

# Care Matters

For people who look after family members, friends or neighbours



Contact Carers Oxfordshire:

0845 050 7666

[carersoxfordshire@oxfordshire.gov.uk](mailto:carersoxfordshire@oxfordshire.gov.uk)

[www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)



Carers Oxfordshire



@Oxoncarers

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If you would like to receive this quarterly newsletter regularly through the post please sign up through:

[www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)

0845 050 7666

[carersoxfordshire@oxfordshire.gov.uk](mailto:carersoxfordshire@oxfordshire.gov.uk)

If you currently do, but would rather not receive this newsletter, or your circumstances have changed, please let us know by calling:

01235 424 715 or you may email

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

If you would like to feature in future issues please email the Editor:

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If you are interested in advertising please contact

[traceydesmond@carersoxfordshire.org.uk](mailto:traceydesmond@carersoxfordshire.org.uk)

## Catherine's Column

A very warm welcome to the spring edition of Care Matters, which as usual is full of useful articles, information, and advice for carers and their families. It seems to have been a particularly warm but wet winter and even as I write this column at the very end of January the daffodils are in full bloom in my garden! I hope spring continues to arrive apace and we are soon bathed in warm sunshine and longer, lighter mornings and evenings. Well, I can dream...! I am delighted to report that Action for Carers Oxfordshire will be continuing to deliver the carers support service for the next few years following our successful tender application. We will be working closely with our new partners Rethink and Guideposts to create a county wide service which includes carers of those with mental health illness and an exciting new bespoke flexible and innovative service providing **befriending and carer's breaks** opportunities. More details of this exciting partnership can be found on pages 4 and 5. After a highly successful Carers Week last year, planning is already underway for 2016. This year, Carers Week will run from 6 to 12 June. Carers Week is an annual campaign which aims to raise

awareness of caring, highlight the challenges that carers face and recognise the contribution they make to families and communities throughout the UK. In 2016 we are going to continue to focus on building Carer Friendly Communities, working with all our partner organisations across Oxfordshire and helping all types of communities to help support carers and their families better, so please watch this space for more news of events and activities happening that week in the next edition of Care Matters which will be published in May. With very best wishes,

Catherine Blaxhall  
Head of Carers Support  
Carers Oxfordshire



## Action for Carers (Oxfordshire)



Action for Carers (Oxfordshire) with our new partners Rethink and Guideposts is delighted to be delivering the Carers Support Service for Carers Oxfordshire for the coming 3 years.

The new alliance brings together **three of the county's leading** supporters of carers in this new and exciting partnership.

What we aim to achieve together for carers:

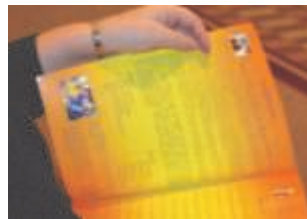
- Increased quality of life for the most vulnerable carers including older carers, long term carers and working carers
- Carers feeling they have time and space to be themselves
- Carers able to access information and support through a wide range of community based services.

The support available for carers has not substantially changed for the many carers who have previously received a service from Carers Oxfordshire and Rethink and they will continue to be able

to access information, support and advice very much as before. However, working together more closely will ensure we make the best use of all opportunities and do not duplicate the valuable resources we have.

The Carers Support Service will include face to face support, a **new 'time out for carers' service**, peer support and information and training. We will also be looking at how we can best support carers who are working, are long term carers and older carers as well as the many other carers we are aware of.

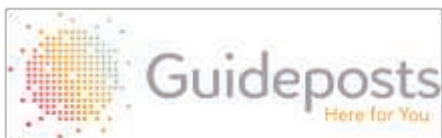
In addition we will be looking at **raising awareness of carer's**



issues, ensuring carers voices are heard, and

encouraging carers to recognise their caring role and identify as a carer so that they can access all the help that is available. We will also be looking at how we can support carers when their caring role ends.

## Action for Carers (Oxfordshire)



We are delighted to be working with our partners Action for Carers Oxfordshire and Rethink to **provide the new volunteer 'time out for cares' service across Oxfordshire**. This service will provide that often much needed break for carers by offering a range of options for them and the people they care for. This will include opportunities for a volunteer to provide companionship in the home of the cared for, whilst the carer goes out, as well as options such as social groups for the cared for to attend on a regular basis to enable the carer to have short but regular breaks from their caring. We also plan to organise regular **'out and about' group sessions for both the carers and the people they care for**; giving people the opportunity to meet others in similar circumstances whilst doing something fun, perhaps going to the theatre or visiting a stately home. By providing a range of flexible options for carers and the people they care for, we hope there will be something that suits everybody.

We are in the process of recruiting a volunteer co-ordinator to develop and oversee this service and will keep you updated in future editions of the newsletter. Anyone interested in volunteering with this exciting new service should contact Michelle Evans on 01235 849470 , 07557 038 277, [michelleevans@carersoxfordshire.org.uk](mailto:michelleevans@carersoxfordshire.org.uk)



Rethink Mental Illness is a charity that believes a better life is possible for millions of people affected by mental illness. Since 1972 Rethink has been challenging attitudes and changing lives, helping people living with conditions like schizophrenia, bipolar disorder, personality disorders and more to recover a better quality of life. Rethink is delighted to be partnering Carers Oxfordshire to deliver the carers support service across the county with a specialist support service for those caring for people who have a mental health illness, a service they have already been successfully providing in Oxfordshire for many years.

## Volunteers Make a Difference

**We're looking for volunteers** from all types of backgrounds – **you don't need to be skilled in** any area.

**If you've got some time, maybe you're at home while your child is** at school, your loved one has recently gone into residential care or you are a former carer not yet ready to return to work. You could be retired or work part time it is not essential to have experience of a caring role you just need to be willing to help us support carers.

We are looking for volunteers who can support and encourage carers, who could spend a little time writing a letter or email, or spend ten minutes on the phone. Others may be able to spare a few hours a week to support a carer at home or support events in the community, but it is really up to you what you take on and how much time you give to it.

Volunteering is an experience that is rewarding in many ways. As well as being a fantastic opportunity to support carers, and make a positive **change to people's lives in your** community; you will be learning new skills, gaining CV experience and meeting a lot of new people! All volunteers will receive training and will be supported.



