.uk)

## Carers Oxfordshire

01235 424 715  
[carersinfo@carersoxfordshire.org.uk](mailto:carersinfo@carersoxfordshire.org.uk)

## Connection Support

01865 711 267  
[enquiries@connectionsupport.org.uk](mailto:enquiries@connectionsupport.org.uk)  
[www.connectionsupport.org.uk/oxfordshire](http://www.connectionsupport.org.uk/oxfordshire)

## Cruse Bereavement Support

01865 245 398  
[oxfordshire@cruse.org.uk](mailto:oxfordshire@cruse.org.uk)  
[www.cruse.org.uk](http://www.cruse.org.uk)

## Live Well Oxfordshire

01235 849 410  
[livewell@ageukoxfordshire.org.uk](mailto:livewell@ageukoxfordshire.org.uk)  
<https://livewell.oxfordshire.gov.uk>

## My Vision Oxfordshire

01865 725 595  
[info@myvision.org.uk](mailto:info@myvision.org.uk)  
[www.myvision.org.uk](http://www.myvision.org.uk)

## National Debtline

0808 808 4000  
<https://nationaldebtline.org/>



## Out of hours Duty Social Worker

0800 833 408  
[www.oxfordshire.gov.uk](http://www.oxfordshire.gov.uk)

## Oxfordshire Mind

01865 247 788  
[info@oxfordshiremind.org.uk](mailto:info@oxfordshiremind.org.uk)  
[www.oxfordshiremind.org.uk](http://www.oxfordshiremind.org.uk)

## Oxfordshire Talking Therapies

01865 901 222  
[oxon-talking-therapies@oxfordhealth.nhs.uk](mailto:oxon-talking-therapies@oxfordhealth.nhs.uk)  
[www.oxfordhealth.nhs.uk/oxon-talking-therapies](http://www.oxfordhealth.nhs.uk/oxon-talking-therapies)

## Samaritans

116 123  
[www.samaritans.org](http://www.samaritans.org)

# Puzzle Answers

## Anagram 1

blossom tree

## Anagram 2

Oxfordshire

## Word wheel 1

Bookshelf, ebooks, blokes, hoboes, folks, hooks, shook, holes, lobes, loose.

## Word wheel 2

Abandoned, bonded, banned, donned, bend, bean, band, none, neon, node.





## Support at home

A regular and consistent visit from one of our friendly and reliable Home Support Workers has changed many people's lives and helped to reduce loneliness. We understand that sometimes a little help at home and some company can make an enormous difference to your quality of life and our aim is to provide a service to help with just that.

We provide flexible, tailored support, from as little as 1 hour per week. Our trained staff will come to your home and help with domestic tasks or things like shopping, getting out and about, or companionship. You choose what they do, and it can be different things each time. We do not provide help with personal care (such as washing, dressing or assisting with medications).

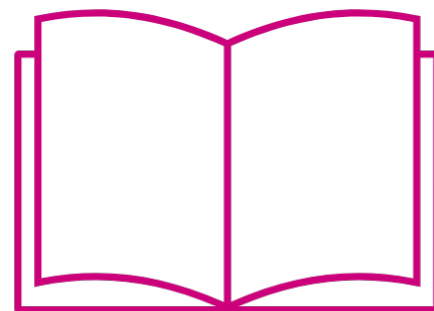
To find out more, including charges, email [homesupport@ageukoxfordshire.org.uk](mailto:homesupport@ageukoxfordshire.org.uk) or call **0333 577 1044**.

## Home Library Service

**Would you like to borrow library books but are unable to visit the library? The Home Library Service is run by Oxfordshire County Council and serves 860 customers throughout the county, delivering books to their doorsteps.**

### How it works

Contact the Home Library Service to talk about the types of books you enjoy, whether they are large print or regular print, as well as DVDs, audiobooks on CD, music CDs and DVDs. They will arrange for a library volunteer to deliver these to you at your home (they are DBS checked and will wear an identification badge) and provide a helpful and friendly service. Whenever possible, the same volunteer will deliver each time. Your library materials will be delivered and collected every 3 weeks. The Home Library Service is FREE of charge and there is no charge for requests or late returns.



### How to register

To register for this service or for further information please contact your local library or call the Home Library Service on **01865 810 259** or email [homelibraryservice@oxfordshire.gov.uk](mailto:homelibraryservice@oxfordshire.gov.uk).

# Discover our groups across Oxfordshire

## Bereavement Support

Open to people aged 60+ who have lost a loved one. Banbury, Bicester, Carterton, Didcot, Grove, Kidlington, Oxford, Wheatley, Witney.

[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)  
**01235 849 434**

## Book Clubs

TeaBooks are sociable book groups for those 60+, helping people to share a love of books and reading, and to make new friends.

Abingdon, Bicester, Carterton, Headington, Kennington, Kidlington, Marston, Oxford, Wantage, Wallingford, Witney.

