

Community Links Newsletter

Spring/Summer 2024



Age UK Oxfordshire

At Age UK Oxfordshire we can link you into a range of activities and events taking place in your local community, details of which you will find in this newsletter. We also provide a wide range of services for older people including;

- Information and advice
- Dementia support
- Carers support
- Telephone befriending
- Digital support
- Home support
- Homeshare
- Bereavement support
- Foot care
- Scams prevention advice
- Hospital discharge support

Have you seen our Little Handbook of our Services?

If you would like to receive a copy please get in contact and we'll get one sent out to you at home. Call us on **01235 849 434** or email **community@ageukoxfordshire.org.uk**



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Welcome

After a long and very soggy winter, we are feeling a sense of excitement as the weather warms up, flowers bloom and hopefully we'll have some longer, sunnier days.

We are certainly looking forward to enjoying some walks on the many routes around Oxfordshire and perhaps we will see you on the guided tours in Oxford City? Oxfordshire has lots of community events and places of interest, so if you are stuck for something to see or do, have a look on the Live Well Oxfordshire directory to see what's happening, or use the contact details on page **19** and we can look for you.

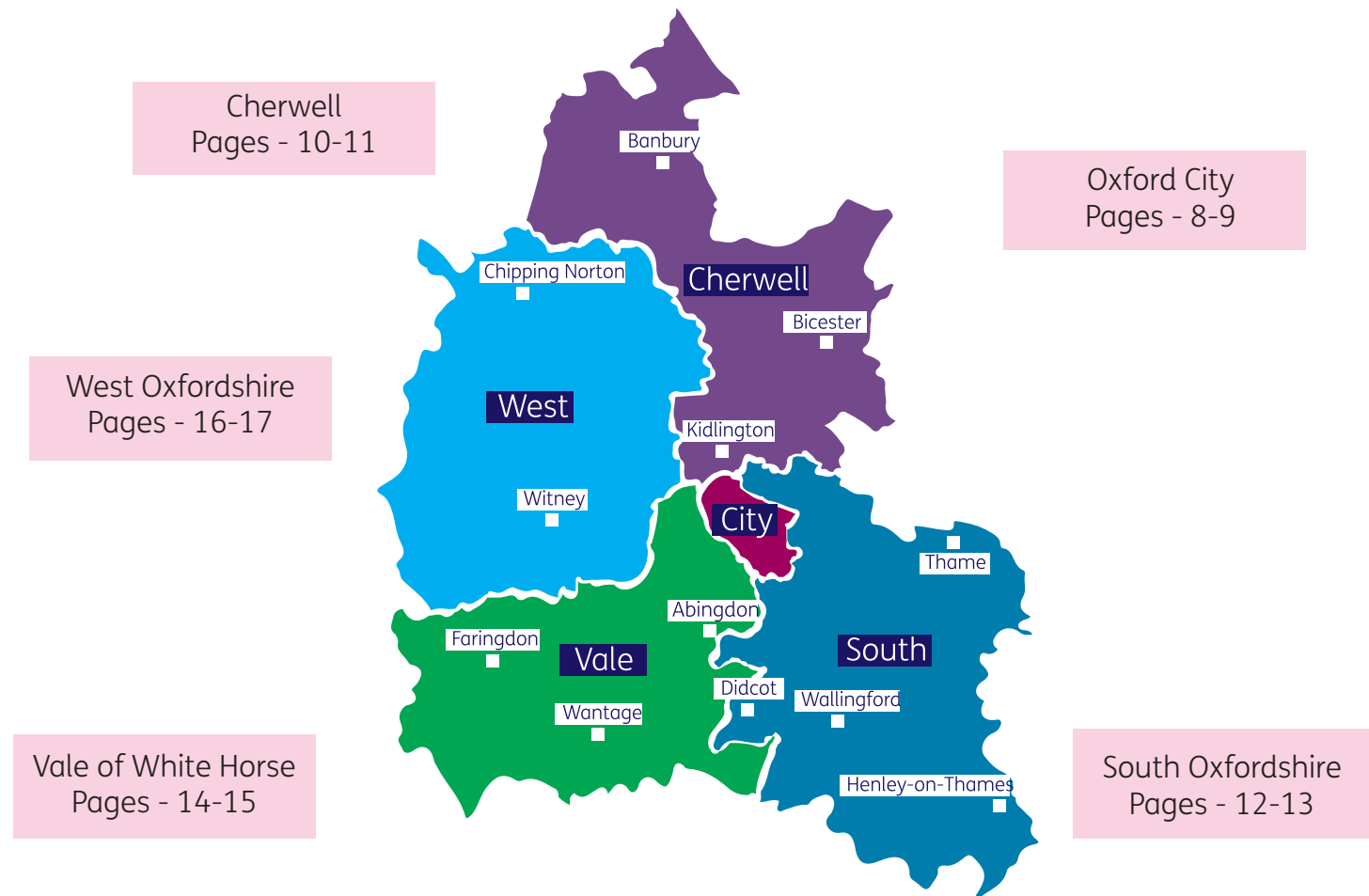
We hope you will find this newsletter a useful resource with links to discover what's going on and what you can get involved with in your area. Look out for the Community Team and what we have been up to on page **6**. We are also out and about offering informal information drop-in sessions, see page **24** for your local drop-in, where we'd love to meet you. We've also included some information about the services we run within the Community Team including digital and bereavement support.

