



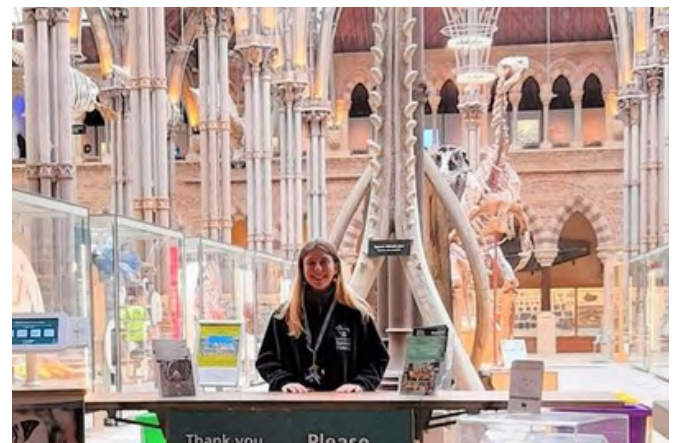
Keeping Connected

Welcome to this issue of Keeping Connected, the newsletter from Oxford University Gardens Libraries and Museums. It includes information about a range of activities for older people in Oxfordshire's museums and other spaces as well as a recipe for Hot Cross Buns, instructions on making a bird feeder, and some thoughts on opening doors and trying new things!

Sometimes the hardest thing about trying a new or unfamiliar activity is getting through the door. It can feel daunting and it's often easy to find a reason not to come in. If you are unsure about trying something new, take a moment to consider the possibilities if you do go through - you can always go back out!



The imposing doorway to the Museum of Natural History



The friendly welcome and wonders that lies behind that door

A carved fragment from a door, excavated in Hira, Iraq (7th-8th century)



A Little Bit Connecting to Doors



Dairymen making deliveries in Headington, 1930s

Deliveries to Our Door

by Joan Brown - memories shared in a Kidlington reminiscence session

In the 1930/40s we had the milkman and newspaper boy call every day. The bread was brought by Mr Cleaver in a big basket. He used to make for me as a child an individual cottage loaf once a week. Mr. Hobbs came round every week regularly with paraffin oil for lamps and heaters. Lots of houses in Banbury were run on gas. Electric did not come into the old houses and you had to have gas mantles. They looked like a mesh upside down egg cup. He also traded in Lino for the floor, rugs and carpets, kettles and tin baths. The insurance man came once a month and the Betterware man with everything for your kitchen. Most shops would deliver goods to your door. Another caller at the door 2 or 3 times a year was the coal man, we had a good size coal hole and the order was 20 bags a time, if I was at home I was put on counting the bags.



A Morris
Motors 1947
Wolsey Car -
doors open!



Time for a Cuppa

Join us for a cuppa, cake and
chat - friendly and free

April-July 2026

Friday 17th April, 10.30 -12 noon

Friday 15th May, 10.30-12 noon

Friday 19th June, 10.30-12 noon

Friday 17th July, 10.30-12 noon

In the Ashmolean Museum (Learning Studio)

The Ashmolean is in Beaumont Street (nearest bus stop is Magdalen Street
or a 5-minute walk from Carfax). Wheelchair accessible.

Drop in - no need to book

If you have any questions, email
outreach@glam.ox.ac.uk or call Sarah on
07729 290462 or 01865 613785

Relaxed Gallery Tours at the Ashmolean

Enjoy a free, relaxed, tour for older visitors followed by tea and coffee.

Morning Session 11.00 – 12.30pm

Meet in the Randolph Sculpture Gallery, left of the front door at 11.00am

Afternoon Session 2.00 – 3.30pm

Meet in the Randolph Sculpture Gallery, left of the front door at 2.00pm

Book your free space on a morning or afternoon session by emailing jude.barrett@ashmus.ox.ac.uk or call 01865 288078



Monday 20th April Tulip Trail

As it's spring, let's see how many images of tulips we can find throughout the collections, and not just in paintings!



Monday 18th May Camden Town Group

Take a detailed look at the Camden Town group of painters in the Gallery dedicated to their work.



Monday 15th June China and Japan

Take a close look at the wonderful collections from China and Japan.



