



WEST OXFORDSHIRE
DISTRICT COUNCIL

www.westoxon.gov.uk

Seniors directory 2010



Welcome to West Oxfordshire's Seniors Directory 2010

This comprehensive publication is the first edition which will be updated on a yearly basis.

Please let us know if you come across any seniors clubs or activities that are no longer running or the venues, contact details have changed. Equally, please let us know if there are seniors clubs or activities in your area that you think should be included.

West Oxfordshire District Council

Elmfield, New Yatt Road

Witney OX28 1NB

Tel: 01993 861000

Email: enquiries@westoxon.gov.uk

Details are correct as of February 2010. Please check with the event promoter that nothing has changed. We cannot accept responsibility for changes or cancellations to events in this directory.

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Seniors groups in the

Carterton area

Aston

Aston History Group

Meet on the last Thursday each month (Feb-Nov) at 7:30pm

Venue: Fellowship Centre, Cote Road, Aston
Contact: 01993 850440

Aston & Cote WI

The Womens Institute gets together every month and welcomes along guests.

Contact: Michael Baston (President) - 01993 840633
michaelbaston@hotmail.com
Valerie Judge (Secretary) - 01993 850280

Aston & Cote Thespian Society (ACTS)

A drama society is so much more than the actors on stage. The final production is dependent on costume, scenery, lighting, direction, music, prompting, make up and more. Would you like to join this fun loving group in any role? Whatever your talents you will be welcome.

Contact: Val Crowson - 01993 850139

Friday coffee morning

Meet on the 3rd Friday of the month.

Venue: Village Hall

Wednesday Aston Club - village residents only

Meet twice a month on a Wednesday (coffee/ lunch/ outings etc).

Contact: Sylvia Brown 01993 850553

Bampton

Bampton Bridge Club

Meet each Tuesday at 7.30pm. Rubber bridge on the 2nd and 4th Tuesdays. The annual subscription is £5 with a charge of £1 per session. New members welcome.

Venue: Village Hall, Bampton
Contact: John Granville - 01993 850407

Bampton Ladies Group

A variety of light-hearted talks, demonstrations and outings. If you would like to come along, the first visit is free.

Venue: Village Hall
Contact: Secretary Jenny Jenkin - 01993 850801

Third Wednesday of each month at 8pm.

Bush Club

Meet every Wednesday (lunch/speakers/outings) - Volunteer drivers locally provide transport.

Contact: Mrs Baker - 01993 850274

Brize Norton

Over 60's club

First Monday in the month. Also Dancing Club on Thursdays from 7 - 10pm

Venue: Elderbank Hall, Brize Norton
Contact: Mrs J Douglas - 01993 842373

Brize Norton WI

Meet on the 2nd Tuesday 7.30 - 10pm

Contact: Mrs H Goldman - 01993 843349

West Oxon Woodturning Association (WOWA)

Meet the first Tuesday of every month 7.30 - 10pm. Non members are very welcome. First visit to our evening demonstrations is free, so please come along.

Venue: Elderbank Village Hall, Brize Norton
Web: www.wowa.org.uk

Burford

Bridge over The Windrush (bridge club)

Meet every Tuesday, all standards welcome.

Venue: Little Barrington
Contact: Joe Searby - 07970 611077

Burford & Windrush Valley Rotary Club

Meet every Monday 7.30 - 10pm.

Venue: The Cotswold Gateway, Burford
Contact: Secretary - 01993 200320
Email: michael@michaelynes.co.uk
Web: www.windrushrotary.co.uk

Age Concern Day Centre & Lunch club

Open every Monday to anyone aged 60 and over (also run as an independent day centre on Thursdays).

Venue: Hunts Close, Burford
Contact: Viv Meers - 07827592464

Burford Orchestra

Burford Orchestra is based and rehearses in Witney under our conductor Sean Frankcom. Rehearsals are Monday evenings 7.30 - 9.30pm. New string and brass players are especially welcome to come along anytime and join us in the rehearsals.

Venue: Witney Community Primary School, Hailey Road, Witney.
Contact: Andy Bettle - 07984 492976
Email: pagsbettle@yahoo.com

Burford Town Bowls

Venue: Tanners Lane, Burford
Contact: Wilfred Baylis - 01993 822570

Lenthall Concerts

The Lenthall Concerts have the well-known violinist Michael Bochmann as their Artistic Director. The concert season runs from October to March.

Concerts are held on Wednesdays during the season. Admission is £10 in advance, £12 at the door; Students £5, under-18s 50p.

Venue: Burford School and Community College
Contact: Rory Darling
Email: rmdarling@tiscali.co.uk
Web: www.lenthall.org.uk

Carterton

Ballroom & Sequence Dancing

Meet every fortnight on Sundays 7.30 - 10.30pm.

Venue: Carterton Social Centre, Alvescot Road.
Contact: Val or Terry Thomas 01993 841246 for further information.

Carterton Bowls Club

Open all year round. Bar and Lounge facilities available nightly. Instruction for beginners.

Venue: Arkell Avenue.
Contact: 843366 after 6.30pm

Carterton Day Centre

Meets every Monday, Tuesday and Wednesday.
Lunch Club Thursdays 12 noon, booking essential.

Venue: Access Rd, Lawton Ave, Carterton.
Contact: Lyn Stanley - 01993 840162

Carterton Health Walks

From Carterton Leisure Centre, Broadshires Way
Mondays & Thursdays at 10am.
From the Town Hall on Saturday at 10am

Contact: Carterton Leisure Centre on 01993 861981

Carterton Country Music Club

Dance to the best in British country music.

Venue: Carterton Social Centre, Birchwood,
Carterton

Contact: 01993 850682

Senior circuits

A low impact class adapted for our more experienced
exercisers! Fridays 9 - 10am.

Venue: Carterton Leisure Centre.

Contact: 01993 861981

Carterton Lions Club

Meet 1st Tuesday of the month at 8pm.

Venue: Carterton Manor, Corbett Road, Carterton

Contact: President: Michael Lowe - 01993 842354

Secretary: Madeleine Radburn - 01993 772241

Carterton & Brize Norton Branch of RAF Association

Meet 2nd Monday each month at 8pm for business and
social evening.

Venue: Carterton Bowls Club, Arkell Avenue,
Carterton

Carterton Over 60's & Early Retired Club

Meets every Friday 2 - 4pm

Venue: Social Centre, Alvescot Road.

Contact: May Satell 841682.

Carterton Senior Section

Friday 7.30 - 9.30pm. (Two meetings monthly)

Venue: Millennium Activities Centre

Carterton WI

Meet every 2nd Tuesday at 7.30pm.

Venue: WI Hall Brize Norton Road.

Contact: President: Mrs M. Gillians - 01993 843309

Secretary: Mrs M. Jackson - 01993 841670

Dianne Evans School of Dance

Tuesday - Friday.

Venue: WI Hall Brize Norton Road.

Contact: Dianne Evans: 01993 841354 or 01993 212566

Seniors Lunch Club

Monday's during term time.

Venue: Community Education Centre

Contact: Karen or Graham - 01993 841776

U3A

For those no longer in full time employment.

Venue: Community Centre, Trefoil Way, Shilton Park

Contact: Pat - 01993 843832

Full club meetings 4th Tuesday of every month at 2pm.
Additional special interest groups meet at various times.

Singing for fun

Run by Age Concern, meet on Fridays 4 - 5pm.

Venue: Social Centre, Alvescot Road, Carterton

Contact: Ruth - 07827 235461

Tai Chi

Run by Age Concern, meet Thursdays 12.30 - 1.30pm.

Venue: WI Hall, Brize Norton Road, Carterton
Contact: Ruth - 07827235461

Clanfield

Clanfield WI

Meet 2nd Tuesday each at 7.30pm. All welcome.

Venue: Carter Institute
Contact: 01367 810656

Filkins

Filkins & Broughton Poggs WI

Meets on the Third Wednesday of each month at 7.30pm.

Venue: Filkins Village Hall

Mixed ability gentle exercise class

Run by Age Concern. Meet on Wednesdays
9.30 - 10.30am

Venue: Village Hall
Contact: Sue Hayman - 01993 822781 or 07745 501364

Kencot

Shill Valley and Broadshire's Benefice Choir

The choir is a small, friendly group of singers who are keen to invite more people to join them. Membership for the senior choir is free and singers of all abilities are welcome.