With volunteers help we will be able to support many more carers. We would love you to join us.

If you would like to join us or speak to someone please call Michelle on 01235 849470 or email [michelleevans@carersoxfordshire.org.uk](mailto:michelleevans@carersoxfordshire.org.uk)

## Social Media

Do you use Face book or Twitter ?  
Stay up to date with what we are doing by following us.



Carers Oxfordshire

@Oxoncarers

## High Sheriff's Tea Parties at Rycote Park

Sarah Taylor will be sworn in as High Sheriff of Oxfordshire on Tuesday 19 April 2016 in which she will serve for a year. Due to her personal experience with family members, Sarah has chosen to focus on supporting carers across Oxfordshire. As High Sheriff she will be hosting six tea party events for carers at Rycote Park Estate near Thame.

**Once featured on 'Time Team', the Tudor mansion at Rycote was arguably the dominant country house in early modern Oxfordshire and played host to six English kings and queens. The estate, once landscaped by Capability Brown is rarely accessed by the general public. This is a unique experience to discover what is behind the gates of Rycote Park with a personal tour of the grounds, tea and cake.**



Dates are:

Thursday 12th May 10am - 12.30pm

Wednesday 08th June 10am - 12.30pm

Thursday 07th July 6pm - 8pm

Wednesday 17th August 10am - 12.30pm

Tuesday 13th September 10am - 12.30pm



This is a free event and free parking is available. This is a tour of a private garden, so although **wheelchairs can get round if it's dry**, they may struggle if the grass is very wet.

Spaces are limited so we are operating on a first come first served basis. Please call to book your place on 01235 849470 or [michelleevans@carersoxfordshire.org.uk](mailto:michelleevans@carersoxfordshire.org.uk)

## Nominate a carer for a Carers Trust Saga Respite award

Do you know a carer in need of a break?

New applicants and nominees who were unsuccessful in 2015 are now able to apply to our 2016 round of awards.

The carer should

- Be aged 50 or over
  - Have been caring for someone for more than a year
  - Not have taken a significant holiday away from their caring responsibilities within the last year
- Not be a professional carer

The period for submitting nominations for 2016 is now open, and will close on 31st August 2016. At the end of the nomination period applicants will be contacted by the Trust with the outcome of their nomination.



### How to apply

You can apply yourself or nominate someone you think deserves it. Nomination forms can also be obtained by post; please send a stamped, self-addressed envelope to: Saga Respite for Carers Trust, Enbrook Park, Folkestone, Kent CT20 3SE, and a paper form will be sent out to you. Or complete nomination form online [www.saga.co.uk](http://www.saga.co.uk)



In the UK today there are more than six million people looking after a family member, partner or friend, often isolated and unsupported. The Saga Respite for Carers Trust was launched to help carers aged 50 and over by providing a much needed holiday for the carer and a friend



## One Digital Project



Have you been meaning for ages to do something with your digital photos, or research your family history? Are you puzzled by your tablet, or does your mobile phone need explaining? We can help!

### As part of Age UK's Big Lottery

funded One Digital project Age UK Oxfordshire is working to help more older people in Oxfordshire feel confident online. One Digital is a new collaborative digital skills programme developed in partnership with a national consortium of organisations including Age UK. The project provides many opportunities for people in Oxfordshire to acquire or hone their IT skills including learning to skype, email, shop online or pursue hobbies and interests.

If this is you, we have helpful volunteers across the county willing and able to assist and share their skills to make your life more enjoyable. You can find us in a variety of venues: in libraries, community associations, at Information drop-ins, some branches of Barclays and at our hubs in Abingdon and Banbury. We help people in small groups or one-to-one and our approach is very flexible, catering to your need and going at your pace.

Contact Sara Fitzgerald on 01295 278040 to discover your nearest venue.

We are also interested to hear from you if you have some IT skills you are willing to share- **you don't have to be 'techy'** - just enthusiastic about what IT can do for people. We will provide training, and support you to encourage others. We look forward to hearing from you.



## Free Backcare DVD

Carers Oxfordshire are partnering with Back Care to offer FREE Carers guides to Moving and Handling!

This booklet contains advice on how to take care of yourself while taking care of others and includes a DVD!

To order your free copy, please call Tracey on 01235 424715.

For more information about the guide and Back Care, please visit: [www.backcare.org.uk/carers](http://www.backcare.org.uk/carers)



## Rethink Mental Illness Carers Support Group

Welcome to the Oxfordshire Carers Support Service, which exists to provide support, be it emotional or practical to family and friends of someone with a mental health condition.

The service provides one to one support and support groups throughout the county and specialised training sessions throughout the year:

- Caring and Coping
- Mental Health First Aid

If you are supporting someone with a mental health issue please do not hesitate to contact the service on the details below:

For further information please contact the Oxfordshire Carers Support Service on

01865 904499 or email: [oxfordshirecarers@rethink.org](mailto:oxfordshirecarers@rethink.org)



## Goodbye

We are very sad to be saying goodbye to two very valuable colleagues from the Carers Oxfordshire team.

Sharon Thomas one of our out-reach workers is leaving with her RAF husband for sunnier climes in Cyprus. Sharon has only been with us for a few short months but in that time she has made a huge difference to the lives of the many carers she has helped. We will all miss her very much but wish her all the very best for the future in the sunshine!



Simon Bolton, Group Head of Operations also moves to pastures new (not such sunny ones though in Bristol!) and leaves us at the end of March after many years of valuable service. He has made a massive contribution over the past 5 years to the success of Carers Oxfordshire since its inception. Those of us who were involved in the 2015 Carers Week campaign will never forget Myrtle, the yellow campervan that was Simon's brainchild and which inspired so many carers to come forward and recognise their caring role.

We will all miss you so much Simon but you leave with our very best wishes and thanks for all you have done.



## Carers Support Groups

Would you like to join a free carers group near you? Please call 01235 424715 to find out details about the ones near you.

