



Community Links Newsletter...

Autumn/ Winter 2022

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Contact us on : 01235 849434
Email: network@ageukoxfordshire.org.uk
Write to us at: Age UK Oxfordshire, 9 Napier Court, Barton Lane, Abingdon, OX14 3YT



Welcome

A warm welcome to the Autumn/Winter Edition of Community Links.

We hope this newsletter will provide some helpful information for the coming months and hope you will find it an enjoyable read. Who knows maybe you will be inspired to try a new activity or try some of our money saving tips!

As we move into autumn it can be a great opportunity to get outdoors and connect with nature as the seasons change. We have several 'walk and talks' where you can meet others and take some gentle exercise in an open outdoor green space. Getting outdoors and connecting with nature has been proven to have benefits to physical and mental health and is one of the six ways to help look after your wellbeing.

As the days get shorter and the temperature drops, most of us are starting to think about the winter ahead. With energy prices and the cost of living rising, we know that many people feel concerned about mounting financial pressure. Our team are here to give you information and put you in touch with the right services to ensure you are getting any help you need and receiving entitlements to maximise your income.

In this edition we have included some information about keeping well this winter, including keeping active, eating well with some of our winter recipes and some energy saving tips that we hope you will find helpful.

In October it is the UN International Day of the Older Person, celebrating and amplifying voices of older people, challenging negative stereotypes and misconceptions about older people and ageing. Our Community Team will be out and about at various events across the county to celebrate International Older Persons Day, so please do come along and say hello, we would love to see you.

We are always keen to hear from you, about what is important to you or if there is anything you would like to see included in the Newsletter. Our contact details can be found on the back page if you would like to get in touch.

Best Wishes



Danielle Beaumont-Orr
Head of Community Development



Nicola Luxton
Deputy Head of Community Development

In Partnership with:



The Community Information Network...What do 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 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
- 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

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.



The community team also runs a selection of activities face to face . These currently include;

- Coffee mornings, afternoon teas and lunch clubs
- Walk and Talk groups
- IT drop in sessions and one to one IT support
- Film clubs and social afternoons
- Bereavement support
- LGBTQ+ community groups



Who can contact the Community Information Network?

- You can make contact **yourself** directly by phone or by email.
- If you are worried about **someone else**, you can make contact on their behalf, as long as you have their permission to do so.
- The Community team welcomes contact from relatives, friends, carers, and neighbours and happily **works alongside anyone who cares**.
- Your **GP** or another professional can contact the community team on your behalf, with your permission.

If we don't know the answer we will work hard to find one for you.

The support we offer is bespoke and tailored to what you need, in the way you need it.

Why not give us a call on 01235 849434 or email network@ageukoxfordshire.org.uk

...it all starts with a conversation.



Meet your Community Information Network Team...

Oxford City

Lynn - Locality Team Manager

07287 235 429
lynnalexander@ageukoxfordshire.org.uk

Chris 07468 862 178
christopherrichmond@ageukoxfordshire.org.uk

Diane 07827 235 436
dianelong@ageukoxfordshire.org.uk

Joseph 07469 692 341
josephonovwarpoma@ageukoxfordshire.org.uk

Sarah 07827 235 457
sarahirvine@ageukoxfordshire.org.uk

East Oxfordshire

Rachel- Locality Team Manager

07827 235 460
rachelpoole@ageukoxfordshire.org.uk

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ursulalong@ageukoxfordshire.org.uk

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derekmitchell@ageukoxfordshire.org.uk

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riahornsby@ageukoxfordshire.org.uk

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valeriehunt@ageukoxfordshire.org.uk

North Oxfordshire

Jackie- Locality Team Manager

07827 235 408
jackieroberts@ageukoxfordshire.org.uk

Sarah 07469 150 669
sarahchampkins@ageukoxfordshire.org.uk

Siobhan 07827 235 406
siobhangriffin@ageukoxfordshire.org.uk

Jayne 07827 235 422
jayneyuruker@ageukoxfordshire.org.uk

Carrie 07827 235 425
carriebrooks@ageukoxfordshire.org.uk

Victoria 07827 235 427
victoriajackson@ageukoxfordshire.org.uk

Troy 07827 235 448
troybryan@ageukoxfordshire.org.uk

Admin Team

Petra, Kayleigh and Kerri

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

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Contact us on : 01235 849434



South Oxfordshire

Tresa - Locality Team Manager
07827 235 410
tresacooper@ageukoxfordshire.org.uk

Kate 07827 235 403
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Rachel Downey 07827 235 420
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Vale of White Horse

Lynn - Locality Team Manager
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West Oxfordshire

Linda - Locality Team Manager
07584 148 508
lindaheffernan@ageukoxfordshire.org.uk

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suerichmond@ageukoxfordshire.org.uk

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margotclarke@ageukoxfordshire.org.uk

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emmafox@ageukoxfordshire.org.uk

Katrina 07827 235 444
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Jennifer 07827 235 409
jenniferdixonclegg@ageukoxfordshire.org.uk



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Email us on : network@ageukoxfordshire.org.uk



Oxford City Locality

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



Lynn



Diane



Joseph



Sarah



Christopher



Groups

Silver Screen Cinema Club

A social film club, for people over 50, come and enjoy a classic.

1st Tuesday of each month, 1:30pm – 3.30pm in the Lecture Room, at NOA Community Centre, Diamond Place, Summertown, Oxford, OX2 7DP

Cost:£3.50

For further information please Contact Sarah on 07827 235 457

Community Spotlight

Run by members and volunteers for the Community, North Oxford Association runs the Community Centre in Diamond Place and the Pavilion in Cutteslowe Park. NOA is open to the public between 10am and 4pm Monday to Friday. Drop by and say hello and see what is happening. North Oxford Association Community Centre, Diamond Place, Summertown, Oxford, OX2 7DP
Phone - 01865 552295
Email- info@northoxfordassociation.org.uk



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.

Barton Community Food Larder:

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

Tuesday Drop In:

Lime Walk Methodist Church Hall, Headington, Oxford, OX3 7AB
Every Tuesday 2pm-4pm

Tea Books



A Social book group for the over-60s. Tea Books, helps older people to share a love of books and reading while making new friends. The groups meets every 3rd Monday of the month. 2pm at Summertown Library. There is a nominal charge of £1 per meeting. For more information, contact Katie Castleden on 0345 450 1276

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Contact us on : 01235 849434



Bereavement 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.