Following feedback from our last newsletters, we have made some changes to the order of this booklet. We hope you like the new format, and would love for you to share your thoughts with us. Your feedback is important to us, and it doesn't need to be about the newsletter, we always look forward to hearing from you and about what matters to you!

Danielle Beaumont-Orr, Head of Community Development **07827 235 404**
Nicola Luxton, Deputy Head of Community Development **07827 235 424**



Find your local area....



Meeting you in the community... at our Information Drop-ins and community events



Oxford City

We are here to help link you into what matters to you. Call one of our friendly team and we can connect you into a much wider list of opportunities available. Here is a handful of local activities we run that you are welcome to join.

Meet your team

Lynn Alexander (Locality Manager) **07827 235 429**
Kate Shaw **07570 294 049**
Valerie Hunt **07570 236 443**
Diane Long **07827 235 436**
Sarah Irvine **07827 235 457**
Christopher Richmond **07468 862 178**
Luisa Scioratto **07827 235 450**



What we've been up to...

The team have been working collaboratively with Abingdon and Witney College, helping to establish educational sessions in various groups throughout the city. Subjects include digital technology, wreath making and seated exercise.

In Blackbird Leys, we've been working alongside Social Prescribers and Community Hubs, to provide new opportunities including Coffee & Board Games Café at Frys/Potters Court.

Exercise Classes

At Age UK Oxfordshire, our Physical Activity Team can help you maintain health, mobility and independence.
Littlemore
active@ageukoxfordshire.org.uk
01235 849 403

Bereavement Support

Groups offering the chance for you to get together for regular walks, pub lunches and other social activities.
Third Monday of the month, 2-3pm
01235 849 434

Coffee Afternoon Get Together

Drop in for an afternoon of activities and refreshments.
Third Tuesday of the month, 1.30-3pm
Cuttleslowe Community Centre, Oxford
£1 per meeting, no booking required
Contact Sarah Irvine for more details

Step Into Oxford

We've teamed up with the **Oxford Guild of Tour Guides**, offering afternoon walks, open to anyone 50+. A gentle stroll through the famous sights of Oxford, led by a professional guide. **FREE** to join and taking place twice a month.
01235 849 434
community@ageukoxfordshire.org.uk

Book Groups

Headington, Northway, Oxford City, Summertown
0345 450 1276
teabooks@ageukoxfordshire.org.uk

Chatterbox Shotover

A great social get together.
Third Friday of the month, 2-4pm
Shotover View, Crauford Road, Oxford
Contact Christopher for more details

Horspath 50+ Cinema Club

A relaxing afternoon to get together, watch a film, enjoy a cup of tea/coffee and a slice of cake.
Second Wednesday of the month, 1.30-4pm
Horspath Hub, The Green, OX33 1RP
£3.50 per person
Contact Valerie for more details

Coming soon...

Our bereavement walks will be re-starting and will be taking place on the first Monday of the month in various locations around the city.
Contact Sarah Irvine for more details

In May, come along to our 'Your Mind Matters' Roadshow, offering you information and advice on activities, services and organisations in your community. Taking place on Tuesday 14th May, 11am-2pm, at The Jungle, Templars Square, Cowley.

Cherwell

We are here to help link you into what matters to you. Call one of our friendly team and we can connect you into a much wider list of opportunities available. Here is a handful of local activities we run that you are welcome to join.