Banbury Health and Wellbeing Centre  
1st Tuesday of the Month  
14.00-16.00  
Melanie Wilkinson  
0755 7430 880

Didcot Civic Hall  
3rd Wednesday of the Month  
10.30-12.30  
Call Catherine Evans  
0755 7430 877

Woodstock Cadogan Park  
1st Wednesday of the month  
10.30-12.00  
Call Merisha Anderson  
0755 7430 882

Bitter and twisted Carers Support Group Witney 4th Thursday  
11-12  
Call Anney Harris  
0755 7430874

Chipping Norton Health Centre  
4th Tuesday Monthly  
Call Anney Harris  
0755 7430874

Abingdon The Charter  
1st Tuesday of the month  
14.00-16.00  
Call Catherine Evans  
0755 7430 877

Wantage Mably Way Health Centre  
2nd Tuesday of the month  
14.00-16.00  
Call Catherine Evans  
0755 7430 877



Coming soon  
New Carers Group  
Sonning Common area  
Call Fiona 0755 7430873

Watch this space for a new digital working carers project!

## Carers Support at Oxford University Hospitals



I am so pleased to now be offering support to carers spending any time in the Oxford University Hospitals. That may be as a visitor supporting a loved one or friend, you might be an inpatient in the hospital, you may even be a member of staff. Our aim is to provide you with the right information at the right time, so you can feel supported and know where to turn if you are struggling or in need of assistance. Carers drop in surgeries are now available to new and existing carers, every **Tuesday on Ward 5B's day room** The Stroke Unit 4-5pm and every **Thursday 3-5pm Bedford Ward day room level 4** at the John Radcliffe Hospital. If you prefer you can contact me directly on my mobile

07557430876 or email me [kayfrancis@carersoxfordshire.org.uk](mailto:kayfrancis@carersoxfordshire.org.uk)

Caring for someone can be rewarding but it can also be very tiring, putting a lot of demand on your physical and emotional energy. When you are simply coping day to day and responding to the needs of others, it's easy to forget your own health needs. Research has found that caring for others can have a major **impact on a person's health and wellbeing**. If you are a carer, you are more likely to be in poor health both physically and mentally than people without caring responsibilities. (Carers UK) Here for Health is a service that Carers in the John Radcliffe may like to make good use of. They **offer a 'drop in service' for advice** on all kinds of health issues you may have concerns about. Why not drop into see them while visiting the John Radcliffe Hospital look after your self to be a healthier carer. You can find the Here for Health Team in Blue Outpatients on Level 2.



## Expanding Horizons – Opening Doors

In the 2011 census 18,850 people in Oxfordshire said that they suffer from a limiting long term illness or disability; that is 12% of the population. A group of this size cannot be ignored!

In 2009, a group of disabled and able bodied volunteers banded together with the aim of **“expanding horizons and opening doors”** for anyone in Oxfordshire with a physical or sensory disability. Put simply, they wanted to help make changes that would promote social inclusion for everyone. This group was called Oxfordshire Unlimited. Since 2009, Oxfordshire Unlimited has grown in numbers and, in 2015, they achieved charity status along with a slight change in name to Unlimited Oxfordshire.

The charity now has over 400 members, both disabled and able bodied, and has continued to promote social inclusion within the County.

Members of Unlimited Oxfordshire are always happy to listen and very willing to assist anyone who has noticed a problem affecting a disabled member of the community. This can range from issues with bins blocking the pavement (preventing a wheelchair or scooter user from being able to pass) to problems with taxis and buses or restrictions on seating and viewing in theatres and cinemas.

One of the problems currently being tackled is access to local shops and restaurants. Recently the Charity was contacted about a local shop where the owner had installed two concrete ramps on either side of the entrance steps to enable stock to be brought in with ease. Unfortunately these ramps presented a considerable risk of injury to any shop users with limited mobility or visual impairment. Unlimited Oxfordshire first attempted to liaise with the shop owner to have this dangerous access point altered.



## Expanding Horizons – Opening Doors

Unfortunately, the shop owner was not prepared to engage with the Charity, so undeterred, having spoken with the relevant Council, Unlimited Oxfordshire contacted the local MP. This led, after nearly a year of persistence, to the shop owner being obliged to remove the ramps, making the entrance steps safe, especially for those who are visually impaired. Unlimited Oxfordshire are now in the process of carrying out a survey of local shops and restaurants on the Cowley Road (East Oxford) to ascertain which are accessible to everyone regardless of any disability, and to encourage the owners of those that are not to make positive changes.

Anyone who is interested in getting involved is invited to contact the Charity direct.

If you have spotted a problem which you think needs to be addressed, need some advice about the rights or options for disabled people within the County or would just like the opportunity to talk and make new friends, please contact Unlimited Oxfordshire on 0800 044 8192 or visit the website at [www.unltdox.org.uk](http://www.unltdox.org.uk)



## South and Vale Carers

South and Vale Carers offers emotional support, advice, information and help with applications for benefit entitlements and appeals.

The Centre also arranges respite trips for carers of all ages, operating across the Vale and South Oxfordshire Districts. If you are a young carer, South and Vale Carers has a range of free respite trips and activities.



So give us a call on:  
01235 838 554  
[www.svcarers.org.uk](http://www.svcarers.org.uk)

# Stroke Club UK

'Let Us Brighten Up Your Day'

**Calling all Stroke Survivors, carers, family & friends!**

If you, or someone you care for, has been affected by a Stroke then come along to Stroke Club UK ... a registered charity providing friendly support for carers and people affected by a stroke



Meeting alternate Tuesdays at either:  
The College Oak, Peachcroft, Abingdon  
The Prince of Wales, Station Road, Didcot

Time: 11:00 – 14:00

*We're a friendly, informal group who are young at heart - come along & let us put a smile on your face!*

For more information contact Will Stammers (Didcot)

☎ 07919 174119 ✉ [willstammers@yahoo.co.uk](mailto:willstammers@yahoo.co.uk)

or

Brendon Kehoe, Chairman (Abingdon)

☎ 07717 337682 ✉ [brendon.kehoe@strokeclubuk.org](mailto:brendon.kehoe@strokeclubuk.org)

For further information about Stroke Club UK visit

[www.strokeclubuk.org](http://www.strokeclubuk.org)

'Let Us Brighten Up Your Day'

Registered Charity: 1157370



## Oxfordshire Befriending For Life



If you are caring for someone who is seriously ill we can help

An OxBeL trained volunteer can visit or telephone each week and quickly becomes a real friend. They can offer a compassionate, listening ear and often have had their own personal experience of supporting someone who is seriously ill. They really understand the stresses of being a carer.

