



CARE MATTERS

Be Prepared

Oxfordshire Carers Strategy

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www.carersoxfordshire.org.uk

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A Heartfelt Goodbye From the Head of Carers Oxfordshire



Over the last ten years, I have met many of you and listened to your inspiring stories as carers. Many of those initial meetings turned into years of support and care from us. It has been a pleasure and an honour to be a part of your caring journeys.

During my time at Carers Oxfordshire, I worked as an advocate and campaigner to ensure that your needs, rights, and voices are heard and met. Raising and flying the flag for carers has been a personal passion. I have campaigned at both a local and national level talking to politicians in Local Government and meeting with Members of Parliament. I've helped to raise understanding and awareness of unpaid caring, highlighting the strains

you are under, and the pressure you take off Health and Social Care.

Despite my passion for supporting carers, I know it is the right time to retire. I am looking forward to spending more time with my growing family, especially my grandchildren. My time as Head of Carers Oxfordshire has been the most wonderful, rewarding, and enjoyable experience. Working with colleagues and trustees, the organisation has become a family to me. Many of the people I have worked alongside have been carers themselves. Carers Oxfordshire has an unrivalled ability to be supportive and empathetic, not only to carers but to its staff too.

I couldn't leave without saying a big thank you for the support you have given me over the years, and I wish you and your families all the very best for the future. You are all incredibly special and unique and I will miss supporting you.

Kay Francis
Head Of Carers Oxfordshire

We're delighted to announce Juliet Cocks will be joining us as the new Head of Carers Oxfordshire in September.

Be Prepared

When emergencies happen, our lives are often put on hold while we recover or get things sorted out. But if you're a carer the person you look after will still need care and support even if you can't provide it. Have you thought about what would happen if you suddenly became ill or had an accident and were unable to provide care?

We recommend preparing beforehand when you have the time to think about the best thing to do. Planning in advance will support you, the person you care for, and the NHS in an emergency. You will also feel better knowing you have done the best you can to manage the situation.

Create an Emergency Plan

A key resource for being prepared is an Emergency Plan, which contains all the information about your caring role in one place. We have created a template for you to fill out and let others know how best to support you and the person you care for. It includes the contact details for you both, emergency contacts, health conditions, legal requirements, medications, and medical equipment.

"It can be quite overwhelming when you get the form, don't rush to complete it in one go. There may be things you've not thought about or discussed with others, take some time to think about the questions. What does a good day look like for the person you care for? What do they like? What's important to them? How do you know if they are uncomfortable? It's especially important to provide this information if they are not able to express themselves."

Rachael Liddell, Carer Adviser, Carers Oxfordshire



Download a copy from www.carersoxfordshire.org.uk/be-prepared or contact us to request a printed copy.

If you care for more than one person make a separate plan for each of them, as they will have different needs and different people involved in their lives. If your details change, don't forget to keep the plan updated.

Once your plan is complete, make copies and share them with people you trust, including your GP and emergency contacts. We recommend keeping a copy at home where emergency services can easily find it. You can also save a copy on your phone for when you are out and about. There is no need to send Carers Oxfordshire a copy.

"If something happens to you you've got to think about who's going to help – family, friends, neighbours, or a service provider. Fill out the form and make sure you talk to people around you who are going to support you in that situation."

Mel Wilkinson, Adviser Team Manager, Carers Oxfordshire



If you need help or have any questions, contact us and one of our team will be happy to help.

Other ways to be prepared:

- Apply for a Carer ID at www.carersoxfordshire.org.uk/carers-id and keep it with you when you are out.
- Register with your GP as a carer. Depending on the system used, this may show up when your medical records are accessed.
- Talk to any professionals who support you and the person you care for to be sure they understand what you do as a carer.
- If there is a chance that the person you care for might need to go to the hospital with little warning, prepare a hospital emergency bag for them. You could also pack items for yourself if you need to accompany them.
- Make it easy for emergency services to find who to contact on your phone. Name your emergency contacts ICE1, ICE2 etc.