For groups taking place in **Oxford**. Contact Sarah Irvine for more information (see page 6 for contact details).

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.

Contact Petra on **01235 849434** or email network@ageukoxfordshire.org.uk for more info and to book a place.



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. Boswells Café, Templars Square, Cowley, Pound Way, OX4 3UZ
3rd Friday of the month 11am-12noon.
For more info contact Kate on 07827 235403



Wheels for All Oxford provides cycling opportunities for adults (16+) and aim to make it inclusive so it really is for 'all'. Some riders come with a carer or supporter; others are independent and come to the session on their own or with a friend. Some may be recovering from an accident or learning how to cycle with an impairment and want to try out a variety of cycles, including e-bikes to see what best suits their needs; others come because they haven't cycled for a long time and want to practice and build their confidence.

Sessions run every **Tuesday 10am-12noon and Friday 10am-1pm** at Horspath Athletics Track, Horspath Sports Ground, Horspath Road, Oxford OX4 2RR

Booking Essential - Email Wheels for all via enquiries@wfaoxford.org or call 07736 069 632

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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:

Westgate Library - Every 4th Tuesday of the month, 2pm-4pm



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Email us on : network@ageukoxfordshire.org.uk



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 2nd Tuesday of the month. Join us in October, December and February, 10.00am-12 noon

Upper Heyford Veterans:

Heyford Park Community Centre, Brice Road, Upper Heyford, OX25 5TE. Come along and join us on the 1st Friday of the month 11.00am-2.00pm

Thame Community Larder:

Christchurch Thame, Upper High Street, Thame, OX9 2DN. Held bi-monthly - 1st Thursday of the month 2.30pm-5pm

International Day of Older People Bicester

Friday 30th September 2022 9am-12pm
Venue: Ex-servicemen's Club, 67A Sheep Street, Bicester, OX26 6JW

Kidlington

Thursday 29th September 2022 9am-1pm
Venue: Exeter Hall, Oxford Road, Kidlington, OX5 1AB - Time: 9am-1pm

Film Club



A Social Film Club, for people over 50.
Merton Village Hall, 15 Main St, Merton, Bicester, OX25 2NJ
1st Monday of the month, 2pm starting in November. For more info contact Troy from our North team on 07827 235 448

Coffee & Chat



Second Wednesday of the month

Savoir Fare Café, Garth Lodge,
Launton Road, Bicester, OX26 6PS

9.30am - 11.30am

Meet us at Garth lodge at 9.30am to have a stroll around the gardens (optional), followed by coffee, cake and a chat from 10-11.30am

£5.50pp Café special - for a cup of tea or coffee and homemade cake

Contact Ursula for more info

Your Community Information Network team in East Oxfordshire...

Covering the market towns of Thame, Kidlington and Bicester



Rachel



Derek



Ursula



Ria



Paula



Valerie

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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 4th 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)

Bereavement 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.

Contact us on 01235 849 434 for more information for groups in East Oxfordshire.



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 & Bicester PCN which consists of the following surgeries:

Morland House Surgery
Rycote Practice
Watlington & Chalgrove Surgery
Bicester Health Centre
Montgomery House Surgery
Alchester Medical Group

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 and 2nd & 4th Saturday of the month, 10.30am-11.30am

Call us on 01235 849434 to book your place



Walk & Talk Thame

Join Ria and Derek for a leisurely stroll and a chance to make new friends. Every 1st & 3rd Thursday of the month at 11am, meeting outside the Scout hut, at Cuttle Brook Nature Reserve.

Contact Ria for more info. **11**

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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.

Banbury Mosque

Merton Street, Banbury, OX16 4RX

Ladies – 1st Thursday of the month 10am-11.30am

Men – 1st Friday of the month 1pm-2.30pm

The Mill -The Mill Arts Centre, Spiceball Park, Banbury, OX16 5QE. 1st Tuesday of the month, 12-2pm

Castle Quays Community Pop up – Every Friday, 9.30am-12pm

Nostalgia Café– St Francis Church, Highlands, Banbury, OX16 1FA. 2nd Monday of the month, 10.30am-12noon

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Your Community Information Network team in North Oxfordshire...



Jackie Sarah Siobhan Carrie Victoria Jayne Troy

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 12noon, 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**

Film Club

A Social Film Club, for people over 50. Holly Tree Club, Horse Fair, Deddington, OX15 0SH, 2nd Thursday of the month 1.30pm. Starting in October. For more info contact Troy.



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Contact us on : 01235 849434



Silver Pride

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

The Mill Arts Centre, Spiceball Park, Banbury, OX16 5QE - 2nd Thursday of the month 2-4pm

Contact Jackie 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, 3rd Friday of each month 10am-12pm
Marlborough Road Methodist Church - Every Thursday 10am-12pm
TSB Bank - 61 High Street, Banbury, 2nd Monday of the month 2pm-4pm

Contact us on 01235 849434 to book your place or 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 Banbury Alliance PCN which consists of the following surgeries:

Hightown Surgery
Woodlands Surgery
Windrush Surgery



Bibby's Annual Christmas Lunch



Thursday 8th December 2022, 12 noon-4pm
Places are limited. To book your place, call on 01235 849434 or email network@ageukoxfordshire.org.uk

See page 20 for more information

Bereavement 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.

Contact us on 01235 849 434 for more information for groups in North Oxfordshire.

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Email us on : network@ageukoxfordshire.org.uk



South Locality

Your Community Information Network team in South Oxfordshire...



Tresa Kate Rachel Abbie Rachel Gaynor Chloe Rose Stephen Katie Charlie

Woodcote Chatterbox

A social group with a speaker each month.

4th Tuesday each month 2pm - 3.30pm at The Old School House, Reading Road, Woodcote, RG8 0QY

£3 per person, no booking required.

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



Bereavement 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.

Contact us on 01235 849 434 for more information on groups in South Oxfordshire.

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Contact us on : 01235 849434

Horspath Film Club

A Social Film Club, for people over 50. Come and enjoy a relaxing afternoon watching a film with refreshments at The Horspath Hub, The Green, OX33 1RP - 2nd Wednesday of the month, 2-4pm and £3.50 per person.