Venue: Kencot Village Hall
Contact: David - 01993 841807 or 07850 064775
Email: david@glebourton.fsnet.co.uk

The senior choir meet to sing on Tuesday evenings 7.30 - 9pm and the first Sunday of each month in one of the thirteen churches of the Benefice.



Seniors groups in the

Charlbury area

Charlbury

Charlbury Bowls Club

New members are most welcome at this friendly club in Charlbury. Practice nights are generally on a Tuesday evening from 6pm. Go along and have a try.

The club play regularly against local towns and villages, and internal club competitions take place through the year. If you have not bowled before someone will soon show you how to play. All ages are welcome.

Venue: Charlbury Bowls Club 74 Ticknell Piece Road
Charlbury OX7 3TW - 01608 811277

Contact: David Homewood Hon Secretary -
01608 811321

Charlbury WI

Meet on 3rd Wednesday of the month. All welcome - members and non-members.

Venue: Cornerhouse

Contact: clarelaroche@googlemail.com

Community Choir

Meet Tuesday at 7.15pm. Harmony songs from around the world, taught by ear/with music. All welcome.

Venue: Friends Meeting House, Charlbury

Contact: Kath - 01608 811293

Charlbury Amateur Dramatic Society (CADS)

CADS are a thriving amateur dramatic society with over 70 members, ages ranging from 28 to 80.

Club night evenings on the 1st Tuesday of each month.

Venue: Methodist Hall, Fishers Lane, Charlbury

Contact: The Secretary, Deidre Kincaid - 01993 881369

Email: dkincaid@clara.co.uk

Charlbury Art Society

Meet on the 2nd Wednesday at 7.30pm September to November and January to May.

Venue: Friends Meeting House, Market Street,
Charlbury

Contact: Honorary Secretary Marion Coates - 01608
810116

Voices unlimited

Meet on Tuesday evenings in term time 7.15pm for 7.30pm. A charge of £4 - £6 per session is made.

Venue: Friends Meeting House, Market Street,
Charlbury

Contact: Kath Lucas - 01608 811293

Finstock

Finstock WI

Meets 2nd Tuesday each month at 7.30pm (November - March 2.30pm). Visitors and prospective new members are always very welcome to attend.

Venue: Finstock Village Hall

Milton-under-Wychwood

Milton-under-Wychwood Health Walks

Tuesdays at 2pm. For more information and details of start location contact Beryl or David.

Venue: Various

Contact: Beryl Taylor - 01993 830065
David Trollope - 01993 831146

Milton-under-Wychwood WI

Meets on the 3rd Tuesday of each month at 7.30pm. It has an interesting programme of guest speakers, outings, discussions and activities including fundraising. New members are always welcome.

Venue: Village Hall.

Contact: Rose Hartley - 01993 830776

Shipton-under-Wychwood

Mixed ability gentle exercise class

Run by Age Concern. Meet on Tuesdays between 11.30am -12.30pm

Venue: New Beaconsfield Hall

Contact: Sue Hayman - 01993 822781 or 07745 501364

Wychwood Players

Meet monthly.

Venue: New Beaconsfield Hall

Contact: Chairman Dudley Thomson - 01993 830656

Web: www.wychwoodplayers.com

Evergreens

Meet monthly on Wednesdays from April to October.

Contact Audrey Fincham 01993 830364



Seniors groups in the

Chipping Norton area

Chadlington

Chadlington Dance (community dancing)

2nd Wednesday of each month 7.30 - 9.15pm
Suitable for all abilities and ages. Costs £5 per class.

Venue: Chadlington Village Hall
Contact: Ann Morton - 01608 676302
Email: andmorton@waitrose.com

Chadlington Flower Club

7 for 7.30pm every 4th Thursday of the month.

Small friendly club. Flower demonstrations and workshops. Coffee and biscuits.

Venue: Chadlington Memorial Hall
Contact: Kaye Trollope, Chairman - 01993 831146

Chadlington Bowls Club

Venue: Church Road, Chadlington OX7 3LY
Contact: Anthony Hobbs - 01608 676327

Chipping Norton

Age Concern Day Centre and Lunch Club

Monday, Wednesday, Thursday and Friday.

Venue: Highlands, Chipping Norton
(Age Concern Chipping Norton)
Contact: 01608 643320

Chair supported exercise

Run by Age Concern. Meet on Thursday 10.30 - 11.30am

Venue: Kingston Court
Contact: Marilyn - 01993 811778

U3A

Meet at 2pm on the first Wednesday of the month.
Special interest groups at venues and times to suit members.

U3A encourage learning and participation in shared interests for the over 50s with monthly talks given by experts and membership of many very varied special interest groups.

Venue: Methodist Church Hall, West Street
Contact: Barbara Walters, Secretary - 01608 643750
Ronald Spiers, Chairman - 01608 645417

Bliss Probus Club

Membership of the club is open to all professional and businessmen who have fully or partially retired from their business or profession and are resident in the Chipping Norton area.

Venue: The Chequers, Goddards Lane
Contact: Neil Percival, Chairman - 01608 678156
Stanley Bowes, Treasurer - 01608 642671

Probus Club of Chipping Norton

Meet on 3rd Tuesday of every month at 11am for speaker, followed by lunch at 1pm.

Venue: The Crown & Cushion Hotel, High Street
Contact: Alan Stewart, Secretary - 01993 830907

Social programme with wives / friends includes outings, theatre trips, pub skittles, ladies' lunches and annual Christmas dinner.

Chipping Norton Tuesday Club - over 60's

The Tuesday Club meet 9.30 - 11.30am for a cuppa and biscuit, then play bingo for an hour with a good natured natter about themselves. They have an outing every month if possible either a meal, show or shopping trip.

Venue: Meet at Highlands Day Centre, Burford Road
Contact: Joyce Deering - 01608 642088

Single File

A new social group for unattached professionals, aged 50 - 65, offering a varied programme of social events, such as pub nights, meals out, walks, theatre and cinema visits, days out etc. Events will take place within a 10 mile radius of Chipping Norton.

Venue: Greystones, Burford Road, OX7 5UY
Contact: Daphne Lever - 01295 788474

Chipping Norton Bowls Club

Established for 30 years the club has 6 outdoor rinks and 4 indoor rinks with indoor bowling available all year round. There is a large club-house with licensed bar and an active social group. We welcome new members of any ages from beginners to the very experienced. The club is open 7 days a week all year round (except Bank Holidays).

Venue: Chipping Norton
Contact: John Quinn, President - 01608 641811
Email: jquinn@drumgoyne.fsnet.co.uk

Modern Jive - Ceroc Oxford

Monday 7.30 - 10.30pm. Suitable for all abilities and ages (no children). £8 per class + £2 membership charge (one time only fee).

Venue: Chipping Norton Town Hall
Contact: Melissa or Roy Power - 07974 388340
Email: ceroc_oxford@hotmail.com
Visit: www.cerocoxford.com

Chipping Norton Family History Group - for over 50's

Meet on the 2nd Wednesday of each month with a full programme of speakers from March until December 7.30 - 9.30pm. Subscription: full year £10. Visitors most welcome £1.50 per meeting.

Venue: The Ace Centre Burford Road, Chipping Norton
Contact: Peter Tyrell - 01608 641216
Email: p.tyrrell310@btopenworld.com

Chipping Norton over 60's Clubs

Open on Mondays, Wednesdays, Thursdays and Fridays. Morning coffee, afternoon tea and a home-prepared lunch are provided for a modest charge.

Transport is available to collect members from the town and surrounding villages but due to space they can only entertain twenty two members each day.

Venue: Highlands Day Centre, 73 Burford Road, Chipping Norton
Contact: Mrs Caroline Hickling - 01608 643320
Monday club: Betty Hicks - 01608 642551
Tuesday club: Joyce Deering - 01608 642008
Thursday club: Maureen Robinson - 01608 642721

Chipping Norton Amateur Operatic Society (CHAOS)

Meet on Monday evenings from September to April to perform an opera or musical at The Theatre, Chipping Norton each Easter.

Contact: Rosalind Densham - 01608 644519 for further information.

Chipping Norton Choral Society

Rehearsals at 7.30pm on Wednesday nights new singers are always welcome at the start of each term - there are no auditions, although basic music-reading skills are a big help.

