

A close-up photograph of several bright yellow daffodils in full bloom. The flowers are the central focus, with their six petals and central corona clearly visible. The background is a soft-focus field of more daffodils and green foliage, set against a clear, light blue sky. The lighting is bright, suggesting a sunny day.

Community Links Newsletter...

...Springing back

Spring 2022

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Welcome

Welcome to our spring Community Links booklet.

As the days get longer, and things start to open up again, we are looking forward to spring. Whether you are keen to leap into the season or are feeling cautious about getting back out there, we hope you will find this a useful resource and an enjoyable read.

Spring is a time when we are coming out of our metaphorical hibernation and moving back into the world. This winter has been especially difficult and isolating for many. We know that connecting with the community is important for our mental health and wellness. This issue focusses on enjoying the natural world around us, getting outdoors and enjoying green spaces. Which is also so important for both our physical and mental wellbeing. We look forward to meeting you and trying some new things together and hope this booklet helps you find a place and a face to connect too.

We are also looking to hear from you about what's important to you, and what you would like from the Community Information Network in the future. It would be great if you can complete our short questionnaire (page 39 that you can pull out) and post back to us free of charge.

Best Wishes



Danielle Beaumont-Orr
Head of Community Development



Nicola Luxton
Deputy Head of Community Development



Meet your Community Information Network Team...

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Admin Team

Petra, Kayleigh and Kerri

01235 849434 or via email on network@ageukoxfordshire.org.uk



Community Information Network Team

What we do...

Working within local communities through Oxfordshire our team of Community Link Workers are here to help you, your family and anyone you care for. Working with all those aged 18+ **we are here to support you to be as independent as possible and live life to the full**, the way you want to.

As our circumstances change it is sometimes difficult to know what support and opportunities exist and this is where our Community Team comes in.

Your Community Information Network team are embedded within your local community, they are experienced and knowledgeable, will listen and hear what matters to you and help you to:

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



Springing Back.....to rebound or leap back.

Getting the spring back in your step—where to start?

Being active, engaging with other people, or learning something new can really improve your mental health and wellbeing. We all recognise the value of getting involved in the world around us, but sometimes it's hard to know how to find what you want.

Have you heard about the Six Ways to Wellbeing? Research shows that there are **six** everyday behaviours that we can engage in, which indirectly promotes wellbeing. They are:

- **Connect** - Connect with the people around you.
- **Be Active** - Step outside, go for a walk. Exercise makes you feel good.
- **Take Notice** - Be aware of the world around you and what you are feeling. Awareness also enhances your self understanding and allows you to make positive choices.
- **Keep Learning** - Try something new. Learning through life, enhances self- esteem and encourages social interactions.
- **Give** - Do something nice for someone else.
- **Care** - Care for the planet, look after your community and your world and make small changes that will also help reduce your energy use, and small steps to a greener life can make a great difference.



If you would like to meet new people, try something new, or simply have something good to look forward to, give the Community Information Network a try. It might make all the difference.



Oxford City Locality

Information Drop-ins

Providing information and advice at a variety of groups, activities, services and organisations, giving support and help.

Umbrella Club:

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



A new Community group for like minded Men to socialise, connect and explore interests.



Repair cafes are regular events where people can bring along broken household items to be fixed and also learn how to fix them with the help of a volunteer. As well as reducing waste, these events

facilitate the sharing of skills within communities and raise awareness around the social and environmental impacts of over consumption.

To find more about a Repair Café in your area visit www.repaircafeoxfordshire.org

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Your Community Information Network team in Oxford City....



Diane



Joseph



Sarah



Lynn



Christopher

Chatterbox

Coming soon in Summertown... join us for a coffee and a warm welcome. A great social meeting with a chance to meet one of your local networkers.



Contact us on **01235 849 434** or one of the network team to register your interest.

Live Well Oxfordshire—Your signpost to support services near you

Live Well Top Tip—If you already know the type of service that you're looking for, or even the name of the service that you want, you can use the search box on the home page to search key words. It will return all of the services that match your key word.

www.oxfordshire.gov.uk/livewell—see page 33 for more info



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Contact us on : 01235 849434



Step into Oxford

Age UK Oxfordshire has teamed up with the Oxford Guild of Tour Guides and the Oxford Hub, offering a morning or afternoon walk, followed by an opportunity to sit and chat with others over a cup of tea or coffee. Walks are open to anyone over the age of 50.

You'll take a gentle stroll through the stunning famous sights of Oxford, led by a professional guide. All of these walks are FREE to join and are taking place twice a month until the end of July 2022.

Contact Petra on 01235 849434
or email
network@ageukoxfordshire.org.uk
to book your place.



IT & Tech Support

Age UK Oxfordshire and our team of volunteers can support you to develop your skills to be involved safely online, informed and to stay digitally connected. Whether you need help with your phone, computer or tablet,

Join us at;

- **Westgate Library**, Oxford every 4th Tuesday
2pm-4pm - Starting Tuesday 26th April 2022

Call: 01235 849434

Email: network@ageukoxfordshire.org.uk

Late Spring Support Groups

An opportunity for those aged 60+ who have been bereaved, to meet together with others who have lost a loved one, providing a chance to talk and gain mutual comfort and support.

In Oxford City, a group will be taking place in the city
Contact us on 01235 849 434 for more information.

For further details on a your local group, contact us
on 01235 849 434



East Locality

Information Drop-ins

Providing information and advice at a variety of groups, activities, services and organisations, giving support and help.



Thame Masonic Hall:

Thame Masonic Hall, 14 High Street, Thame, OX9 2BZ

Held bi-monthly on the second Tuesday of the month. Join us in April, June, August, October and December. 10.00am-12.00pm

Upper Heyford Veterans:

Heyford Park Community Centre, Brice Road, Upper Heyford, OX25 5TE

Come along and join us on the first Friday of the month 11.00am-2.00pm

Thame Community Larder:

Christchurch Thame, Upper High Street, Thame, OX9 2DN

Thursdays 2.30pm-5pm - Join us for information & advice from May.

