

27th April 2021

We work throughout Rutland with people over 50 and their carers, providing support, information and activities.

This work would not be possible without the support of our volunteers, partners and funders.

We are gradually reopening and restarting our activities, where possible, and things are changing regularly, this newsletter covers our current situation. You can also follow us on social media for UpToDate information.

If you need help or support or just not sure who can help you, either contact Yvonne or Penny; both are working mainly from home, but are able to pick up messages left on their office landline.

Get connected : Age UK Leicester Shire & Rutland's Tablet Loan Offer

The loan period is for 4 weeks, free of charge and is a fantastic opportunity to try out a tablet if you are thinking about buying one.

The tablet comes Internet ready with everything that you will need to get connected.

For further information about the **Tablet Loan Offer** and how to get involved, please contact [Penny](#).



Volunteer Opportunities

Do you have a few hours to give a week / month?

Volunteering can help: make new friends; gain new skills; and is very rewarding.

Several projects need help especially:

- ◆ Befrienders both telephone and face to face
- ◆ Uppingham Shop
- ◆ Monday Club needs a couple of people willing to run it

Think Digital

Struggling with your Laptop, Tablet or Mobile Phone?

If you need help using a computer, laptop, tablet, iPad or mobile phone, our Digital Champions can give help and support by phone.

If you have good IT skills and would like to become a Digital Champion; or anyone needing help please contact [Penny](#).

Virtual Activity Sessions

Monday Club 2pm Mondays, fortnightly, virtual cup of tea and chat; group call via phone landline

Dementia support group 10.30am—11.30am Tuesdays for those living with dementia

Memory café 10.30am 4th Tuesday of the month for those living with dementia and their carer's

Preserving and/or Fermenting Food Group 11am Tuesdays, Monthly, 11th May & 8th June; open to all ages so we can learn from each other

Tea @ 3.00pm Wednesdays 5th May & 2nd June via Zoom, a chance to chat, hear occasional speakers and make friends

Carers Exchange – 11am Wednesdays 28th April, 26th May & 30th June. A chance for carers to meet virtually within the safety of your own home, enjoy a cuppa and chat

Virtual Coffee morning 10.30am Thursday 20th May, open to anyone over 50, carers & volunteers Via Google Meet (Sub titles available if hearing is difficult)

Please contact [Yvonne](#) or [Penny](#) if you would like to join any of the above.

Befriending

We have over 80 volunteers that are giving weekly phone calls to older people, we are gradually starting to return to face to face where we can.

If you are feeling lonely and would like a befriender to call you or if you would like to become a befriender please contact [Yvonne](#)

New Footcare Service in Uppingham

As you grow older it can become difficult to bend and cut your toenails, especially as they become thicker and more brittle as we age. Our new toenail cutting service can help keep your feet in the best condition; based in our Uppingham Shop, our trained therapist will soak your feet to cleanse and soften the skin and nails, a nail trim and then the application of a hand or foot cream to moisturise and prevent skin dryness.

Our service is competitively priced and includes your own nail cutting kit to take home. Appointments can be made via our Home Help team on 0116 2992266.

Uppingham Shop

Our Uppingham shop offering clothing and shoes to books and bric-a-brac, has now re opened. Please wear a face covering when in the shop.

The shop is accepting donations, if you are donating larger amount more than one carrier bag please can you drop it off before 3pm.

Normal opening times:- Monday - Saturday 09:00am – 16:30pm

Hearing Aid Batteries

We are not yet able to resume our hearing aid battery project in our Uppingham Shop .

Hearing aid batteries are available by sending a stamped addressed envelope to Hearing Services, LRI Leicester LE1 5WW. (You need to be registered to the LRI i.e. getting your hearing aid/ check through Leicester / Oakham Hospital)

If you are need further help or have any questions, please contact [Penny](#)

Useful websites & phone numbers:

Silverline helpline for older people available 24 hours a day every day 0800 470 80 90

NHS 111 or online www.nhs.uk

Police Non emergencies 101

In an Emergency Police/Fire/Ambulance 999

Turning Point for alcohol and drug problems & **Last orders** 0116 223 7366

[Samaritans](#) 116 123

[Lets Talk](#) local NHS mental health service 01509 561 100

[Refuge](#) advice for dealing with domestic violence 0808 2000 247

[Gamcare](#) National Gambling helpline – 0808 8020 133

[Rutland Citizens Advice](#) 01572 723494

[Vista](#) for sight and hearing loss support if you live in Rutland 0116 249 8839

[Rutland Food bank](#) 07582 783363

Admiral Nurse Dementia Helpline: 0800 888 6678

[Voluntary Action Rutland](#) transport scheme 01572 724 705

Farming Community Network helpline 03000 111 999

[Rutland Neighbourhood Watch](#) app available to down load

Age UK Local Contact Details

Oakham & North Rutland - Yvonne Rawlings 07738 820910 or 01572 823942 (answer phone) yvonne.rawlings@ageukleics.org.uk

Uppingham & South Rutland - Penny Stimpson 07715 960167 or 01572 822 171 (answer phone) penny.stimpson@ageukleics.org.uk

Uppingham Shop - 01572 823 140

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 or dedicated Corona virus helpline 9.00 -5.00pm Monday to Friday for practical and emotional help - 0116 299 2239.



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