No booking required, but for more information, contact Kate Hart on 07827 235 403



Information Drop-ins

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

Horspath Information Drop in, Horspath Hub, The Green, Horspath OX33 1RP, 1st Friday of the month, 10.30am-12noon

Didcot Information Drop in, King Alfred Drive Community Centre, Didcot, OX11 7NU - 2nd Friday each month 12.30pm-2pm

Community Luncheon, Sonning Common Village Hall, Sonning Common, RG4 9SL - 1-2pm, 2nd Wednesday each month.

WI Coffee Mornings

Sonning Common Village Hall, Sonning Common, RG4 9SL - 10.30am-11.30am, 1st Wednesday of the month



Silver Pride

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

Where: Cornerstone Arts Centre Café,
Dicot, OX11 7NE

When: 11am-12pm 2nd & 4th Friday
of each month

For more info contact Kate on 07827 425601

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**



Monthly afternoon Tea Party
FISH volunteer centre
Sonning Common Village Hall,
Sonning Common, RG4 9SL.

Monday's, second week of the
month 2-4pm
For more info, contact Fish via
www.fishvolunteercentre.org.uk
or call 01189 723986

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 different PCN's which consist of the following surgeries:

• Hart Surgery, Henley on Thames • Nettlebed Surgery • Sonning Common HC • Watlington & Chalgrove Surgeries • Mill Stream Surgery, Benson • Wallingford Medical Practice • Goring & Woodcote Surgeries • Didcot Health centre • Woodlands Medical Centre, Didcot • Oak Tree Health Centre,



Bereavement Support Count the Memories Coffee Morning

Join us on the 1st Thursday of each month at the Barn Café, The Herb Farm, Peppard Road, Sonning Common, RG4 9NJ

10.30am-12pm

Contact Abbie on 07827 235 431 for more info.



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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

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



Lynn



Claudia



Ann



Mandie



Diane



Danielle



Maria



Stephen

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**

Tea Books



A Social book group for the over-60s. Tea Books, helps older people to share a love of books and reading while making new friends.

The group meets every 3rd Friday of the month. 10am at Mayott House, Ock Street, Abingdon.

There is a nominal charge of £1 per meeting. For more information, contact Katie Castleden on 0345 450 1276

Friendship Cafe Wantage

Pop along for a friendly chat, information, advice and support with a cup of tea or coffee and homemade cake.

The Friendship Cafe takes place on the last Monday of the month at Elmbrook Court Care Home, Grove Road, Wantage, 2pm-4pm.

There is no charge but spaces are limited, and booked directly with the café. Call: 01235 617617

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Contact us on : 01235 849434





Vale Community Impact

The VCI operate a volunteer Transport scheme out of their Wantage office from Monday to Friday, which covers: Wantage, Faringdon, Stanford in the Vale, Watchfield, Ashbury, West of Vale of The White Horse and surrounding towns and villages.

They have volunteer drivers using their own cars to take clients to doctors, any other medical appointments, food shopping, to visit family members in hospital or care homes and drive clients to local Day centres.

There is a charge for using the transport scheme, the minimum local fare is £5 return .From Wantage to an Oxford hospital is £22 return. **You must call to book at least a week in advance. **

Call the VCI for more info on 01235 765348 for more info.

Bereavement 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.

To find out what groups take place in the Vale, contact us on 01235 849 434 for more information.

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Email us on : network@ageukoxfordshire.org.uk

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.

The Pump House, 22 Swan Lane,
Faringdon, SN7 7AF

Every 1st & 3rd Friday of the month
11am-12.30pm.

For more info contact Mandie
on 07827 235423

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, we work alongside Wantage PCN which consists of the following surgeries:

Newbury Street Surgery
Church Street Surgery

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

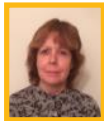


West Locality

Your Community Information Network team in West Oxfordshire...



Linda



Sue



Katrina



Emma



Margot



Jennifer

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. For more details contact Sue on 07827 235 414



Chatterbox Chipping Norton

Chipping Norton Library, Goddards Lane, Chipping Norton OX7 2NP, 3rd Tuesday every month, 10am-11.30am. Social coffee morning to meet friends and a chance to meet one of your local networkers. For more details, contact Katrina on 07827 235 444

Carterton Film Club - A social Film club for over 50's. Every 4th Wednesday of the month at 2pm, Chipping Norton Library, £3.50 per person. Come and enjoy a relaxing afternoon to get together to watch a film and enjoy a cuppa. Places are limited, so give Jennifer a call on 07827 235409 for more info.

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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.

Corn Exchange, Market Square, Witney, OX28 6AB
10am-12pm every 1st Thursday of the month



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



Supported by Specsavers Witney

Bereavement 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.

Contact us on 01235 849 434 for more information for groups meeting in West Oxfordshire.



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Walk and talks

Witney

The Coffee Shed, Recreation Ground, The Leys, Station Lane, Witney, OX28 4BX. 1st 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.

Woodstock

Blenheim Palace, Woodstock, OX20 1PP 3rd Tuesday of the month, meeting at 1pm. Contact Sue for more info.

Chipping Norton

Meet outside Chipping Norton Leisure Centre, 1st Tuesday of the month from 10.30am. For more info contact Jayne.



Charlbury, Walk & Talk & Photography opportunities

The Old Shed, Enstone Road, Charlbury, OX7 3JH. The 2nd 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.

Do feel free to bring along a mobile, camera, or tablet to capture some moments!

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 -

Every other Tuesday 2pm-4pm.

To book a place, please call us on 01235 849434 or email network@ageukoxfordshire.org.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 West Oxfordshire, we work alongside Rural West PCN which consists of the following surgeries:

**Broadshires Health Centre
Bampton Surgery
Burford Surgery
Charlbury Health Centre**



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. On the 4th Tuesday of each month at Lynwood & Co Café, Streatfield House, 4 Alvescot Road, Carterton, OX18 3XZ. 10am-11.30am. For more info, give Sue a call on 07827 235 414

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CIN Coming Soon...

Age UK Oxfordshire's Little book of services

If you would like to get a copy of our Little Book of Services, please give us a call on 01235 849434 or email us via network@ageukoxfordshire.org.uk



Bibby's Christmas Lunch

Thursday 8th December 2022
12.00pm-4pm

Bibby's Financial Services, Banbury are delighted to invite you to join them at a FREE 2 course Christmas meal, drinks and entertainment.