Ria's Retreat

An opportunity to unwind and make new friends. Join Ria virtually and learn relaxation techniques including: Mindfulness, how to sleep better, lowering anxiety and sensory awareness. Contact us on 01235 849434 or Ria for more info and dates.

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Your Community Information Network team in East Oxfordshire... Covering the market towns of Thame, Kidlington and Bicester



Rachel



Derek



Ursula



Ria

Gadget & IT Support

Whether you need help with your phone, computer or tablet, Age UK Oxfordshire and our team of volunteers can support you to develop your skills to be involved safely online, informed and to stay digitally connected. Join us at;

- **Kidlington Library** - Every Thursday 2-3pm
- **Bicester Library** - 1st & 3rd Thursday of the month & 2nd & 4th Saturday of the month 10.30-11.30am

Call: 01235 849434 or

Email: network@ageukoxfordshire.org.uk

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Contact us on : 01235 849434



Lunch Clubs



Pub Lunch Club at the Penny Black

58 Sheep Street, Bicester, OX26 6JW

A chance to meet and eat in friendly company. Join us on the Fourth Wednesday each month at 12.30pm. Pub classics and light bites available. Prices from £4.39 including a soft drink. To book your place **call** us on 01235 849434.

Thame Lunch Club

The coffee House, Buttermarket, Thame, OX9 3EW

Delicious sandwiches, cakes, tea & coffee for £5. A social afternoon for all, with a chance to meet your local Networker for Information and advice. Join us on the last Tuesday of the month 12.30pm-2pm.

To book your place, please **call the café directly** on 01844 214556 (at least 24hrs in advance)

Late Spring Support Groups—An opportunity for those aged 60+ who have been bereaved, to meet together with others who have lost a loved one, providing a chance to talk and gain mutual comfort and support.

In East Oxfordshire, groups will be taking place in **Bicester, Kidlington** and **Wheatley**. Contact us on 01235 849 434 for more information.



Social Prescribing



Working alongside your GP and other practice clinicians your Community Link Worker can help connect you to all the services, support, activities and opportunities that exist locally. We work with all adults aged 18+. We will support you to identify what you would like help with and support you to find solutions and options that will make a difference to you.

In East Oxfordshire, we work alongside Thame PCN, which consist of the following surgeries in East Oxfordshire;

- Morland House Surgery, Wheatley
- Rycote Practice, Thame

Moorside Place TeaBooks



The Café, Moorside Place, The Moors, Kidlington, OX5 2UZ

TeaBooks is an Oxfordshire-wide project organising social book groups for the over-60's, helping older people to share a love of books and reading and to make new friends. To learn more about TeaBooks, please **contact** Kate Castleden on 07442 435599 or **email** katecastleden@ageukoxfordshire.org.uk

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North Locality

Information Drop-ins

Providing information and advice at a variety of groups, activities, services and organisations, giving support and help. No appointment necessary.

Banbury Mosque

Merton Street, Banbury, OX16 4RX

Ladies -First Thursday of the month
10am-12pm

Men - First Friday of the month
12.30pm-2pm



The Mill -The Mill Arts Centre, Spiceball Park, Banbury, OX16 5QE

First Tuesday of the month, starting Tuesday 5th April 2022
12.45pm-1.45pm

Nostalgia Café - St Francis Church, Highlands, Banbury, OX16 1FA
9th May & 8th August, 10.30am-12pm



Silver Pride- The Mill Arts Centre, Spiceball Park, Banbury, OX16 5QE
Monthly- Starting Thursday 14th April 12pm-2pm

Coffee groups for older people in our LGBTQ+ community. Join us for a friendly, social Morning for coffee, cake and a chat and to share your experiences.

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Contact us on : 01235 849434

Your Community Information Network team in North Oxfordshire...



Jackie



Sarah



Siobhan



Carrie



Victoria



Jayne

Spencer's Social Group



Enjoying retirement, but sometimes miss the company of your workmates? This friendly group offers the chance to socialise, on the 1st & 3rd Wednesday of each month, from 10.30am to 12pm, at Banbury United Clubhouse, Station Approach, OX16 5AB

Activities include quizzes, floor games, talks and more. Free entry and refreshments. Free parking onsite.

For further details contact **Jackie** on **07827 235408**

Live Well Oxfordshire—Your signpost to support services near you

Top Tip—You can create a shortlist of service that you're interested in, to refer to later. You just need to click on the "add to shortlist" button

www.oxfordshire.gov.uk/livewell—see page 33 for more info



Social Prescribing

Working alongside your GP and other practice clinicians your Community Link Worker can help connect you to all the services, support, activities and opportunities that exist locally. We work with all adults aged 18+. We will support you to identify what you would like help with and support you to find solutions and options that will make a difference to you.

In North Oxfordshire, we work alongside the Banbury Alliance PCN, which consists of the following surgeries;

- Hightown Surgery
- Woodlands Surgery
- Windrush Surgery



Late Spring Support Groups—For those aged 60+ who have been bereaved, to meet together with others who have lost a loved one, providing a chance to talk and gain mutual comfort and support.

In North Oxfordshire, groups will be taking place in **Banbury**. Contact us on 01235 849 434 for more information.



Gadget & IT Support

Whether you need help with your phone, computer or tablet, Age UK Oxfordshire and our team of volunteers can support you to develop your skills to be involved safely online, informed and to stay digitally connected.

