

Evaluation of Tackling Isolation Pilot Project in Oxford

A research project for

Oxford City Council

October 2013

Prepared by Insight Oxford

INSIGHT
OXFORD
RESEARCH & COACHING

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1. BACKGROUND

In response to the increase in the number of older people living in Oxford, and in particular the associated issues around isolation of members of the elderly population, Oxford City Council has established a strategic partnership group. A key aim of this multi-agency partnership is to support isolated older people. The City Council has commissioned a detailed review of the needs of this sector of the population including factors such as well-being (both in terms of health and finance), safety, security and access to services.

Running alongside this needs analysis, the City Council has commissioned an evaluation of a pilot project, which they have supported via a funding agreement. This Tackling Isolation project is being undertaken by Age UK Oxfordshire (AUKO) and Citizen's Advice Bureau (CAB) Oxford and aims to address the isolation of older people in Northway and Risinghurst.

This evaluation report provides an understanding of the impact of the Tackling Isolation project upon those involved, as well as the challenges experienced and key learning points. It aims to help inform future decision making about these and any similar projects going forward.

The original scope of this evaluation was to include a summary of final reports provided by AUKO and CAB Oxford. However, the pilot project suffered a delayed start due to staffing issues and, for this reason, an extension has been agreed. The project will now run until March 2014 and it has been agreed that CAB Oxford and AUKO will delay their final reporting until next year. This evaluation report is based on the progress made to date and the information available up until October 2013.

The Oxford City Council funding agreement with AUKO and Oxford Citizens Advice Bureau was based on the following:

- Ageing Successfully in the City Partnership group (of which CAB and AUKO are members) having a partnership group role in monitoring the project
- Collaboration with Oxford City Council on identifying the locations in which this project is piloted so that this enhances work that will be developed in the City
- Embed the work within a wider Older People's strategy that Oxford City Council and the Ageing Successfully partnership group will be developing
- Contribute to an evaluation at the end of the 6 month pilot

AUKO's Outputs were agreed as:

- 2 information events delivered
- Training and supporting 10 new community champions
- 4 new activities to be identified in agreement with partners of this pilot project that target older people in isolation living in the selected areas of Oxford
- Community development worker allocated to project or recruited to post
- Engage with 30 isolated older people living in the selected areas of Oxford

CAB Outputs were agreed as:

- 3 hrs /month Recruitment/training of volunteer advisers (in kind)
- 2.5 hrs / month Specialist benefits training/casework support for the isolated older people in the pilot areas of Oxford
- 2 hours Advice session supervision/co-ordination plus support for information fair
- CRB checks for 3 volunteers
- 2 information events held (working with AUKO, Oxford City Council & community groups)

2. OBJECTIVES

The key aims of Evaluation of the "Tackling Isolation" project in Northway and Risinghurst were:

- Provide a clear understanding of the impact of the pilot project, and associated activities, on the elderly participants and the local community
- Summarise information available from reports, provided by CAB Oxford and AUKO, to assess the progress made against delivering agreed outputs
- Identify learning outcomes from undertaking the pilot project to inform the development of this and other potential projects in Oxford

3. APPROACH

The approach to evaluating this project was, primarily, qualitative and the original plan included:

- Conducting interviews with participants of activities and training older volunteers to help with this as necessary
- Facilitation of two focus groups (one for each area including a mix of attendees from the community)
- Visiting 4 of the new activities arranged in the pilot areas
- Summarising project reports provided by CAB and AUKO on the project outputs

An altered approach: Post commission, it was agreed that the time and work required to recruit and train older volunteers to undertake interviews would outweigh the value of the outputs. For this reason Insight Oxford researchers conducted the interviews when they attended the various activities in each area.

In terms of the focus groups, one focus group was successfully planned and organised, with the help of the AUKO development worker. However a hospital appointment for one of the community champions resulted in the group being cancelled at very short notice. Given the considerable time and energy spent by the development worker in setting up this original session it was decided that the data could be captured more efficiently by the researchers arranging and carrying out one-to-one interviews with key individuals. This also had the added advantage of safeguarding the opportunity for each person to have equal input in a 'confidential space' as opposed to engaging in a focus group where personality preferences and sensitivities can impede the capture of full, candid feedback.

Research Participants

The timing of the project, commencing mid August through to September, limited the opportunity for researchers to both attend activities (as fewer were held during this holiday period) and also contact key community individuals.