An opportunity to dress up in your finery and be spoilt!

Local transport can be provided if required, please indicate if you would like this when booking your place.

Venue: 1807 Restaurant, Bibby Financial Services Ltd, Pembroke House, Banbury Business Park, Aynho Road, Adderbury, OX17 3NS

Places are limited, so to book your place, call us on 01235 849434 or email network@ageukoxfordshire.org.uk



Age UK Oxfordshire & University of Oxford have come together to bring different insect discovery sessions across Oxfordshire, exploring ways to enjoy nature. We've met for Bug hunts and now have an arts and crafts session planned and our Big Bug Ball, exploring ways to enjoy nature. Join us at the following:

Bug Hunt Discovery & Explore

Join us for a Bug Hunt and discovery session on Friday 7th October 10.30am - 12.30pm at Banbury Community Garden, 165a Bluebird Bridge, Banbury, OX16 5QF

Big Bug Ball

We'll be coming together to celebrate Entomology and for a Party in the Museum, Friday 28th October 5pm-7pm at the Westwood Room, Oxford University Museum of Natural History, Oxford, OX1 3PW

We look forward to welcoming you!

For more info or to book a place, please call us on 01235 849434 or email network@ageukoxfordshire.org.uk



Community Information Network

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Bereavement Support

Coping with bereavement can be shattering and will affect all of us at some point in our lives. We know that everyone experiences grief differently and that how they do is determined by many different factors e.g. our age, personality, our cultural background and religious beliefs, our previous experiences of bereavement, our circumstances and our relationship with that person. Facing the loss of someone special is difficult and can be painful. After a person has died there are many changes and adjustments to be made by those left behind. The person, or family, that has been bereaved will often need time, space, practical and emotional support as the weeks and months progress.

In Oxfordshire we have;

Bereavement Peer Support Groups where we'll meet at local Café's and Pubs.

In Touch: Bereavement Information & Telephone Support line.

One Step at a time - Short and gentle walks in the company of others.

Our In-Touch number is available as part of our support service, linking you directly to an experienced member of our Bereavement Support Team on

01235 426600.

If you would like to book a place in one of our groups, or would like to join in with a walk, please contact us on **01235 849434** or email

latespring@ageukoxfordshire.org.uk



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Social Prescribing

Social prescribing is a service provided by your local GP surgery and is a way in, where you can be helped to link with a range of local, non-medical activities, opportunities and support that can improve your health. Whether you need help at home, want to discover more about local activities or find out about benefits and support services that exist, they can help you.

What services or activities might be able to access?

- Getting involved in local groups and activities and social afternoons.
- Befriending, counselling and other support groups.
- Dealing with bereavement, retirement or new baby.
- Housing, benefits and financial support and advice.
- Help with transport or volunteering.

What do social prescribers do?

A social prescriber is someone:

- you can talk to confidentially
- who is practical, helpful and will not judge you
- who can help you decide
- who can find you activities
- who you can support along the way

Each surgery will have a social prescriber as part of their team. Speak to your surgery directly and ask to be put in contact with them. Social prescribers are part of Age UK Oxfordshire's Community Information Network and work closely with many different GP surgeries throughout the county. Have a look at our different locality pages to see which surgeries and practices we support in your area.



Green Social Prescribing



Green Social Prescribing supports people to engage with nature to improve mental health and wellbeing. Green Social Prescribing activities can be offered as alternative treatment .

Community Link Workers/ Social prescribers will link you with community groups and activities all based on what matters to you and will help you.

Social Prescribing is a way for health professionals to link and contact people to community activities for practical, social and emotional support.

A number of studies have shown , when surrounded by trees and green spaces, blood pressure and stress levels reduce, and mental wellbeing increases.

Throughout Oxfordshire we have lots of great green and blue spaces to visit and explore and a wide variety of different community groups to join.

For more info on Green Social Prescribing and Green spaces in your area, give us a call on 01235 849434

In a recent survey* 90% of adults in England said they view green and natural spaces as good places for mental health and wellbeing.

*(source Nature England)



Celebrating 2022...



50 years of Pride

This year marked 50 years since the first Pride march in the UK, which took place on July 1st 1972 in London. Through following years, Pride marches have taken place across the country. Today Pride events are now regularly held each year, through major cities, or smaller local community events. The CIN team this year, attended Witney Pride, where they had a great time meeting the community in Witney and help promote all the great things Age UK Oxfordshire and the Community Information Network does.



UN International Day of Older Persons

1st October 2022

Every year this is a day to celebrate age and ageing and challenge ageism in all its forms. The CIN team will be attending and holding lots of different Information drop in sessions to celebrate.

We'll have events happening throughout Oxfordshire, starting at the end of September.

To find out what will be happening your area, contact your local Networker or give the Network team a call on 01235 849434

Dying Matters Awareness week

Starting conversations about dying is often not as hard 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, works for them. Back in May the Late Spring team hosted three very successful Vintage Tea Parties to help raise awareness of Dying Matters week.

Dying Matters



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Celebrating Queen Elizabeth II

1926-2022



We were immensely saddened by the passing of our sovereign, Her Majesty Queen Elizabeth II. The Queen was gracious, constant and devoted to her royal duty. We wanted to look back to celebrate her life and reign over the last 70 years.



1952

The Coronation of Queen Elizabeth II took place on 2 June 1953, with the ceremony taking place at

Westminster Abbey. Thousands of people lined the streets of London to see the new Queen, while across the UK 11 million people listened on the radio and about 20 million people watched on the television.

Royal Horses

Queen Elizabeth II owned around 100 horses and had personally chosen all of their names. Around 20 of them became successful racehorses. The Queen loved to watch horse racing and would attend Royal Ascot races most years.

Parliamentary Duties
Throughout her reign, the Queen worked with 15 Prime Ministers.

1969

A Ceremony took place at Caernarfon Castle, in Wales, where the Queen's eldest son, Charles was recognised as His Royal Highness, the Prince of Wales.

1980

Her Majesty Queen Elizabeth II made history, by becoming the first British Monarch to travel to the Vatican, to meet the Pope. Two years later in **1982**, the Pope was invited, in return to Buckingham Palace.