Venue: Chipping Norton School Music Room.
Email: tickets@cncs.org.uk

Chipping Norton Silver Band

Meet on Thursday 7.30 - 9.30pm, no learners class at present, complete practice.

Venue: Fox Hotel, Market Place, Chipping Norton
Contact: Mr K Pickett - 01608 641024

Enstone

Mixed ability gentle exercise class

Run by Age Concern. Meet on Fridays 11.30am - 12.30pm

Venue: Village Hall
Contact: Sue Hayman - 01993 822781 or 07745 501364

Great Rollright

Wychwood Old Time Dance Club

Thursday 7.45 - 10pm. Suitable for all abilities and ages. £1.50 per class.

Venue: Great Rollright Village Hall
Contact: Hugh Pitman - 01608 810897

Great Tew

Singing for fun

Run by Age Concern, meet Tuesdays 10.30 - 11.30am.

Venue: Baxters, The Tew Centre
Contact: Ruth - 07827235461

Kingham

Kingham Gardening Club

Our annual programme includes six evening meetings, spring and summer shows, plant sale, coffee morning, outings and Christmas dinner.

Meet at 7.30pm on the third Monday of February - April and September - November.

Venue: Kingham Village Hall
Contact: Joan Cansfield, Secretary - 01608 658645

Kingham Choral Society

Meet every Wednesday at 8pm. New members welcome.

Venue: Churchill Methodist Church, Kingham Road, Churchill
Contact: Derek - 01608 658738

Over Norton

Over Norton WI

Meet at 7.30pm on the 3rd Thursday in the month.

We have monthly meetings with interesting speakers, demonstrations, trips, courses at the WI's own college, Denman College near Abingdon.

Venue: Usually in Over Norton Village Hall, winter in members' homes.
Contact: President: Becky Pearman - 01608 643463
Secretary: Jane Hall - 01608 642429
Treasurer: Jill Harden - 01608 644411

Seniors groups in the

Eynsham area

Eynsham

Dance and stretch for the over 50's

Wednesday 1.30 - 2.30pm (Funded by Age Concern).

Fun keep fit class for all - no experience necessary. Wide variety of exercises and simple dance routines to a great mixture of lively music. Friendly group. Join any time. First timers free, then £2.50 per class.

Venue: St. Leonards Church Hall

Contact: Enquiries/bookings: Pat Bennett - 01235 849409

Coralie Green - 07767 360854

Email: coralie@iveplus.com

Chair supported exercise class

Run by Age Concern. Meet on Thursdays

11.30 am -12.30pm

Venue: St.Leonards Church Hall

Contact: Olwen - 01993 773432

Community Dance - World Dance

Monday 2 - 3.30pm. Suitable for all abilities and ages.

£26.25 for 5 classes.

Venue: Scout Hall, Eynsham

Contact: Mary Perryman

Email: mary.perryman@speedwellbeing.org.uk

Eynsham Bridge Club

Every other Monday 7 - 10pm. Friendly members, informal Rubber Bridge. £5 to join and £2 per session.

Venue: Tolkien Room

Contact: Jenny Farthing - 01865 883805

Eynsham Garden Club

2nd Wednesday of month September - May 7.30pm.

Day visits and other events are held on Saturdays: don't miss the annual plant sale towards the end of May.

Venue: Village Hall

Contact: Pam Breeze - 01865 880725

Email: eynshamgardenclub@hotmail.com

Eynsham Short Mat Bowls Club

If you are new to the game of bowls try one of the Clubs social 'roll-up' sessions held on Thursday afternoons 2-4pm and on most Tuesday and Thursday winter evenings 7-10pm.

Venue: Village Hall, Eynsham

Contact: Amanda Davies - 01993 779182

Players must bring flat soled shoes or comparable slippers to wear on mats.

Eynsham WI

2nd Tuesday of every month (except August) 7.30pm.

Venue: St Leonard's Church Hall

Contact: Ann Wotherspoon - 01865 882011

Probus Club

2nd Tuesday of month at 1pm. For retired professionals and businessmen.

Venue: White Hart

Contact: Ray Sutton - 01865 880566

Sarah Ayers School of Dancing

Mondays and Thursdays.

Venue: Baptist Hall, Eynsham

Contact: Sarah Ayers - 01865 881208

Email: dance@seayers.plus.com

Bartholomew Players Theatre Group

Meet in Eynsham each Wednesday at 8pm

Venue: Village Hall, Back Lane, Eynsham

Contact: Lisa 01865 880619

Circuits for health

An ideal first step back into exercise.

Venue: Bartholomew Sports Centre, Eynsham.

Contact: 01993 861839

Eynsham Arts Group

Meets on the last Friday of every month at 7.30pm to discuss members work, hear talks by established artists and arrange painting days in the local area. Regular exhibitions are also held throughout the year.

Venue: Bartholomew Rooms in Eynsham

Web: www.eynshamartsgoup.co.uk

Eynsham Choral Society

Rehearsals are held on Tuesday evenings at 7.30pm.

Welcome anyone who enjoys singing.

Venue: Eynsham Primary School

Contact: Janet Gray - 01666 860643

Email: jmg643@yahoo.co.uk

Standlake

Lower Windrush Garden Club

Meet 4th Tuesday of every month. Talks, outings, three shows, discounts at many garden centres.

Venue: Standlake Village Hall

Contact: Mrs E Rogers - 01865 300674

Standlake Art Group

Wednesday 2 - 4pm. All levels, any media, all welcome.

Venue: Standlake Village Hall

Contact: 01865 300488

Standlake WI

2nd Tuesday at 7.30pm. Visitors welcome.

Venue: Standlake Village Hall

Contact: 01865 300755

Over 60's Club

Meet on the 1st and 3rd Tuesday 2 - 4pm

Venue: The Village Hall

Contact: Peter Clements - 01865 300589

Stanton Harcourt

Lower Windrush Choral Society

Meet Mondays at 8pm. New members welcome, no auditions necessary.

Venue: Stanton Harcourt Primary School

Contact: Linda Taylor - 01865 882191

Stanton Harcourt Drama Group

A local village drama group performing a pantomime each year and sometimes a play during the Summer Festival. You'll be made welcome whatever your skills.

Contact : Jan Tomlinson

Email: jpag@dixpit.fsnet.co.uk

Seniors groups in the

Witney area

Combe

Combe Mill Society

Meet Thursdays at 7pm. Interested in preserving our local heritage? Then come and join us.

Venue: Combe Mill, Blenheim Estate Sawmill, near Long Hanborough

Contact: 01865 379402

Freeland

Chair supported exercise class

Friday 10 - 11am. Run by Age Concern.

Venue: Village Hall

Contact: Olwen - 01993 773432

Freeland art club

Meet every Wednesday between 10.30am - 12.30pm. An untutored group. New members welcome, all abilities. Simply come along.

Venue: Freeland Village Hall

Contact: Helen - 01993 881905

Freeland Orchestra

Meet alternate Wednesday evenings 8.15 - 10pm. No auditions.

Venue: Village Hall, Freeland

Contact: Wendy Marks - 01993 883379

Web: www.freelandorchestra.org

Long Hanborough

Chris'tal Connections - line dancing

Tuesday 12.30 - 2pm. Suitable for all abilities and ages. £3.50 per class.

Venue: Long Hanborough Pavilion

Contact: Chris Cleevely - 01608 676724 or 07855 520212

Email: christinec48@hotmail.com

Visit: www.christalconnections.com

Evergreens

Venue: The Recreation Hall

Contact: Ann Smith - 01993 882794

Hanborough Bowls Club

A warm invitation is extended to new members, visitors and touring clubs.

Venue: Pavilion Changing Rooms, Playing Fields, Roosevelt Road, Long Hanborough

Web: www.hanboroughbowlsclub.co.uk

North Leigh

Singing for fun

Run by Age Concern, meet Thursdays 12.30 - 1.30pm.

Venue: Youth Centre (behind the Memorial Hall)

Contact: Ruth - 07827235461

Tai - Chi

Run by Age Concern, meet Thursdays 11am - 12 noon.