Initially there was difficulty in accessing some people to organise interviews and/or visits. In particular, this was the case for those involved in community associations, and several calls and email requests for interview did not receive a response. Despite this, between 15th August and 30th September, 3 out of the target of 4 activities were attended and 19 interviews were completed as detailed below:

Activities Attended:

- T'ia Chi (Risinghurst)
- Tuesday Activity Club (Northway)
- IT Session (Northway)

Interviews completed:

Between, 19 interviews were conducted, mostly face-to-face with the following:

- 1 x Senior executive, AUKO
- 1 x Director, CAB Oxford
- 1 x Benefits Worker, CAB Oxford
- 1 x Community Development Officer, AUKO
- 2 x Community Development Workers, AUKO
- 10 x Class/club participants
- 2 x Community Champions (Northway and Risinghurst)
- 1 x Councillor

4. FINDINGS

4.1 Activities

The following tables provide details of findings that emerged from attending activities in the selected areas. Please see Annex 1 which provides examples of information leaflets about the activities.

(I) T'AI CHI – RISINGHURST:	
Profile of Attendees	Findings
<p>All were in their 70's</p> <p>8 participants</p> <p>Most came from outside Risinghurst</p> <p>Some came from outside the City travelling from near Thame</p>	<p>Background</p> <p>Long established group started by Age UK, originally held at Barton Leisure Centre but because it was not organised by the Centre, they could no longer afford the fees to stay there.</p> <p>Observations</p> <p>Enthusiastic committed participants, taking part in an activity that can be engaged with at varying levels of ability.</p> <p>Encouraging controlled gentle movement as well as concentration and focus.</p> <p>Outcomes for Attendees:</p> <p>Regular group that was well established and that they could rely on as part of their weekly schedule</p> <p>Provided movement that could flex accordingly to ability and suppleness</p> <p>Offered mental relaxation and focus to some participants</p>
	<ul style="list-style-type: none"> • <i>"I am not lonely. This keeps me moving."</i> • <i>" It's the only thing I do all week."</i> • <i>"There is nothing like this anywhere near where I live."</i> • <i>"This group is my time away from caring from my husband full time"</i>

(II) TUESDAY ACTIVITY CLUB: NORTHWAY	
Profile of Attendees	Findings
<p>Ranged from 74-93</p> <p>7 participants</p> <p>Came from:</p> <ul style="list-style-type: none"> • Northway • Marston 	<p>Background</p> <p>Long standing group, previously holding coffee mornings</p> <p>Observations</p> <p>Games vary between meetings including a form of curling, Boccia and quiz mornings. A wide range of activities were offered by the Community Worker who also organising teams and fostered a developing sense of competition.</p> <p><u>Importance of picking the right activities</u></p> <p>This club highlighted the importance and value of engagement, encouraging movement and introducing friendly competition</p> <p>Positive interplay of people with different personality preferences was observed</p> <p>Outcomes for Attendees</p> <p>Provided a focal point within their week that was important.</p> <p>Most were widows, and valued the company</p>

The introduction of new activities facilitated trying new activities and sports that they would not have engaged with previously. Some activities required a degree more movement than some were used to (like collecting the discs between each bout of Kurling/bowls).

- *Previously x wouldn't take part and would just watch and now she is one of the most competitive"*
- *"X loves curling because you don't have to bend down...and she's really competitive...."*
- *"Most of us have lost our husbands, it is good to have a focus in the week."*
- *"Our oldest member is 93, she manages to get a lift from the Sally Army"*

(III) IT DROP IN SESSION: NORTHWAY

Participants

Findings

10 participants

Aged 65-99

Came from:

- Northway
- Summertown
- Barton,
- Headington

Background

People from very difference socio-economic backgrounds and circumstances including retired bus driver, nurse and PA and a seasoned academic.

Observations

Seems to be very successful at achieving the aim of helping people to use computers/other devices to help them in to do what **they** want to do – i.e. the experience is learner-led. People can drop in between certain times which they like. Some stayed for the whole session.