In **1977** the Queen celebrated her Silver Jubilee, marking 25 years of service. It was a major national event celebrated across the UK with street parties held in lots of local communities.

In **1979** Queen Elizabeth II welcomed Margaret Thatcher as the first woman Prime Minister.

1986

The Queen and Prince Philip visited China. Making her the first British Sovereign to visit China.



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Celebrating Queen Elizabeth II

1926-2022



1992

As described by the Queen, 1992 was her “Annus Horribilis”. In November, an accidental fire, swept through Windsor Castle, with devastating consequences. In 1993 to help recoup some of the costs incurred by the fire, Buckingham Palace opened its doors to the public, for the first time.

1994

In 1994 Nelson Mandela became the President of South Africa and the following year, Queen Elizabeth and Prince Philip were invited to Cape Town. It was her first official visit to post-apartheid South Africa. In 1996, President Mandela was invited to Buckingham Palace, for an official state visit.

2002

The UK celebrated the Queens Golden Jubilee, 50 years of reign. Like the Silver Jubilee, street parties were held all over the world. The Queen and Prince Philip travelled in the Royal gold state coach from Buckingham Palace to St Paul’s Cathedral for a special service.

2012

In 2012 The Queen celebrated her Diamond Jubilee, celebrating 60 years of service. There was an extra bank holiday, so all of the UK could help celebrate, along with a Thames Diamond Jubilee Pageant, where 1000 boats were all led by the Queens Royal Barge.



2022

This year we celebrated another milestone for Queen Elizabeth II, her Platinum Jubilee, 70’s years of service. Which again was celebrated throughout the UK, with street parties, a pageant and a concert at Buckingham Palace. Throughout June, the CIN team celebrated the Jubilee with our own indoor street parties, where we invited you to join us for sandwiches, cake and tea, along with a good sing song and all round old style celebration.

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The Queen was amongst the worlds biggest charity supporter, helping charities raise more then £1.4 billion.



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If you are struggling with bereavement or would like support with the loss of a loved one please see page 21 for details about our Bereavement Support Service.



Our Mental Wellbeing



Older Adult Mental Health Awareness Week 1st – 10th October 2022

Throughout the world there are approx. 1 Billion people 60+ and of these approx. 20% will have mental health conditions, including depression, anxiety and Dementia.

Older Adult Mental Health Awareness week highlights older persons mental health, as well as encouraging healthy ageing initiatives around the world.



Mental health problems can affect the way people think, feel and behave. Oxfordshire Mind are a local mental health charity who work and support anyone with a mental health problem. They provide, wellbeing and talking therapies to people living in Oxfordshire. They can be contacted on telephone via **01865 247 788** or via email on **Info@oxfordshiremind.org.uk**

If you're worried about someone...

We all have a part to play in talking about mental health. If you're worried that a friend, relative or partner may need some support with their mental wellbeing, there are different ways you can help.

- Be There
- Encourage them to get help
- Support their treatment

Six ways to wellbeing

Wellbeing is about feeling good and functioning well. This includes feeling positive, having a sense or purpose and belonging and being able to cope with problems and change.

Six ways to wellbeing are simple steps you can take to look after your physical health and are practical ways to improve your wellbeing

5 simple activities to improve your mental health and wellbeing

- Connect with others
- Be Active
- Take Notice
- Keep Learning
- Give
- Care for the planet

Problems with mental health are a lot more common than you might think. One in four of us live with them. So if you're feeling out of sorts, you are not alone.

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Your Mind Matters



If you're Feeling worried, low or out of sorts – or finding it difficult to work up the energy to do things you used to enjoy – this isn't just part and parcel of getting older.

It could be an important sign that you're not feeling as well as you could be. There are lots of reasons why your moods might change. But it's important to know that if you've not been feeling yourself lately – whatever the reason – there's support available.

If you would like to receive a copy of "Your Mind Matters" give us a call on 01235 849434 or email network@ageukoxfordshire.org.uk and we'll pop a copy in the post to you.



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TalkingSpace Plus is a free, confidential NHS service available to anyone over the age of 18, registered with a GP in Oxfordshire offering talking therapies to over 14,000 people each year.

They help people experiencing common conditions including stress, anxiety and depression. Their staff are also specially trained to help people living with long term physical health conditions, such as heart disease, diabetes, chronic obstructive pulmonary disease (COPD) and persistent physical health conditions. This may be important to as people living with long term physical health condition are two to three times more likely to experience stress, anxiety and depression.

For more information about TalkingSpace Plus, visit their website www.oxfordhealth.nhs.uk/talkingspaceplus or give them a call on **01865 901 222**

An advertisement for TalkingSpace PLUS. At the top right is the NHS logo and 'Oxford Health NHS Foundation Trust'. Below that is 'Oxfordshire IAPT Service' and the 'TalkingSpace PLUS' logo. Underneath is the tagline 'Overcoming Anxiety & Depression Together'. There are two speech bubbles: one says 'Feeling out of sorts, worried or fed up?' and the other says 'We can help you - let's start talking.'. At the bottom, there is a blue bar with the phone number '01865 901 222' and the website 'www.oxfordhealth.nhs.uk/talkingspaceplus'. Below the website is a row of four small images showing people in various settings: an elderly woman at a laptop, a group of people in a garden, a person in a wheelchair, and two people walking on a path. At the very bottom, it says 'Free NHS talking therapies for older people in Oxfordshire'.

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Things you can do that might make you feel better...

Just as you can do things to look after your physical health, you can do things to look after your mental health. Here are some suggestions:

1. **Be kind to yourself** - Do the things that bring you joy.
2. **Get enough sleep** - Try & make time to relax & unwind each evening.
3. **Eat well & drink sensibly** - What we eat & drink can affect how we feel.
4. **Keep active** - Exercise is a great way to improve your mood, as it increases the brain chemicals that make you feel happy!
5. **Create structure to your day and set yourself goals** - Setting goals & making plans gives our lives meaning & purpose.

Your Mental Wellbeing



Being physically active is a great way to maintain health, mobility and independence, to keep doing what you love for longer. Generation Games offer weekly in person & online (Zoom) exercise classes and free DVDs for you to follow at home.

