



**Community
Information
Network**



Activities for older people in Central North Oxford

2015 Edition



Supported by St Margaret's Institute
and St Margaret's Church



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My name is Tricia Brant and I'm your local Community Development Worker for older people. I work for Age UK Oxfordshire in partnership with St Margaret's Institute Community Centre and St Margaret's Church.

My goal is to ensure that older people, in particular those more isolated and vulnerable, have the information, opportunities and support needed to stay informed, involved and in touch with the wider community.

This booklet contains information about the wide range of activities and support currently available for older people living in the Central North Oxford area. There are also some brand new opportunities that have been set up or are being planned, we have listed these on the page opposite.

We also have opportunities for volunteers of all ages to help with our activities, including people who are willing to drive a minibus for the local community transport.

If you have any questions about activities in this booklet, would benefit from support, information or advice about issues facing older people, or if you know of someone who would, then please get in touch.





Tricia Brant

Community Activity Worker

Call: **07964 038 813**

Email: triciabrant@ageukoxfordshire.org.uk

New and planned activities

For more information about any of the following activities, please contact Tricia.

Winter Warmth Information Fair

On Thursday 8th October 2015 we are hosting a free Information Fair , featuring a wide range of local organisations providing support, advice and activities in your area.

The Fair will be held in the North Oxford Association Main Hall, Diamond Place, Summertown at 10.00am - 12.00pm.

Dementia Cafe

Continuing the great work of the First Wednesday Lunch Club, we are pleased to be able to offer an opportunity for all those with a diagnosis of Dementia and their Carers to meet together once a month over coffee and cake in a relaxed surrounding. Starting on Wednesday 14th October 2015, we will be meeting at St Margaret's Institute Hall on the second Wednesday of each month at 1.30pm - 3.00pm.



Informal Information Drop-in

If you have a question or a concern this new Information Drop-in will offer the opportunity to meet with and chat things through with Tricia. She will be at the Summertown Library on the third Monday of every month at 10.00am-12.00pm.

Late Spring Support Group

Late Spring is a network of support groups for anyone aged 60+ who has been bereaved. Sessions provide an opportunity to remember with others who understand. Starting on Tuesday 29th September, a new Late Spring group will be meeting in the Baptistery at St Margaret's Church on the second and fourth Tuesday of every month, 10.30am-12.00pm.

Sunday Afternoon Tea

The new monthly Sunday Afternoon Tea group provides an opportunity for older people who live alone to enjoy company and friendship over coffee and cake.

Weekly Shopping Trip

We are planning a weekly shopping trip to the new Waitrose along Botley Road (when it opens). Working with the **CWW** transport scheme we hope to run a minibus from this area to the shop and back, with the opportunity to grab a tea or coffee. If this is something you would be interested in, please contact Tricia as this provision will initially be limited to the number of seats on the minibus.





General activities

Tea and Talks

Open to all - experts speak on a wide range of topics followed by tea, cake and conversation. There is a nominal entrance fee.

When: 1.30pm - 3.30pm on the first Wednesday of every month from October to April.

Where: St Margaret's Institute, Polstead Road.

More information: Contact Bryan Wardley on 01865 511005 or visit www.smi-oxford.org.uk.

Oxford City Chess Club

When: 7.00pm - 10.00pm every Monday.

Where: St Margaret's Institute, Polstead Road.

More information: Contact John Yates on 01865 559410 or visit www.smi-oxford.org.uk.

Walton Manor W.I.

A trusted place for women, run by women of all generations. An opportunity to share experiences or learn. A place for friendship and fun, plus a network of support.

When: 8pm on the second Tuesday of every month.

Where: St Margaret's Institute, Polstead Road.

More information: Call 01865 557226 or visit www.wmwi.webs.com.





Alive and Kicking

A group for the over fifties with a range of activities.
There is a nominal entrance fee.

Where: Jericho Community Centre, 33a Canal Street.

When: 2.00pm - 3.00pm every Monday.

More information: Call 01865 553755 or visit
www.jerichocentre.org.uk.