Monday 20th July Leaders

See how leaders and Leadership has been portrayed in history.



Relaxed Art Group for Older People



Monthly art group meetings to give older people an opportunity to try different types of art using a variety of different media and techniques. Come along and try something new. No experience necessary, all materials supplied.

Places are limited, so book your space by emailing
jude.barrett@ashmus.ox.ac.uk or call Jude on 01865 288078

All sessions meet in the Learning Studio in the Ashmolean Museum.



Thursday 30th April, 2 – 3.30pm Printing Weed Compositions

With artist Helen Edwards, you will be constructing patterns and designs through layers and arrangements to explore the beauty in nature's untamed plant-life.

Have fun being creative with Artist and Printmaker Asma Hashmi

Tuesday 26th May

Tuesday 16th June

Tuesday 7th July

For more details on these sessions and to book, contact Jude

jude.barrett@ashmus.ox.ac.uk or call 01865 288078

MOX
Museum of Oxford



Moments + Memories March - May 2026

The Museum of Oxford's Older People's Programme

Memory Lane

Reminiscence sessions with refreshments.

2 - 3.30pm on Monday

2 March

13 April

11 May



Tea and Talk

Just a cup of tea & a chat!

2 - 3.30pm on Friday

13 March

10 April

08 May



Movers & Shakers

Gentle exercise to music past & present.

10.30am - 11.30am on Friday

20 March

24 April

15 May



Sessions are free but donations are welcome!
All activities take place in the Museum of Oxford at Oxford Town Hall and are welcoming and accessible.

For more information go to:
museumofoxford.org/community-and-learning/older-people

'Times Gone By' Banbury

A place to discuss and remember
the way things used to be....



Next meetings:

Friday 10 April 2026 - theme: **Exploring South Bar Street**

Friday 1 May - theme **Getting Married**

2.00pm - 3.45pm

The Education Room, Banbury Museum

For people over 55

£3.00 per person, refreshments are provided

Banbury Museum & Gallery



Supported by
**ARTS COUNCIL
ENGLAND**

Kidlington Reminiscence

A place to discuss and remember the way things
used to be.....



Session Details:

Tuesday 26 May 2026, 2.00pm - 3.45pm

The Baptist Church Hall, High Street, Kidlington

Theme: **Concerts & Shows We Have Enjoyed**

For people over 55

£3.00 per person, refreshments are provided

Banbury Museum & Gallery



Supported by

**ARTS COUNCIL
ENGLAND**



Soldiers of
Oxfordshire
Museum

MEET ME AT THE SOLDIERS MUSEUM



THURSDAYS
2PM - 4PM
FROM 16 APRIL - 16 JULY 2026

Join our regular drop-ins for older adults, enjoy a cup of tea, a chat and reminiscence as you browse the museum galleries.

Free Entry
Refreshments Provided

**SOLDIERS OF OXFORDSHIRE MUSEUM,
PARK STREET WOODSTOCK OX20 1SN**

Supported by:



Gardens
Libraries &
Museums

What's On



The Witney & District Museum reopens on Wednesday 8 April with a refreshed main gallery space. The new displays feature exhibits and information about Witney's wool industry heritage, as well as many other new and interesting stories. Between May to October you can also see Witney's community cabinet, curated by different local communities. www.witneymuseum.org.uk or call 01993 775 915



Creative Get-Togethers at Oxford Playhouse



Thursday April 16, 10.30am - 12pm,
Thursday May 7, 10.30am - 12pm
Thursday June 4, 10.30am - 12pm

Enjoy free creative activities and build new friendships at our welcoming and supportive Social Thursdays. For more information, call 01865 305354 or email participation@oxfordplayhouse.com



IWAW POP UP CAFE & MESOPOTAMIAN SUPPER CLUB

SUNDAY 8 MARCH 2026
INTERNATIONAL WOMEN'S DAY

SUNDAY 17 MAY 2026
ARTWEEKS OXFORDSHIRE

SUNDAY 21 JUNE 2026
REFUGEE WEEK

POP UP CAFE
SOFO MUSEUM, PARK STREET,
WOODSTOCK OX20 1SN

2PM - 5PM

ENJOY LIGHT IRAQI DISHES ALONGSIDE A VARIETY OF DELICIOUS ETHNIC CUISINES. DISHES FROM £10.