Meet your team

Jackie Roberts (Locality Manager)	07827 235 408
Alison Pearce	07584 148 507
Chrissy Papantoniou	07827 235 459
Sarah Champkins	07469 150 669
Jayne Yuruker	07827 235 422
Troy Bryan	07827 235 448
Siobhan Griffin	07827 235 406
Victoria Jackson	07827 235 427



Activity boxes for groups in Cherwell. Why not consider hiring one of our activity boxes for your group activity? For more information, or to book your activity please **contact Troy**. Activities include Boccia, Ping Pong and Bingo.

What we've been up to...

Working in conjunction with our colleagues at Banbury Cross Health Centre, we held our first Information Drop-in at the Chatter and Natter table, at Banbury Tea Room, Stanbridge House.

With one of our Digital Support Volunteers, we were able to start up a new Digital and IT Support Session at Tadmarton Village Hall, with sessions booked onto straight away!

Be You - Silver Pride*

A social group for older LGBTQ+ people. Second Thursday of the month, 2-4pm The Mill Arts Centre, Spiceball Park, Banbury **Contact Sarah or Jayne for more details**

Virtual Horse Racing*

Last Monday of the month, 12-3pm Grimsbury Community Centre, Banbury **Contact Troy for more details**

Bicester Coffee & Chat* / Lunch Club*

Coffee & Chat: Second Wednesday of the month, 10-11.30am, Savior Fare Cafe, Garth Park, Bicester
Lunch Club: Fourth Wednesday of the month, 12.30-2pm, Savior Fare Cafe, Garth Park, Bicester **Contact Jayne for more details**

Kidlington Pub Lunch*

Third Tuesday of the month, 12-1.30pm The Black Horse, Kidlington **Contact Victoria for more details**

Sibford Social Cinema Club*

Last Wednesday of the month, 7.30pm Sibford Village Hall, Sibford, OX16 5RN **Contact Troy for more details**

Book Groups

Bicester, Kidlington **0345 450 1276**
teabooks@ageukoxfordshire.org.uk

Spencers Social Group*

First and third Tuesday of the month, 10am-12pm Banbury United Clubhouse, Banbury 50p for tea and biscuits **Contact Troy for more details**

Exercise Classes

Our Physical Activity Team can help you maintain health, mobility and independence. Banbury, Deddington, Bicester **active@ageukoxfordshire.org.uk**
01235 849 403

Coming soon...

'Your Mind Matters' Roadshow - information and advice on activities, services and organisations in your community. Banbury - Thursday 23rd May

In June join us for one of our Tea Dances in Banbury, Bicester and Kidlington.

Contact Troy for more information or to book

Watch out for our Mini Wellbeing Festival on Thursday 4th July, taking place at Banbury Community Garden.

***Supported by Cherwell District Council**

South Oxfordshire

We are here to help link you into what matters to you. Call one of our friendly team and we can connect you into a much wider list of opportunities available. Here is a handful of local activities we run that you are welcome to join.

Meet your team

Gaynor Williams	07785 425 601
Rachel Downey	07827 235 420
Abbie Crook	07827 235 431
Kate Hart	07827 235 403
Rachel Dawson	07827 235 428
Charlie Hayes	07570 300 458
Ursula Long	07827 235 445

What we've been up to...

In conjunction with Sonning Common Health Centre and Nettlebed Surgery, we held four Digital Clinics where the team met with lots of people from the community, providing advice on all things digital and helping raise awareness of scams.

Charlie and the Woodcote Chatterbox group all visited Smelly Wellies Care Farm, where they met the animals, including donkeys, goats, pigs and chickens.



Exercise Classes

Our Physical Activity Team can help you maintain health, mobility and independence. Didcot, Henley, Sonning Common
active@ageukoxfordshire.org.uk
01235 849 403

Book Groups

Thame
0345 450 1276
teabooks@ageukoxfordshire.org.uk

The Young at Heart Club

Second Tuesday of the month, 2-4pm
The Dolphin, 2 St Mary's Street, Wallingford
£3.50 per session

Contact Charlie for more details

Chatterbox- Woodcote

Fourth Tuesday of the month, 2-3.30pm
The Old School House, Reading Road, Woodcote

Contact Charlie for more details

Walk & Talks

Didcot, third Wednesday of the month, 1-2pm
Wallingford, third Wednesday of the month, 1.30-2.30pm

Contact Kate for more details
Contact Gaynor or Ursula for more details

Sonning Common 50+ Cinema Club

Last Thursday of the month, 11am-1pm
Sonning Common Village Hall, Sonning Common

Contact Abbie for more details

Coming Soon...