The friendship of someone who is outside of the situation and who will just be there to offer emotional support and walk alongside you week in, week out can make a difficult time a little less overwhelming.

Sometimes volunteers also arrange small outings with clients such as a visit to a garden centre and they can help with small practical tasks such as collecting prescriptions.

They can also help with finding further information and advice and will occasionally stay with the person you care for if you need to go out.

All of our volunteers are trained and supervised by paid staff.

Call or email us to find out more  
Tel: 01235 849427 email: [enquiries@oxbel.org.uk](mailto:enquiries@oxbel.org.uk) or see [www.oxbel.org.uk](http://www.oxbel.org.uk) OxBeL is part of Age UK Oxfordshire but we can visit anyone over 18 years of age



## Free Wellbeing Review Available Now

Free Wellbeing Review Available Now!

Pharmacies in Oxfordshire are now offering a free wellbeing review for unpaid carers. Your health is important and it is essential you take some time to think about your own wellness. Pop in to your local pharmacy today and see if they can help you improve your wellbeing. The review takes a brief look at the following areas:

- BMI and Exercise
- Smoking
- Alcohol
- Moving and Handling
- Wellbeing

Your expert healthcare adviser will ask you a few simple questions on each topic and will offer you help and encouragement to make small steps towards a positive change. Simple lifestyle modifications can have a massive impact on your overall health and your daily wellbeing. You will also receive a Carers information pack which also has a prepaid feedback card so you can let us know how your review went.

Take a step towards a healthier life and visit your pharmacy today!



## Home Share Oxford

Homeshare Oxford is a scheme which matches people who want help or support around the house with people who are willing to help.

There are many older people in Oxford who have a spare room in their home who would welcome some company and practical help.

There are many postgraduate students and working people in **Oxford who simply can't find** anywhere affordable to live who would be glad to offer this.

Homeshare Oxford matches these people enabling them to share life experiences, develop friendships and help each other.

Home sharing therefore offers older people a unique opportunity to support their local community, play **a vital role in tackling Oxford's** housing crisis....and to enrich their lives by sharing their home with a younger person.

Homeshare is for any older person, **who we call a 'Householder', living in** Oxford who is willing to share their home and would like some companionship and practical help around the house such as cooking meals, running errands and shopping trips.

It is open to older people who:

- Live in Oxford city
- Own or rent their home
- Have a spare room
- Live with someone else or live alone
- Would like some companionship

**'Sharers' are usually postgraduate** students, key public sector workers such as nurses, midwives or social workers, or other working people who are struggling to find a nice and affordable place to live in Oxford. They are responsible, caring and friendly people who want the enjoyment of living with and learning from the life experience of an older person

Homeshare Oxford carefully matches Sharers and Householders based on their needs, hobbies, location and preferences. Householders and Sharers are introduced through Homeshare Oxford and if they like each other they start home sharing. Both people are well supported by the programme throughout the process to ensure they enjoy the experience of living together.

IF YOU WOULD LIKE MORE INFORMATION ABOUT HOMESHARE OXFORD

Please Contact Becky Hitch, Head of Homeshare

01235 849400 07464 498331 [homeshare@ageukoxfordshire.org.uk](mailto:homeshare@ageukoxfordshire.org.uk)

## Homes for younger people, companionship for older people

Everyone who applies to be a Sharer is interviewed and thoroughly vetted by Homeshare Oxford to make sure they are suitable as a Sharer.

Homeshare Oxford begins by finding out the hobbies and interests, ways of living and preferences of the Householder. Sharers are selected with particular Householders in mind to ensure the Sharer and Householder have these things in common.

The Householder and their relatives can be involved in the selection process. They can interview potential Sharers before they move in and have a trial period. This allows the Householder and Sharer to make sure they get on, and feel they will enjoy living together and helping each other.

The Householder provides their sharer with a fully furnished bedroom, wireless internet access, and use of the facilities in their home such as the kitchen, bathroom and living room. The idea is that they share the space which means time together watching television, cooking, in the garden etc. This is documented in an agreement signed by the Householder and the Sharer.

The Sharer agrees to provide ten hours a week of help and support to the Householder. This is discussed in depth during the matching phase with the support of Homeshare Oxford. The Sharer shares the **Householder's home, which means** spending time with the Householder cooking, watching TV, in the garden etc. It differs to a lodging agreement as the Sharer is a companion and friend to the Householder. This is documented in an agreement signed by the Householder and the Sharer.

The pricing structure of the scheme is being finalised. Householders are likely to pay between £75 and £80 a month and Sharers £200 to £250 a month to Homeshare Oxford. No exchange of money for services takes place between the Householder and Sharer which means benefits are not affected.



## Kicking the Bucket November 2016

Conversation, information, celebration!

Have you ever bought a sculpture? No, nor had I until I went to an exhibition in Oxford last summer. Pictured here is a piece by Zimbabwean sculptor Tinei Mashaya, entitled “Nearly There”. I immediately fell in love with it and bought it on the spot. It shows a woman carrying a heavy sack – eyes closed in exhaustion, the load pushing against her neck but still held tight in those wonderfully capable hands.

I have been a befriender for OxBEL for five years now. Drawing close to people at the end of their lives brings an awareness of the burdens that they may be carrying. Sometimes the weight that presses down is the difficulty of talking about the deepest fears or worries. Not everyone feels the need to do that, of course, but sympathetic listening at the right time can be enormously helpful.



Despite the daily portrayal of death and destruction in the news as well as in TV drama, our own dying, or that of folk we love, is still something that many

find almost impossible to talk about. The Kicking the Bucket Festival this year – the third one to be held – wants to change that.

Centred in and around Oxford from 4-6 November, there will be something for everyone – drama, discussion, music, events both deeply serious and lighthearted, but all on the theme of our mortality. More details in the next issue – but make a diary note now!

**KICKING THE BUCKET**  
A Festival of Living and Dying  
In and around Oxford 22 October - 13 November

This Festival will invite you to ask the questions you haven't dared to ask. It will inspire and inform, support and challenge. By engaging with death we can revitalise our lives - this Festival is a celebration of that possibility.