Join us at;

- **Woodgreen Library**, Woodgreen Leisure centre –Third Friday of each month -10am-12pm
- **Marlborough road Methodist Church** every Thursday 10am-12pm
- **TSB Bank Plc**, 61 High Street, Banbury Second Monday of the month 2pm-4pm starting 11th April 2022

To book a place, please **call** us on 01235 849434 or **email** network@ageukoxfordshire.org.uk



South Locality

Information Drop-ins

Providing information and advice at a variety of groups, activities, services and organisations, giving support and help.

Horspath Hub, The Green, Horspath OX33 1RP
First Friday of the month—10.30am-12.00pm

Community Luncheon, Sonning Common Village Hall,
Wood Lane, Sonning Common, RG4 9SL
1.00pm-2.00pm on 11th May, 13th July, 12th October
and 14th December.

WI Coffee Mornings, Sonning Common Village Hall,
Wood Lane, Sonning Common, RG4 9SL
10.00am-12.00pm on 6th April, 1st June, 7th September
and 2nd November.

Young at Heart Club

Monthly social group offering tea, coffee and biscuits, a chance to chat, activities and often with entertainment or a speaker.

Where: Masonic Hall, Goldsmith Lane, Wallingford,
OX10 0DU

When: Second Tuesday of the month 2.00pm-4.00pm-
Restarting 12th April.

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Your Community Information Network team in South Oxfordshire...



Kate



Rachel



Abbie



Rachel



Gaynor

Social Prescribing

Working alongside your GP and other practice clinicians your Community Link Worker can help connect you to all the services, support, activities and opportunities that exist locally. We work with all adults aged 18+. We will support you to identify what you would like help with and support you to find solutions and options that will make a difference to you. In South Oxfordshire, we work alongside the following GP surgeries;

- Didcot Health Centre
- Woodlands Medical Centre
- Oak Tree Health Centre
- Watlington and Chalgrove Surgeries
- Sonning Common Health Centre
- Wallingford Medical Centre
- Mill Stream Surgery
- Goring and Woodcote Health Centre
- Hart Surgery

Green Social Prescribing

COVID-19 has highlighted the importance of being outdoors to people's mental and physical health, as well as the inequality of access to green space. Green Social Prescribing links people to nature-based interventions and activities, such as local walking for health schemes, community gardening and food-growing projects.

Contact Kate for more info about Green Social Prescribing.

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Contact us on : 01235 849434



Silver Pride



Where: Cornerstone Arts Centre Cafe, Didcot, OX11 7NE
When: 11am-12pm second and fourth Friday of each month

Silver Pride coffee groups, for older people in our LGBTQ+ community. Join us for a friendly, social morning for coffee, cake and a chat and to share your experiences.

For more details please contact Kate on 07827235403 or Gaynor on 07785425601

#LoveLaterLife



Registered Charity Number 10915



Monthly Afternoon Tea Party with FISH
 volunteer centre
 Sonning Common Village Hall
 Sonning Common
 RG4 9SL
 Monday's, second week of the
 month -2-4pm

www.fishvolunteercentre.org.uk
 01189 723986

Live Well Oxfordshire

Your signpost to support services
 near you

Top Tip—Once you have logged in, you can save services for later, by making them a “favourite”. Like shortlisting, but is permanent. You can add/remove services as you wish from your list.
www.oxfordshire.gov.uk/livewell—
 see page **33** for more info

Gadget & IT Support

Whether you need help with your phone, computer or tablet, Age UK Oxfordshire and our team of volunteers can support you to develop your skills to be involved safely online, informed and to stay digitally connected.

Join us at;

- **Didcot Library**—Every Saturday 10am-12pm
- **Sonning Common Library**—Flexible booking

To book a place, please **call** us on 01235 849434
 or **email** network@ageukoxfordshire.org.uk

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Email us on : network@ageukoxfordshire.org.uk



Vale of White Horse

Information Drop-ins

Providing information and advice at a variety of groups, activities, services and organisations, giving support and help. No appointment necessary.

Community Coffee Morning

Wootton and Dry Sandford Community Centre, Lamborough Hill, Wootton, OX13 6DA
Second Thursday of the month
9.30am-11.45am

Memory Lane

Step back in time and join us for a nostalgic trip down memory lane. Bringing memories to life from the 1940's to the 1990's. Join Mandie & Claudia virtually every First and Third Friday of the month from 2pm-3pm. Contact us on 01235 849434 to register to join.

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Your Community Information Network team in the Vale of White Horse...



Ann



Claudia



Tresa



Diane



Mandie



Sarah



Live Well Oxfordshire—Your signpost to support services near you

Top Tip—You may not have a clear idea of what you're looking for to do a key work search. If that's the case you can browse by looking through the different categories on the home page.

www.oxfordshire.gov.uk/livewell - see page 33 for more info



Gadget & IT Support

Whether you need help with your phone, computer or tablet, Age UK Oxfordshire and our team of volunteers can support you to develop your skills to be involved safely online, informed and to stay digitally connected.

Coming soon at....

- **Grove Library**, School Lane, Grove, OX12 7LB

To book a place, please **call** us on 01235 849434 or

email network@ageukoxfordshire.org.uk



Late Spring Support Groups—For those aged 60+ who have been bereaved, to meet together with others who have lost a loved one, providing a chance to talk and gain mutual comfort and support.

In the Vale of White Horse, groups will be taking place in **Grove**, Contact us on 01235 849 434 for more information.



Lunch Clubs

Golden Years Lunch Club

The Bay Tree, The Green, Grove, OX12 0AN

Wile away a few hours with food, drink and transitional pub games and Bingo. £6.99 for 2 courses or £7.99 for 3 courses

Alternative Tuesdays 11.30am-2.30pm

Contact Stuart at the pub directly to book your place on **01235 770054**





Rusty Riders comes to Abingdon
Want to start cycling or get back into cycling?
Want to improve your confidence to ride with your children?
Rides of 2 – 5 miles on quiet roads and tracks including a coffee stop
Each ride will be run by 2 qualified ride leaders.



