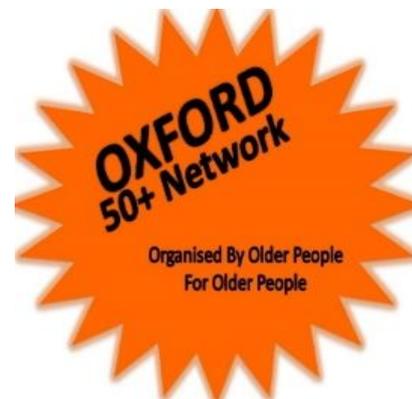


FULL OF LIFE



Oxford's Older People's Day 2024

Tuesday 1st October 10am – 3pm

Time	ACTIVITIES PROGRAMME Oxford Town Hall	Venue
10.30 – 11.30	<p align="center">Online Cyber & Fraud Awareness</p> <p>Mark Godsland, Police Cyber Prepare & Protect Adviser Advising on simple & effective ways to reduce threats, protect accounts, devices & be more aware of signs of online fraud & learn how & who to report this to.</p>	Freeman Room
12.30 – 1.00	<p align="center">Shared Lives</p> <p>Sally Ellis, Manager & Dee Cook, Social Worker Oxfordshire County Council Shared Lives Scheme Thinking of something worthwhile in your retirement? A paid role, able to do this when it suits you? Are you looking after a relative in need of some care but a Care Home is not the answer? If 'yes' is the answer to any of these questions come and meet members of the Shared Lives Scheme.</p>	Freeman Room
From 10.30 till 3.00	<p align="center">Creative Ageing Taster Sessions</p> <p align="center">Helen Fountain</p> <p>[Age Friendly Creative Manager, Age UK Oxfordshire] Throughout the day Age UK Oxfordshire will be facilitating inspiring Creative Ageing Taster Sessions for older people and anyone who supports older people. No need to book a place, come along and join as many activities as you wish to!</p>	St Aldates Room
2.00 – 2.30	<p align="center">Cyber Awareness</p> <p align="center">Q&A session with Mark Godsland, TVP</p>	Freeman Room
ALL DAY	<p align="center">Table Tennis</p> <p align="center">GOActive</p> <p align="center">bats & balls provided – bring trainers</p>	Old Library