NOA Music*

Join a friendly group who relax while listening to classical music on CDs.

When: 10.15am - 11.45am every Tuesday.

Where: North Oxford Association Community Centre,
Diamond Place, Summertown.

More information: Call 01865 552295 or visit
www.northoxfordassociation.co.uk.

The University of the Third Age

An organisation of retired people who come together to learn. Activities include a weekly talk, occasional social activities and special interest groups such as Reading for Pleasure, language conversation groups, Looking at Art, Poetry, Photography and Walking.

More information: Visit www.u3aoxford.org.uk.





The Friday Bridge Club*

A relaxed, friendly group with mixed levels of experience.

When: Fridays 1.00pm – 3.30pm.

Where: North Oxford Association Community Centre,
Diamond Place, Summertown.

More information: Call 01865 552295 or visit
www.northoxfordassociation.co.uk.

NOA Reading Group*

When: 9.30am - 11.30am on the first Thursday of every month.

Where: North Oxford Association Community Centre,
Diamond Place, Summertown.

More information: Call 01865 552295 or visit
www.northoxfordassociation.co.uk.

Singing Group

This groups sings a wide range of music. No auditions needed; simply come and sing!

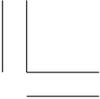
When: 1.45pm - 2.45pm every Thursday.

Where: St Margaret's Church, 19 St Margaret's Rd.

More information: Visit www.stmargaretsoxford.org.

**For some activities at the North Oxford Association, membership is preferred. Membership is open to all for a small annual fee.*





NOA Painting Group*

A small group who meet to paint and draw from either still life or photographs. There's no tuition, just mutual help and encouragement.

When: 10.00am - 12.00pm every Wednesday.

Where: North Oxford Association Community Centre,
Diamond Place, Summertown.

More information: Call 01865 552295 or visit
www.northoxfordassociation.co.uk.

Knitting Knoras*

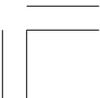
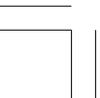
A chance to join with others and knit.

When: 12.00pm - 1.00pm every Monday

Where: North Oxford Association Community Centre,
Diamond Place, Summertown

More information: Call 01865 552295 or visit
www.northoxfordassociation.co.uk.

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Social opportunities

Saturday Cafe

Cooked breakfast, cakes and company. Reasonably priced food served.

When: 11.00am - 1.00pm every Saturday.

Where: Jericho Community Centre, 33a Canal Street.

More information: Visit www.jerichocentre.org.uk.

St Margaret's Institute Coffee Morning

Informal coffee mornings at St Margaret's Institute.

When: 10.30am - 12.00pm every Wednesday.

Where: St Margaret's Institute, Polstead Road.

More information: Contact Adele Smith on 01865 510560

Or visit www.smi-oxford.org.uk.

NOA Coffee Morning*

When: 11.00am - 12.00noon on the second Thursday of every month. Re-starting in September 2015.

Where: North Oxford Association Community Centre, Diamond Place, Summertown.

More information: To join call North Oxford Association on 01865 552295.





NOA Lunch Club*

When: 12.30pm - 2.00pm on the third Thursday of every month.

Where: North Oxford Association Community Centre, Diamond Place, Summertown.

More information: To join call North Oxford Association on 01865 552295.

The Dew Drop Inn Lunch Club

A opportunity to meet with others for a pub lunch. All food is ordered from the pub menu.

When: 12.00pm - 2.00pm every Tuesday.

Where: The Dew Drop Inn, Banbury Road, Summertown.

More information: Contact Ella Thomas on 07827 235407.

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Exercise opportunities

Tai Chi (slow)*

When: 12.50pm - 1.50pm every Monday.

Where: North Oxford Association Community Centre,
Diamond Place, Summertown.

More information: Call 01865 552295 or visit
www.northoxfordassociation.co.uk.

Primetime Low Intensity Exercise Classes

When: 9.25am - 10.15am and 10.15am - 11.00am every
Wednesday.

Where: Ferry Leisure Centre.