[teabooks@ageukoxfordshire.org.uk](mailto:teabooks@ageukoxfordshire.org.uk)  
**0345 450 1276**

## Carers Support

We know the importance of peer support, and that there is real benefit in connecting with people who know what you're going through. We run and support a variety of groups through our sister organisation Carers Oxfordshire, in locations across Oxfordshire.

[carersinfo@carersoxfordshire.org.uk](mailto:carersinfo@carersoxfordshire.org.uk)  
**01235 424 715**

## Dementia Support

We run and support a number of groups across the county which provide information, support and connection to those living with dementia, and their carers.

Various locations across Oxfordshire through our dementia support service, Dementia Oxfordshire.

[info@dementiaoxfordshire.org.uk](mailto:info@dementiaoxfordshire.org.uk)  
**01865 410 210**

## Digital Support

Whether you need help with your phone, computer or tablet, we can support you to develop your skills and safely get involved with the online world.

Bampton, Banbury, Benson, Bicester, Burford, Didcot, Kidlington, Oxford, Sonning Common.

[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)  
**01235 849 434**

## Exercise Classes

Tailored exercise classes for older adults, including Strength and Balance, seated exercise, and Big, Bold and Balance for people living with Parkinson's. Plus Stay Strong and Steady, a falls prevention exercise and information programme. Available at venues across Oxfordshire and online via Zoom.

[active@ageukoxfordshire.org.uk](mailto:active@ageukoxfordshire.org.uk)  
**01235 849 403**

**To find out more about the below activities, please contact us on:**

[community@ageukoxfordshire.org.uk](mailto:community@ageukoxfordshire.org.uk)  
**01235 849 434**

## Aviation Group

A social group for all, whether you're an aviation expert or just have a general interest. Carterton.

## Chatterbox and Social Get-togethers

Social mornings and afternoons offering a warm welcome, with refreshments and a chat.

Chipping Norton, Banbury, Bicester, Kidlington, Oxford, Sonning Common, Wallingford, Witney.

## Film Clubs

A social film club for people 50+.

Banbury, Carterton, Horspath, Steventon, Deddington, Sibford, Sonning Common, Woodstock.

## Information & Advice Drop-ins

Abingdon, Banbury, Barton, Bicester, Carterton, Cholsey, Didcot, Horspath, Oxford, Sonning Common, Thame, Wantage, Wallingford, Woodstock, Witney.

## LGBTQ+ Groups

Social groups for older people in our LGBTQ+ community. Banbury, Didcot.

## Lunch Clubs

A chance to meet and eat in friendly company. Banbury, Bicester, Chipping Norton, Eynsham, Kidlington, Thame.





# Linking you into your community

Live Well Oxfordshire is an online directory developed by Oxfordshire County Council in partnership with Age UK Oxfordshire to bring together information about groups and organisations offering services for adults with a variety of needs, all in one place.

You can search the directory to find information about different services and care homes across Oxfordshire. You can also use it to look for a new hobby, find out where you can get information about benefits, or access support groups for people with specific health conditions.

You can access Live Well Oxfordshire by visiting [www.oxfordshire.gov.uk/livewell](http://www.oxfordshire.gov.uk/livewell) or if you don't have access to a computer or would like some help navigating the opportunities and information, please contact the team on **01235 849 410** / [livewell@ageukoxfordshire.org.uk](mailto:livewell@ageukoxfordshire.org.uk) and they will be happy to help.

Advertisement



Our carers earn **40% more** but you pay **25% less.**

We get the most experienced quality carers by paying them significantly more.

We're a local family business who keep costs low so we can provide wonderful, hand-picked carers at affordable rates.

Hourly Care • Overnight Care • Live-in Care

Call **0808 278 1112** or visit **TrustonTap.com**





## Our Services

We provide a wide variety of services for older people including:

Information and advice

Dementia support

Carer support

Physical activity classes

Telephone befriending

Digital support

Home support

Homeshare

Bereavement support groups

Foot care

Scams prevention advice

Hospital discharge support

Social activities and clubs

LGBTQ+ groups

Call us on  
**0345 450 1276**

or visit

**[www.ageuk.org.uk/  
oxfordshire](http://www.ageuk.org.uk/oxfordshire)**

for more  
information



All our staff have access to telephone interpreting services for over 200 languages. This magazine is available in screen-reader friendly digital format and large print. Contact us at [media@ageukoxfordshire.org.uk](mailto:media@ageukoxfordshire.org.uk) for more information.



## 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. (Charity number 1091529). To find out more please call **0345 450 1276** or email [contactus@ageukoxfordshire.org.uk](mailto:contactus@ageukoxfordshire.org.uk). Alternatively visit our website [www.ageuk.org.uk/oxfordshire](http://www.ageuk.org.uk/oxfordshire) and search 'Leave a legacy'.