“Everything gets stored in our phones these days, we seldom remember to write down important numbers – then we lose our phone! Write down contacts that are important to you. That way if you do lose your phone the numbers are always to hand.”

Liz Thomas, Carer Adviser,
Carers Oxfordshire



Useful Services:

- **Join Message in a Wallet** – a support scheme run by Lions. It gives carers a small form to complete and keep in their wallet. It contains vital information in the event of an emergency while you are out and about. Contact us and we can send one to you.
- **Join Message in a Bottle** – a support scheme run by Lions.

“Message in a bottle is really useful. It’s a little pot which contains important information such as your next of kin contact details and medication details. You put a sticker on the inside of your front door to let emergency services know you are part of the scheme and keep it in your fridge door for them to find.”

Victoria Tomlinson, Carer Advisor,
Carers Oxfordshire



- **Consider joining a Telecare scheme.** Get an emergency call button installed. Use it in an accident or emergency to call care workers. They will be able to enter the house (using an external key safe). There is a charge for this service.



- **Have a key safe installed outside your house and give access to your emergency contacts.**

“Do you know who has the spare keys? Have they still got them? Can they find them? I’m a great believer in key safes – I have one myself.” -

Wendy Meldrum, Carer Adviser, Carers Oxfordshire

Plan for the Future

Oxfordshire Family Support Network (OxFSN) is a small charity run by families, for families who have relatives with learning disabilities and/or autism. They work closely with the Adult Social Care Team at Oxfordshire County Council, Support Providers, Oxford Health and other Oxfordshire organisations.

Thanks to funding from The National Lottery Community Fund, OxFSN is working on a three-year project, Embolden 2 which aims to help older family carers who care for a family member living at home or out of the county to plan for the future. Many family carers worry about what will happen to their relative when they are no longer able to provide the care and support they need.

OxFSN can work with you to help you plan ahead and guide you through the process of obtaining future support.

As part of the project, they are holding information events which are open to all family carers. These cover key issues, including person-centred planning, finances, crisis planning and supported accommodation. Visit their website **www.oxfsn.org.uk** to see upcoming events.

They especially want to reach out to older family carers (60+) and siblings who may be sharing the caring with their parents. To find out more email **Kathy.liddell@oxfsn.org.uk** or call **07821 987080**.



Priority from Energy Suppliers in an Emergency

Energy suppliers use the Priority Services Register to record customers who would be most at risk if their energy was cut off. This includes people with illnesses or disabilities, families with young children and older people. You can sign up for free if you meet at least one of the following criteria:

- **Are disabled or have a long-term medical condition**
- **Have hearing or sight loss**
- **Have a mental health condition**
- **Have extra communication needs (e.g. language barriers for speaking and reading)**
- **Have reached state pension age**

There may also be temporary circumstances that mean you qualify for a limited period, for example if you have recently returned from hospital or experienced a bereavement.

Those on the register may get priority in an emergency (this could include providing alternative heating and cooking facilities in the event of supply disconnection). It can also help protect you from disconnection if you struggle to pay your energy bills. However, it does not guarantee a continuous supply of energy.



Advice from Energy UK is - If in doubt, check if you are eligible. Even if you aren't, you may be able to access additional support such as the 'Nomination scheme' where you can nominate a trusted family member or carer to receive communications and bills from energy suppliers to make things easier.

How to sign up:

- **You can sign up with your energy supplier by telephone, or many suppliers have an online sign-up feature on their websites.**
- **You can also sign up via your Distribution Network Operator (e.g. SSE) as the information is shared between them and your energy supplier.**



Mencap's Wills and Trust Service

Families often worry how loved ones with a learning disability will manage financially when they are no longer here. Mencap's Wills and Trust service is there for every family to protect the financial future of their loved ones with a learning disability.

Did you know inheritance as little as £6,000 left to a person with a learning disability could stop some of their means tested benefits, support packages and potentially leave them susceptible to financial abuse?

Protecting the financial future of a vulnerable person can give you peace of mind. It can be a difficult topic to consider, let alone talk about. It may also seem like a complicated and daunting process.