Venue: Youth Centre (behind the Memorial Hall)

Contact: Ruth - 07827235461

North Leigh History Group

Meet 1st Tuesday of each month at 7.30pm

Venue: Memorial Hall, North Leigh

Contact: 01993 880092

North Leigh Short Mat Bowls Club

Every Wednesday & Thursday 7 - 10pm and Thursday morning roll-ups 10 - 12 noon. New members welcome.

Venue: Memorial Hall, North Leigh

Contact: Elizabeth - 01993 880648

Stonesfield

Darby & Joan Club

Lunch sometimes provided/speakers/coffee/tea/cakes etc.
2nd Thursday of the month at 2pm.

Venue: Village Hall

Contact: Avis Ushaw - 01993 898134

Stonesfield Folk Dance Group

Wednesday 8 - 10pm. Suitable for all abilities and ages.
£1.50 per class

Venue: Stonesfield Village Hall

Contact: Paul Davis: 01865 727158

Email: paul.davis@oucs.ox.ac.uk

Stonesfield Lunch Club

Venue: St James Old School Centre

Contact: Anne Bishop - 01993 898580

Stonesfield WI

Meet on the third Tuesday of the month at 7.45pm.

Venue: The Village Hall

Witney

Singing for fun

Run by Age Concern, meet Wednesdays 10.15 - 11.15am.

Venue: Lower Hall, Methodist Church, Witney

Contact: Ruth - 07827235461

Mixed Ability Exercise

Run by Age Concern, meet Wednesdays 11.30 - 12.30pm.

Venue: Lower Hall, Methodist Church, Witney

Contact: Sue Hayman - 01993 822781 or 07745501364

Art Club

Every Tuesday & Wednesday 10am - 12.30pm and 6.30 - 9pm. For all abilities. Friendly atmosphere.

Venue: Langdale Hall, Witney

Contact: 01993 772098

Brize Singers

Meet each Monday at 8pm. Four part singing. All welcome.

Venue: Methodist Church, High Street

Contact: Secretary Tony Southern - 01993 899091

Chairman Maurice Spalding - 01993 842229

Buttercross Quilters

Meet every second Tuesday of the month at 7.30pm.
New members welcome. Meetings may consist of a mini-workshop or a visiting speaker, they are very informal with lots of fun and chat.

Venue: Burwell Hall, Witney

Contact: Sally Allum-Smith

Email: sallyas@live.co.uk

Jive+

Wednesday 7.45 for 8pm. Suitable for all abilities and ages.
£8 per class.

Where: Langdale Hall, Witney
Contact: Coralie Green - 07767 360854
Email: coralie@jiveplus.com
Visit: www.jiveplus.com

Langel Probus Club

Meet 2nd and 4th Wednesday at 10am.

Venue: Windrush Leisure Centre
Contact: 01993 7022610

Rotary Club of Witney

Meet Monday 12.40 - 2pm

Venue: The Marlborough Hotel, Market Square,
Contact: Secretary 01993 881154
Email: mike.alexander@witneyrotary.co.uk
Web: www.witneyrotary.co.uk

Second Lease

Witney based outdoor activities for the Over 50's. Walks every Sunday and some mid-week walks with lunch. £12 per year.

Venue: Various
Contact: 01993 703952 or 01993 774246

U3A West Oxon

Meet 1st & 3rd Thursdays each month at 2pm.

Venue: Methodist Church, High Street
Contact: Margaret Gale - 01993 878617

Voice Box Choir

Mondays 7.30 - 9.30pm. Sing a variety of music including Gospel, Folk, ABBA. No auditions.

Venue: Batt School, Witney
Contact: Lesley Morris - 01993 776445 or
Keith Harris - 01993 773664

Wesley Players

Meet Mondays at 7.30pm. Everyone welcome, people needed for on or off stage activities.

Venue: Wesley Room, Methodist Church, High Street
Contact: Brenda - 07789497249

West Oxfordshire Field Club

Promotes the study of natural history, including field observation and the cause of nature conservation. Meet on the first Friday of the month at 7.30pm.

Venue: Radford Room, Methodist Church, High Street, Witney
Contact: 01993 775020

West Witney Bowls Club

New members of all ages always welcome.

Venue: West Witney sports field
Contact: Mike - 01993 864672

West Witney WI

Meet every 2nd Wednesday at 7.30pm.

Venue: Corn Exchange, Witney
Contact: 01993 70092

Windrush Flower Arrangement Club

Meet 3rd Tuesday of the month at 7.15pm

Venue: Corn Exchange, Witney
Contact: 01993 703840

Windrush Leisure Centre

A variety of classes are held at the local leisure centre. For more information see page 21.

Venue: Windrush Leisure Centre
Contact: 01993 202020

Witney Bridge Club

Wednesdays at 7.20pm

Venue: Burwell Hall

Contact: Ina Merriman - 01608 810375

Witney Buttercross Ladies Probus

For retired professional and business ladies. Meet on 2nd Wednesday of each month at 10.30pm.

Contact: Eileen - 01993 705325

Witney Chess Club

New members always welcome. Thursday club nights and two league teams.

Venue: Village Hall, Ducklington

Contact: Andy Kennedy - 01993 705542

Witney & District Arthritic Support Group

Meet 1st Wednesday of each month.

Contact: 01993 702779 or 01993 882189

Witney & District Historical & Archaeological Society

Meet every 3rd Tuesday (September - May) at 7.30pm.
New members and visitors welcome.

Venue: Corn Exchange, Witney

Contact: 01993 862779

Witney District Probus

Meet on the 1st & 3rd Wednesday of each month at 10.30am. Visitors and new members welcomed.

Venue: Methodist Church, High Street

Witney Folk Dance Group

Thursday 8 - 10pm. For over 16 year olds. For more details and costs contact Christine Haynes.

Venue: Corn Exchange, Witney

Contact: Christine Haynes - 01993 705961

Witney Health Walks

Tuesday, Thursday & Saturdays at 10am start at Windrush Leisure Centre.

Venue: Windrush Leisure Centre, Witan Way

Contact: 01993 202020

Witney Lions Club

Meet 2nd Monday of each month.

Venue: The White Hart, Minster Lovell

Contact: Tony Waddington - 01993 882146

Witney Mills Bowls Club

Novices and experienced bowlers are welcomed as new members. Outdoor and short mat bowling.

Venue: West Witney Sports & Social Club, Burford Road, Witney

Contact: Lyn Dunsby - 01933 771806 or
Richard Barnett - 01993 201569

Witney Music Society

2nd Friday of each month October to March. Concerts of classical music.

Venue: Most concerts at Woodgreen School, Witney

Contact: 01993 702296.

Email: tom.jones15@btopenworld.com

Witney RAFA

Meet 1st Tuesday each month at 7.45pm.

Venue: Windrush Club, Witney

Witney Round Table

Meet every Monday lunchtime at 12.40pm (when the month has a fifth Monday an evening meeting is held)
New members welcome. Sister organisation, Ladies circle for members wives and partners.

Venue: The Marlborough Hotel, Witney

Contact: Paul Allan - 01993 703189

Web: www.witneyrotary.co.uk

Witney Scottish Dancers

Meet every Monday 7.45 - 9.45pm during term time.

Venue: Madley Park School, Witney
Contact: Alexander Bain - 01993 840984

Witney Silver Threads - over 60's

Meet 2nd and 4th Thursday. All over 60's welcome.

Venue: The Masonic Hall, Church Green, Witney
Contact: 01993 703254

Witney Town Band

Meet Tuesday at 7.30pm. Brass band. New players welcome.

Venue: Curbridge Village Hall
Contact: Caroline - 01993 704056

Witney Town Bowls Club

Novices to experienced bowlers made welcome.

Venue: The Leys Recreation ground, Witney
Contact: Enquires to Lyn Cooper - 01993 703433 or
for coaching Ian Hale - 01993 772883

Witney WI

Meet 3rd Wednesday each month at 2pm.

Venue: Corn Exchange
Contact: 01993 775478

Burford Orchestra

Burford Orchestra rehearses in Witney under our conductor Sean Frankcom. Rehearsals are Monday evenings from 7.30 - 9.30pm. New string and brass players are especially welcome to come along anytime and join us in the rehearsals.

Venue: Witney Community Primary School, Hailey Road, Witney
Contact: Andy Bettle - 07984492976
Email: pagsbettle@yahoo.com

Buttercross Art Society

Meet 1st Tuesday of each month at 7.30pm except August.