More information: Call 01865 467060 or visit
www.fusion-lifestyle.com/centres. An entrance fee applies.

Health Walks*

Designed to help you become more active. Join this friendly group, led by a trained walk leader with walks that range from 1 to 1.5 miles. Enjoy refreshments together at the end of the walk.

When: 10.00am every Tuesday.

Where: North Oxford Association Community Centre,
Diamond Place, Summertown.

More information: Call 01865 552295 or visit
www.northoxfordassociation.co.uk.





50+ Swim

When: 2.00pm- 3.00pm every Monday and 1.30pm- 3.00pm every Tuesday and Thursday.

Where: Ferry Leisure Centre

More information: Call 01865 467060 or visit www.fusion-lifestyle.com/centres. An entrance fee applies.

Body Focus Fitness Class*

For everyone 50+. Strengthening, stretching and toning exercises to music focusing on the whole body. Fun company. There is an upfront fee for the course.

When: 9.25am – 10.25am every Wednesday (faster exercise)
10.30am – 11.30am every Wednesday (slower exercise).

Where: North Oxford Association Community Centre,
Diamond Place, Summertown.

More information: Call 01865 552295 or visit www.northoxfordassociation.co.uk.

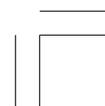
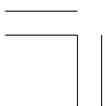
Pilates

When: 1.30pm - 3.00pm every Thursday.

Where: St Margaret's Institute, Polstead Road.

More information: Contact Kate Layton on 01865 453545 or 07734 581666 or visit www.smi-oxford.org.uk.

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Specialist activities

The Limes Club

A dementia day club that provides support for people living with dementia, providing enjoyment, stimulation and companionship, plus a break for carers.

When: Every Monday and Tuesday.

Where: St Margaret's Institute, Polstead Road

More information: Contact Julia Powles on 01865 510719 or email limes@daybreak-oxford.org.uk.

VIVA – Vision Impaired Visually Active*

A group for visually impaired people with active minds.

When: The second Tuesday of each month 2.00pm - 4.00pm.

Where: North Oxford Association Community Centre, Diamond Place, Summertown.

More information: Call 01865 552295 or visit www.northoxfordassociation.co.uk.

Connect – Aphasia Group*

When: 2.00pm - 4.30pm on the third Tuesday of each month.

Where: North Oxford Association Community Centre, Diamond Place, Summertown.

More information: Call 01865 552295 or visit www.northoxfordassociation.co.uk.





Adult Lip Reading Classes*

When: 2.00pm - 3.00pm every Thursday.

Where: North Oxford Association Community Centre,
Diamond Place, Summertown.

More information: Contact Nicki Williams on 01865 246555.

First Wednesday Lunch Club

A lunch for those with a diagnosis of dementia and their carers, run by Age UK Oxfordshire. The cost to attend is £2.50 per person, with first session free. Booking is essential due to catering.

When: Bi-monthly on the first Wednesday, 12.00pm - 2.00pm

Where: North Oxford Association Community Centre,
Diamond Place, Summertown

More information: Contact Helen Sollis on 01235 849434.

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Help and support

Sole Mates - Age UK Oxfordshire

Taking care of your feet is an important factor in keeping mobile and reducing the risk of falls. Sole Mates is a service which provides help with foot care such as toenail cutting. Home visits are available. There is a charge for this service.

More information: Call 01235 849461 or visit www.ageuk.org.uk/oxfordshire.

Information and Advice Helpline

Age UK Oxfordshire

A helpline which gives advice on a range of inquiries including staying independent at home, social and leisure opportunities, legal issues, financial issues, housing, care homes, being a carer and many more.

More information: Call Age UK Oxfordshire on 0345 450 1276 and ask for the helpline, or visit www.ageuk.org.uk/oxfordshire.

Home Library Service

A service provided for those who are unable to visit the library. A volunteer will visit every three weeks to deliver books, DVDs, music CDs or audio books. There is no charge.

More information: Call 01865 328905 or email librarycustomerservicesunit@oxfordshire.gov.uk.