Rest assured, Mencap's free Wills and Trusts service will make this experience as easy as possible, providing essential information and helping you to understand everything you need to know.

The service covers:

- **The difference between a will and a trust.**
- **What a trust is and how it can protect a person with a learning disability.**
- **Guidance on the importance of writing a will and setting up a trust.**
- **What could happen if you do not plan.**
- **Finding the right solicitor to help families put these provisions in place.**

Mencap provides:

- **Free online webinars including a presentation from a solicitor specialising in this complex area of law.**
- **Guides that discuss the different aspects associated with wills and trusts.**
- **Recommended specialist solicitors that will help and assist in putting these provisions in place.**
- **A knowledgeable and dedicated team available for those planning for the future.**



“Mencap’s Wills and Trusts service is very clear and easy to follow. I gained so much information that was both practical and reassuring.” – Parent

For more information and to book a free webinar
visit www.mencap.org.uk/willsandtrusts

Are you **WeatherReady?**

Thinking ahead and preparing for what the weather may bring can make a real difference. Here are a few simple steps you can take to prepare yourself, your vehicle and your home or business, so you can enjoy the summer months.

Get ready to get active

Planning to get out and about getting active this summer? Check you have all the necessary equipment including water bottle, sunscreen, sun hat or wet weather gear.



Check your house and garden

With summer coming, think about any maintenance that might need doing around the home, for example, if you can do so safely, check your roof and clear guttering.



Take the worry out of summer storms

With more items in the garden during the summer, consider moving or storing things when strong winds are forecast. Think about checking drains to avoid blockages during heavy rain.



Be prepared for hot weather

If you like spending time in your garden, plan to avoid the hottest part of the day and make sure that you have water and wear sunscreen and a wide brimmed hat.



Keep an eye on UV and pollen levels

Check our website or download our app to stay up-to-date with the weather, UV and pollen forecasts before heading outside. Stock up on sunscreen, insect repellent and any hay fever medicine you need.



Check your vehicle is summer ready

If you're planning summer outings in your car, top up screen wash and check your tyres, coolant and oil levels.



Look out for those around you

Look out for others in your community, especially older people, young children, babies and those with health risks. Find out if there's anything you can do to help.



Prepare a 'grab bag' with basic supplies

Make sure you have some basic supplies such as bottled water, medicines, torch, radio and batteries in a bag. This will help if you have to leave home quickly in an emergency, or your power or water are disrupted.



www.metoffice.gov.uk/WeatherReady

Are your friends, neighbours and community WeatherReady for the summer? Help them prepare by sharing this checklist or join the conversation online #WeatherReady

Benefits and Finances

Cost of Living – With the rising cost-of-living it's more important than ever to find out about financial help. We have spoken to many carers and heard increasing amounts of stories of financial pressure.

"Everything's gone through the roof – financially. It costs a lot to look after somebody with a disability. My fuel bill is now three times higher than it was." – Carer

Financial Advice – If you're worried about paying the bills, talk to someone. We recommend contacting one of the below for financial advice.

Oxfordshire Specialist Advice call **01865 410660** or visit <https://livewell.oxfordshire.gov.uk/Services/152/Oxfordshire-Speciali>

Turn 2 Us call **0808 802 2000** or visit www.turn2us.org.uk
Money Helper call **0800 138 7777** or visit www.moneyhelper.org.uk

Benefits – There are many different benefits and one-off payments available. The list is forever changing, which can be confusing when working out which ones you're entitled to. We've put together an up-to-date list to help you on our website.

www.carersoxfordshire.org.uk/benefits

It's easy to check if you are receiving all the benefits you are entitled to with an online calculator. We recommend using one of the below:

<https://benefits-calculator.turn2us.org.uk/>
www.gov.uk/check-benefits-financial-support
www.ageuk.org.uk/information-advice/money-legal/benefits-entitlements

We know times are very hard at the moment, don't forget CarersLine is there for you when you need it. If you're feeling the pressure call **01235 424715**

Attendance Allowance

Are you caring for someone of pension age?