Venue: The Kings School, New Yatt Road, Witney
Contact: Email: info@buttercross.org.uk
Web: www.buttercross.org.uk

Witney Photo Group

Meet every Monday all year round at 7.30pm, October to April.

Venue: Gallery Room, The Corn Exchange, Witney
Contact: Scott Sinclair - 01865 658624



Seniors groups in the

Woodstock area

Middle Barton

Chair supported exercise

Monday 10 - 11am. Run by Age Concern.

Venue: Alice Marshall Hall, North Street

Contact: Marilyn - 01993 811778

Middle Barton Drama Group

Regularly meet and produce a range of plays with rehearsals on Thursday and Sunday evenings. The group aim to put on at least two shows a year and are always glad to welcome new members.

Venue: Alice Marshall Hall, North Street

Web: www.middlebartondramagroup.org.uk

Woodstock

Dance and stretch for the over 50's

Wednesday 11.30 - 12.30pm. £3 per class.

Funded by Age Concern.

Venue: Woodstock Town Hall

Contact: Coralie Green - 07767 360854

Jive+

Monday 7.45 for 8pm. Suitable for all abilities and ages. £8 per class

Venue: Marlborough Enterprise Centre

Contact: Coralie Green - 07767 360854

Email: coralie@jiveplus.com

Web: www.jiveplus.com

Woodstock Health Walks

Tuesdays at 10.30am.

Venue: Starting from Brook Hill/Upper Brook Hill Junction

Contact: Wendy Kingsbeer - 01295 22162

Woodstock Stroke Club

Meet alternate Tuesdays from 10am till 1pm. After coffee and a chat the morning activities may involve art or craft, thinking activities, a talk or games. It ends with active exercises followed by lunch.

Venue: Woodstock Community Centre, New Road

Contact: chilton@stroke.org.uk

Help can be given with transport from homes in the Woodstock area.

Woodstock WI

Meet on the third Wednesday of the month at 2.30pm.

Venue: Community Centre, Woodstock

Contact: J.Vickers - 01993 811686

Woodstock Players

New members welcome. Acting skills not necessary as help needed in many other ways.

Contact: Secretary, Elaine Burgin - 01993 811700

Email: richard.marriott@btconnect.com

Web: www.woodstock-players.com

Services for Older People

Housing grants and loans

If your home is in need of repair or improvement or if you require adaptations to suit your particular needs, you may be able to get a grant to help you meet the cost of the necessary work. If you apply for any grant you will be asked to complete what is known as a test of financial resources (means test), which is an assessment of how much you are able to pay towards the cost of the works.

The following grants are currently available. Please note that this is only a summary of the assistance scheme and it does not provide details of all the conditions and eligibility criteria that apply. In addition, the funds available may limit availability.

Mandatory disabled facilities grant

This grant is available to help provide adaptations for disabled people which enable them to stay in their own homes. Eligible works may include providing stair-lifts, appropriate toilet, bath or shower facilities, ground floor bedrooms, ramps, door widening and kitchen alterations.

These grants are available to home owners, private tenants and housing association tenants. Contact Social & Community Services at Oxfordshire County Council, call 0845 0507666.

You will need to speak to an occupational therapist who will arrange to assess your needs and may make a referral to West Oxfordshire District Council. You can then be considered for a Disabled Facilities Grant. Alternatively you may contact the occupational therapy service through your GP.

Home assistance grant

This discretionary grant may be available to assist with carrying out works to ensure your home meets the Decent Homes Standard. It is available to home owners and private tenants who have a duty to carry out the works in question and who are over 60 years of age. Up to £4,000 may be available, subject to a means test.

You should contact us to confirm whether you are eligible. The items listed below are the likely minimum that will be required to make a valid grant application:

- Completed application form
- Two estimates for the works required
- Proof of ownership of the property or, for a tenant's application, written permission from the landlord to carry out the works
- An inspection of the property that has been carried out by a Council officer to assess works that are eligible
- Where receiving a means tested benefit, confirmation of receipt of that benefit

For further information call 01993 861757.

Home Improvement Agency

Do you need help with repairs or adaptations in your home?

If you are a home owner or private tenant, over the age of 60 or with a disability, then we may be able to help you to remain safe and secure in your home.

Our Home Improvement Agency helps older and disabled people to live independently in their own homes in comfort and safety by organising and carrying out work and repairs such as:

- minor plumbing repairs and carpentry
- door and window repairs
- fitting door / window locks and door chains
- putting up curtain rails, pictures and shelving
- supplying and fitting key safes, smoke detectors and light bulbs.

We can also provide home adaptations - such as hand rails, small access ramps and steps - and provide advice on housing grants and benefits.

Advice is free but there is a charge of £17.25 an hour plus the cost of any materials provided.

For more information call 01993 861757.

This service is part of the Buy with Confidence scheme which means it has been vetted and approved by Trading Standards to ensure that it operates in a legal, honest and fair way.

Services for Older People

Health Walks

These promote walking for better health. All walks are supervised by trained walk leaders. None of the walks should take longer than one hour.

Walking is the perfect activity for improving your health as it can:

- Make you feel good
- Give you more energy
- Help you sleep better
- Help reduce stress
- Keep your heart 'strong'
- Help to manage your weight

Carterton Health Walks

Mondays and Thursdays at 10am.
Start location: Carterton Leisure Centre, Broadshires Way, Carterton.
Contact Carterton Leisure Centre on 01993 861981.

Milton under Wychwood Health Walks

Tuesdays at 2pm.
For more information and details of start location contact Beryl Taylor on 01993 830065 or David Trollope on 01993 831146.

Witney Health Walks

Tuesday, Thursday and Saturdays at 10am
Start location: Windrush Leisure Centre, Witan Way, Witney
Contact Windrush Leisure Centre on 01993 202020

If you would like a health walk running in your village please contact Brian Conroy on 01993 704007.

50+ activities at the Windrush Leisure Centre, Witney

- 50+ Circuits: A low-impact circuit-based class, every station is a new challenge! Mondays, 11am - 12.10pm
- 50+ Badminton: Mondays, Thursdays and Fridays, 10am - 12 noon
- Indoor Bowls (October - March only): Mondays, 1.30pm - 3.30pm and Tuesdays, 9.30am - 11.30am
- Tai Chi for Health: A slow and gentle exercise suitable for all levels of ability and can help with joint strength and suppleness, posture, flexibility, co-ordination and balance as well as general fitness and wellbeing. Mondays 2pm - 3pm
- 50+ Yoga: Tuesdays 9.30am - 10.25am and Fridays 11.35am - 12.30pm
- Tai Chi: Tuesdays 11am - 12.25pm
- Tea Dance: Fridays 1.45pm - 3.45pm
- 'Easy Does It' Exercise: A gentle work-out class that takes place in the centre's 'Easyline' Gym. Mondays 10 - 11am
- Chair-based Exercise: Thursdays 9.30 - 10.30am
- Movement & Mobility: A combination of seated Yoga and a gentle work-out in the 'Easyline' Gym. Fridays 11.30am - 12.25pm

For further information contact The Windrush Leisure Centre on 01993 202020.



Find the activity that's right for you...



GO Active (Get Oxfordshire Active) aims to help adults lead more active lifestyles by providing information, support and motivation to help people get active, feel good, have fun and meet new friends.

GO Active promotes existing activities in your area as well as setting up new activities and programmes to try to make sure that there is something for everyone.

West Oxfordshire has its own GO Active co-ordinator who is here to provide support and information.

There are lots of activities going on around the district already, and we can help you find the activity that is right for you.

For more information, visit www.getoxfordshireactive.org or call Sarah on 01993 861564.

Services for Older People

West Oxfordshire Dial-a-Ride

Working together with the County Council, the Dial-a-Ride is a door-to-door minibus service for people who find it difficult to use public transport, such as the elderly or disabled.

The advantages of using Dial-a-Ride are:

- Door-to-door service
- Bus passes and tokens accepted
- Highly trained professional staff to help you on and off the bus
- Buses are designed for accessibility, which includes loading wheelchairs.

Dial-a-ride can be used for:

- Appointments
- Shopping
- Social & leisure
- Visiting friends & family
- Work

The only exceptions are for journeys to hospitals for appointments and journeys to social centres operated by Oxfordshire County Council. For hospital appointments, please speak to your doctor about travel schemes and for Oxfordshire County Council-run social centres, speak to Social Services about getting help.

