

Woodcote Volunteers

Help, activities and information



We produced the following list for our clients, but other people may also benefit, so we thought we would pass this on here.

Free TV Licence: If you are over 75 and you receive Pension Credit, you can apply for a free TV licence.

Free Dental Treatment: If you receive Pension Credit, you may be entitled to free dental treatment. Ask your dental surgery when you make an appointment. You may need to complete a declaration form and show your award notice from the Pension Service.

NHS Benefits: When you turn 60, you will be entitled to free eye tests and prescriptions. However, depending on your circumstances, you might also qualify for other discounts. Pension Credit entitles you to claim a voucher towards the cost of new glasses or contact lenses. Ask your optician when you make an appointment. Other adults: if you have a low income, you may be able to get help with NHS costs through the NHS Low Income Scheme – see NHS online.

Age UK Oxfordshire: offer several services; these include Information and Advice, Carer's support and Dementia Oxfordshire. They provide help with checking your benefits, completing application forms and housing issues. Should you need their services, or would like to know more about them, please call 0345 450 1276.

Carers Oxfordshire: This is a free service for adults providing care for someone living in Oxfordshire (not paid for care). Can provide advice, support, information such as carer's breaks, networking groups, wellbeing advice, and most importantly a carer's assessment. Contact by phone on 01235 424715, Mon-Fri 9am-5pm.

Getting Oxfordshire Online: They provide free second-hand laptops to people who cannot afford to buy one. Woodcote Volunteers can refer you to them. Call our office number 01491 681171.

Age UK can provide a "digital champion" to help get you set up with a laptop or tablet and be shown how to use it. They can also loan a tablet for you to try at home before committing to a purchase. Call 01235 849434.

Cholsey Day Centre: A friendly environment to socialise and enjoy activities like games, golf, darts, craft, puzzles, quizzes, interactive table, bingo, singers and performers. Home cooked 2 course lunch plus Tea, Coffee and biscuits. This service is intended for over 50s, people with dementia and older people. Cost £15 per day. Woodcote Volunteers provide a transport service free of charge.

Goring & District Lunch Club: Provides tea and coffee and a two-course lunch on Tuesday and Wednesday. Various activities in a relaxed atmosphere with a team of friendly volunteers. 10am – 1pm. £9.00. Woodcote Volunteers provide a transport service free of charge. Call Denise Sayers on 01491 683 768.

Board Games afternoon: The second Tuesday of each month at Woodcote Library, 3.30 – 5pm. No charge. Cup of tea and biscuits provided. Just turn up and enjoy!

Chance to Chat: A small group for men and women, meeting in the Community Centre weekly, on a Thursday between 2:30 and 4:00 pm to socialise and some people bring crafts along with them. Drinks and biscuits for 50p. In order to find out more information, please contact Barbara Penniall, Telephone: 07768 072449 or Email: bpenniall@gmail.com

Bowls: Woodcote Short Mat Bowls Club meet in Woodcote Village Hall for gentle exercise, twice a week in the winter only. It is ideal for all ages and disabilities. Only bowling shoes or flat, clean shoes required, but no other dress rules. To find out more go to [Woodcote Short Mat Bowls Club | Reading Services Guide](#)

Woodcote Chatterbox: Run by Kate Hart of Age UK: It meets from 2pm – 3.30pm at the Community Centre on the fourth Tuesday afternoon every month (except August and December). She invites a speaker along every month and there is also the opportunity for people to chat over tea and cake. Cost £3.00. Just drop in.

If you run a group or service that may be useful to our clients, please let us know!!

info@woodcotevolunteers.org.uk

Help for Ukrainian refugees

We have recently been awarded a grant specifically to provide assistance to Ukrainian families residing here temporarily due to the war in their country. If there are any Ukrainians living in Woodcote or the other villages we serve who could benefit from using our service, please do get in touch. As with other local residents, we can provide financial assistance with the cost of drivers expenses if you are struggling financially.

Drivers needed

Since 1983, our charity has been helping hundreds of people in Woodcote and surrounding villages who are unable to get about as before. They have mobility problems such that they are unable to use public transport or drive. You and I may take it for granted that we can pop to the shops, doctors, hospital appointments, the opticians, go out to meet a friend and the like. Volunteer Drivers change the lives of people who otherwise would find it difficult to do those simple things.

There is no minimum time commitment. You simply advise us from the outset what days and times that you are usually free. If you don't have a regular schedule that is fine as well! We do not expect you to be waiting by the phone for your jobs; we try to give at least 3 days' notice of a job. Occasionally we have an urgent request.

Our drivers find this type of volunteering very rewarding and you will meet some fascinating people with fabulous life stories! If you would like to know more, please either look at our website – www.woodcotevolunteers.org.uk, or call our Secretary, Jane Forde, on 01750 158274.

TO FINISH.....

We would like to say thank you to Sara who is joining us from July as a volunteer driver. We welcome you to our team and are sure you will enjoy your interesting and satisfying role.

As usual, if you need a driver, please don't hesitate to call our office on **01491 681171**. We collect from Woodcote and immediately surrounding villages.

Please give us as much notice as possible before the date you need us. One of our friendly office workers will answer the phone between 9.30 and 11am on weekdays (excluding public holidays) and you can leave a message on the answerphone at other times.

Find out more about us by looking at our website: www.woodcotevolunteers.org.uk

Or visit our Facebook page: www.facebook.com/woodcotevolunteers