Join Gaynor and Ursula on the third Friday of each month, 2-3.30pm at the George Hotel in Dorchester, for a social afternoon get-together.

New - Didcot Coffee & Craft

First Tuesday of the month, 1-2pm
Cornerstone Arts Centre Study Area, Didcot

Contact Kate for more details

Thame Lunch Club

Last Tuesday of the month, 12.30-2pm
The Snooker Club, Thame
£6.50 per person

Contact Rachel Poole on 07827 235 460

Silver Pride- Didcot

A social group for older LGBTQ+ people.
Fourth Friday of the month, 11am-12pm
Cornerstone Arts Centre, Didcot, OX11 7NE

Contact Kate or Gaynor for more details

Bereavement Support

Groups offering the chance for you to get together at regular walks and social activities.
Didcot

01235 849 434
community@ageukoxfordshire.org.uk

We are here to help link you into what matters to you. Call one of our friendly team and we can connect you into a much wider list of opportunities available. Here is a handful of local activities we run that you are welcome to join.

Meet your team

Rachel Poole (Locality Manager)	07827 235 460
Katie Allen	07769 398 932
Danielle Ffrench	07964 037 292
Claudia Edgworth	07827 235 412
Mandie Mitchell	07827 235 423
Diane Long	07827 235 436
Kerry Hughes	07341 560 646



What we've been up to...

In February we held an Information Fair in conjunction with the WADS Community Café in Wootton which saw nine different organisations and support services display their information and give free advice and support to local people using the café. Approximately 50 people attended the event with many taking away leaflets and freebies, along with much needed advice.

Claudia surprised people on board the Community Buses in Faringdon and Buckland, giving them a Winter Information Pack including information about where to get help and advice, and chatting to people as they travelled around!

At the beginning of April the team were part of some arranged activity days in Abingdon, at Reynolds Way and Abingdon Carousel Centre, meeting lots of the local community and providing them with free information, advice and support.

Bereavement Support

Groups offering the chance for you to get together at regular walks, pub lunches and other social activities.
Third Monday of the month, 2-3pm
Grove

01235 849 434
community@ageukoxfordshire.org.uk

'Your Mind Matters' Roadshow, Wantage Market

Offering you information and advice on activities, services and organisations in your community.
Wednesday 8th May, 9am-1.30pm

Book Groups

Abingdon, Cumnor, Kennington, Letcombe Regis, Wantage

0345 450 1276
teabooks@ageukoxfordshire.org.uk

Steventon Film Club

First Wednesday of the month, 1.15-3.15pm
Steventon Village Hall, Steventon
£3.50 per person

Contact Katie for more details

Exercise Classes

Our Physical Activity Team can help you maintain health, mobility and independence.
Abingdon, Faringdon

active@ageukoxfordshire.org.uk
01235 849 403

West

We are here to help link you into what matters to you. Call one of our friendly team and we can connect you into a much wider list of opportunities available. Here is a handful of local activities we run that you are welcome to join.

Meet your team....

Linda Heffernan (Locality Manager)
Jennifer Dixon-Clegg
Emma Fox
Sue Richmond
Katrina Fagan
Jessica Cooper

07584 148 508
07827 235 409
07468 862 174
07827 235 414
07827 235 444
07384 511 698

What we've been up to...

Katrina has been running a mobile Information Drop-in on the West Oxfordshire Community Buses, chatting to people as they travel around and giving out information and advice on a wide range of activities, services and organisations in their communities.

Emma helped support the set up of a new Cinema group in Minster Lovell. It was a great success and will now go on to be a permanent fixture in the calendar!