Attending this activity and interviewing participants highlighted:

- The value of empowering people to decide what they want to learn and supporting them with their individual needs
- You are never too old to learn to use computers and the internet but the tutor's respectful approach based on equality, flexibility and patience are critical.
- Consistency of classes and teaching personnel is critical to maintaining momentum, rapport and attendance.
- Skills have been developed in word processing, email, internet, social media, internet shopping and digital photography
- The coffee break is a crucial ingredient – people like the company and friendship it provides

Outcomes for attendees:

- Ability to undertake projects suited to own hobbies/areas of interest e.g. building databases of; sharing information, memories and photos on specialist subjects
- Companionship and social interaction – while people work mostly individually, they enjoy and value the coffee break when they get together and chat
- Continued learning – satisfying curiosity and enjoy learning
- Making life easier e.g. on-line shopping; buying travel tickets ahead to keep cost down
- Keeping up; not being left behinds

- “I feel like I am in the real world again”
- “we [older people] still prefer to do things for ourselves if we can”
- “Sharing information on the internet means older people can help other older people in separate parts of the world. It’s quite powerful”.
- “ have been coming to IT for 1.5 years – I live alone and this is good because it stops me feeling sorry for myself”
- “I have learnt how to use Skype to communicate with my family in New Zealand and now I am learning about video”
- “The tutor is fantastic. We really don’t want to lose him”
- “It would be good if they provided transport so that more people can get here”
- “It is very important to focus on older people and expose them to things like this”.

4.2 Summary of Interim Reporting from AUKO and CAB

The following tables summarise the information contained in **interim reports** provided by both CAB Oxford and AUKO as at October 2013. While the project was due to end at this point, the start was delayed due to staffing issues and so an extension was agreed to March 2014. At this point we understand that the two agencies will provide final reports.

4.2.1 Measuring against Original Criteria: Interim reporting from CAB Oxford

CAB Oxford Outputs to be delivered	Evaluation
3 hrs. /month: recruitment/training of volunteer advisers (in kind)	<ul style="list-style-type: none"> • CAB have trained and supported a team of trainee volunteer welfare benefits advisers and offer home visits to isolated older people to help them maximise their income.
2.5 hrs. / month specialist benefits training/casework support for the isolated older people in the pilot areas of Oxford	<ul style="list-style-type: none"> • Briefing meetings with network locality officers, progress meetings with AUKO • Meetings with key local residents identified as potential key players in tackling need (e.g. leaders of existing groups meeting the needs of older people) • Networking and distribution of leaflets and posters at public locations
2 x hours advice session supervision/co-ordination plus support for information fair	<ul style="list-style-type: none"> • Benefit checks carried out for 16 residents in Risinghurst and Northway. More referrals have come through AUKO and self-referral • Benefit gains to date include: <ul style="list-style-type: none"> ○ Assistance with fuel bills ○ Pension credit and council tax benefit £8,000 ○ All clients over 80
CRB checks for 3 x volunteers	<i>AWAITING CONFIRMATION FROM CAB</i>
2 x information events held (working with AUKO, Oxford City Council & community groups)	<ul style="list-style-type: none"> • Presence at 3 x information fairs in Northway and Risinghurst, including representation from consumer empowerment project focusing on vulnerability of older people to scams. Representation from CAB, Wiltshire foods, trading standards, AUKO , Housing Association (may repeat as weather gets colder) • 26th June - Risinghurst • 17th July - Northway (two events took place in Northway,

	<p>with the second Northway event far better attended than the first) <i>Date this took place to be confirmed</i></p> <ul style="list-style-type: none"> Events advertised through networking and distribution of leaflets and posters at public locations
Reported Improved income to date:	<ul style="list-style-type: none"> Benefits checks have been carried out for a further 9 residents (4 in Risinghurst and 5 in Northway). Total of 25 benefits checks in all. In 2 x cases assistance with fuel bills was successfully applied for (£200 and £250). Over £9,000 secured to date, including £8,000 for an elderly couple (see below)
Reported Referrals	Several referrals are still pending
<i>“One couple in Northway, referred by AUKO, CAB secured Attendance Allowance for both residents, giving an annual household income increase of around £8,000.”</i>	
At the same time as the Tackling Isolation project, a wider project involving CAB and the Lloyds TSB Foundation project, has been taking place. This covers the whole of Oxford and has meant that CAB have seen a total of over 250 clients and generated benefit gains of around £315,000.	