# Personal Alarms Free Trial

The Age UK Personal Alarm Service gives you independence and your family peace of mind. At the touch of a button, friends or family can be alerted 24 hours a day, seven days a week.

**We are offering the pendant alarm on a 6 week free trial.**



- **No bank details are taken before the trial, Aidcall will only ask after the trial and if the customer wants to keep the alarm**
- **There is no pressure, no hard sell and no minimum contract**
- **The installation can be same day or next day in most cases**
- **The pendant is fully waterproof, so can be worn in the bath or shower and the range from the unit is 50m so can be worn in the garden**
- **You will need 2 people to hold the keys to your home who live within 20 minutes of you, or alternatively 1 keyholder and a keysafe**

***The 6 week trial can be for anybody who is seen to be vulnerable or in need of an alarm.***

**Please ask your Age UK contact or phone Lisa Keen on 01235 849425 to apply**





## Visit a Health and Wellbeing Centre today

Experience the friendly and supportive atmosphere of a Health and Wellbeing Centre. Qualified staff offer a wide range of services designed to help keep you healthy and independent. How about quizzes, yoga, crafts and seated exercise? If you'd prefer something more relaxing, try hairdressing services, manicures, podiatry, relaxation or hand massage. Or maybe you'd just like a cuppa and a chat?

**There really is something for everyone at your local Health and Wellbeing Centre!**



Health and Wellbeing Centres can be found in Abingdon, Banbury, Bicester, Oxford, Didcot, Wallingford and Wantage.

Call 0845 050 7666 or visit

[www.oxfordshire.gov.uk/healthandwellbeingcentres](http://www.oxfordshire.gov.uk/healthandwellbeingcentres)



**OXFORDSHIRE  
COUNTY COUNCIL**

## First Residents Move In To The New Richmond Witney Retirement Village

Just 18 months after work started at the new £35million Richmond retirement village at Witney in Oxfordshire, and the first residents have now begun to arrive.

17 Village apartments are now occupied, with more people moving in throughout February.

**“It’s wonderful to welcome our first new residents to Witney”, said Paddy Brice, managing director of Richmond Villages, “and we hope everyone settles in to their new home quickly and enjoys the new life this exciting and growing village community will be able to offer.”**

One of the first to arrive at Richmond Witney is Sue Ramsden who is already getting comfortable in her new home and meeting her new neighbours.

Sue, 67, worked as a personnel manager in the health service and finance sector, and after her husband died two years ago decided it was time to move from her large house at the end of a lane to an apartment where there was no garden or property to maintain.

**“I was also looking for somewhere with some social activity and especially where I could swim,” says Sue. “I’d never bought 'off-plan' before but was so convinced this was right for me, I have never had a moment’s hesitation or regret”.**





## Richmond Villages Witney



**“I am probably considered a bit young for this step but calculating the costs of moving house, I couldn't see the logic of making two moves over the next 10 - 20 years. Having now made the move, I am exceedingly glad that I didn't leave it until I was any older.**

**“Now I am beginning a new stage of my life. My main interests are dressmaking and fabric decoration, and I am now able to have a room and, hopefully, the time to devote more of my energies to that. I also enjoy travel, particularly to the Far East, and am a keen follower of cricket, so I am currently considering joining a tour which includes Test Match tickets when England next play in Australia or New Zealand. The prospect of being able to go on holiday and not have to cope with the garden when you return, or any problems with the house whilst you've been away is worth a lot.**

**“I feel thoroughly relaxed and comfortable with my decision and the surroundings. From living at the bottom of a lane and have no passing traffic to being able to see passing activity is a joy and makes me feel less isolated than I was. Having someone always on call is also very comforting,” says Sue.**

The new £30 million Richmond Witney, which will be fully open later this year, includes all the facilities that have made the other Richmond villages so popular, including a wellness spa with swimming pool and gym, hair and beauty salon, a library, IT room, terrace café, quality restaurant and garden bar, and all set within beautifully landscaped grounds with a bowling green and nature reserve beyond.

For further information on Richmond Witney please call 01993 768557 or visit [www.richmond-villages.com/witney](http://www.richmond-villages.com/witney)



**R I C H M O N D  
W I T N E Y**

**Part of Bupa**

## Oxford City Council Tenants Summer Garden Scheme

### Oxford City Council Tenants

This scheme is only open to Oxford City Council tenants ONLY who can apply for help maintaining their gardens if they meet the following strict clarifying criteria due to limited spaces.

The Summer Garden Scheme **offers a maximum of one hour's** gardening work This usually means two gardeners attending to a garden for 30 minutes each month to cut lawns, prune and cut hedges and borders. Some small gardens may receive fewer visits at the discretion of the Garden Team.

The Summer Garden Scheme qualifying criteria is as follows.

Medical proof must be supplied with the application both for tenants and any family members.

Oxford City Council tenant(s).

The tenant must be physically unable to cope with their garden on DLA, AA or PIP

Receiving full or partial Housing Benefit.

Not applied to buy your Oxford City Council home.

Have no one living at their property or family living in Oxfordshire who are capable of maintaining their garden. However, if they do have family and they are physically unable to help with their garden.

They will need to provide a doctors / hospital letter or DLA, PIP documents as medical proof.

Application form on our website or email [streetscene@oxford.gov.uk](mailto:streetscene@oxford.gov.uk)



# Oxford Dementia Programme



I warmly welcome you to new Oxford Dementia Programme which continues the family carer training formerly known as DESK. The Foundation Course is primarily for carers, volunteers and support workers, looking after people with diagnosed or undiagnosed dementia. The Family Carers Course delivers skills and knowledge focused on those supporting someone with a diagnosis of dementia living at home. Catharine Arakelian

Fees: Foundation (3 hours) £30 per person Family Carers (9 hours) £90 per person or £150 for up to 3 people supporting the same person (i.e. £50 per person)

WE RECOMMEND THAT FAMILY CARERS COMPLETE THE FOUNDATION FIRST IF POSSIBLE

Leave a message if you want to speak to someone before booking or to express an interest, on 01865 372122 or

hello@oxforddementia.co.uk  
www.oxforddementia.co.uk

Courses Scheduled in  
Oxford  
Witney  
Kidlington

Family Carers – Skills & Knowledge  
Oxford, 14/31 May 7th June

Foundation Dementia Awareness  
Oxford, 06 April

Family Carers – Skills & Knowledge  
Witney 30th April

Family Carers – Skills & Knowledge  
Witney, 30th April 7&14 May

Family Carers – Skills & Knowledge  
Kidlington 22&29 April 06th May  
Foundation Dementia Awareness  
Kidlington, 17th May

**If your area isn't here, please** express your interest with your postcode and we will try to provide a course in your area when we reach a minimum of 8 people.