To qualify for Dial-a-Ride you must:

- Live in the West Oxfordshire District Council area.
- You can use the service if you have a mobility or other condition which means that you cannot use, or find it difficult to use, conventional public transport. You do not have to be registered disabled or be a wheelchair-user. For example, you might be unable to walk to the bus stop.
- Age and nature of the disability are irrelevant.

Dial-a-Ride is available:

- Between 9am and 5pm, Monday to Friday and must be booked in advance. There is a charge, but the Council's concessionary bus pass or transport tokens can be used.
- For journeys within the West Oxfordshire District Council area, or to Oxford City
- On a first-come, first served basis. However to make the best use of the buses certain areas may be served on set days and places allocated to customers to travel on the day when the bus is in their area. We may also try to group together people travelling to the same destination.

Cost of using Dial-a-Ride:

- There is a one-off membership charge of £5. No membership is required for those escorting people. Escorts travel free.
- £2 single or £4 return for journeys within the District, or those to and from Oxford City Centre.
- Any other journeys are £3 single, £6 return.
- Concessionary bus passes are accepted at all times and enable **free travel** for all journeys. Concessionary fare tokens may be used to offset full fares so long as the journey starts or finishes within the District.
- The service is operated by Walters Limousines on behalf of the Council. To book a place or for more information, call 01865 876176 or complete the Dial-a-Ride application form.

To register:

- You will need to complete the Octabus application form and send it, with your £5 (payable to Walter's Limousines), to Walter's Limousines, Minchin Court Farm, Stanton Road, Forest Hill, Oxon OX33 1EH. Your doctor or professional care worker will need to stamp / sign the form.
- If you have any queries, Walter's Limousines can be contacted on 01865 815585.

*The service is commonly known as **Octabus** (Oxfordshire Community Transport Accessible Bus Service). It is co-funded by Oxfordshire County Council and the same scheme runs in the Oxford City Council and Vale of White Horse District Council areas.*

Getting to Shopmobility using Dial-a-ride

Witney shopmobility is open from 9.30 am to 4pm on Mondays, Wednesdays and Thursdays. It is for a free service for anyone with a physical disability to borrow a wheelchair or scooter to travel around Witney Town Centre.

To book telephone 01993 864787 or email shopmobility@oxford.gov.uk
More information can also be found online: www.westoxon.gov.uk/shopmobility



Services for Older People

Concessionary travel

Residents who live in the district permanently and who are of state pensionable age may be eligible for our concessionary scheme. This gives the option of receiving either a National Bus Pass, Local Transport Tokens or a Senior Railcard.

You can check if you are eligible by your age by looking at the eligibility table online at www.westoxon.gov.uk/bus.

Alternatively call 01993 861000 or visit one of the council's Town Centre Shops in Witney or at the Guildhall in Chipping Norton.



Bus pass

The national free fare bus pass can be used all over England. On week days the scheme starts at 9.30am although there are no time restrictions at weekends or on Bank Holidays. The pass may be used on all scheduled bus services. West Oxfordshire District Council enhances the scheme locally by allowing West Oxfordshire pass holders to travel from 9am on weekdays within the district.

Transport tokens

An annual allowance of £31 of transport tokens is available as an alternative to the bus pass. Each token is worth £1 and can be used as cash in participating local taxis and on some buses.

Senior railcard

The senior railcard entitles applicants who are of state pensionable age to make rail journeys at a reduced fare.

If you have any difficulty completing the application form, please call 01993 861090.

Please note: *If you select either tokens or senior railcard as your preferred travel concession, you forgo your entitlement to the free fare bus pass. You may only change from one travel concession to another after twelve months, this being on the anniversary of your entitlement.*

Older person's webpage

West Oxfordshire District Council have an older persons webpage: www.westoxon.gov.uk/olderpeople

Electric blanket testing

The District Council together with Trading Standards and Oxfordshire Fire Service carries out free safety checks, for residents of West Oxfordshire, as part of a countywide scheme.

The dates for testing this year are:

Witney: 5 October 2010
Chipping Norton: 20 October 2010

Old or damaged blankets cause more than 5,000 fires a year; blankets more than 10 years old are responsible for 99% of these. Each year around 20 people are killed and 100 injured as a result of such fires. The danger signs are:

- Worn or frayed fabric.
- Scorch marks.
- Tie tapes (if originally fitted) damaged or missing.
- Flex worn or damaged.
- Loose electrical connections.
- Damaged or displaced heating wires (hold blanket up to the light to check).

If your blanket is more than 10 years old, or showing signs of wear and tear, the best advice is to get a new one. When choosing a blanket, always buy new and look out for a European Certification Mark such as the new BEAB safety mark.

For more information on the free safety checks or to book call 01993 861060 or visit www.westoxon.gov.uk/blankettesting

Assisted waste collections

This is for elderly and disabled residents and those with a medical condition who cannot take their bins or recycling boxes to the kerbside.

If someone lives at the address who can move the bins and boxes then the property will not qualify for an assisted collection.

To apply call 01993 861020 or visit our Town Centre Shop in Witney.



Services and information



Age Concern Oxfordshire - a guide to services

Age Concern Oxfordshire provides a range of services, activities and opportunities for older people across West Oxfordshire to help make later life a fulfilling and enjoyable experience.

Their advice and information service offers free confidential advice to older people and carers. They deal with over 4,000 calls per year and also visit housebound people at home.

Information and advice covers a wide range of areas including:

- housing
- disputes with neighbours
- holidays
- social opportunities
- debt
- equipment and daily living aids
- bereavement
- home safety
- holidays
- transport
- consumer complaints
- personal alarms
- emergency pet care
- wills information
- help at home
- residential care
- benefits and entitlements
- issues that specifically affect older lesbians, gay men, bisexuals and transgender people
- tax advice
- Pension Credit, Housing Benefit, Attendance Allowance, Council Tax Benefit (over £1.4m of Council Tax Benefit went unclaimed last year)

Example:

With the support of an information and advice worker over 12 months, the income of a couple with disabilities increased by £170 per week through claiming benefits they did not know they were entitled to. They also gained help with their rent and council tax at £80 per week

extra. In addition the couple received a lump sum payment of £3,000 in backdated benefits.

Phone link

Phone link is a service for housebound and isolated people over 60. A team of volunteers ring 130 clients a week, usually just for a friendly chat. Volunteers provide a link with the outside world as well as signposting clients to other Age Concern Oxfordshire services and those of other organisations. Comments from clients say it all: 'The phone link has given me something special to look forward to during the day.' 'It's a lifeline. I don't know what I'd do without it - be very, very lonely, I suppose.'

Flexible care service

The flexible care service helps people with dementia and memory loss to live independently for as long as possible, with one-to-one therapeutic activity at home in response to individual wishes for an hour or two a week or fortnightly.

Age Concern also funds approximately 1,000 breaks per year for carers and help run memory clinics. These assist in the early psychiatric testing for symptoms and offer advice, information and support. Carers groups offering support, empathy and information on such things as power of attorney, benefits and available care are linked to the memory clinics.

Advocacy

Helping people to speak up for themselves, secure their rights, deal with difficult situations and resolve problems.

Befriending service

The befriending service befriends volunteers with an older person, over 60, for regular visits. Recently a volunteer befriended a very isolated lady, living alone, with no relatives and no telephone. This Christmas she was invited out for Christmas and Boxing Day lunch and as trust built up she has been persuaded to have a telephone.

Community development

Our community development team works with older people and communities to increase the range of activities and opportunities available in communities. Opportunities on offer include a range of social activities, information days and fairs, exercise and tai chi, creative classes, healthy living activities and intergenerational work.

Volunteering

Varied opportunities are available in all services and we provide full training and support and reimburse expenses.

Services and information



Age Concern day centres and lunch clubs

Day centres and lunch clubs offer a chance to meet people and enjoy a range of activities as well as providing a balancing meal.

Highlands - Chipping Norton
(Age Concern Chipping Norton)
Monday & Wednesday to Friday.
Call 01608 643320.

Burford Lunch Club -
Hunts Close, Burford
Mondays (Also run as an
independent day centre on
Thursdays.)