4.2.2 Measuring against Original Criteria: Interim reporting from AUKO

Age (UK) Outputs to be delivered	Evaluation/Findings
2 x information events delivered	<ul style="list-style-type: none"> 3 information events held(as reported above by CAB). These included: <ol style="list-style-type: none"> Information Coffee Morning, 17th June in Northway. (less than ten attended) Information Fair, 26th July in Risinghurst circa 25 attended Information Coffee Morning in Northway (improved attendance, circa 25) <p><i>AWAITING CONFIRMATION OF DATE & NUMBERS FROM AUKO</i></p>
Training & supporting 10 x new Community Champions	<ul style="list-style-type: none"> Successfully recruited and supported 20 Community Champions <p><i>AWAITING CONFIRMATION OF LOCATION AND ROLES FROM AUKO</i></p>
4 x new activities, to be identified in agreement with partners of this pilot that target isolated older people living in the selected areas of Oxford.	<ul style="list-style-type: none"> AUKO have introduced 4 new activities in Northway, including, of these Film Club and Games morning have become *well established: <ul style="list-style-type: none"> Monthly wellbeing sessions Chair-based exercise class Film Club * Games morning * Introduced 4 new activities in Risinghurst, of which 2 have now become successfully established <ul style="list-style-type: none"> T'ai Chi Monday Morning Film Club

Community Development Worker allocated to project / recruited to post	<ul style="list-style-type: none"> The Community Development Worker has established a rapport with the Northway group and is seen as an enthusiastic individual bringing energy and new activities to the group. Keen to work closely with key community individuals, showing flexibility and willingness to maximise opportunities for older people.
Engage with x 30 isolated older people living in the selected areas of Oxford	<p>AUKO feedback that they have engaged with:</p> <ul style="list-style-type: none"> over 85 older people in Northway over 36 in Risinghurst

4.2.3 Additional area-specific interim reporting from AUKO

Area Specific Reporting:	Details:
Northway and Risinghurst	<p>Information/Marketing: Flyers and leaflets have been re-distributed in both areas during September, including information on other ‘non AUKO’ activity opportunities locally and continue to include the offer of help with transport (copies available /included in the addendum).</p> <p>Community Development team has visited many of the pre-existing local groups to:</p> <ul style="list-style-type: none"> find out what they would like to see happening in their localities and letting them know what is available locally Introductions have continued to be made direct to the CAB team, who have followed up and visited a number of groups themselves. <p>Example: AUKO have been approached by a local group struggling to continue, not due to numbers (they have 35) but rather because the lead volunteer is retiring. AUKO are now working with the group to find a way in which they can continue.</p>
Northway	<ul style="list-style-type: none"> Northway Community Centre is accommodating and flexible towards AgeUK activities Early signs suggest that the new menu of activities is well received. Seated exercise class continues to grow with 10 ‘on the books’ and with a ‘new’ exercise tutor now in place, it is hoped that this increase will continue. The ‘film club’ sessions run monthly is well received, ten attending each session and dates scheduled till Christmas The monthly games sessions have also been well received with again, 10 regular attendees, Community Development worker has been the main member of staff running this activity. The clients have enjoyed having a young person injecting his enthusiasm into the activities. The ‘Beginners Computer classes’ have also proved very popular with 20 new starters from the Northway/Marston area, as a direct result of the loneliness project. AUKO have also successfully continued to build and support a team of seven Community Champions in Northway.

<p>Risinghurst</p>	<p>Risinghurst has a long-established seniors group who are keen for more activities to take place, AUKO are continuing to build relationships with the community centre management, who are now very supportive and keen for us to work with them to increase the available local opportunities (AUKO now regularly attend their committee meetings.</p> <ul style="list-style-type: none"> • The Tai-chi class has moved from Barton to the Community Centre has been successfully re-established during September with the group maintaining regular attendees as well as new ones. • Monthly film club continues with dates booked till Christmas, 4 people (not the same) attend each time, AUKO plan to move to Monday afternoons from 2014 – this is in direct response to feedback that many more locals would attend if the timing changed. <p>Additionally AUKO continue to build relationships with the other local groups and organisations the area, establishing links with:</p> <ul style="list-style-type: none"> • WI, • Parish Council, • Local Church and • Local shops. • Bury Knowle Health Centre (major centre covering Barton and Risinghurst). The Practice Manager supports AGUKO’s work by distributing information, especially around the Flu jab season’. • The leader of the Seniors Group in Risinghurst has also introduced and connected AgeUK to a number of individuals with concerns over transport costs, general financial concerns and other problems, which they have referred on to the appropriate service.
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5. SUMMARY OF FINDINGS AND RECOMMENDATIONS

This section summarises the findings that emerged from the CAB Oxford, AUKO interim reporting. It goes on to provide a summary of the challenges and learning identified via the one-to-one interviews with stakeholders and attendance at the community activities. It also provides some potential recommendations.