Exercise Classes

Our Physical Activity team can help you maintain health, mobility and independence. Bampton, Chipping Norton, Milton-under-Wychwood
active@ageukoxfordshire.org.uk
01235 849 403



Chatterbox

Witney* - First Thursday of the month, 10am-12pm
Corn Exchange, Market Square, Witney
Contact Sue or Katrina for more details
Chipping Norton, Third Tuesday of the month
10-11.30am at Chipping Norton Library
Contact Katrina for more details

Carterton Cinema Group

Fourth Wednesday of the month, from 2pm
Carterton Library, Carterton
£3.50 per person
Contact Jennifer for more details

NEW Minster Lovell Cinema Group

Supported by Age UK Oxfordshire
Coming soon...
Contact Emma for more details

Aviation Group

Fourth Thursday of each month, 2-3.30pm
Town Hall, Carterton
Contact Sue for more details

***Supported by Specsavers Witney**

Bereavement Support

Groups offering the chance for you to get together at regular walks, pub lunches and other social activities.
Carterton, Witney
01235 849 434
community@ageukoxfordshire.org.uk

Book Groups

Carterton, Witney
0345 450 1276
teabooks@ageukoxfordshire.org.uk

Coming soon...

Our NEW Walk and Talks will be starting soon, at brand new locations. Further details coming soon.

Join us at the Corn Exchange, Witney on Friday 17th May for Older Person's Day, where we'll be sharing information and advice.

Sue and Jennifer are starting new Information Drop-in events in Carterton and Witney, see p24.

On Saturday 6th July, we'll have a stall at Eynsham Carnival. Come and say hello.

Linking you into your community

Community Links Oxfordshire is here to work with you to discover what could make a difference to your life and support you in living well.

It's an established local service, available to all adults living in the county. We listen and talk through what could make a difference to your life. We work together at your pace to get the information you need, to make informed choices, and connect to activities that can support you in living well.

We can help you:

- Find out what support services are available
- Join in with a local group or activity
- Meet new people
- Learn something new
- Feel confident to get involved
- Volunteer
- Find out about help at home as your care needs change



Community Links Oxfordshire is a service provided by Age UK Oxfordshire and funded by Oxfordshire County Council.

The support offered is bespoke and tailored to what you need, in the way you need it.
Why not give us a call on 01235 849 434 or email community@ageukoxfordshire.org.uk
...it all starts with a conversation

Live Well Oxfordshire

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 services to help you live independently, and it also includes information about care homes and support services.

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 or if you don't have access to a computer or would like some help navigating the opportunities and information, please give us a call and the team will be happy to help you.

livewell@ageukoxfordshire.org.uk
01235 849 410

A screenshot of the Live Well Oxfordshire website. At the top right is the Oxfordshire County Council logo. Below it is a navigation bar with 'Live Well Oxfordshire' and links for 'Log In/Register' and 'View my shortlist'. A row of icons includes Home, What's on, Help to use this site, Provide feedback, Suggest a service, Jargon buster, Latest news, and Contact us 01235 849410. A text block below the icons reads: 'If you are struggling to buy food, you can find a list of food banks across Oxfordshire. If you or a relative is coming out of hospital and need some support to stay independent you can find organisations that provide care at home. Need a bit of help finding what you are looking for, or finding your way around this site? Contact Community Links Oxfordshire (managed by Age UK Oxfordshire) on 01235 849410 for a chat.' Below this is a search box with fields for 'I'm looking for...', 'keywords', 'Within (miles)', '5, 10...', 'Of location', and 'postcode / area', with a 'Go' button. To the right is a 'Welcome to MyHSN' section with the MyHSN logo and text: 'The NHS is a wonderful service, but it can be difficult to know which forms, phone calls, and appointments need to be made to get the healthcare you need out of it. New and future NHS workers also find it hard to understand. MyHSN - Health Service Navigator - aims to tell you exactly how the system works, and get the best out of it to your advantage.'

Physical activity in your community

Access a variety of group exercise classes, both in-person and online, along with options to support you to be active at home, all of which are tailored to support people in later life. Classes include:

Strength and Balance - A class which can enable you to maintain health, mobility, and independence, to keep doing what you love for longer.

Stay Strong and Steady Programme - Falls prevention information and exercise designed for older people who are concerned about their balance.

Seated Exercise - Chair based exercise, improving strength, flexibility, mobility and coordination.

Big, Bold and Balance - A physical activity class for those living with Parkinson's disease.

For information on which class would best suit you or to find out more, please email active@ageukoxfordshire.org.uk or call **01235 849 403**.

Book groups in your community

Social book clubs for over-60s, helping people to share a love of books and reading, and to meet new friends. Groups bring friendship and laughter to the places where people can easily gather.

For information, please email teabooks@ageukoxfordshire.org.uk or call **0345 450 1276**.