The BIG BIKE Revival

Email: admin@windrushbikeproject.uk

Social Prescribing

Working alongside your GP and other practice clinicians your Community Link Worker can help connect you to all the services, support, activities and opportunities that exist locally. We work with all adults aged 18+. We will support you to identify what you would like help with and support you to find solutions and options that will make a difference to you.

In the Vale of White Horse, we work alongside Wantage PCN, which consist of the following surgeries;

- Church Street Practice
- Newbury Street Practice



Your doctor isn't the only person who can help you feel better



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Email us on : network@ageukoxfordshire.org.uk



West Locality

Social Groups

Aviation Group

Carterton Town Hall, 19 Alvescot Road, Carterton, OX18 3JL.



On the fourth Thursday of each month
2pm-3.30pm

A social group for all, whether you're an aviation expert or just have a general interest! Meet and make friends, and share your stories and memories.

Chatterbox Witney

Pop along and join us at our coffee morning for a warm welcome, refreshments, a slice of cake and a chat. A great social morning with a chance to meet one of your local networkers.

Where: Corn Exchange, Market Square, Witney, OX28 6AB

When: 10am-12pm every

1st Thursday of the month

For more details, please give us a call on 01235 849434



u3a learn, laugh, live

If you're no longer in full time employment and want to join a lively organisation to meet new friends, learn an interesting subject or visit a new place, then the Witney U3a may be for you. For more info, visit their website at www.u3asites.org.uk/witney/welcome

Your Community Information Network team in West Oxfordshire...



Sue



Katrina



Jayne



Emma



Margot



Jennifer



Linda



Silver

Pride

Where: Lynwood & Co Cafe, Streatfield House, 4 Alvescot Road, Carterton, OX18 3XZ

When: Second & Fourth Tuesday of every month 10.00am-11.30am

Silver Pride coffee groups, for older people in our LGBTQ+ community. Join us for a friendly, social morning for coffee, cake and a chat and to share your experiences.

For more details please contact Sue on 07827 235414

#LoveLaterLife



Registered Charity Number 10915



Gadget & IT Support

Whether you need help with your phone, computer or tablet, Age UK Oxfordshire and our team of volunteers can support you to develop your skills to be involved safely online, informed and to stay digitally connected.

Join us at;

- **Chipping Norton Library**, 1 Goddards Lane, Chipping Norton, OX7 5NP
Every other Wednesday 2pm-4pm
- **Witney Library**, Welch Way, Witney, OX28 6JH
Every Monday– 2pm-4pm
- **Eynsham Library**, 30 Mill St, Eynsham, OX29 4JS
Wednesdays 2pm-4pm

To book a place, please **call**
01235 849434 or **email**
network@ageukoxfordshire.org.uk



Late Spring Support Groups

For those aged 60+ who have been bereaved, to meet together with others who have lost a loved one, providing a chance to talk and gain mutual comfort and support.
In West Oxfordshire, groups will be taking place in **Witney** and **Chipping Norton**. Contact us on 01235 849 434 for more information.

Live Well Oxfordshire—Your signpost to support services near you

Top Tip— Use the What's on Calendar so see what's happening on certain days/ dates
www.oxfordshire.gov.uk/livewell—see page **33** for more info

Walk and talks

Chipping Norton

Meet outside Chipping Norton Leisure Centre,
First Tuesday of the month from 10.30am
For more info contact Jayne.



Woodstock

Blenheim Palace, Woodstock, OX20 1PP
Third Thursday of the month, meeting at 1pm.
Contact Sue for more info.

Charlbury

The Old Shed, Enstone Road, Charlbury, OX7 3JH
Second Tuesday of the month, meeting outside The Old Shed at 2pm for a 2.15pm start (walk is approximately 45 minutes).
Contact Margot for more info.

Witney

The Coffee Shed, Recreation Ground, The Leys, Station Lane, Witney, OX28 4BX
First Tuesday of every month at 1.00pm
Meeting at the Coffee Shed on the Leys. Parking is just a short walk across the Lake. Contact Sue for more info.

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Email us on : network@ageukoxfordshire.org.uk



Be Kind... to yourself

Self care...

Self care is a crucial part to looking after yourself, as well as others. Being kind to yourself helps produce positive feelings, helping to boost motivation, self esteem, and giving you increased energy levels. See below for some great examples of Self Care:

- Get regular exercise
- Eat a healthy and balanced diet
- Getting good quality sleep



Have you ever thought about Beekeeping?

The ways in which bees work together to produce honey is fascinating and has many health & environmental benefits, including:

- Helps environment
- Improves pollination of garden crops and flowers
- Provides a great sense of community
- Relaxing and can calm stress
- Honey has great health benefits



Healthy Eating and Eat the Rainbow!

We all know fruit and vegetables are a good source of vitamins, minerals and fibres, but did you know they should also make up over a third of the food you're eating each day?

Its recommended you should be eating at least 5 portions of fruit and vegetables each day. These can be fresh, dried, frozen, juiced or canned. Evidence shows that people who eat at least 5 portions of fruit and vegetables a day have a lower risk of Heart Disease, having a Stroke and some cancers. Eating fruit and vegetables that vary in lots of different colours will help increase your intake of vitamins and minerals. Different coloured fruit and vegetables are often linked to higher levels of specific nutrients and have great health benefits too!

For further info visit www.nhs.uk/live-well/eat-well/

Join SOFEA community Larders, located throughout Oxfordshire
Contact them on 01235 510774
or visit www.sofea.uk.com for more information.