Attendance Allowance is a benefit paid to people over State Pension age who struggle with day-to-day personal care tasks such as dressing, showering, or moving around safely at home.

It is paid at two rates, a lower rate (currently £68.10/week) and a higher rate (currently £101.75/week).

Eligibility depends on whether they struggle with daily personal care tasks during only the day or night, or throughout both. It is not means-tested, so it doesn't matter what their income and savings are. If they have a care package from social services, they will only get to keep 25% of the Attendance Allowance, as it will count as income. If the person you care for receives the Disability Living Allowance or Personal Independence Payment, they are not eligible for Attendance Allowance.

It can help with extra living costs for those with a long-term physical or mental health condition or disability that causes difficulty doing certain everyday tasks. It's up to the individual how they spend it, it could be for a cleaner, travel costs or to help pay the bills.

If you think the person you care for is eligible for Attendance Allowance, we encourage you to help them apply.

To claim call the Attendance Allowance helpline on **0800 731 0122** or download a form from **www.gov.uk/attendance-allowance** and apply by post.

Age UK Oxfordshire offer advice and top tips for making an application, call **0345 450 1276** or visit **www.ageuk.org.uk/oxfordshire/about-us/cost-of-living**

Oxfordshire Carers Strategy Update



Earlier this year we worked with Oxfordshire County Council to gather feedback from unpaid carers across Oxfordshire on their thoughts for the Oxfordshire Carers Strategy. Events were held in Oxford, Banbury and Witney. There was also an online survey available for those that didn't attend.

The draft of the new Oxfordshire Carers Strategy was released by Oxfordshire Council on the 6th June 2023. It's available to read now on their website:

<https://letstalk.oxfordshire.gov.uk/carers-strategy>

The draft strategy examines what has changed for carers since the last strategy was published in 2017. It also looks at current support available, rights for unpaid carers, priorities, and commitments.

The final strategy will be released later this year. Keep an eye on www.carersoxfordshire.org.uk for updates.

Ann's Story

Ann was born in 1943, lives in Long Wittenham and has been a carer for over fifty years.

She has led a very busy full life, she worked as a teacher, ran a nursery school for 25 years and was a magistrate for 25 years. She was the District Councillor for Garsington, where she used to live. Ann was also involved as a volunteer on the Coproduction Board at Oxfordshire County Council for five years.

Her caring journey began with her aunt Rachel. *"My aunt had a massive stroke and was disabled and paralysed. She was living with my grandma and when she died there was no one to look after her, so I took it on. She lived in the same village. That's how I started caring."* Later, her aunt moved to a nursing home, but Ann still had a hands-on role. She visited her regularly, helped with her clothes and checked that she was being cared for.

Ann also cared for her mother Frances *"She got a narrowing of the gullet and couldn't swallow, so she couldn't be left to eat, or she could have choked to death."* *During covid she had very little help caring for her mum, at times she was on her own "I received only help paid for privately. I went there every day. I shopped for her."*

Frances lived to one hundred *"She only died last year, aged 100 years and six weeks. She had her faculties right up until 3 weeks before she died. She was most pleased she had lived over her hundredth birthday. People came throughout the day to see her. It was lovely."*

Frances was one of the last people to get a card from the Queen to celebrate her 100th birthday. Ann described how



the card was delivered to her mum. *"The postman was more excited than she was. He was coming up to retirement and had been a postman all his life and he couldn't believe that he'd had the luck before he retired. He'd always wanted to deliver one of these cards."* Ann still has the card framed on her wall *"They are beautifully done"*.

She also cared for her husband Cyril *"He met me on Wednesday and proposed with a ring on Thursday. We were married*



Ann on the left
and her mother
above

for 54 years. He was a great romantic.” Cyril became ill and went to the doctor “He was diagnosed with dementia. I was caring for my aunt, my mother and a husband who was starting to get dementia.”