To find out more visit: <https://www.ageuk.org.uk/oxfordshire/our-services/generation-games/>

Email: gg@ageukoxfordshire.org.uk or call: 01235 849403

Loneliness & Isolation

Did you know that the effect of loneliness and isolation can be as harmful to your health as smoking 15 cigarettes a day, and is more damaging than obesity. It's associated with depression, sleep problems, impaired cognitive health, hypertension, stress and mental health problems. There are a number of things that you can do to help with loneliness and contacting the CIN team is a great start. You might want to join a friendship group, one of our coffee mornings or a walk and talk. To see what is going on in your area, have a look at our different locality pages towards the front of this booklet, or give one of our Networkers a call.

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Your Mental Health... Healthy Eating & Exercise

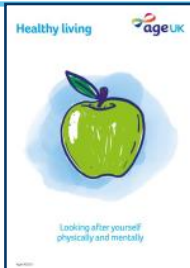
Our mental health and physical health are linked. One of the benefits of being more active and eating a healthy diet, is that it can improve our mood and energy levels.

Get Active

Getting active is a good way to keep healthy and also look after your mental health.

Benefits of being more active

- Improve your mood
- Reduces risk of diseases and health conditions
- Strengthens your bones & muscles
- Helps improve your range of movement & joint mobility



Age UK produce a great booklet providing information all about looking after yourself physically and mentally; "**Healthy Living**". If you would like to receive a copy give us a call on 01235 849434 or email network@ageukoxfordshire.org.uk and we'll pop a copy in the post to you.

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A Balanced diet

Eat at least five portions of fruit and vegetables a day:

Eating plenty of fruit and veg can help reduce your risk of developing heart disease. Frozen, canned or dried fruits and fruit juices all count

Base meals around starchy food:

Starchy foods, like rice or pasta, are a great source of energy.

Eat fish at least twice a week:

Oily fish is rich in vitamin D and a type of fat that helps reduce the risk of heart disease. Grilling, poaching or baking fish is healthier than frying it

Eat different sources of protein:

You can try alternatives to meat, such as beans, lentils or soya-based meat substitutes. Dairy products such as milk and cheese contain protein, too. They're also a good source of calcium, which helps to keep your bones strong.

Cut down on foods that are high in salt, fat and sugar:

Eating too much salt can increase your risk of high blood pressure and stroke. Foods that are high in saturated fat, such as cakes, sausages and cheese, increase cholesterol levels in the blood and raise blood pressure

Drink about six to eight glasses of fluids each:

day This doesn't have to be just water. Tea, coffee and low-sugar or sugar-free squash are fine, too.



Keeping Well this Winter...

Winter Fuel Payment

Winter Fuel Payment is an annual tax-free payment for households that include someone born on or before 25 September 1956. It's designed to help you cover your heating costs in winter. If you've received it before, you should get your Winter Fuel Payment automatically this year. If you claim State Pension or another social security benefit (not including Housing Benefit, Council Tax Reduction, Child Benefit, Universal Credit or a deferred State Pension), you should also be paid automatically. If you don't receive these benefits – or you live abroad – and you're eligible for Winter Fuel Payment, you might need to make a claim directly to receive your payment. Call the Winter Fuel Payment helpline on **0800 731 0160** to get started. You'll need your National Insurance number and your bank or building society details to hand.



Better Housing Better Health

The Warmth & Wellbeing Service



Better Housing Better Health (BHBH) is a charity working to reduce and prevent the number of people in fuel poverty, and so improve warmth, health and wellbeing.

BHBH operates across Oxfordshire and Buckinghamshire (excluding Milton Keynes). They can help provide you with some great home energy advice, financial support and can help with switching energy suppliers.

If you're an Oxfordshire resident who would like some advice on lowering your energy bills, switching provider/tariff or accessing financial assistance or would like to chat to us about any aspect of keeping warm and well then contact them via their free helpline on **0800 107 0044** (Monday to Friday 9:00-17:00) or email bhbh@nef.org.uk.

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Keeping Well this Winter... financial support



Could you be missing out on extra financial support?

We're all aware of the current rising cost of living at the moment. With financial difficulties becoming an issue for more and more people, now is a good time to check your benefits entitlement.

Government grants for support with fuel bills commonly check if you were getting a means-tested benefit, such as Pension Credit, so it's important to ensure you're not missing out. Age UK has a benefit calculator on their website that can help you find out what benefits you could be owed. It's free to use and the details you provide are kept anonymous.

Visit the website via www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements/benefits-calculator/



More money in your Pocket



If you're 60 or over, you might be entitled to money you weren't before. If so, it can help cover your housing and care costs – or give you a bit more freedom to do the things you enjoy. However you use the money you're entitled to, it's yours. Claiming it won't take away from anything anyone else gets. It can be tricky to know where to start. Our Age UK "More money in your Pocket" can help you make sure you're not missing out. If you would like to receive a copy give us a call on 01235 849434 or email network@ageukoxfordshire.org.uk and we'll pop a copy in the post to you.

What is the Priority Service?

You can't always predict when an emergency situation may cause a disruption to your utility provision. If you register for the priority service register with your local supplier, they will do their utmost to prevent your supply from going off and, if it does, make sure that your service returns as a matter of urgency, providing additional support if necessary in the meantime.

If you receive a state pension, are disabled or have a child under the age of 5, then you may benefit from joining the utility priority care registers.



Keeping Well this Winter...

Top Tips to help keep warm and save money

Use your washing machine at 30c to save energy

Keep moving. Physical activity can help you keep warm.

Invest in a pair of warm, well fitting slippers with a hard, waterproof sole and good grip. This will help your feet stay warm, even if you have hard floors and keep you steady on your feet.

Block out the cold. Help save on heating bills, close the doors of rooms you're not using.

Turn the lights off when you leave a room to save energy.

Shop around. If you can shop around for different items, you might find them cheaper elsewhere.

Visit your local community fridge. A community fridge helps prevent food waste and is open to anyone.

Make most of your thermostat so you're using energy most efficiently.

Use the microwave to reheat or cook certain food, such as jacket potatoes, as they use less energy than ovens.

Switching things off rather than leaving them on standby could save you up to £30 a year.

Make sure you eat enough food to keep a healthy weight. Body fat helps you stay warm.

Dress warmly. Wear layers and maybe put a blanket over your legs when sat still.

Planning out your meals, buying in bulk and batch cooking can often be cheaper than cooking individual meals. You can freeze extra portions, then reheat another day. Or even cook an extra portion and invite a friend over to share a meal together.