Benefits of allotment gardening

- A great form of exercise for all ages
- Relaxing
- Improves self-esteem and Mood
- Feeling connected to nature
- Grow your own fruit and vegetables



Mindfulness

Mindfulness can help us enjoy life more and also understand ourselves better. Paying more attention to your own thoughts and feelings and to the present moment can improve your wellbeing and mental health.

Try one of these each day for a week and see how you feel.

- Notice three things you find beautiful in the outside world
- Get outside and notice how the weather feels on your face
- Cultivate a feeling of loving - kindness towards others
- Pause to watch the sky or clouds for a few minutes today
- Take three calm breaths at regular intervals during your day

Have you or a loved one been in hospital recently?

If you would like to receive one of our support and guidance packs, contact us on 01235 849434 or via email on network@ageukoxfordshire.org.uk and we'll happily send one out to you.

Keeping moving and eating well are two of the best things we can do to protect our health. We offer:

- Online classes
- Weekly face to face classes
- A free Strength & Balance DVD available on request

If you are interested in joining us either online or at a class in a venue, please get in touch:

Email: gg@ageukoxfordshire.org.uk or **Call:** 01235 849 403



Talk Heart Health

Generation Games, together with partners are going to be touring Oxfordshire in April, May and June! We will be offering blood pressure checks, functional fitness MOTs, handing out specialist home exercise DVD packs and chatting to people about simple changes that you could make to improve your heart and overall health. You could also win a £100 John Lewis Gift voucher!

Eat, move, beat... repeat

Call us on 01235 849 403 to reserve your space!



Be Kind... to yourself

Fall in love with the great outdoors. Re-connect with nature, explore the area around where you live, make new friends and get healthier...you can do all this by going for a walk.

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. You do not have to walk for hours as even 10 minutes a day can make a real difference to us all. Walking is low impact, requires minimal equipment (just a comfortable pair of shoes) and can be done at any time of the day at the pace that suits you. For those who have lost their confidence why not give us a ring (**01235 849434**) and we can link you up with a local volunteer who could go for a walk with you and help you re-build your confidence.

Health Walks run across the county, designed to be short and over easy terrain. Open to everyone. **Why not give one a go?**

Visit **www.walkingforhealth.org.uk** for more information.



Why not consider joining your local Ramblers group?

For just £36.60 a year you can have access to thousands of routes via their website and local group walks every week

Visit **www.ramblers.org.uk** to find out more

Getting out and about

Being active is good for our physical and mental wellbeing. This is why we should **all try to move regularly**, including doing exercises that help keep us strong and steady. Being active every day can help to keep your spirits up, get a good night's sleep, stay independent, reduce the risk of having a fall, keep your bowels regular, stay a healthy weight and reduces the risk of heart attack, stroke, diabetes and some cancers.

Just building in a little more movement every day can make a real difference to how you feel. Why not give it a go?



Late Spring

Late Spring Oxfordshire provides bereavement support to those aged 60+. We offer a range of services in person, virtually, by telephone and by post. With your support we can reach more people who have been bereaved and help them know that they are not on their own. For more information **call Linda on 01235 426660 or email latespring@ageukoxfordshire.org.uk**



We have many opportunities to "Walk and Talk" with people who understand. The short and gentle walks offer the company of others and time to talk.

Our in person groups are new re-starting, please contact us to book a place. We are starting to meet up in local cafes and pubs to "count the memories not the calories" and enjoy a meal together, or cake!



We also still continue to run a monthly Virtual Late Spring support group, using Zoom. All are welcome (also accessible by telephone)

If you would like to book a place in a group, lunch or cream tea or would like to join in with a walk, please contact Petra on 01235 849434

Our In-Touch number is available as part of our support service, linking you directly to an experienced member of our Late Spring Team. **01235 426600**

What is Dying Matters Awareness Week all about?

Starting conversations about dying is often not as hard as you might think.

Every year, people around the country use Dying Matters Awareness Week as a moment to encourage all communities to get talking in whatever way, shape or form works for them. This year, Dying Matters Awareness Week takes place from **2nd - 6th May 2022. ...**

Join us during the week at our vintage Tea parties aimed at raising awareness for our Late Spring Bereavement service "a place to remember a loved one and look to the future without forgetting"

An opportunity to come together and connect with others who understand.



OXFORDSHIRE AGE FRIENDLY CREATIVE NETWORK

Oxfordshire Age Friendly Creative Network is open to anyone in Oxfordshire who has an interest in creativity for, with or by older people. We have over 300 members and we send out a monthly e-newsletter which is packed with Age Friendly Creative opportunities from Oxfordshire and beyond- to find out more and join us visit our webpage here- www.ageuk.org.uk/oxfordshire/our-services/the-oxfordshire-age-friendly-creative-network-oafcnc/ Either telephone **07887 882960** or contact **helenfountain@ageukoxfordshire.org.uk** for more information.

AGE OF CREATIVITY FESTIVAL 2022



The Age of Creativity Festival will run from the 1st –31st May and celebrates older people as creative participants, audiences, volunteers and artists. We recognise that not everyone is ready to be back in theatres and galleries, so our festival programme aims to include opportunities that are available online, through the post, on the phone, or in your local community. For those who are keen to socialise in person and meet new friends, we are also working hard to generate lots of local opportunities. Get in touch to get involved via **festival@ageofcreativity.co.uk** or call: **0345 450 1276**



Creativity

Calling all knitters...



For every be-hatted bottle sold as part of this campaign, Innocent Drinks donates 25p. All money raised from the hats sent in by Age UK Oxfordshire will be used to help local older people living in Oxfordshire.

If you can knit one, or knit loads, you'll be making a huge difference! You can take a look at all our knitting and crochet patterns online to get you started.