Ann has juggled caring with her health problems “*All my life I’ve been in and out of hospital. I’ve had operations on both my legs, my hip. I’ve had frequent falls. I’ve been on crutches a lot of the time caring*”. During a period in hospital, she had to organise care for her mother. Frances refused to go to a nursing home “*My mother was very independent*”. Ann therefore looked for carers which she found very difficult to arrange due to lack of funding and staff “*I had to fight for it.*”

She cared for her husband for three years “*He was never any trouble, but he kept falling, he couldn’t really be left alone.*” The only respite she had was “*A lovely*

lady in the village, on a Wednesday she used to take my husband to Tai chi and then lunch. She is a true friend.” She used the time to attend fine art classes.

Ann explained the effect of caring on her friendships “*You actually lose a lot of friends when you’re caring because you can’t keep up with them. The friends I have left understood because they had to do caring themselves. When you’re always having to say no, I’m sorry I can’t make it, some people don’t understand.*”

She has known Carers Oxfordshire since we started through her work as a District Councillor “*They all know me at Carers Oxfordshire. I went to all their meetings and discussion groups in the past. I met other carers and got to talk to them.*” She also gets our magazine “*It’s a useful thing to pass on because people do still come and ask me where to go for so-and-so.*”

Ann has recommended us to many other unpaid carers “*There is more help out there if you know where to find it, this is where Carers Oxfordshire and Age UK Oxfordshire help.*”

Her advice to other carers is “*Don’t give up and don’t take the first answer you are given. If you think you are entitled to something, keep asking.*”



Ann and Cyril on their 54th wedding anniversary

The Victorian poet Christina Rossetti is best-known for poems such as 'In the Bleak Midwinter' and 'Remember Me When I Have Gone Away'. Did you know she was also a carer? When Rossetti was 14, she became a young carer for her father. In her fifties, she was the sole carer for her mother and two aunts, all in their eighties.

Dr Dinah Roe, Reader in Nineteenth-Century Literature at Oxford Brookes University, is researching how Rossetti's caring responsibilities affected her writing. Along with professional poet Sarah Hesketh, she has been running online poetry workshops for carers, based on Rossetti's work. Dr Roe says that the workshops aim to amplify carers' voices: "Writing poetry is about identifying and developing a voice, and we hope to help make carers' voices more audible, not just to everyone else, but to themselves."

Please enjoy these poems created during the workshops. You can read and listen to more on <https://carerspoetry.org>

Does reading these poems make you think about connecting your life as a carer with creative writing? Let Dinah Roe know at d.roe@brookes.ac.uk

Sarah Hesketh



The Walking Frame
by Rowland Molony

Wheeled, it nonetheless clanks and jangles
its aluminium bones throughout the house,
manoeuvring itself in bathroom, stairwell, bedroom –
across mats and rugs, the obstructed sitting room.

How readily it gives its arms, elbows, legs
to journeys, destinations; how it transfers balance
to the teeter, the lurch, the wayward turn;
so gripped and manhandled, it keeps us vertical,
a step at a time.

The frame stands sentinel each night at the bed head,
like an actor in the dark, balancing in the wings
on the balls of her feet, standing in for volition.

**Singing In The Morning,
Or In The Night**
Anonymous

The singing starts the day
Lying in bed, alone
Singing is the way
Of connecting.

I sing, therefore I am
Another day, a new day
Alone, but alive
Remembering the day
Singing for her
Maybe she hears, still alive?

Questionnaire
by Catherine Graham

When did I become a Carer?
Do I consider myself to be full-time?
Is my role rewarding financially?
Have I been offered support?

What, if any, are my plans?
Where do I see myself next year?
Am I overwhelmed by the responsibility?
Do I consider being a Carer a career?

Am I lonely?
Am I still in touch with friends?
When did I last go to the cinema?
When did I last see a play?

I kneel to bathe her feet.
She bends to stroke my hair.



Oxfordshire Care Awards 2023 Winners

The very best carers in Oxfordshire were celebrated at the Oxfordshire Care Awards on the 24th of April 2023 bringing together unpaid carers, the community and voluntary sector, and statutory and independent care providers.

Organised by the Oxfordshire Association of Care Providers (OACP) and hosted in partnership with Action for Carers Oxfordshire and Age UK Oxfordshire, the ceremony was held

at the Voco Oxford Thames Hotel in Sandford-on-Thames.