When making a hot drink, just boil the water you need rather than a full kettle.

Community Fridges & Foodbanks...

are open to everyone with an aim to reduce food waste. The majority of food is donated by local supermarkets and some fridges take surplus food donations from the community too.

Food banks are different to Community Fridges and are used to distribute food to people who may struggle to afford to buy enough food to eat. You need to be referred to a foodbank. This can be done via your GP, a school or a charity who may already be supporting you. Visit www.goodfoodoxford.org to find your local Community Fridge or Foodbank in Oxfordshire, or give the CIN team a call on 01235 849434



Keep warm and eat well this winter...

With autumn and winter approaching it's a great excuse to cook up some warming comfort food. A healthy nutritious diet helps you stay warm in the cold weather. We've included some healthy, warming and cost effective recipes to keep warm and full of energy this season.



Fish Pie

Method

Preheat oven to 200C (gas mark 6)

Boil potatoes for 10-12 mins until tender & then drain. Mash with butter & milk.

Cook salmon & cod in a pan of boiling water for 5 mins & then drain & return to pan. Add peas, chives & crème fraiche & cook gently for 2-3 mins.

Transfer to an ovenproof dish, top with the mashed potato & bake for 10 mins until golden.

Ingredients (Serves 2)

- 375g potatoes
- Knob of butter
- 2tbsp milk
- 1 cubed salmon fillet
- 125g cubed cod fillet
- 50g frozen peas
- 100g crème fraiche
- 1tbsp chopped chives

Sausages with winter mash

Method

Grill sausages for 10-12 mins.

Meanwhile peel & chip parsnips & potatoes, then cook in boiling water for approx. 10 mins.

Shed sprouts & add to the pan for the last 2-3 mins & cook until everything is tender.

Drain & mash vegetables, then beat in milk & mustard, with salt & pepper

Serve with sausages.

Ingredients (Serves 2)

- 4 Sausages
- 2 Parsnips
- 2-3 medium potatoes
- 175g Brussels Spouts
- 4 tbsp milk
- 1 tbsp wholegrain mustard
- 100g crème fraiche
- 1tbsp chopped chives



Microwave Mug Cake

Ingredients

(Serves 2)

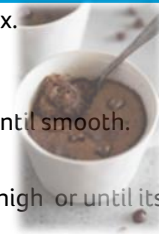
- 4tbsp SR flour
- 4tbsp Caster sugar
- 2tbsp cocoa powder
- 1 medium egg
- 1tbsp milk
- 3tbsp oil
- Couple of drops of vanilla essence
- 2tbsp chocolate chips, nuts or raisins (optional)

Add flour, sugar & cocoa powder to a large mug & mix.

Add the egg & milk in.

Add milk, oil & a few drops of vanilla essence & mix until smooth. Add chocolate chips, nuts or raisins & mix again.

Pop mug in the microwave & cook for 1.5-2 mins on high or until its stopped rising & firm to touch.



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Digital Champions

Helping more older people get online

Demand for our Tech Buddy service is high so it's great that we can expand our reach and offer more opportunities to people. This new 'Digital Champions' stream will specifically support people who live alone.

Many people have embraced digital technology, whilst others are less confident. And some people, of course, prefer to stay offline. We know that around 40% of people over the age of 75 are not online and this percentage is greater amongst those who are living alone. Through our Tech Buddy and Digital Champions projects, we aim to inspire people to want to get online safely, and enable them to do so by providing one-to-one support to help develop digital skills and confidence.

In addition, for people who are living alone, we are offering the opportunity to 'try before you buy' through a tablet loan scheme, allowing people the opportunity to see if digital devices are right for them without committing to purchasing a device and setting up a broadband contract.

We don't want people to miss out on the benefits of access to technology, including essential services and the opportunity to connect with activities and family and friends. It's never too late to learn!

We'd encourage any older person who **would like to get online** to contact us to find out what digital support is available.

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.

To find out more about the support available or to volunteer, please contact our Digital Team on **01235 849434** or email **network@ageukoxfordshire.org.uk**.



Improve your digital skills!

Do you want to...

- Stay in touch with loved ones?
- Shop from the comfort of your own home?
- Access the services you need in a quick and easy way?

Here at Age UK Oxfordshire we offer FREE support so that you can make the most of the internet!

Whether you're a complete beginner or looking to brush up your skills, our Digital Champions are here to help!

They can support you to use your gadget (tablet, smartphone or laptop) and help you to learn new skills in a safe and secure way.

Why not get involved today?

01235 849 434

network@ageukoxfordshire.org.uk



Digital Support & Tech Buddy



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.



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

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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?

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 and their Tech Buddy team can support you to develop your skills.

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

#LoveLaterLife



Registered Charity Number 1091529

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Contact us on : 01235 849434



Age UK produce a booklet for our older LGBTQ+ community, titled "Navigating Later Life". If you'd like to receive a copy, give us a call on 01235 849434 and we'll pop one in the post to you. This guide will help you understand your rights and make sure they're always respected. The Laws affecting LGBTQ+ people have changed, mainly in a positive way. This is part of a wider shift in views and attitudes, but unfortunately, prejudices do remain. As a LGBTQ+ person you have rights that are recognised by law.

LGBT+

ageUK



Navigating later life

Silver Pride

Oxfordshire
ageUK



Community
InforMation
Network

SILVER PRIDE

In- Touch

To find out more about our LGBTQ+ events and support groups, give us a call!

Call 01865 411288

Available Monday to Friday 10am to 4pm. If the line is busy, please leave your name and number and we will return your call as soon as possible.

The Community Information Network is a service delivered by Age UK Oxfordshire.

Registered charity number 1091529

Silver Pride Coffee groups for older people in our LGBTQ+ Community

Groups running in:

- Didcot
- Banbury
- Carterton
- Cowley
- Faringdon

Check out your locality page for more info on times and dates or for more information give us a call on 01865 411288.