Visit: www.innocentdrinks.co.uk/big-knit/knitting-patterns

You can send in or drop your hats to our office at:
Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT

Please ensure they're received by our deadline of **Friday 1st July**



Platinum Jubilee

This year, the Queen is celebrating her 70th year of serving on the throne. Throughout the years there have been many street parties and gatherings to celebrate her reign.

To celebrate, throughout the month of **June**, across Oxfordshire we're going to be hosting some Indoor street parties. More information on these events will be shared nearer the time...



Crafty Foxes

Join Siobhan online for a virtual Arts and Crafts session.

Every second Tuesday of the month from 10.30am-11.30am For more details and to book your place, please contact us on **01235 849434** or email network@ageukoxfordshire.org.uk



Join us for our Virtual online groups...

Crafty Foxes

Join Siobhan in an arts and craft themed session running every Second Tuesday of the month from 10.30am– 11.30am

Knit and Natter

Lets come together and enjoy a natter over a cup of coffee and our knitting (crocheter's welcome too). You never know you might be inspired to try something new.
Every Fourth Thursday of the month from 10.30am –11.30am

Memory Lane

Step back in time and join us for a nostalgic trip down memory lane. Bringing memories to life from the 1940's to the 1990's.
Every first and third Friday of the month from 2pm-3pm

Virtual Late Spring Bereavement meetings

Come together online with others who understand. If you have been bereaved or know someone who has been bereaved, why not pop along?
Join Joan on the second & fourth Monday of the month 2pm-3pm
First & third Thursday of the month 10am-11am

Ria's Retreat

An opportunity to unwind and make new friends. Join us virtually and learn relaxation techniques including;
Mindfulness, how to sleep better, lower anxiety and sensory awareness. Start date & time to be confirmed

Friendship Group

Grab yourself a cup of tea and a slice of cake and join us for a friendly chat and a speaker. An opportunity to meet up with old friends and make new ones too.
Every Fourth Wednesday of the month—2.30pm-4pm

Aviation Group

An online aviation group where we will be discussing all things aircraft. There will be a guest speaker followed by some time to ask questions and have a chat. All are welcome whether you are an aviation expert or just have a general interest! Every second Tuesday of the month, from 2.30pm-3.30pm

Offering a way to meet with others, learn a skill and have some fun. All sessions delivered via "Zoom"

Call us on **01235 849434** or **email** network@ageukoxfordshire.org.uk for more info or to book your place.



Be kind... to others



Have you ever considered becoming a volunteer?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, and the community.

Giving to others can also improve your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

- ◆ Volunteering connects you to others.
- ◆ Volunteering is good for your mind and body.
- ◆ Volunteering can advance your career.
- ◆ Volunteering can bring fun and fulfilment to your life.

We are always looking for friendly and enthusiastic volunteers to join our team. **If you are aged 18+**, feel passionate about supporting older people to 'live life to the full' then why not consider joining our team? Our roles are flexible in terms of time and are available across the whole of Oxfordshire. Whether you have family commitments, work full time, are retired or currently unemployed, we've got a role for you.

My Community Link

A short term enabling support service that links a trained volunteer with an individual who needs a little extra support.

If you are interested in finding out more about becoming a

My Community Link Volunteer contact us on:

Tel: 01235 849434

Email: network@ageukoxfordshire.org.uk



My Community Link

Help support people to

- Overcome barriers and loneliness
- Build social connections and relationships
- Rebuild confidence



 **Community Link**
Network of volunteers & professionals

involved
informed
in touch

Email us on : network@ageukoxfordshire.org.uk



Get digitally connected

Your Tech Buddy Team ...



As the world around us moves more and more online we can help you make sense of it and build your confidence to use it as you choose. Whether you need help with your phone, computer or tablet Age UK Oxfordshire and our team of volunteers can support you to develop your skills and be involved, safely, with the online world within which we all now live.

- Stay connected with family/friends over skype/zoom
- Do shopping online
- Set up an email account
- Join a virtual group or activity
- Learn how to use your IT gadget

Tech Buddy volunteers help support local people and communities to be more confident and involved in the online world. We help deliver the service over the phone, online, and through home visits.

For more information **call us on 01235 849434** or email network@ageukoxfordshire.org.uk

We offer basic, **FREE** help via: telephone, online, handy 'how to' guides that can be posted out to you, home/garden visits and face-to-face IT classes and gadget drop-in sessions.



My Digital Link

Would you like to join us on-line for some more useful information and some tips on how to access helpful Tech Support? Learn more about your gadget?

We provide a monthly Tech Café that can link you up with the right help for you. No question too small.

As the world around us moves more on line we can help you make sense of it and build your confidence to use it as you chose.

Whether you need help with your phone, computer or tablet Age UK Oxfordshire run a virtual Tech Café and we can support you to develop your skills



Tech Café

For more details and to book your place please contact 01235 849434 or email us at network@ageukoxfordshire.org.uk

#LoveLaterLife  Community Information Network Registered Charity Number 1091529



Get digitally connected

Most GP Surgeries and hospitals now offer a text messaging service.

By signing up to your surgery/clinic service they can let you know useful information, new services and remind you of the appointments you have booked. All you need is a mobile phone. It is really safe and easy to do.

We can help you do this too, just ring the Tech Buddy team on 01235 849434

**Tech
Buddy**

Need help to access an online appointment? Want to feel more confident to go online?

We can help you learn how to use your computer/phone/tablet, so you can.
Or, we can lend you a tablet and teach you how to use it so that you can.

Gadget & IT Support

Join us across the county for our regular Gadget & IT support sessions, where you can book to see us or one of our Age UK Oxfordshire volunteers, to help support you to develop your skills to be involved safely online, informed and to stay digitally connected. Check your locality page to see what's happening in your area and how to book.



Tackling digital exclusion across Oxfordshire.

Getting Oxfordshire online is an initiative that refurbishes donated devices and passes them to people who need them.