Kay Francis, Head of Carer Services at Action for Carers Oxfordshire, who presented The Unpaid Carer Award said: *"We had such a wonderful afternoon celebrating the fantastic care provided by wonderful people in Oxfordshire. Valuing the contribution care workers, volunteers and unpaid carers make in our communities is often humbling and always an honour."*



Winner of The Unpaid Carer Award: Phil Foster

Phil cares for his wife with dementia and runs a dementia carers group in Banbury. He was nominated for The Unpaid Carer Award by Moira Collier, Outreach Worker at Carers Oxfordshire. "I nominated Phil as despite caring for his partner with Alzheimer's for over ten years, he still set up a group to support other carers who are going through a similar experience. He is awesome."

When presenting the award, Kay Francis highlighted the importance of celebrating unpaid carers: *"Caring is such an important part of life, it will cross most of our paths at some time or other. Carers are the glue that keeps family together. They unselfishly dedicate themselves to looking after someone else."*

Kay explained why Phil had won the award. *"There are people that go above and beyond their caring role and we're here to celebrate that today. Despite dealing with the challenges of caring for someone with dementia when the local Banbury support group couldn't run anymore, Phil stepped in and started to run his own group. It has been a godsend for lots of people."*

Phil set up the support group because

"I know how it feels to be on your own without any support." He explained what it's like to be part of the group. "We are all here to help one another. Recently the group all helped someone to make a decision about a care home and another person to decide about a day-care service. We have a WhatsApp group to raise queries and the response is terrific. We also meet twice a month."

Phil explains how he felt when he found out he'd been nominated. *"I felt... I'm not sure if humbled is the right word but surprised. I don't know if I've done anything different to anyone else, but Moira put me forward. My daughter is over the moon."*



Highly commended for The Unpaid Carer Award: Lilly Croft

Lilly Croft was highly commended for The Unpaid Carer Award. Lilly cares for her Dad who nominated her. *“Despite having her own health problems, she has never stopped caring for me. She makes sure I take my medication, that I’ve eaten. She takes me out to the hospital and doctor’s appointments. She never complains even though I know she gets tired. She’s seen me being resuscitated but she never gives up! She always goes above and*

beyond. I can’t thank her enough for her ‘dignity in care’ – she helps wash and dress me. I honestly would be stuck without her help, which is why I’m nominating her”.

Lilly said of her Dad *“Honestly my Dad is my best friend. He helps me in ways that only dads can, and I’m so thankful for that. I love supporting my Dad when he needs me and making sure he’s got what he needs when he needs it, he’s my hero.”*



Winner of The Inspiration Award: Mike Mitchell, Westinghouse Laundry

The Inspiration Award is for a business (not a health or care agency) that inspired others with its high standards of care and compassion and goes out of its way to assist individuals who need extra care in their daily life.

The award was presented to Mike Mitchell, owner of Westinghouse Laundry who provided an invaluable service for unpaid carers across Oxfordshire. Over six months in 2022 Mike and his team collected 356 bags of laundry from carer's doorsteps. Then washed, ironed and returned them to the carer within 48 hours.

Not only has this service helped carers take some time for themselves without having to worry about washing and ironing clothes for their families, but it



also helped them reduce their energy bills. Importantly it's helped them to feel less tired, re-energised and more able to

care for the person who relies on them.

One of the people who used the service said "It's allowed me time back, and took pressure off which helped my mental health and in turn means I have more to give to my children. I have so much other stuff to do for my cared-for, ironing is often neglected, and we have clothes never worn as they look too messy to wear. It's been a real treat being able to wear these clothes and defo gives me a lift of spirits."

Mike described the effect his service had "When we dropped off the laundry carers were really happy, smiling, some were crying with happiness. One lady - her children were going to school for the first time with their clothes ironed, she was overwhelmed. Another lady said she looks after her son and father and never gets any time for herself. We gave her two hours a week to herself to do her own thing, she called it 'her time'. An elderly man whose wife had dementia - he was able to do the washing, but not the ironing and described it as a 'godsend'. There were so many stories. It was great to hear the difference it makes to someone's life."