For more information please contact
01235 840400.

Volunteering

There are many opportunities for volunteering with Age Concern Oxfordshire. If you would like to contribute to your community, meet new people, develop skill or face a new challenge, we'd love to hear from you - please call 01235 849400

Theatre and day trips

Age Concern Chipping Norton runs a programme of coach trips throughout the year. Coaches leave from Chipping Norton. For more information contact Mr Pat Lake on 01608 643458.

To find out more about the full range of services Age Concern Oxfordshire provides, please call Abingdon on 01235 849400 or contact Ruth Swift, Community Development Officer for the West, on 07827 235461.



Services and information

Gentle seated exercise

Why not try a free taster session?

The benefits of exercise are numerous:

- Give more energy
- Help you sleep better
- Make your heart stronger
- Make your bones and muscles stronger
- Help with mobility and flexibility
- Improve self-esteem and sense of well-being
- Have fun and socialise with friends

All exercise takes place in a seated position and involves music and the use of small apparatus. We are offering your club / group a free taster session with a fully qualified Keep Fit Association teacher.

For further information contact:

Shirley Wong, County Exercise Coordinator for Older People in Oxfordshire, Social & Community Services.

Tel: 01993 209556

Email: shirley.wong@oxfordshirepct.nhs.uk



Exercise classes

Dance and Stretch for Over 50's

Woodstock Wednesday 11.30am - 12.30pm
Town Hall

Eynsham Wednesday 1.30 - 2.30pm
St Leonard's Hall

For both classes contact Coralie on 07767 360854.

Chair supported exercise class

Freeland Friday 10 - 10.45am
Village Hall

For more information call Olwen on 01993 773432

Chipping Norton Thursday 10.30 - 11.30am
Kingston Court.

For more information call Marilyn on 01993 811778.

Middle Barton Monday 10.30 - 11.30am
Alice Marshall Hall, North St

For more information call Marilyn on 01993 811778.

Eynsham Thursday 11.30am - 12.30pm
St Leonards Hall

For more information call Olwen on 01993 773432

Mixed ability gentle exercise class

Shipton-Under-Wychwood Tuesdays 11.30am - 12.30pm
New Beaconsfield Hall

Enstone Fridays 11.30am - 12.30pm
Village Hall

Filkins Wednesdays 9.30 - 10.30am
Village Hall

For more information on these classes call Sue Hayman on 01993 822781 or 07745 501364.

If you would like a new class running where you live and feel that a class would be supported, please call Ruth Swift on 07827 235461 (Mon-Thurs 9am - 3pm).



UMBRO

Services and information

West Oxfordshire Citizens Advice Bureau (CAB)

Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities. It values diversity, promotes equality and challenges discrimination.



Information and advice on a wide range of subjects, including: benefits, debt, employment, housing, consumer relationships. Advice is free and confidential. The CAB have specialist caseworkers in benefits, debt and housing, and home visits are available.

Witney Office

The Old Print House, Marlborough Lane, Witney, Oxon, OX29 6DY
Call: 01993 705691

Office hours are:

Mon 9.15am - 12.30pm drop in advice/diagnostic session
1.30 - 3.30pm phone advice
Tues Closed
Wed 9.15am - 12.30pm drop in advice/diagnostic session
1.30 - 3.30pm phone advice
Thurs 10am - 1pm phone advice
1 - 6.30pm drop in advice/diagnostic session
Fri 9.15am - 12.30pm drop in advice/diagnostic session
1.30 - 3.30pm phone advice

For your first visit, you need to come to the offices to see an adviser and you will be seen on a first come first served basis. You can not make an appointment because many people make arrangements and do not show up. Please come to one of our 'drop in sessions' which are held each weekday (except Tuesdays).

There are often more people requiring help than we have advisers to assist, so it is advisable to come early.

Telephone information is available per the above schedule, regrettably, due to the number of people trying to get through to us we are not able to answer every call.

Chipping Norton Office

31 High Street, Chipping Norton, Oxon, OX7 5AD
Call: 01608 641367

Office hours are:

Mon Closed
Tues Closed
Wed 10am - 12.30pm drop in
1.30 - 3.30pm phone advice
Thurs 10am - 12.30pm drop in
1.30 - 3.30pm phone advice
Fri 10am - 12.30pm drop in
1.30 - 3.30pm phone advice

There are often more people requiring help than we have advisers to assist, so it is advisable to come early. There is no parking near the premises; we suggest you park in Albion Street.

You can drop in when we are open but please arrive early in the sessions if you have a difficult problem as we will need time to understand and help you resolve your problem. Telephone information is available during Wednesday and Thursday afternoons providing advisers are available to answer the phones.

Carterton Office:

Broadshires Surgery - Carterton

Service is available to people who are registered with Broadshires Clinic and is available most Tuesdays between 9.30am and 12.30pm. Call Witney CAB on 01993 708492 for an appointment. There is plenty of parking in the surgery car park.

Shipton under Wychwood Health Centre

If you attend Shipton-under-Wychwood Health Centre you can ask reception to book you an appointment with an adviser. We are open from 9.30am to 12.30pm most Fridays. Call 01993 831061. If you come by car, you can park in the surgery car park

Volunteering

Our volunteers are drawn from all walks of life - the retired, women who wish to return to work after raising families and graduates wanting work placement experience.

Volunteering and training with the CAB provides the opportunity to:

- Make the world a fairer place
- Support people in managing their problems
- Meet people and make new friends
- Develop new skills
- Be part of a vital service at the heart of your local community
- Have fun

We also need volunteers to help with administration and information technology.

If you would like to find out more about joining our team of volunteers please contact Jenny on 01993 892068.

Services and information

Tax help for older people

The TaxHelp for Older People (TOP) scheme has been setup by the charity 'TaxVolunteers' to provide free, impartial, professional tax help, advocacy and advice to older people on low incomes who could not otherwise afford to pay for independent assistance.

To qualify, a client must normally be over 60 with an annual household income of less than £15k. The scheme is staffed by volunteers from the tax profession - over 600 volunteers work throughout the UK.

All that is needed, for a qualifying client to arrange a meeting with one of our volunteers, is a telephone call to our National Call Centre Helpline and we will make all the necessary arrangements. We usually arrange a meeting in either a local Age Concern or Citizens Advice Bureau office or by way of a home visit.

National Call Centre Helpline: 0845 6013321.

Visit: www.taxvol.org.uk



Cruse Bereavement Care is a national charity which exists to promote the well-being of bereaved people and enables anyone suffering a bereavement caused by death to understand their grief and cope with their loss.

Cruse provides a free counselling service and offers support, information and advice.

For more information:

Call: 0844 4779400

Email: helpline@cruse.org.uk

Visit: www.cruse.org.uk

Emergency Carers' Support

The Emergency Carers' Support Service is a 24-hour emergency support service for adult carers of adults in Oxfordshire.

It can offer:

- professional and confidential emergency support over the telephone to all carers
- information about services and resources to all carers
- support for registered carers when they have an urgent appointment or an emergency situation

How to contact us:

- General queries/referral line: 01865 374430
- Emergency carers support line: 01865 849562
- General fax number: 01865 379574
- Email: oxfordilsenquiries@a4e.co.uk
- Website: www.a4e.co.uk/ils/oxfordshire

This service is provided by A4e on behalf of Oxfordshire County Council.

Services and information

Annual flu jabs

Anyone can get flu, but it can be more serious for people 65 and over, children over 6 months and anyone with a medical condition.

You may be at increased risk if you have diabetes that requires medication, have serious kidney or liver disease or if you have lowered immunity due to disease or treatment. The flu jab is free and available from September to November.

You should get the flu jab if you are 65 or over and if you are six months old or over and have any of the following medical conditions:

- Chronic heart or respiratory condition including some people with asthma
- Kidney, or liver disease
- Diabetes
- Lowered immunity due to disease or treatment
- A history of stroke
- Multiple sclerosis or conditions of the nervous system
- Carers who care for vulnerable relative

The flu jab is simple and straightforward. Anyone who is unsure if they should have a flu jab, should check with their GP's surgery or NHS Direct on 0845 4647.

Falls Prevention

Are you aged 60 years or over?
Have you had a recent fall?
Are you worried about falling again?