DROP IN - EVERYONE IS WELCOME!

MESOPOTAMIAN SUPPER CLUB

ENTER VIA HARRISONS LANE,
WOODSTOCK, OX20 1SS

6.30PM - 8.30PM

JOIN US FOR A THREE-COURSE FEAST CELEBRATING THE FLAVORS OF THE ANCIENT MIDDLE EAST. ENJOY A MYSTERIOUS MENU OF FRAGRANT SPICES AND WHOLESOME DISHES, FOLLOWED BY CARDAMOM TEA AND ARABIC COFFEE TO COMPLETE THE EXPERIENCE.

£35 PER PERSON, EXHIBITION TOUR INCLUDED!

BOOK ONLINE

SUPPER CLUB SPACES LIMITED!
BOOK BY 5PM THE DAY BEFORE
TO AVOID DISAPPOINTMENT

SCAN ME

Soldiers of Oxfordshire Museum
WWW.SOFO.ORG.UK

Pop Up Cafe and Mesopotamian Supper Club

Pop Up Cafe

Sunday June 21, 2 - 5pm

Dishes £10+, drop in

Mesopotamian Supper Club

Sunday June 21, 6:30pm - 8:30pm

£35 per person - book by 5pm the day before.

Presented by  SOUND RESOURCE
Wellbeing through singing and music

Moving Music CONCERTS

The GALS
(sing Madrigals to Modern Pop)

Laura Flenley & Adam Bennett
(violins)

Sing-along songs
led by
Hannah Davey

ALL ARE WELCOME
Particularly people living with dementia along with their family, friends and carers

21 TUESDAY
APRIL
2026

11:30am - 12:30pm
refreshments:
11:00am - 11:30am

2:00pm - 3:00pm
refreshments:
1:30pm - 2:00pm

All Saints Church,
Appleford Drive,
Abingdon, OX14 2AQ
Entrance & car park on
Dorchester Crescent
Parking & access information on
www.soundresource.org.uk/whats-on

ADMISSION CHARGE GUIDE
PAY WHAT YOU CAN **£8**

PLEASE RESERVE YOUR PLACES IN ADVANCE AND PAY AT THE DOOR.  

01865 251305 movingmusicconcerts@gmail.com www.soundresource.org.uk

SUPPORTED BY:

 THE GROCERS CHARITY

 COMMUNITY FUND

Sound Resource is a registered charity, No. 1149820.  The Music Licence

Concerts for people living with dementia along with family, friends and carers

21 May morning concert in Wallingford and afternoon in Wheatley

2 July morning and afternoon concerts in Dorchester Abbey

<https://soundresource.org.uk/whats-on/>



There is a 50 year-old Hot Cross Bun on display in the Pitt Rivers Museum! Hot Cross Buns were grated into drinks as cures for colds and it was believed that if you baked one before noon on Good Friday it would last forever!

625g/1lb 6oz strong white flour
1 tsp salt
2 tsp ground mixed spice
45g/1½oz unsalted butter, cubed, plus extra for greasing
85g/3oz caster sugar
Finely grated zest of 1 unwaxed lemon or zest of ½ orange or a tangerine or satsuma
1½ tsp dried fast-action yeast
1 free-range egg
275ml/9½fl oz tepid milk (or non-dairy milk)
125g/4½oz dried mixed fruit of your choice
For the topping 2 tbsp plain flour, 1 tbsp golden syrup or runny honey, gently heated, for glazing