## Oxfordshire Volunteer Befriending Service

Oxfordshire Volunteer Befriending Service offers carers a regular short break from their caring role. A volunteer will sit with the person cared for, for 2-3 hours each week or fortnight. Volunteers do not administer medication, do personal care or moving and handling. They will make a cup of tea and ensure the cared for person remains safe. This is a free service, but Carers can make a donation if they wish.

Elaine Gilbert is the Volunteer Coordinator and can be contacted on: 07801 482408 or [elaine@ccnwoxon.org.uk](mailto:elaine@ccnwoxon.org.uk) or [elaine.ovbs@icloud.com](mailto:elaine.ovbs@icloud.com)



## Recharge for Care

In a recent survey 3,400 UK Carers were asked about their health and well-being. Carers reported injury such as back pain 36%, high blood pressure 22% and the deterioration of an existing condition 26%.

Carers Oxfordshire, and Generation Games, are holding a range of free 10 week courses of exercise opportunities for carers and their cared for during April, May and June 2016. Locations are: Cherwell (Banbury) Age UK Oxfordshire Cafe, Tai Chi, aimed to improve wellbeing, strength and balance.

Oxford City, Rose Hill Community Centre, Exercise to Music, (suitable for carers to attend alone)

Didcot, a wellbeing Health Walk (carers and their cared for can exercise together).

The positive benefits of exercise to both carer and cared for include mood boosting, wellbeing, reduced risk of long term health conditions, feeling better, happier, healthier.

Places are limited so please register your interest now. We can help with alternative care and travel costs for those who would need it to attend. Please call Michelle on 01235 849470 or email [michelleevans@carersoxfordshire.org.uk](mailto:michelleevans@carersoxfordshire.org.uk)

## Recharge for Care



## New Generation Games classes



With all the evidence and health benefits of exercise, and in particular exercising in a group, why not make 2016 the year you try something new?

New Generation Games classes:

STRENGTH & BALANCE Mondays 10.30-11.30am NEW Rose Hill Community Centre £4- your first session is free

ZUMBA GOLD Wednesdays 10-11am NEW Rose Hill Community Centre £4- your first session is free

TAI CHI FOR HEALTH Mondays 10-11am Hanney War Memorial Hall, Brookside East Hanney £4- your first session is free

BIG BOLD & BALANCE (Parkinson's class) Fridays 10.30-11.30am WI Hall, North Hinksey Lane FREE

**Don't forget, all of our classes are free to Carers when attending with the person they care for!**

**If you haven't visited our website recently, why not have a look at the brand new blue "Health Info" button, 1-2 pages of useful info on long-term conditions. Written by a doctor for GPs and patients.**

If you would like a Theraband (latex resistance band, useful for strength, flexibility exercises; used in our dvd) please contact us on 01235849403.



## Get The Picture

Get the Picture shows film to County Council about people affected by savings proposals

Get the Picture had a busy time at the end of 2015 responding to the County Councils proposed savings - talking to those who are most vulnerable and will be significantly affected by the cuts. A number of these people spoke to the council Performance Scrutiny Committee via a short film in December last year.

Oxford Community Club attendees talked on the film about the impact cutting day services would have to their lives.

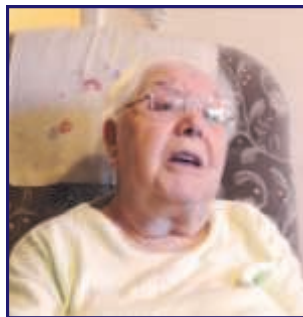


**“I would fight tooth and nail in my own way to correct that sort of thing”.**



**“It would mean a lot if i couldn't come here, That's about all we've got to do to Come to a place like this”.**

Get the Picture also spoke to older people about information Services and Carers Grants



**“ It just makes all the difference to have someone who knows what they're doing”**  
**“Please don't take it away; it makes a great difference to my life”**

To find out more about Get the Picture and how you can get involved, call the team on 01235 849473 or email [getthepicture@ageukoxfordshire.org.uk](mailto:getthepicture@ageukoxfordshire.org.uk)



## Oxfordshire Family Support Network



*Inspiring, informing and involving families of people with learning disabilities*

**Our annual event this year is all about...**

**MONEY MATTERS**

***'Getting it, managing it & making the best use of it'***

The event will be held at the Kassam stadium, Grenoble Road, Oxford, OX44 4XP on the 14<sup>th</sup> of March - from 9.30am until 4.30pm.

We are delighted that Dame Philippa Russell will be our keynote speaker and we have presentations on the following topics

Benefits – changes to benefits and becoming an appointee  
Personal Budgets – getting one, managing it & challenging decisions  
Court of Protection & The Mental Capacity Act – becoming a Deputy under the Court of Protection  
Financial Abuse – how to keep your relative safe

***And lots more...***

Information stands

Lunch & Refreshments

Parents/Carers - £20

(Concessions available, please ask!)

Professionals - £65

To find out more and to book your place please contact

[info@oxfsn.org.uk](mailto:info@oxfsn.org.uk)

Or Tel: 07891 734987

<https://www.oxfsn.org.uk/event/oxfsn-money-matters-conference/>

## Emergency Carers Support Service

This is a FREE service which provides emergency care for the cared for in the event their carer has an emergency and is unable to do so.

In order to use the service you must have joined before you have an emergency.

The emergency care ranges from 1 to 48 hours depending on need. When someone rings the ECSS on 01865 849562 to activate the service an experienced, trained responder will visit the home in order to carry out an assessment.

The assessment can take up to one hour to complete.