Bereavement support in your community

Our bereavement groups and walks meet monthly, where we look to the future, without forgetting. Groups are relaxed, warm and friendly, and a place where you can meet others and feel supported. Many find that others who have lost a loved one can offer valuable comfort and support. All are welcome!

Sessions aim to be a mixture of restorative and informative, a space where you can just be yourself, offering you an opportunity to remember that in the midst of the pain, there is still life to live.

If you think you would benefit from joining one of our groups or would like to find out more, please email community@ageukoxfordshire.org.uk or call **01235 849 434**.

Age UK Bereavement Guide

The death of someone close to us can be one of the hardest things we have to go through. Whether it's expected or not, it can affect us in many different ways. Grief is very personal and there's no right or wrong way to deal with losing someone you love. This guide explores how you might be feeling, why you might be feeling like that, and some of the things that could help, now and in the future.

If you would like to receive a copy give us a call on the above number or email and we'll post a copy to you.



Digital support in your community

Meet your team....

Carrie Brooks **07827 235 425**

Stephen Mott **07827 235 455**

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

We can offer you FREE support so you can make the most of the internet and can even let you try a device for FREE with our tablet loan scheme. We will support you to use your gadget (tablet, smartphone or laptop) and help you to learn new skills in a safe and secure way.

It's never too late to learn! If you would like to get online, please contact us on **01235 849 434** to find out what digital support is available to you.

We're also looking for volunteers to deliver skills sessions to older people in their area, if you think you can help then please get in touch.

community@ageukoxfordshire.org.uk
01235 849 434



IT Drop-in Sessions

If you need help with your mobile phone, computer or tablet, our volunteers can support you at a local IT Drop-in Session. Where a phone number is listed, please contact the library directly for more details or to book your space, otherwise call **01235 849 434**.

Bampton Library

Last Monday of the month
3.15-5pm

01993 850 076

Benson Library

Last Tuesday of the month
2-4pm

01491 838 474

Bicester Library*

Every Thursday of the month
10.30-11.30am

Burford Library

Third Thursday of the month
1-3pm

01993 823 377

Didcot Library

Every Saturday
10am-12pm

01235 211 910

Eynsham Library

Every Wednesday
2-4pm

Grimsbury Community Centre, Banbury*

Last Thursday of the month
2-3pm

Kidlington Library*

Every Thursday
2-3pm

Malborough Methodist Church, Banbury*

Every Thursday
10am-12pm

Oxford Westgate Library

Fourth Tuesday of the month
2-4pm

Sonning Common Library

Bookable visits to suit both
client and volunteer.

0118 972 2448

Tadmarton Village Hall

First Tuesday of the month
10.30am-12pm

Woodgreen Library*

Every third Friday of the month
10am-12pm

*supported by Cherwell District Council

Local support & services: Information Drop-ins

Information Drop-ins, providing information and advice on a variety of groups, activities, services and organisations. No appointment necessary.

Oxford City

•Umbrella Club

Barton Neighbourhood Centre, Underhill Circus, Oxford, OX3 9LS
Every Wednesday 1-3pm.

•Barton Community Food Larder

Barton Neighbourhood Centre, Underhill Circus, Oxford, OX3 9LS
First Tuesday of the month 2-4pm.

•Wesley Memorial Church

New Inn Hall Street, Oxford, OX1 2DH. First Wednesday of the month 10am-12pm.

•Horspath Hub

The Old Chapel, The Green, OX33 1RP. First Friday of the month 10am-12pm.

•St Mary & St Nicholas Church,

Oxford Road, Littlemore, OX4 4PB
Last Monday of the month 10am-12pm.

Cherwell

•The Mill Arts Centre

Spiceball Park, Banbury, OX16 5QE. First Tuesday of the month 12.45-1.45pm.

•Methodist Church, Bicester

Bell Lane, Bicester, OX26 6JQ
Third Friday of the month 12pm-1.30pm.

•Banbury Mosque

Merton Street, Banbury, OX16 4RX.

Ladies - First Thursday of the month 10am-2pm.

Men - First Friday of the month 12.20-2pm.

•Upper Heyford Veterans

Heyford Park Community Centre, Brice Road, Upper Heyford, OX25 5TE. First Friday of the month 11am-2pm.

•Bodicote

St John the Baptist Church, Church Street, Bodicote, OX15 4DW. First Wednesday of the month 2.30-3.30pm.