Local hubs bases in:

Bicester -Bicester Green - 07909 633382

Didcot -SOFEA -01235 510774

Oxford -Aspire - 01865 204450

**involved
informed
in touch**

Email us on : network@ageukoxfordshire.org.uk



Good Neighbour Schemes



Good Neighbour Schemes are local, voluntary groups that offer a service in their community for older, vulnerable, and isolated people in need of help and support. Across Oxfordshire there are 50 Good Neighbour Schemes offering help in their local communities.

The services offered may include:

- Providing transport to medical appointments, hospital visits or to day centres
- Shopping or collecting prescriptions
- Household tasks, minor repairs, or gardening
- Walking pets
- Visiting or befriending
- Letter writing or simple form filling

This can vary from group to group depending on the area's need and the skills and abilities of the volunteers. The schemes help promote wellbeing for individuals, not only for the residents who benefit from the help they receive but also for the volunteers who are giving something back to the community.

Good Neighbour Schemes rely upon the support of their volunteers to run their services. If you are interested in getting involved and helping to make a difference why not give your local Good Neighbour Scheme a call. They would love to hear from you!

To find your local Good Neighbour Scheme visit: www.vlu.org.uk or contact the dedicated Good Neighbour Scheme Coordinator on **07545 923327** or email oxfordshireregs@vlu.org.uk





Phone Friends

‘A friendly voice at the end of the phone’

Phone Friends provides people who are 50+, who feel lonely, with a regular and free, friendly phone call from one of our Phone Friend volunteers.

If you would be interested in receiving a phone call, or know someone who you feel would really benefit from a weekly chat, please give **Paula** a ring on **07557 038 278** or via **01295 234 850**.

If you would be interested in joining our team of Phone Friend volunteers and be that friendly voice at the end of the phone please contact **Lucy** on **07964 038 813**. Or visit **www.ageuk.org.uk/oxfordshire/our-services/phone-friends**

Full training and ongoing support is provided and calls can be made from the comfort of your own home and expenses for calls can be reimbursed .



Information and Advice

Our **Information & Advice helpline** is a small team of dedicated staff and volunteers providing answers to all sorts of questions; they can talk through your situation with you and help you to find the information you need.

We have information on over 200 topics; from Powers of Attorney, mobile dentists and welfare benefits, right through to social care, pendant alarms and woodland burials. All our advisers have active listening skills and are able to explore your situation with you, supporting you to find solutions or offering a range of options to move things forward.

We are also integrated with Age UK national, which enables us to re-direct our phones to the national helpline after we close each day through to 7pm, and all day at weekends and bank holidays. The national team can provide fact sheets and give basic advice, following up with a secure email to us so we can call you back with any more details about local guidance and support.

Contact us on Tel: **0345 450 1276**

(local advice 10am – 4pm weekdays) or via email: helpline@ageukoxfordshire.org.uk

Scams awareness: find out how to protect yourself



Any of us can fall victim to a scam. Scams are increasingly common and many people are caught out. They can be very distressing, and the impact is often emotional as well as financial.

If you've been the victim of a scam, remember that you're not alone.

The good news is that there are ways to help avoid being taken in by a scam if you know what to look for.

Call us on 07827 235416 to hear more about how we can help you to protect yourself.

Age UK Oxfordshire is a registered charity 3091529 and company limited by guarantee 4328143. Registered office: 9 Napier Court, Abingdon, OX14 3YT



ID004762 12/21.



Live Well Oxfordshire

Live Well Oxfordshire has been developed by Oxfordshire County Council in partnership with the Community Information Network.

The directory has been designed to bring together information about groups and organisations offering services for adults with a variety of needs in one place.

You can search the directory to find information about services to help you live independently such as home care agencies, or organisations that can help with shopping or gardening. It also includes information about care homes and health services such as GPs or dentists.

You can also use Live Well Oxfordshire to look for a new hobby, find out where you can get information about benefits, or support groups for people with health conditions.

As a member of the public, you can easily save shortlists of services you are interested in. You can also leave feedback for us about any services you have used; this will not be published but will be passed on to the service provider.

We have dedicated Network Live Well Champions, if you need some tips or support to use the directory, please get in contact on **01235 849 434**



In our Family of services...

Dementia Oxfordshire supports people living with dementia, their relatives and carers. We provide advice, information and on-going support. Our dedicated support line is staffed by experienced Dementia Advisers and is open to everyone, including people with dementia, their relatives and carers, health care professionals and voluntary organisations.

Contact Dementia Oxfordshire:
Dementia Support line: 01865 410210
Email: info@dementiaoxfordshire.org.uk
www.dementiaoxfordshire.org.uk/



Homeshare Oxfordshire carefully matches older people who may need a little help with household tasks, company or reassurance, with another person who is happy to lend a hand and would enjoy living with an older person

Please contact us to find out more
Website: www.homeshareoxfordshire.org.uk
Email: homeshare@ageukoxfordshire.org.uk
Call: 01865 410670



If someone relies on you...
...you can rely on us

Carers Oxfordshire is a service dedicated to unpaid adult Carers in Oxfordshire, whether you are caring for a child, young person or another adult.

At Carers Oxfordshire our expert team will help you:

- Recognise your role as a vitally important carer. No one likes to be labelled however, recognising yourself as a carer can be the first step to getting the information,
- Advice and the support that you need.
- Make your caring journey easier by offering advice and support to enable you to navigate what can be a confusing system. Armed with knowledge and confidence there's nothing we can't tackle together.
- Caring for someone else shouldn't come at the cost of caring for yourself.

We will support you to find ways to care for yourself as you care for another – whatever that looks like.