Once it is established what care requirements are needed, appropriate care will be put in place for up to 48 hours, (there is provision to extend this to 72 hours if required). If care is needed for a longer period of time, provision will be made as appropriate.

Signing up is simple, FREE and can give you peace of mind.

We are very keen for as many carers as possible to join the scheme and take advantage of this FREE service, which can provide short-term replacement care in emergency situations for adult carers of adults.



Already signed up?

Please check that you still have your card and keep it in a visible place around the home.

If you have lost your card get in touch to order a replacement.

Online registration process is also available for this service via our website. Go to Advice, then Caring with Confidence, then Emergency Back Up.

### **Don't Delay, Register today!**

To get more information and sign up to the Emergency Carers Support Service please call 0845 050 7666 or email [carersoxfordshire@oxfordshire.gov.uk](mailto:carersoxfordshire@oxfordshire.gov.uk)



## Have you ever had a tune stuck in your head?

The Music, Mind and Brain group at Goldsmiths, University of London is interested in how characteristics of your experiences regarding music that has appeared involuntarily and repeatedly in your mind might change across the lifespan. All you need to do is complete a short online survey

[https://goldpsych.eu.qualtrics.com/SE/?SID=SV\\_2mj76JCNJwCw20J](https://goldpsych.eu.qualtrics.com/SE/?SID=SV_2mj76JCNJwCw20J)



MY OX4

Are you caring for someone who is drinking too much or misusing drugs? Are you drinking more than you should or relying upon substances as a coping mechanism?

Community recovery project for individuals wishing to achieve and maintain abstinence from drugs and alcohol also promoting healthy lifestyles and wellbeing.

**“Our mission is to prevent and reduce harm,  
promote recovery and challenge inequalities”**

01865 778163

Website: <http://www.lifeline.org.uk/> Twitter: @MYOX4  
facebook: <https://www.facebook.com/LifelineOxfordService>



It's time to  
make the switch ....

and save up to **£350\***

By switching just 10 old bulbs to  
10 LED bulbs you can save £350\* over 5 years

The cost of the LED lighting service through Carer's  
Oxfordshire is just £96 inc VAT for the subsidised 10  
bulb package (normal price £120).

Carer's Oxfordshire will receive 10% of what you pay  
for each set of 10 bulbs changed.

Switching also reduces energy consumption and helps  
the planet. This friendly professional service includes:

- A survey of your lighting
- Information on the best bulbs to change\*\*
- Your personal savings estimate
- 10 bulbs changed for you (more available)
- Bulbs guaranteed for 5 years or 30,000 hours

**Call today - 01865 527 037**

or visit [www.the50plus.co.uk/lighting](http://www.the50plus.co.uk/lighting) **Quoting offer OXC1**

**Carers**  
Oxfordshire  
advice support connections

in partnership with

**The 50plus**  
The Happily Trusted Service



\* We'll calculate your personal potential saving. \*\* Bulbs can be of differing types. † The 50plus is a not for profit organisation

## Carers' Essentials Checklist

- Sign up with Carers Oxfordshire - your one stop shop for this Quarterly Newsletter '**Care Matters**'
- Plan for help in a crisis if something happens to you, make sure you are registered for the free Emergency Carers Support Service.
- Get an assessment and help for yourself and the person you care for e.g. support at home, respite, day services.
- Get support by meeting other carers and sharing information and experiences: carers groups.
- Need to talk face to face to an understanding and helpful Carers Outreach Worker? Get information about home visits and carers advice sessions.
- Use training opportunities Moving & Handling training and First Aid. Call 01235 520463 for further details.
- Make your voice heard, campaign and influence change: Carers Voice Oxfordshire, for more information call 01235 424715.

For more information about all of the above services please call 0845 050 7666 or visit [www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)

ALSO:

- Check on the Benefits you or the person you care for could be entitled to: Benefits Enquiry Line 08457 123456
- Last but not least - Look after your own health! See your own GP if your own health is not good and register as a carer with your surgery.

## My Life My Decision

Planning for the end of life is something that few of us want to think about when we are healthy. **Most of us don't consider how we** might want to be cared for until we witness the death of a loved one, or experience the first symptoms of an illness. Yet when we start to think about our own deaths most of us have strong ideas about what we want for our future care and treatment.

If you are over 18 with mental capacity, you have the right to make a decision about what you feel is best for you based on your personal views and beliefs. It is entirely up to you which treatment you chose, or refuse. But what if you cannot speak for yourself? Who will make these life-changing decisions on your behalf?

My Life, My Decision is a free advice project across Oxfordshire to support you to make plans in advance to ensure that your

wishes for treatment and care are followed should you lose capacity. You can do this by writing an advance decision or a lasting power of attorney for health and welfare. Should a time come that you cannot express your ideas and beliefs and you have no legally binding and written instructions then a doctor will make a decision. It will be in your best interest, but will it be what you want?

If you would like to know more about My Life, My Decision and your rights to chose your treatment, then contact:

Penny Beerling at Age UK,  
Oxfordshire on 07800 813 305

Or send an e-mail to her at [pennybeerling@ageukoxfordshire.org.uk](mailto:pennybeerling@ageukoxfordshire.org.uk)  
or visit [www.ageuk.org.uk/oxfordshire/our-services/my-life-my-decision](http://www.ageuk.org.uk/oxfordshire/our-services/my-life-my-decision)

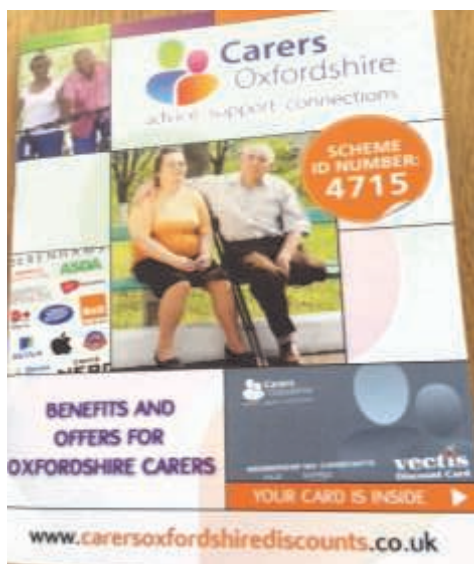
COMPASSION IN DYING  
**MY LIFE**  
**MY DECISION.**



## Carers Discount Scheme

### Carers discount scheme

On 31 March 2016 our carers discount scheme will come to an end. If you are an existing discount scheme member, you can continue to use your online account for offers and cash back. If you have funds on preloaded store cards, these will not be affected. If we make further changes to the scheme, we will contact you via your registered email address so please make sure we have the correct details for you.