•Royal Voluntary Service

Castle Street, Banbury, OX16 5NT. 10-11.30am. Fourth Tuesday of the month 11am-12.30pm.

•Castle Quay

Castle Street, Banbury, OX16 5UN. Every Friday of the month 10am-1pm.

•Nostalgia Cafe, Green Pastures

Bath Road, Banbury, OX16 0TT, 10.30am-12pm. Second Monday, April, June, Aug, Oct, Dec

•Moorside Place, Kidlington

The Moors, Kidlington, OX5 2UZ
Second Wednesday of the month 10am-12pm.

Vale

•The Down to Earth Cafe

The Old Stables, Stirling Close, Wantage, OX12 7AU. Second Tuesday of the month 12pm-1.30pm.

•Abingdon Community Larder

Trinity Church Centre, Abingdon, OX14 1DB. Third Friday of the month 11.30am-12.30pm.

South Oxfordshire

•Cholsey Food Larder

Cholsey Pavillion, Station Road, Cholsey, OX10 9PT. First Wednesday of each month 2-4pm.

•Henley-on-Thames

Henley Library, Ravenscroft Road, Henley-on-Thames, RG9 2DH. Last Wednesday of the month 10.30am-12pm.

•Didcot

Northbourne Centre, Church Street, Didcot, OX11 8DG. First Thursday of the month 1.30-3pm.

•Thame

Thame Masonic Hall, 14 High Street, Thame, OX9 2BZ. Second Tuesday of the month, in April, June & August 10am-12pm.

•Wheatley

Merry Bells, 89 High Street, Wheatley, OX33 1XP. First Friday of the month in May, July & September 10am-12pm.

•Sonning Common

WI Coffee Morning, Village Hall, Sonning Common, RG4 9SL. First Wednesday of each month from 10.30-11.30am.

West Oxfordshire

•West Oxfordshire Community Buses

Fourth Thursday of the month, from 9am, moving between the four different routes.

•Carterton

The Sanctuary, Carterton Methodist Church, OX18 3AG. New dates to be confirmed.

•Witney

Coffee #1, 15 Market Square, Witney, OX28 6AP. Second Tuesday of the month 2-3pm.

Volunteering opportunities

Leigh Hogan, our Community Links Oxfordshire Volunteer Co-ordinator, joined the team in January, providing dedicated support for all of our Community Links Oxfordshire Volunteers. Alongside a background in adult social care law, Leigh has been a long standing volunteer for many years in different settings, most recently with Oxford University's Gardens, Libraries and Museums.



“I have really enjoyed meeting all of our lovely volunteers so far and hearing about the many and varied ways in which they are supporting us. I’m looking forward to developing the role over the next few months and already thinking ahead to some celebration events during Volunteers’ Week in June.”

We believe that volunteers, across all ages, bring a wealth of personal interests, skills and experience, all of which can be channelled into volunteering activities that benefit our service users and support the work of the charity. There are huge benefits that can be derived from volunteering, not just for service users but also for volunteers, so why not give it a go?

“I am so grateful for my Digital Support Volunteer. I would not have done anything without their support and would probably still be home doing nothing and seeing no-one”.

* client who recieved support from one of our volunteers.

We are always looking for friendly and enthusiastic volunteers to join our team. If you are 18+, and feel passionate about supporting people to “live life to the full” then why not consider joining us? All our roles come with support and training so you can feel confident and enjoy supporting others.

Volunteering opportunities in our Community Links Oxfordshire Team:

Befrienders - Helping support people to overcome barriers and loneliness, build social connections and rebuild confidence to be more independent and live life to the full.

Activity & Group Volunteers - This role could include meeting and greeting clients, families and carers, helping provide refreshments, or accompanying people as part of an organised walk and simply offering light conversation. A perfect role for anyone interested in helping people to improve their social connections and wellbeing.

Volunteering opportunities in the wider Community Team at Age UK Oxfordshire:

Digital Support Volunteers - Make a real difference to building someone’s confidence online and support them to get the best use out of their tech and gadgets.

Bereavement Support Volunteers - Offer a compassionate listening ear at a time when someone is experiencing grief and provide short-term telephone support and help individuals access bereavement support in a variety of settings.

We also have many other volunteering opportunities available across **Age UK Oxfordshre**, including roles in our telephone befriending, physical activity, book group and creativity services.