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Email us on : network@ageukoxfordshire.org.uk



Phone Friends

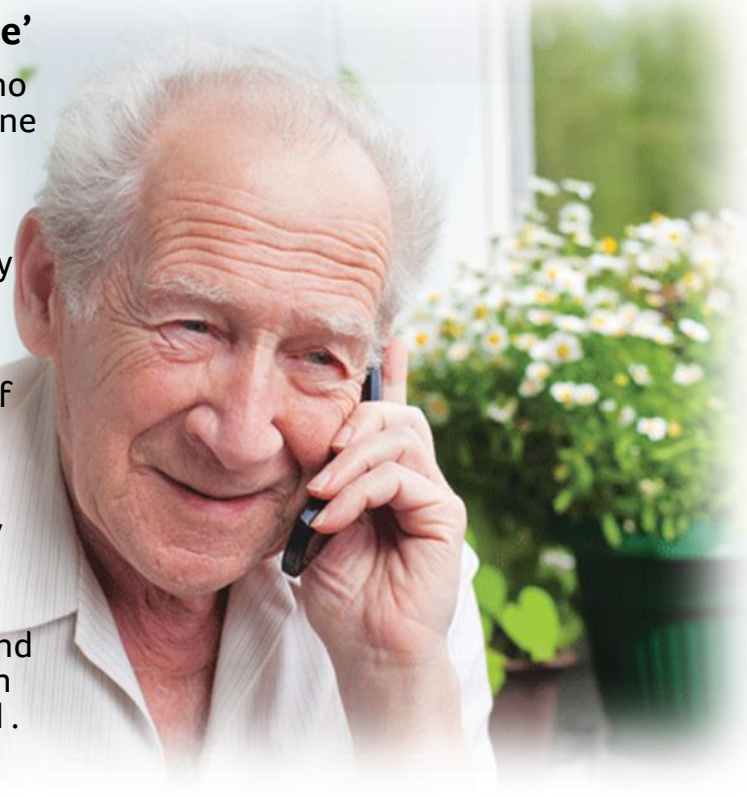
‘A friendly voice at the end of the phone’

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 **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 **Sonia** on **01295 234850**. 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 .





Volunteering opportunities

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.

Activity Volunteers

Do you have a hobby or take part in an activity which you think you could help deliver in one of our groups? If you have something to offer and would like to volunteer get it touch...



Volunteering roles available

Telephone Befriending

Help us fight loneliness in Oxfordshire by becoming one of our Phone Friends.

Bereavement Support Ambassadors

An ambassador helps support local people and communities to be more aware of the support offered, as well as helping individuals to access Bereavement support and may offer additional support to settle someone in and make new friends.

Tech Buddy

In the digital age we live in, you can make a real difference by helping to build someone's confidence online.

My Community Link

Help support people to overcome barriers and loneliness, build social connections and rebuild confidence.

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We have a range of volunteering opportunities available, each with a different ask but all come with support and training so you can feel confident and enjoy supporting others. Call **0345 450 1276** or email us at volunteering@ageukoxfordshire.org.uk and we will send you an information pack.



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

Services 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.

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 oxfordshiregns@vlu.org.uk



Get Creative

OXFORDSHIRE AGE FRIENDLY CREATIVE NETWORK

THE OXFORDSHIRE AGE FRIENDLY CREATIVE NETWORK (OAFCN) EXISTS TO CHAMPION AGE FRIENDLY CREATIVITY IN ALL ITS WONDERFUL FORMS ACROSS OXFORDSHIRE.

We are a community of interest for anyone who is passionate about age friendly creativity to come together to share learning and develop ideas.

All members receive a monthly OAFCN e-newsletter, the opportunity to join us for networking events and partnerships opportunities.

We welcome members from all backgrounds who share our desire to support older people to Love Later Life.

AGE OF
CREATIVITY

Oxfordshire
ageUK

FOR MORE INFORMATION, EMAIL: helenfountain@ageukoxfordshire.org.uk

Oxfordshire Age Friendly Creative Network is open to anyone in Oxfordshire who has an interest in creativity for, with or by older people. They 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 - Visit our webpage www.ageuk.org.uk/oxfordshire/our-services/the-oxfordshire-age-friendly-creative-network-oafc/



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Live Well Oxfordshire

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



It 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. As a Provider, you can advertise your services free of charge on the site to members of the public, local authority practitioners and other professionals. Visit us at: www.livewell.oxfordshire.gov.uk

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** or email livewellenquiries@ageukoxfordshire.org.uk



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 4helpline 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 1091529 and company limited by guarantee 4328143. Registered office: 9 Napier Court, Abingdon, OXON, OX14 3YT



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Email us on : network@ageukoxfordshire.org.uk



In our Family of Services...



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

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Contact us on : 01235 849434



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



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: hsadmin@ageukoxfordshire.org.uk



Footcare Service

Footcare provide a basic toe nail cutting service. The service is provided in venues around Oxford, Wantage, Abingdon and Witney. Offering appointments approximately every 8 weeks to ensure your nails are maintained regularly; helping you to stay mobile and independent. All footcare assistants undertake training and have criminal records checks. Please note that the service only offer basic toe nail cutting and are not trained podiatrists.

Service Cost:

Venue session £17.00

Equipment cost £15.00 (one off)

*All fees are payable at the time of treatment.

To book an appointment for a basic toe nail cut or speak to one of our Footcare Coordinators please call **01865 717615**

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Email us on : network@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

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

District Councils;

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.mearsgroup.co.uk

Vale of White Horse District Council

01235 422 422/ www.whitehorsedc.gov.uk

South & Vale Small Repairs

01235 432 410/ www.mearsgroup.co.uk

West Oxfordshire District Council

01993 861 000/ www.westoxon.gov.uk

Falls Prevention Service

01865 903 400

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



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

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

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 896 999
Visual Impairment Team - 01865 894 935
Hearing Impairment Team - 01865 894 925

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

Parkinsons
0800 800 03 03/ www.parkinsons.org.uk

Patient Advice & Liaison (PALS):
Oxford Health NHS Foundation Trust
0800 328 79 71

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

Stroke Association
0303 303 31 00/ www.stoke.org.uk

Talking Space
01865 901 222
www.oxfordhealth.nhs.uk/talkingspaceplus

Thames Valley Police
101/ www.thamesvalleypolice.uk





Community Information Network

To contact us please:

Phone: 01235 849 434

Write to us at 9 Napier Court, Barton Lane, Abingdon, OX14 3YT

Email us: network@ageukoxfordshire.org.uk

Visit our website: www.ageuk.org.uk/oxfordshire

The Community Information Network
is a partnership between:



The Community Information Network
is supported by:



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