## FREE Training Opportunities for Carers

### Moving and Handling

Carers Oxfordshire provide Moving and Handling sessions to unpaid adult carers in Oxfordshire. These sessions last approximately 2.5 hours and provide advice on the following areas

Back Care , Chair to Chair, Falls  
Pushing Wheelchairs, Walking Aids

### Beds and Hoists Session

Advice on using specialised equipment to help people in and out of bed. These sessions are organised when needed, If you are a informal carer and need training, please get in touch and we will arrange something for you

### First Aid

Carers Oxfordshire provide 2 hours Everyday First Aid Training.

The training covers many key Skills including dealing with :

Burns/Bleeding/Choking  
Unconscious and breathing  
Unconscious and not breathing

To register your interest or book onto a course please call 01235 50463 or email [traceydesmond@carersoxfordshire.org.uk](mailto:traceydesmond@carersoxfordshire.org.uk)

## Safe Places Scheme

Did you know there are four towns in Oxfordshire now participating in the national Safe Places scheme?

Safe Places aims to help vulnerable people feel reassured when they are out and about in the county. The scheme encourages local retailers and businesses such as libraries, shops and leisure centres to sign up to offer a safe place to anyone who is feeling lost, worried or threatened.

Participating businesses display a distinctive window sticker in their premises so that they can be easily identified. Each business is vetted by Thames Valley Police to ensure they meet the Safe Place criteria and volunteers periodically check the venues.

Those who might benefit from the scheme, such as people with dementia, learning disabilities or mental health needs, are given a card where they can fill in the name of their chosen point of contact. If someone shows the card in a Safe Place, the business or shop will contact the helper named on the card and keep the vulnerable person safe until their supporter arrives.



Safe Places is already running in Witney, Didcot, Banbury and Wantage with plans to expand into other towns.

The scheme has been brought to Oxfordshire by a range of partner organisations including District Councils, Thames Valley Police, Oxfordshire County Council, Carers Oxfordshire, Oxfordshire Age UK, Oxfordshire Family Support Network and My Life My Choice.

Carers Oxfordshire  
Out of Hours Service  
In a crisis situation  
out of hours please  
call;  
**0800 833408**

# **JdP** MUSIC BUILDING

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## **MOVING MUSIC**

**FRIDAY 20 MAY 2016**

**CONCERT 1: 11.30am-12.30pm with refreshments from 11am**

**CONCERT 2: 2pm-3pm with refreshments from 1.30pm**

### **'Music, As You Like It'**

**Songs inspired by Shakespeare's Seven Stages of Life speech  
with Turtle Key Arts and others**

All are welcome, particularly people living with dementia  
along with their family, friends and carers.

**Admission charge payable at the door:  
£5, including refreshments (carers free)**

This concert is generously supported by:

**The Patsy Wood Trust and Royal Grammar School, High Wycombe.**

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**Please reserve your places and disabled parking in advance and pay on the door.**

**Tel: 01865 286660/251305**

**Email: [movingmusic.jdp@gmail.com](mailto:movingmusic.jdp@gmail.com)**

**Website: [www.st-hildas.ox.ac.uk/jdp](http://www.st-hildas.ox.ac.uk/jdp)**

**Jacqueline du Pré Music Building, St Hilda's College, Oxford, OX4 1DY**

|   |                |
|---|----------------|
| Carers Oxfordshire                                      | 0845 050 7666  |
| Emergency Duty Team (out of hours service)              | 0800 833 408   |
| Carers Oxfordshire Training & Development Opportunities | 01235 520463   |
| Carers Voice Oxfordshire                                | 01235 520440   |
| Age UK Oxfordshire                                      | 0345 450 1276  |
| OxBeL (Oxfordshire Befriending for Life)                | 01235 849427   |
| Alzheimer's Society                                     | 0207 423 3500  |
| Carers UK   | 0808 808 7777  |
| Care Quality Commission                                 | 0300 061 6161  |
| Citizens Advice   | 03444 111444   |
| Guideposts  | 01235 524857   |
| Headway   | 01865 326263   |
| Oxfordshire Mind Information Service                    | 01865 247788   |
| Oxfordshire County Council Young Carers Team            | 01865 323594   |
| Rethink   | 01865 904499   |
| South & Vale Carers Centre                              | 01235 838554   |
| Spurgeons   | 01865 777224   |
| Stroke Association                                      | 0303 3033 100  |
| Young Dementia UK                                       | 01993 776295   |
| Benefits:   |                |
| Attendance Allowance (Personal Independence Payment)    | 0345 605 6055  |
| Queries, upgrades                                       | 0345 712 3456  |
| Carers' Allowance                                       | 0345 608 4321  |
| Tax Credit Helpline                                     | 0345 300 3900  |
| Pension Service:  |                |
| Applications  | 0800 991 234   |
| Ongoing claims  | 0345 606 0265  |
| Winter fuel payments                                    | 08459 15 15 15 |
| NHS 111   | 111            |
| Horton Hospital, Banbury                                | 01295 275500   |
| John Radcliffe, Oxford                                  | 01865 741166   |
| Equality & Human Rights Commission                      | 0845 604 6610  |
| Asylum Aid  | 0207 354 9264  |
| The Home Library Service                                | 01865 810240   |
| Listening Books   | 0207 4079417   |
| SEAP Independent Health Complaints Advocacy             | 0330 440 9000  |

The Carers Oxfordshire website has many useful links visit [www.carersoxfordshire.org.uk](http://www.carersoxfordshire.org.uk)

Carers Oxfordshire is a joint project between Action for Carers (Oxfordshire), registered charity number: 1149577 and Oxfordshire County Council and both parties will store and process your information in accordance with the requirements of their Data Protection Policies and in keeping with the Data Protection Act 1998.



**OXFORDSHIRE  
COUNTY COUNCIL**