5.1 Summary of findings from CAB Oxford and AUKO’s interim reports

According to the self-reported interim information provided by CAB Oxford, they have made significant in-roads in achieving the agreed outputs including:

- Developing a team of trainee volunteer welfare benefits advisers
- Engaging with key people within the community and disseminating information about their services
- Arranging a total of 25 benefits checks via advice sessions securing pension credit and council tax benefits to the value of £8,000 for residents in the 80+ age range.

According to the self-reported interim information provided by AUKO, they have delivered successfully on all agreed outputs. In some cases they appear to have significantly over-delivered:

- Recruitment of 20 Community Champions, against a target of 10 (although roles and locations are still to be confirmed)
- Engaging with a total of 121 older people across the two selected areas, against a target of 30.

- In addition to the core outputs, their Community Development team are actively engaging with pre-existing local groups to understand their requirement, help and support where possible and take the opportunity to refer in the CAB support where relevant.

5.2 Summary of challenges, learning and recommendations

1. PERSONNEL		
Challenges	Learning	Recommendation
Providing sufficient support/cover/succession planning for Community Champions and Development Workers	<p>If Community Champions are ill, want a holiday or stop their involvement, continuity of activities is put at risk.</p> <p>Community Champions are often elderly themselves. Lack of succession planning means activities can come under threat when a Champion needs to step down</p>	<p>Develop back-up plans so that there is support/cover for Community Champions and development workers</p> <p>Create a ‘community champion succession pipeline’</p> <p>Plan and provide roles for younger champions</p>
Consistency and continuity within communities	<p>If events stop for a period or are cancelled it requires considerable time and effort to restart, re-engage and secure a core of attendees</p>	<p>Take steps to safeguard continuity of activities.</p>
Major absence of volunteers	<p>It is a challenge to recruit and retain good volunteers which leads to issues around lack of consistency</p>	<p>‘Shore up’ retention of volunteers – provide them with training and support encouraging them to stay</p>

2. ENGAGEMENT		
Challenges	Learning	Recommendation
Creating and building alliances in areas with different characteristics and cultures	<p>The time it takes to build trust and credibility can be considerable and will differ depending on the culture and dynamic of an individual community.</p> <p>Transparency and recognition are critical to success.</p> <p>One size may not fit all – each community is different and requires an approach that takes account of this.</p>	<p>Consider the time it is likely to take to build rapport and trust for each community – identify potential obstacles early on.</p> <p>For a given community, agree what is realistic to achieve in the short, medium and long term</p> <p>Understand and adapt strategies allowing for differences between communities</p> <p>Careful recruitment of the ‘right’ individuals for each community</p>

Influence of Gatekeepers	Influence and outlook of Community Champions can create obstacles to progress e.g. organising events and access to facilities.	Build trust and rapport as early as possible. Place emphasis on working in partnership and equality to develop services.
Generational factors: - attributes that define some of the older post war generations	<p>Ability to engage with and support older people can be affected by their:</p> <ul style="list-style-type: none"> • Pride • Post-war mentality of being determined to cope • Privacy about money • Sensitivity to current press/TV coverage about claiming benefits <p>There is also potential for Community Champions to have the same attitudes leading to them 'protect' rather than signpost</p>	<p>Ensure that engagement strategies take account of/are designed to address these generational factors</p> <p>Understand and negotiate these potential barriers through regular information events</p> <p>Create & distribute a directory of key information for Older People (available to community centres and older people, Providing:</p> <ul style="list-style-type: none"> • access to key services, transport options • volunteers offering small jobs • Paid for through advertising

3. LOGISTICS		
Challenges	Learning	Recommendation
Transport/access	<p>Access to activities is difficult for some who are not on direct public transport routes or are less physically able/confident.</p> <p><i>"One 80 year old pushes her sister to the lunch club – the only way she can get there - her attendance is contingent on the health and fitness of an 80 year old sister"</i></p>	Access and publicise volunteer driver networks to provide better transport/access to events
Information Dissemination	Word of mouth was seen as the most effective and credible channel but printed material was seen as helpful too.	Tap into existing, trusted, word of mouth channels for each community as well as any printed options that may be available (e.g. parish magazines)
Cost of events	There is pressure on Community Centres to make money and be more self-sufficient. However, fees can be a significant barrier to potential elderly participants, especially for those on extremely low fixed budgets.	n/a