Phone Friends - Age UK Oxfordshire

A free and confidential telephone befriending service for people over 50. A volunteer will phone for a chat on a convenient day each week or fortnight at a set time.

More information: Contact Paula Donaldson on 01295 278040 or visit www.ageuk.org.uk/oxfordshire.

Computer Buddy Sessions

Free, one hour long, one-on-one computer tuition sessions.

When: 2.00pm - 4.00pm, every other Monday.

Where: Summertown Library.

More information: Contact Summertown Library on 01865 558290 or visit www.oxfordshire.gov.uk.

Carers Oxfordshire

A free service which offers information, support and advice to unpaid adult carers of adults in Oxfordshire. Includes:

- Advice on benefits, support services, carer's breaks and emergency back-up.
- A network of peer support groups.
- Training opportunities in first aid, moving and handling and a 'Confidence 2 Care' programme.

More information: Call 0845 050 7666 or email carersoxfordshire@oxfordshire.gov.uk.





North Oxford Association Neighbourly Help

The North Oxford Association Neighbourly help offer assistance with shopping or a regular visitor to those who are housebound.

More information: Call 01865 552295 between 10.00am and 4.00pm, Monday to Friday. Or visit www.northoxfordassociation.co.uk.

Transport options

North Oxford Association Neighbourly Help

Free transport to essential appointments within the Oxford City boundary. To arrange, contact the North Oxford Association Community Centre on 01865 552295 between 10.00am and 4.00pm, Monday to Friday. Please arrange at least three or four days in advance.

CWW Co-operative Trust

A travel club run on a not-for-profit basis, staffed by volunteers. Individuals or groups pay an annual charge and then mileage per trip.

More information: Call 01865 512047 or email cwwbookingagent@yahoo.co.uk.





Rev'd Canon Andrew Bunch

Vicar of St Giles' and St Margaret's, Oxford

At the start of 2015, a joint project was set up between Age UK Oxfordshire and St Margaret's Church to appoint Tricia Brant as Community Development Worker for the area, to enhance the level of care and community activity for the older members of the North Oxford community.

Tricia is supported by a local team from St Margaret's Church and the local community, and over the coming months she will be:

- **Getting to know** the older residents of the area.
- **Creating a list** of the existing opportunities and activities that are already available.
- **Increasing the number** of activities and events.
- **Building a support team** of volunteers to help set up and run these activities.

Tricia has now completed the first phase of her work in the area. She has met lots of people and visited many of the organisations currently working with local residents. Having assembled a starting list of existing activities, Tricia would like to hear about whether you know of other activities and opportunities that should be included in this booklet.



Tricia is now starting the second phase of her work, developing ideas of additional activities which could be provided in the area. For this to happen, volunteers are being sought to develop what is on offer... so now is the right time both to suggest ideas and to get involved.

Tricia will be visiting Tea and Talks and St Margaret's Institute on Wednesdays and will be at St Margaret's Church for the Parish Eucharist at 10:30am on Sunday 4th October 2015. There will be an opportunity to talk with Tricia after each of these events, or please get in touch with her on the contact details provided at the front of this booklet.

Andrew





The Community Information Network exists to provide you with information on local support services and benefits, events, groups and activities as well as opportunities to volunteer locally. Whether you want to meet people, get help at home, find out about benefits and support, discover a computer or exercise class, or volunteer in your local community – the Community Information Network is here to help.

Our new **Community Information Network Directory** is an online resource that enables you to search for activities, support and opportunities that are local to you. Visit the Directory at www.ageuk.org.uk/oxfordshire or contact Age UK Oxfordshire and we can search the Directory on your behalf.

Tel: **0345 450 1276**

Email: network@ageukoxfordshire.org.uk

Visit: www.ageuk.org.uk/oxfordshire

All information correct at time of print: August 2015



The Community Information Network is a free local information service for older people in Oxfordshire, run by Age UK Oxfordshire (Charity No. 1091529) in partnership with Volunteer Link-Up (Charity No. 1133530) and supported by Oxfordshire County Council.