

24th June 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.

Rutland Dementia Support

In Rutland we provide support for people living with dementia and their carers these have all resumed face to face.

Support Group MCST (Maintenance, Cognitive, Stimulation, Therapy) For those living with dementia 10.30am - 12 noon Tuesdays pre booking essential.

Memory café Face to face last Tuesday of each month, 10.30am - 12.00 noon. For those living with dementia and their carers, pre booking required.

Time in Nature Sessions for those living with dementia and their carer at Rutland water. pre booking essential.

Please contact [Yvonne](#) for more information or to book a session



Men/Women in Sheds

The Men/Women in Sheds project has reopened.



Numbers per session will be limited to allow safe operation of the shed and face masks will be worn.

There are 8 sessions per week over 4 days 9.30-12.30 & 12.30-3.30. Men on Mon, Tues & Wed, and Women on Thursdays

Please contact [Brian](#) for more information or to book a session

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](#)

Activity Sessions

We are gradually starting to resume our activities, but some are still virtual.

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

Preserving and/or Fermenting Food Group Taking a break for the summer planning to resume in September

Carers Exchange Group Face to face last Wednesday of each month 10.30 – 12.00 mid-day, pre booking essential.

New coffee group Starting in September in Oakham

Please contact [Yvonne](#) or [Penny](#) if you would like to join any of the above. Our Lunch groups and fitness groups will be slowly restarting over the next couple of months.

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 or face to face at Oakham Library pre booking essential.

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

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

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 with everything that you will need to get connected, currently including unlimited data connection to the internet (subject to signal strength), pre-setup with apps to get you going and a Digital champion to give you support.

For further information about the **Tablet Loan** 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 & face to face, please contact [Yvonne](#)
- ◆ People are particularly needed to support our **dementia group** activities, please contact [Yvonne](#)
- ◆ **Monday Club** needs people willing to run it, please contact [Penny](#)

Hearing Aid Batteries

Until we resume our Uppingham hearing aid battery project, for people with an NHS hearing aid and registered with UHL (Leicester or Oakham hospitals), batteries are available by sending a stamped addressed envelope to Hearing Services, LRI Leicester LE1 5WW.

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

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. Home Appointments are also available.

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

Men & Women in Sheds - Brian Lee 01572 720319 brian.lee@ageukleics.org.uk

Uppingham Charity Book Shop - 01572 823 140 **Footcare Service** - Home Help team on 0116 2992266

Last Orders 0116 223 7366

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



Age UK Leicester Shire & Rutland Limited
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We are a local charity
with a national name
...giving local older people a voice