

If you have been bereaved or know someone who has been bereaved, why not pop along?

Late Spring Oxfordshire

Virtual Meetings

An opportunity to come together online with others who understand

These new virtual groups will run as follows:

- 2nd Monday of the month from 2pm-3pm
- 1st Tuesday of the month 11am-12pm
- 4th Wednesday of the month 2:30pm-3:30pm
- 3rd Thursday of the month 10am-11am

If you have a computer, tablet or smartphone but have never used Zoom, we can send you a simple 'how to' guide to help you feel confident to give it a go and be involved. If you don't have access to a computer, you can still phone in using your normal phone.

For more details and to book your place please contact **01235 849434**
or email us at latespring@ageukoxfordshire.org.uk



NEW

Bereavement Support telephone line 'In-Touch'

A new telephone support service has been launched by Late Spring Oxfordshire.

Aimed towards all those aged 50+ who have been bereaved.

Calls will be answered by experienced Late Spring facilitators who can provide a listening ear, as well as help link you up to all the support that is available to you.

Call 01235 426600

Available Monday to Friday 10am to 4pm. If the line is busy, please leave your name and number and we will return your call as soon as possible.

Late Spring Oxfordshire is a service delivered by Age UK Oxfordshire.

Virtual Opportunities

- Music and memories
- Crafty foxes
- Festive Christmas countdown
- Through the keyhole
- Knit and natter
- The Great Virtual Bake Off
- The Magic of Words Book Club
- Online Song Writing Course
- Virtual Chatterbox
- Tech cafe

For more details and to book your place please contact
01235 849434 or email us at **network@ageukoxfordshire.org**.