Call us on **01235 424 715** or email
carersreferrals@carersoxfordshire.org.uk



Home Support Options

Our Home Support Options Team are there to support older people and their carers to stay independent at home. Our knowledgeable co-ordinators will meet with you in your home to conduct an assessment and explore how we can help you.

The team can help with:

- General help around the home
- Light household chores
- Laundry and ironing
- Changing bed linen
- Companionship
- Shopping
- Help with attending routine appointments
- Picking up prescriptions
- Basic administration help
- Meal prep
- Support with activities and help to learn new skills
- Linking you with other services provided by Age UK Oxfordshire

(We are not able to provide support with personal care tasks)

Service Costs:

Initial Assessment Charge: £20.00 / Home Support Visits: £20.00p/h
Minimum of 1 hour per week required.

Contact us on Tel: **0333 577 1044** or

email: hsoadmin@ageukoxfordshire.org.uk



Basic Toe Nail Cutting

We provide a basic toe nail cutting service. This can be provided in your own home or in a venue local to you. Your appointment occurs approximately every 8 weeks to ensure your nails are maintained regularly; helping you to stay mobile and independent.

****We only offer basic toe nail cutting and are not trained podiatrists.**

Service Costs

- Home Visit £25.00
- Venue session £17.00
- Equipment cost £15.00

Telephone: 0333 577 1044

Email: footcare@ageukoxfordshire.org.uk



Useful Telephone Numbers & Websites

We have compiled a list of useful telephone numbers and web addresses for many local and national organisations who offer help and support, all in one handy place so that you can keep this booklet close to the phone should you ever need it...

365Alive (Fire Safety)

0800 032 59 99

www.365alive.co.uk

Action on Hearing Loss

0808 808 01 23

www.rnid.org.uk

Better Housing, Better Health

0800 107 00 44

www.bhbm.org.uk

Age UK Oxfordshire

0345 450 12 76

www.ageuk.org.uk/oxfordshire

Bereavement Advice Centre

0800 634 94 94

www.bereavementadvice.org

Carers Oxfordshire

01235 424 715

www.carersoxfordshire.org.uk

Citizens Advice Oxfordshire

03444 111 444

www.caoox.org.uk

Care Quality Commission

0300 061 61 61

www.cqc.org.uk

Disability Living Foundation

0300 999 00 04

www.livingmadeeasy.org.uk

District Councils;

Cherwell District Council

01295 227 001/ www.cherwell.gov.uk

Oxford City Council

01865 249 811/ www.oxford.gov.uk

South Oxfordshire District Council

01235 422 422/ www.southoxon.gov.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



Emergency Planning

01865 323 765

www.oxfordshire.gov.uk

Falls Prevention Service

01865 903 400

www.oxfordhealth.nhs.uk/service_description/falls-service

First Stop

0800 377 70 70

www.firststopcareadvice.org.uk

Floodline (Oxfordshire)

01865 842 999

www.oxfordshire.gov.uk

Hearing Impairment Team

01865 894 925

www.oxfordshire.gov.uk

Helping Hands for Hoarders

01993 831 551

www.helpinghandsforhoarders.com

Livewell Oxfordshire

www.livewell.oxfordshire.gov.uk

Oxfordshire Association for the Blind

01865 725 595

www.oxeyes.org.uk

My Care, My Home

0800 731 84 70

Wwwmycaremyhome.co.uk

NHS 111

111

www.nhs.uk

Oxfordshire Comet—Transport

01865 323 201

www.oxfordshire.gov.uk

Oxfordshire County Council

0345 050 76 66

www.oxfordshire.gov.uk

Oxfordshire Mind

01865 247 788

www.oxfordshiremind.org.uk

Oxfordshire Social Services

0345 050 76 66

www.oxfordshire.gov.uk

Parkinsons

0800 800 03 03

www.parkinsons.org.uk

Patient Advice & Liaison (PALS):

Oxford Health NHS Foundation Trust

0800 328 79 71



John Radcliffe Hospital

01865 221 473

Churchill Hospital

01865 235 855

Nuffield Orthopaedic Centre

01865 221 473

Horton General Hospital

01295 229 259

Powercut Helpline

105

www.powercut105.com

Red Cross Mobility Aid Loan Service

0344 871 11 11

www.redcross.org.uk

Royal British Legion

0808 802 80 80

www.britishlegion.org.uk

Samaritans

116 123

www.samaritans.org

Small repairs Scheme:

Cherwell

01295 227 022/ www.cherwell.gov.uk

Oxford City

01865 252 798/ www.oxford.gov.uk

South & Vale

01235 432 410/ www.mearsgroup.co.uk

Stroke Association

0303 303 31 00

www.stoke.org.uk

Tax Help for Older People

01308 488 066

www.taxvol.org.uk

Talking Space

01865 901 222

www.oxfordhealth.nhs.uk/talkingspaceplus

Telephone Preference Service

0345 070 07 07

www.tpsonline.org.uk

Thames Valley Police

101

www.thamesvalleypolice.uk

Trading Standards

01865 896 999

www.oxfordshire.gov.uk

Visual Impairment Team

01865 894 935

www.oxfordshire.gov.uk



Let us know....

We are really interested in hearing from you, about what matters to you and what you would like from the Community Information Network. We want to focus on the things that are important to you and shape the service to be what you want it to be. Please give us your opinions and return free of charge to us.

Is there anything you like about the Community Information Network? What would you like us to do more of?

What matters to you? What would enable you to 'live your best life'?

Is there anything you think we could improve, or change? What would you like us to do less of?



Alternatively feel free to **email** your opinions to admin@ageukoxfordshire.org.uk or **call** us on 0345 450 1276. We are also looking for people to join our Engagement and Involvement Forum. If you wish to be a part of this Forum please contact us on 01235 849 434 or email network@ageukoxfordshire.org.uk



FREEPOST

Age UK Oxfordshire