1. For the buns, sieve the flour, salt and mixed spice into a large mixing bowl, then rub in the butter using your fingertips. Make a well in the centre of the mixture. Add the sugar, lemon zest and yeast. Beat the egg and add to the flour with the tepid milk. Mix together to form a soft, pliable dough.
2. Turn the dough onto a lightly floured surface. Work the mixed dried fruit into the dough until well combined. Knead lightly for 5 minutes, or until smooth and elastic.
3. Grease a large mixing bowl with butter. Shape the dough into a ball and place into the bowl, then cover with a clean teatowel and set aside in a warm place for 1 hour to prove.
4. Turn out the proved dough onto a lightly floured surface. Knock back the dough. Reshape into a ball, return to the bowl, cover with a teatowel and set aside for 30 minutes to rise.
5. Turn out the dough again and divide into 12 equal pieces. Roll each piece into a ball, then flatten slightly into a bun shape using the palms of your hands. Cover the buns again with the teatowel and set aside to rest for 5–10 minutes.
6. Place the buns on a baking tray greased with butter. Wrap the tray very loosely in baking paper, then place inside a large polythene bag (or cover loosely in lightly oiled cling film). Tie the end of the bag tightly so that no air can get in (if using) and set aside in a warm place for a further 40 minutes to rise. Preheat the oven to 240C/220C Fan/Gas 8.
7. For the topping, mix the plain flour to a thick smooth paste with about 2 tablespoons cold water. When the buns have risen, remove the polythene bag and the greaseproof paper. Spoon the flour mixture into a piping bag (or a plastic food bag with a corner snipped away) and pipe a cross on each bun.
8. Transfer the buns to the oven and bake for 8–12 minutes, or until pale golden brown. As soon as you remove the buns from the oven, brush them with the hot golden syrup, then set aside to cool on a wire rack.



The Wonder of Birds exhibition opens in May at the Weston Library. It invites you to enter a bird's world - wonder, look and listen.

Bring the beauty of birds to an outside space with a bird feeder made from a recycled plastic bottle with cap, 2 sticks, a pin, scissors & string.

1. Remove the cap from a clean plastic bottle. Use the pin to puncture several small drainage holes in the base of the bottle.
2. Use the pin to make two level holes on opposite sides of the bottle, near to the base. Use the scissors to widen them slightly.
3. Push a stick through the holes. There should be around 5 centimetres of stick left outside the bottle on each side for the perches.
4. Slightly above each perch, use the scissors to cut a feeding hole the size of a 5p coin.
5. Create a second set of perches and feeding holes: repeat steps 2 to 4 further up the sides of the bottle and offset by 90° from the original.
6. Use the pin to make two holes in the neck of the bottle, on opposite sides and level with each other. Widen these with scissors.
7. Thread the string through the holes, then fill the bottle with a bird food and replace the bottle cap.
8. Find a sheltered location outside to hang your feeder and watch birds to begin landing on your feeder. It may take a few days before this begins to happen.



This type of feeder won't last forever, however, and should be replaced every so often. This prevents a build-up of rotting food and bacteria that could harm the birds using your feeder.

Men's Sheds

Men's Sheds encourage people to come together to make, repair and repurpose, to improve wellbeing, reduce loneliness and combat social isolation. Find out more or find your local men's shed <https://menssheds.org.uk/find-a-shed/>. Robert, one of GLAM's very own volunteers is involved in setting up a Men's Shed in Benson. The team is currently patching up the building, sorting the garden and organising tools and machinery.



If you would like to find out more or lend a hand, email info@benshed.org.uk

Live Well Oxfordshire



livewell.oxfordshire.gov.uk lists information about hundreds of activities and events across Oxfordshire for people of all ages, as well as information on various support available.

If you prefer to speak to someone about what is on call Community Links Oxfordshire (managed by Age UK Oxfordshire) 01235 849410 for a chat.

Home Improvement Agency Oxford City

The Home Improvement Agency (HIA) at Oxford City Council supports older adults in Oxford City to live safely and independently with these services: Small Repairs, Repair and Assistance, Disabled Facilities Grants, Keeping Warm at Home. For more information, request a service and to check eligibility, call 01865 252788, email hia@oxford.gov.uk or go to www.oxford.gov.uk/hia



Our Home Improvement Agency (HIA) Oxford City Council is dedicated to supporting older adults, disabled individuals, and vulnerable residents within Oxford City to live safely and independently in their homes.

Please visit our webpage for more information: Oxford Home Improvement Agency - Oxford City Council

Email outreach@glam.ox.ac.uk or call 01865 613785 if you would like to join the mailing list to receive Keeping Connected by email or post.

We always welcome your contributions, perhaps suggestions of activities, reflections, recipes and any feedback.