If you’re passionate about supporting older people, get in touch with **Leigh** on **07570 302 643**.

“During one IT support session, I was able to assist a client with learning new Excel skills. We found an online tutorial video, and both learnt something new!” * Don, Digital Support Volunteer

How you can support us

As an independent local charity we rely heavily on the goodwill and support of local people. Fundraising activities are a fun way of making money for the charity, and there are so many opportunities available that you are bound to find something that suits you.

Fundraising opportunities

Events -Join us at one of our fundraising events and meet some of the people involved with Age UK Oxfordshire whilst helping to support people in later life.

Local challenges - There are opportunities in Oxfordshire all year round that enable you to set yourself a challenge and raise funds.

Do your own thing - Perhaps you would like to host a coffee morning, host a quiz night or hold a raffle? If you would like to get involved with fundraising give us a call on **01235 849 434** or email us on **community@ageukoxfordshire.org.uk**

Make a donation

You can make a donation online to us via the QR code below or by visiting **www.ageuk.org.uk/oxfordshire/getinvolved/donate**. Alternatively, you can complete one of our donation forms, which can be downloaded from our website, or call us on **0345 450 1276** to request a form in the post. You can use this form to make cash, debit or credit card donations (for security reasons please do not send us cash donations in the post).

Every donation makes a difference, thank you!



Sign up to the Community Links Newsletter

Keep up-to-date with information about our activities, groups, services and opportunities in your area.

Sign up to our Community Links Newsletter mailing list, by filling out this request form and returning it to Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT or calling **01235 849 434**.

Alternatively, you can email **community@ageukoxfordshire.org.uk**. If you received this copy through the post you'll already be on our mailing list.

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

Address.....

Postcode..... Telephone number.....

Email address.....

I would like to receive: Community Links in the post Community Links via email

Useful telephone numbers / websites

365Alive (Fire Safety)
0800 032 59 99/www.365alive.co.uk

Better Housing, Better Health
0800 107 00 44/www.bhbh.org.uk

Carers Oxfordshire
01235 424 715/www.carersoxfordshire.org.uk

Citizens Advice Oxfordshire
03444 111 444/www.caox.org.uk

Cherwell District Council
01295 227 001/www.cherwell.gov.uk
Cherwell Small Repairs Scheme
01295 227 022/www.cherwell.gov.uk

Oxford City Council
01865 249 811/www.oxford.gov.uk
Oxford City Small Repairs Scheme
01865 252 798/www.oxford.gov.uk

South Oxfordshire District Council
01235 422 422/www.southoxon.gov.uk

South & Vale Small Repairs
01235 432 410/www.mearsgroups.co.uk

Vale of White Horse District Council
01235 422 422/www.whitehorsedc.gov.uk

West Oxfordshire District Council
01993 861 000/www.westoxon.gov.uk

Falls Prevention Service
01865 903 400

Helping Hands for Hoarders
01993 831 551/www.helpinghandsforhoarders.com

My Vision Oxfordshire
01865 725 595/www.myvision.org.uk

My NHS 111
111/www.nhs.uk

Oxfordshire Hospitals
0300 304 7777

Oxfordshire County Council
0345 050 76 66/www.oxfordshire.gov.uk

Emergency Planning
01865 323 765

Floodline (Oxfordshire)
01865 842 999

Oxfordshire Social Services
0345 050 76 76

Trading Standards
01865 395 999 option 3

Visual Impairment Team
01865 894 935

Hearing Impairment Team
01865 894 925

Oxfordshire Mind
01865 247 788/www.oxfordshiremind.org.uk

Parkinson's UK
0800 800 03 03/www.parkinsons.org.uk

Patient Advice & Liaison (PALS); Oxford Health
NHS Foundation Trust
0800 328 7971

Powercut Helpline
105/www.powercut105.com

Red Cross Mobility Aid Loan Service
0344 871 1111/www.redcross.org.uk

Royal British Legion
0808 802 8080/www.britishlegion.org.uk

Samaritans
116 123/www.samaritans.org

Stroke Association
0303 303 3100/www.stroke.org.uk

Thames Valley Police
101/www.thamesvalleypolice.uk

Please do get in touch by phone, email or post.

01235 849 434

community@ageukoxfordshire.org.uk

9 Napier Court, Barton Lane, Abingdon, OX14 3YT

www.ageuk.org.uk/oxfordshire



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