



# Rutland News

August 2022

**Age UK Leicestershire & Rutland provides a range of activities for older people across Rutland.**

This newsletter highlights the services we offer Rutland residents aged 50 plus. The effects of the pandemic the current cost of living crisis has led to a rapid rise in demand for advice and support.

Our much needed Befriending service is back, thanks to new funding secured from the Leicestershire & Rutland Community funding Grant. We also have two other important new projects underway, **Warm and Wise** and **Digital Champions** and are continuing to work closely with Rutland County Council to support older people who are living with dementia, their families and informal carers.

All of our services depend on our volunteers and we welcome applications from anyone interested in joining us.

## Befriending

This service provides support and contact to anyone over 60 feeling lonely and socially isolated.

Our Coordinator will first visit you in your home to get to know you and then introduce you an available and suitable volunteer able to offer regular face to face visits or telephone calls. We continue to oversee your befriending relationship for as long as needed.

## Warm and Wise

This project provides free affordable warmth information, advice and support to householders such as:

Fitting free energy saving measures \* How to reduce energy use and bills \* home energy assessments \* applications for warm homes discount \* priority services registration \* maintain a healthy temperature at home

## Digital Champions

We increasingly have to rely on information technology for keeping in touch and accessing vital services and support. By engaging with older people to raise awareness of the benefits of digital technology, we are also offering to provide support in order to develop digital skills. This can be in either one-to-one and group settings.

## Joining Forces

### Older Veterans Coffee Morning

At St John & St Anne, David Royce House, South Street, Oakham.

First Tuesday Each Month 10.00am—12 noon

A coach trip to the National Memorial Arboretum in Staffordshire has been organised for Friday 9th September, (please call to book a seat)

Veterans aged 50+ & their families/carers are welcome.

## Men/Women in Sheds

Pursue individual projects or work together to share skills, such as woodworking, repair, refurbishment and pottery.

Separate and mixed sessions are currently available for men and women

## Last Orders

Older people worried about their own alcohol consumption or substance use can access a wide range of information that helps them understand the importance of safe drinking, as well as the dangers of other substance misuse.

## Uppingham Shop

Our Uppingham shop offering clothing and shoes to books and bric-a-brac. Donations welcomed.

**Normal opening times:- Monday - Saturday 9:00am – 16:30pm**

## Dementia Support Service

Our support service offers personalised one to one support and group support to enable people living with dementia and their carers to live well, maintain independence and focus on their strengths.

### Groups

supporting people living with dementia

For those marked \* **pre booking is essential**

**Memory Café** For those living with dementia and their carers. First Monday of the Month in Taylor House, Johnson Road Uppingham, 1.30pm to 3pm. A chance to chat, share experiences and gain support

**\*Support Group MCST (Maintenance, Cognitive, Stimulation, Therapy)** For those living with dementia, a weekly group aimed at encouragement, strengthening, maintaining, stimulating and fun in a friendly enjoyable setting (£5 per session) Tuesday morning at St. John St. Anne, Westgate, Oakham or Tuesday afternoon at All Saints Church Hall Oakham.

**Carers Group** Last Wednesday of the month, 10.30am to 12.00 noon St. John & St. Anne, South Street, Oakham

**\*Time in Nature** visit to the Lyndon Visitors centre 2<sup>nd</sup> & 4<sup>th</sup> Thursday mornings of each month, a chance to enjoy the outdoor environment for people living with dementia and their carers

### Open to Everyone

**A Walk in the Park** (wheelchair accessible) A monthly walk, meeting in the Burley Road car park open chance to stroll around the park and finish with a tea/coffee in the Wheatsheaf if you wish.

**Coffee & Chat** is back! Starting on Thursday 6th October meeting at St John & St Anne's, South Street, Oakham and on first Thursday of the month 10.30am thereafter.

**Keep fit** twice weekly exercise classes—contact Margaret for details 07950 216065

## Age UK Local Contact Details

**Dementia Support / Groups** - Yvonne Rawlings 07738 820910 or 01572 823942 (answer phone) yvonne.rawlings@ageukleics.org.uk

**Befriending Service** - Victoria Ugrinic 07540413805 or 01572 824048 rutlandbefriending@ageukleics.org.uk

**Men & Women in Sheds** - Brian Lee 01572 720319 rutlandshed@ageukleics.org.uk

**Uppingham Shop** - 01572 823 140

**Last Orders** - 0116 223 7366

**Digital Champions** - Stephen Hill 0116 2045117 digitalchampions@ageukleics.org.uk

**Warm & Wise** - 01162614604 warmandwise@ageukleics.org.uk

**Age UK Leicester Shire & Rutland Advice Line** - free, confidential & independent for anything affecting your quality of later life, 9am to 1pm weekdays 0116 299 2278