The full list of winners and those highly commended is available at www.oacp.org.uk

Carers Week



Jennie at Bicester Market



Abingdon Health and Wellbeing Centre



Bergljot, Rachael and Liz

Carers Oxfordshire took part in Carers Week on the 5 -11th June. The annual campaign to raise awareness of caring, highlight the challenges unpaid carers face, and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support.

In Abingdon, our Carers Adviser Cath held an information day at Abingdon Health and Wellbeing Centre. She was joined by Rethink Mental Illness, Dementia Oxfordshire, and Social Services (transitioning into adult care team) who together were able to meet a range of specialist needs from the carers that attended.

In Bicester our Carer Adviser Emma and Outreach worker Jennie had a stall at Bicester Market. They were joined by Rethink and the Community Information Network. Emma said "We had a wonderful time at Bicester market,

the sun was shining, the atmosphere was cheerful, and we met lots of fantastic carers. It was a great day all around."

In Witney Outreach Worker Bergljot and Carer Adviser Rachael had a stand at Woolgate Shopping Centre. They were joined by Ann Creedon, Dementia Adviser and Liz Pond, Coordinator from the Review Team at Oxfordshire County Council.

Our Outreach Worker Becci held a Carers Information Day in Barracks Lane Community Garden in Oxford with Rethink Mental Illness. Talks and entertainment were held throughout the day.

A big thank you to all those who worked hard to organise the events and for the generous food donations from Fudging Hell, Sainsburys in Heyford Hill and Greggs in Templars Square.

[www.carersoxfordshire.org.uk/
carersweek2023](http://www.carersoxfordshire.org.uk/carersweek2023)

UNPAID CARER GROUP



10.30 am - 12.00 noon, every third Tuesday of the month.
Call 01235 424715 to let us know you're planning to attend.
Cared for welcome.

Barracks Lane Community Garden, Barracks Lane (off
Cumberland Road), Oxford, OX4 2AP



WWW.CARERSOXFORDSHIRE.ORG.UK



Homeshare
Oxfordshire

A service provided by



Homeshare Oxfordshire carefully matches an older person, or couple, looking for help or companionship at home; with another person who can lend a hand and would like to live in a welcoming home.

In return for the accommodation, the sharer gives the householder up to ten hours of their time each week as a

include some cooking and light housework, help with computers and technology, some shopping or gardening, spending time together over a meal or cup of tea as well as occasional trips out. The reassuring presence of another person in the house overnight is often an additional benefit for the householder.

Monthly fees are payable to Age UK Oxfordshire by householders and sharers. The householder pays £150 per month (the equivalent of £5 a day), and the sharer pays £200 per month. These fees help Homeshare Oxfordshire to operate as a sustainable scheme. They cover the costs of the checks, the facilitation of the match, and the provision of regular ongoing support for the duration of the Homeshare.

To view current opportunities and find out more visit

www.homeshareoxfordshire.org.uk



combination of companionship and practical help, but not personal care.

Each Homeshare match is individual and carefully agreed upon. It may



A Carer's Journey is a series of workshops and courses designed to help unpaid carers improve their own well-being, manage difficult situations and to support those who feel ready to get back to work or education.

Most of the classes are online to make them as accessible as possible.

The next courses run in September, details will be published soon on www.abingdon-witney.ac.uk/part-time-evening under the course subject 'A Carer's Journey'.

Funding for courses

Want to take up a hobby, learn a new language or how to do something practical such as plumbing? We can offer **funding up to £150 towards** any part-time and evening course.

Find your course at www.abingdon-witney.ac.uk/part-time-evening and then apply via our funding application form www.carersoxfordshire.org.uk/course-funding-application-form

These offers are available for unpaid carers aged 19 and over who support someone of any age living in Oxfordshire.