4. EVALUATION

Challenges	Learning	Recommendation
Effective measurement of impact of some aspects of Tackling Isolation project(s)	Quantifying the impact of CAB work is easier to measure (i.e. numbers of referrals, additional benefits/incomes secured etc.) Impact of AUKO work more difficult to assess and relies on self-reporting	Consider and agree evaluation criteria, approach and responsibilities for all aspects of project(s) at outset/planning stage
Measuring impact when other projects are running concurrently	Where other, similar projects are running in the same area (Lloyds TSB city-wide project and CAB's Tackling Isolation work) it is difficult to isolate the impact of one from the other	Consider implications and agree boundaries and record-keeping requirements at outset.
Measuring outreach to 'new' people (accurately mapping and identifying those most in need)	The number of isolated, lonely people in any community is not known. Without this information it is difficult to maximise the impact of projects such as this	Key partner organisations work together to develop a mapping and monitoring solution that creates a comprehensive 'safety net' to help engagement with those who are isolated

6. CONTACT DETAILS

This report was prepared by Insight Oxford on behalf of Oxford City Council. For further information please contact:

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www.insightoxford.co.uk

ANNEX 1

Information leaflets about activities organised in Northway and Risinghurst as part of the Tackling Isolation pilot project:

Barton Sings
 Adowbrook 59 Stowford Road
 Barton
 Thursdays 10-12pm
 Emma Carney 07770 641359

Barton Lunch Club
 Barton Community Center
 Every Monday 11-2pm
 Sue Hadden 01865 716987

Joined Up Singing
 Anthony's Hall, Headley Way
 Mondays 7-9pm
 Janet Stansfeld 01865 762200

For more information please contact either
 Troy Bryan 07957981381
troybryan@ageukoxfordshire.org.uk
 Or Sue Snelders on 07827 235457
suesnelders@ageukoxfordshire.org.uk
First visit to a new group, problems with transport or starting a new group.
 Are you are looking to join a group and feel a bit uncomfortable going on your own? Contact the leader of a group and ask if someone close to you attends it as well and you can travel with them. It's a great way of meeting a new friend and saving on travel cost at the same time. Or call Volunteer Connect on 0845 815 0087 or e-mail them on transport@volunteerconnect.org.uk for additional help. If you are looking to set up a new group and need support starting up then feel free to contact Troy Bryan or Sue Snelders for ideas on venues, activities and advertising.

Volunteering
 There are many opportunities for volunteering with Age UK Oxfordshire. We are always looking for caring people who may have a few hours spare. If you would like to contribute to your community, meet new people, develop new skills or face a new challenge, we'd love to hear from you – please call either Sue or Troy



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Groups and Activities around Northway and Risinghurst for Everyone Aged 50+



Date Issued 19/9/13
 By Troy Bryan and Sue Snelders
 Community Development Officers for
 Age UK Oxfordshire



Please contact any group you would like to attend before arrival as times Prices may vary and spaces maybe limited.

Coffee Morning
 Northway Community Center
 Every Monday 9.30-11.30am
 Troy Bryan 07957 981381

Exercise Class
 Northway Community Center
 Every Tuesday 11.30-12.30pm
 starting on October 1st
 Contact Generation Games
 01235 849403

Lunch Club
 Northway Community Center
 Every Wednesday 11.30-1.00pm
 Troy Bryan 07957 981381

IT Classes
 Northway Community Center
 Every Monday and Wednesday
 10-1pm
 Ahmed Rahmen 07786 387025

Games Sessions
 Northway Community Center

23rd September 10.30-11.30am
 Kurling Session

28th October 10.30-11.30am
 Boccia Session

18th November 10.30-11.30am
 Quiz Morning

Troy Bryan 07957 981381

Northway Cinema Club
 Northway Community Center

23rd October 1.30pm Watching
 Marigold Hotel (118 Minutes)

27th November 1.30pm Watching
 Best of Two Ronnies (85 Minutes)

Troy Bryan 07957 981381

Tai Chi
 Risinghurst Community Centre
 Every Tuesday 11-12pm
 Sue Snelders 07827 235457

Risinghurst Senior Citizens
 Risinghurst Community Centre
 Every Wednesday 2-4pm
 John Woodley 07905 604846

Monday Morning Film Club
 Risinghurst Community Centre

14th October 10am Watching
 Song For Marion. (93 Minutes)