The problem of falling increases as we get older. Falls are usually caused by a number of things, by changing some of these you can lower your chances of falling. The Oxfordshire Falls Service offers programmes to help reduce the risk of falling.

If you would like any information about our service for yourself or for a friend/relative, please call our office on 01993 209556.

The Falls Prevention Service is delivered in partnership between the Oxfordshire PCT and Social and Community Services.

'Message in a bottle' scheme

Sponsored by Oxfordshire Lions

Anyone can use the bottle scheme to store personal information about themselves which might be needed in the event of an emergency. For example you can record the following:

- your doctor's contact details
- your own personal details
- next of kin or friend to contact
- your allergies
- your regular medication
- information about your medical condition

All the emergency services are aware of the scheme. They will look for the data link symbol that indicates that the above information is in the bottle, which is kept in the fridge.

Bottles are available **free of charge** from your chemist or health centre.

For more information contact:
Lion Maddy Radburn, Lions Club County
Coordinator for Message in a bottle
Oxfordshire.

Call: 01993 772241

Email: maddy@johnradburn.org.uk

The Elms Health & Wellbeing Centre

Based at the Witney Resource Centre, 2 - 4 Moorland Road, Witney, the centre is open Monday to Friday from 10am - 3pm and provides support for older people in Witney and the surrounding areas.

Run by Leonard Cheshire Disability the centre has facilities that anyone can use on a drop in basis such as a hairdressers, IT suite, podiatrist, carers support group, exercise classes all of which require a prior appointment.

To find out more call 01993 7068254 or email the.elms@lcdisability.org



Services and information

Safeguarding Vulnerable Adults



Adult abuse is when a person is treated in a way that makes them feel frightened or unhappy, harms, hurts or exploits them - particularly by someone they know or should be able to trust.

Some adults are particularly vulnerable to being hurt or abused because they have a disability, illness, or impairment and need help and support.

It isn't always intentional...but it is still abuse. Ask yourself the following:

- Are you unhappy or frightened because of something that is happening to you?
- Do you know someone who is?
- Are you caring for someone and feel you need help?

...then please tell someone.

Where to get help?

Oxfordshire Social & Community Services

Offer information and advice and have procedures for dealing with cases of vulnerable adult abuse. They aim to protect vulnerable people, enabling them to get the most out of their lives.

Call: 0845 050 7666
Out of hours emergency: 0800 833 408
Email: access@oxfordshire.gov.uk
Visit: www.oxfordshire.gov.uk
By post: Access Team
PO Box 780
Oxford OX1 9GX

Thames Valley Police

Abuse is often a crime. If you think a crime has been committed contact the police. In an emergency dial 999.

Call: 0845 8 505 505
Visit: www.thamesvalley.police.uk

If you are affected by domestic abuse visit Oxfordshire's dedicated website for help and advice: www.reducingtherisk.org.uk

For more information visit Oxfordshire Safeguarding website at: www.safefromharm.org.uk



United Sustainable Energy Agency
Changing the way we use energy

Keeping your home warm over winter can be difficult. It is recommended that living room temperatures should not fall below 21°C (70°F) and other occupied rooms should be heated to 18°C (65°F).

The Affordable Warmth Helpline has been set up to advise residents in West Oxfordshire how to keep their property warm while keeping their fuel bills down.

The helpline can offer free, impartial advice on:

- National and local government grants
- Loft and cavity wall insulation including the various grants available
- Switching energy suppliers to make sure you are getting the best deal
- Energy suppliers' social tariffs – reduced rates for pensioners and those claiming certain benefits
- Fuel debt
- Who to contact for a benefits assessment
- Home Improvement Agencies for vulnerable homeowners
- Support organisations in your area
- Energy efficiency to keep bills down

The phone number is 0800 1070044 and is available Monday to Friday, 9am to 5pm.

The helpline is operated by the United Sustainable Energy Agency in partnership with West Oxfordshire District Council.

The Energy Saving Trust

The Energy Savings Trust can offer advice on saving energy and insulation in the home. For further information contact their advice line on 0800 512012.

Services and information

Staying safe

The West Oxfordshire Safer Communities Partnership is committed to reducing crime, disorder and fear among our communities.

Is life in your neighbourhood being blighted by anti-social behaviour?

You can report incidents to your neighbourhood police team on 0845 8505505. This is a non-emergency number so if a crime is being committed then please dial 999.

Distraction burglars

Most people who call at your home will be genuine, but sometimes people turn up unannounced with the intention of tricking their way in and stealing money or valuables.

Distraction burglars can be very convincing and often target elderly and disabled residents. You can protect yourself and vulnerable members of your family by following these simple steps:

- Keep your front and back doors locked, even when at home.
- Before you answer the door, stop and think if you are expecting anyone. Look through the window or use a door chain to see who it is.
- Ask for identification from all callers. Take the ID card from them and if in doubt, ring the company to check the caller is genuine. Look up the phone number from the phone book or a recent bill rather than using the one they provide, it could be fake.

Remember, if in any doubt, keep them out! Genuine callers will be happy to wait while you check their identification.

The same advice applies to traders calling at your door offering to carry out work. Although the price discussed at the start of the job often seems reasonable, the work, if carried out at all, is likely to be of poor quality and the price is vastly increased.

If you receive a visit from someone acting suspiciously and you think they might be a distraction burglar or rogue trader, you should call Oxfordshire Trading Standards on 0845 051 0845. If the visitor is still at your property call the police on 999.

Neighbourhood Watch

This is a great way for you and your neighbours to keep an eye on each other. You can set up a scheme with as few or as many people as you like and you'll receive specific neighbourhood crime messages direct from the police.

Your local crime reduction advisor Bill Butcher can also give you free advice and/or send you leaflets offering information on home and personal security.

For more information call Community Safety on 01993 861640.



Crime reduction

West Oxfordshire District has one crime reduction advisor: Bill Butcher works out of West Oxfordshire District Council's offices.

The role of crime reduction involves visiting burglary victims and other victims of crime; and many crime reduction initiatives throughout the year.

Bill gives many talks to groups on a variety of subjects for example: distraction burglary, bogus callers and seasonal crimes.

If you would like him to come along to your senior's group please ring to discuss possible dates.

Please call the TVP switchboard 08458 505505 and ask for your local crime reduction advisor.

bill.butcher@westoxon.gov.uk



Services and information

Oxfordshire Rural Community Council

Oxfordshire Rural Community Council (ORCC) is a registered charity which aim to improve the quality of life for those who live or work in rural Oxfordshire.



They do this by sharing information about community activities across Oxfordshire and can help with ideas on how to involve others in your community project.

They can also give advice on village halls, village and community shops, affordable housing, community transport, parish plans, environmental activities, village welcome packs, village coffee shops or drop ins, village newsletters and other community projects.

ORCC produce a directory which gives details of over 60 community transport schemes serving rural communities in Oxfordshire. The directory can be accessed online through the ORCC website. Copies are also available by contacting the ORCC.

For further information contact:
Oxfordshire Rural Community Council
Jericho Farm
Worton
Witney OX29 4SZ
Call: 01865 883488
Visit: www.oxonrcc.org.uk



Photo courtesy of ORCC

Oxfordshire Fire & Rescue Service



Oxfordshire Fire and Rescue Service offer a range of services aimed at the community including:

- Providing community safety advice to all citizens
- Conducting home fire safety checks
- Where necessary installing and checking smoke alarms in residential homes

Oxfordshire Fire and Rescue Service's 10 year vision using our 365 ALIVE campaign aims to have:

- 365 more people alive
- £100,000,000 saved
- 840,000 people safer

Through protection, prevention and intervention. The 365 ALIVE campaign is aimed at saving lives on the road and in the home.

For information call 08000 325999 (free) or visit: www.365alive.co.uk

The community fire safety advisor for the elderly is Malcolm Tandy. Call 01865 242223 or email: malcolm.tandy@oxfordshire.gov.uk

'Older and Wiser' driver awareness classes



Oxfordshire County Council Road Safety Team run free classes throughout the year. For more information call Liam Hills on 07748 333402.

We are happy to provide this information in other formats.
Please contact us if this is required.

West Oxfordshire District Council

Elmfield, New Yatt Road

Witney

Oxon OX28 1NB

Tel: 01993 861000

Email: enquiries@westoxon.gov.uk

www.westoxon.gov.uk