Time For You

A carers break is time off from caring and a chance to do things you would like to do. Many carers would like to take a break but don't know how. It is essential to make space for yourself and protect your own well-being while you're caring. We can help you to take a break because we know how important you are. From practical help at home, to relaxing spas and hotel breaks away, we will help you find a way to rest and recharge.

WHAT A DIFFERENCE A BREAK MAKES!

Are you struggling to do essential things such as housework or laundry? Our practical support at home gives you a break from everyday chores.

"Having this service has been amazing. Having one thing less to do has made me feel brilliant and feels like someone understands my life."

To find out more call **01235 424715** or visit www.carersoxfordshire.org.uk/time-for-you

New Services Handbook



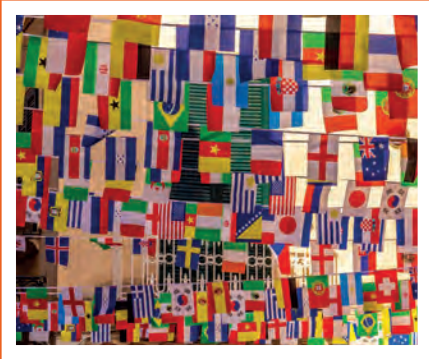
The new *Carers Oxfordshire Services Handbook* explains who we are, what we do and how we help support unpaid carers in Oxfordshire.

Available in six languages. Download a copy from our website:

www.carersoxfordshire.org.uk/services-handbook

Languageline / Donations

Do you know of a carer whose first language is not English and needs our support?



We can help. Carers Oxfordshire has joined Language Line, a telephone translation service in over 200 languages. All our staff have access to add a translator to their calls. We are proud to be able to support many more people in Oxfordshire from different cultural backgrounds.

To arrange a translated call email carersinfo@carersoxfordshire.org.uk in your local language.

Support Unpaid Carers

Since the pandemic, there are now around 53,000 unpaid carers in Oxfordshire. The need for support has never been so great. We are a small, local charity with a big job. Your donations will help us support carers for whom a call to us makes all the difference.

You can donate via our Just Giving page below or call **01235 424715**.

www.justgiving.com/actionforcarers-oxfordshire



Magazine Subscription

To subscribe or update your subscription to this magazine visit

www.carersoxfordshire.org.uk/care-matters-magazine,

email carersinfo@carersoxfordshire.org.uk or call **01235 424715**.



Events

Did you know we attend and run a range of in-person and online events throughout the year? These include training courses, information days, carers groups and Carers Voices. Take a look at our website to find out what's on.

www.carersoxfordshire.org.uk/events



Useful Contacts

Rethink Mental Illness

01865 904499
www.rethink.org

Age UK Oxfordshire

0345 450 1276
www.ageuk.org.uk/oxfordshire

Dementia Oxfordshire

01865 410210
www.dementiaoxfordshire.org.uk

Out of hours Duty Social Worker

0800 833 408
www.oxfordshire.gov.uk

Child & Adult Social Care

0345 050 7666
www.oxfordshire.gov.uk

Oxfordshire Family Information Service

01865 323332
www.oxfordshire.gov.uk

Carers UK

0808 808 7777
www.carersuk.org

Oxfordshire Mind

01865 247788
www.oxfordshiremind.org.uk

Oxfordshire Family Support Network

07821 987 080
www.oxfsn.org.uk

Better Housing Better Health

0800 107 0044
www.bhbh.org.uk

Samaritans

116 123
www.samaritans.org

Talking Space

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

Good Neighbour Scheme

01993 776277
www.goodneighbours.org.uk

Home Library Service

01865 810259
www.oxfordshire.gov.uk

British Red Cross Mobility Aids Short Term Loan

01235 552664
www.redcross.org.uk

Oxfordshire Specialist Advice (financial advice)

01865 410660
<https://livewell.oxfordshire.gov.uk>

Turn 2 Us (financial advice)

0808 802 2000
www.turn2us.org.uk

Money Helper

0800 138 7777
www.moneyhelper.org.uk

Getting Oxfordshire Online

01235 424 715
www.gettingoxfordshireonline.org

Tech Buddies Help

07584148507
www.ageuk.org.uk/oxfordshire