11th November 10am Watching
 Skyfall (143 Minutes Long)

Parkinsons
 Risinghurst Collinwood Road
 URC Church
 Every other Thursday 2-4pm
 Janet Stansfeld 01865 762200



Activities and Events in Northway and Risinghurst 2013

To find out more please contact us:

Sue on 07827 235457

or

Troy on 07957 981381

www.ageuk.org.uk/oxfordshire



Northway

Looking for something to do?
Would you like the opportunity to meet up with others?
If you are aged 50+ Age UK Oxfordshire can help.
(All activities will be running from Northway Community Centre)

Information Coffee Morning: A free event that will run on Monday 17th June from 10.30am-12pm. An opportunity for all, over coffee and cake, to find out more about what is on offer to you in Northway Community

'Flicks': A monthly film club that will run on every 3rd Wednesday of a month from 1pm-3pm. Why not pop along and enjoy watching a film over coffee and cake.

Only £1 per session.

19th June: 'Mama Mia'

17th July: 'Song for Marion'

21st August: James Bond's 'Skyfall'

Chair Based Exercise Class: Every Tuesday from 11.30am-12.30pm.
Only £3.50 per session (first session FREE)

Games Morning: On the 2nd and 4th Monday of a month starting on the 10th June from 10.30am-12pm.

Only £1 per session (to include coffee and cake).

Singing For Fun: A monthly opportunity to get together with others and enjoy singing along to all those old favourites. No previous experience needed. Running on the first Wednesday of a month, from the 3rd July from 1pm-2pm only £1 per session. Why not pop along and give it a go?

Monthly Wellbeing Session: A chance to discover handy hints and tips on how you can stay warm, eat healthily, stay safe, etc. Starting on Tuesday 25th June from 10.30am-11.30am and then running monthly on every 4th Tuesday of the month.

Please note that if transport is an issue for you please ring Sue on 07827 235457 as it may be possible for help with transport to be provided.

'Supported by the Northway Community Association reg. Charity 304344'

*Are you getting the right money? Are you claiming the right benefits?
If you are aged 60+ and answered 'Yes' to one of the two questions above...then the CAB are here to help. Please phone 01865 304103 for free and confidential advice and support.*

Risinghurst

Looking for something to do?
Would you like the opportunity to meet up with others?

If you are aged 50+ Age UK Oxfordshire can help.

Monday morning Film Club: Starting on 8th July from 10am-12pm, this club will run once a month in the Community Centre on the 2nd Monday of a month. Why not pop along and relax in front of the big screen with a cup of coffee and piece of cake.

8th July: 'The Exotic Marigold Hotel'
12th August: 'RED' (Retired and Extremely Dangerous)

Senior Citizens Club: Running every Wednesday 2-4pm in the community centre. Come along for a chat, a cuppa bingo and a raffle. New members welcome. Contact John on 01865 453968

Lunch Club at the community cafe next to the church Collingwood road: Every Tuesday (Closed in August). Coffee 10-12 and lunch 12.30. Cost is £3.50 for a two course meal. Contact Kim on 01865 741141 or 07833 344615

Tai Chi (for the over 50's): Starting on September 3rd and running every Tuesday from 11am to 12pm in the Community Centre. First session FREE with a charge of £3.50 per session attended after that.

Please note that if transport is an issue for you please ring Sue on 07827 235457 as it may be possible for help with transport to be provided.

'Supported by the Risinghurst Community Association reg. charity 304356'

*Are you getting the right money? Are you claiming the right benefits?
If you are aged 60+ and answered 'Yes' to one of the two questions above...then the CAB are here to help. Please phone 01865 304103 for free and confidential advice and support.*



Are you an older Northway person? Are you interested in learning computer skills?

Whether it's starting from scratch, finding out about the internet, keeping in touch with friends and family, following a hobby – we can help!

We offer one-to-one support at our friendly drop-in sessions at **Northway Community Centre** on **Mondays and Wednesdays, 10am to 1pm**. We can also sometimes provide computer support in your own home, and help with equipment.

Connecting Communities is not only about sharing computer skills but about helping people to feel connected to their communities and reducing the risk of social isolation.

To find out more about learning or about volunteering, with *Connecting Communities*...

call us on 01235 849463

email us at connectingcommunities@ageukoxfordshire.org.uk

visit our website www.connecting-communities.net

