



Rutland News



March 22

Age UK Leicester Shire & Rutland is currently working as part of the Rutland Community Wellbeing Service to provide a range of activities for older people across Rutland. This contract will come to an end on 31st March.

Being part of the Rutland Community Wellbeing Service has enabled us to set up a wide variety of groups and activities. Our local Development Workers, Yvonne Rawlings and Penny Stimpson, have been working with these groups to identify those that can be supported to continue operating independently.

Age UK Leicester Shire & Rutland and Rutland County Council are committed to continuing to work closely together to support older people who are living with dementia and their families and informal carers.

This newsletter highlights the services we will continue to offer Rutland residents aged 50 plus, and where people can go for other services.

Groups & Activities

- supporting people living with Dementia

For those marked * **pre booking 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

A Walk in the Park (wheelchair accessible) Chat & make friends, finishing at the Wheatsheaf Northgate for those who wish to stay & buy refreshments/coffee. Mondays - next walk Monday 11th April (weather permitting), meeting at 11am park end of Burley Road car park, Oakham

***Support Group MCST (Maintenance, Cognitive, Stimulation, Therapy)** For those living with dementia, Tuesdays 10.30am to 12 noon or afternoon group 1.30 to 3.00pm

Carers Group Last Wednesday of the month, next one - Wednesday 30th March 10.30 to 12.00 noon St. John & St. Anne, South Street, Oakham

Coffee & Chat First Wednesday of the month, St. John & St. Anne, South Street, Oakham, 10.30am to 12 noon

***Time in Nature** visit to the Lyndon Visitors centre 2nd & 4th Thursday mornings of each month, a chance to enjoy the outdoor environment for people living with dementia and their carer's

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

IT Support

U3A have groups. People do need to join U3A but it's only £12 per year and opens up many other groups and social activities by joining, see

<https://u3asites.org.uk/rutland/welcome>

Vista may also be able to offer support to those significantly visually impaired see

<https://www.vistablind.org.uk/how-we-can-help/digital-dynamos-service/>

Rutland Adult Learning & Skills Service
01572 758122 see

<https://www.ralss.org.uk/computing-ict/>

Prevention and Wellbeing Services in Rutland 1st April 2022

Citizens Advice Rutland Free Confidential Advice and Support to the Voluntary, Community and Faith sector and supporting people to become volunteers. 01572 723 494

RISE—Social Prescribing Service. Social prescribing is designed to support people with a wide range of social, emotional, or practical needs, and is focussed on improving mental health and physical well-being. 07814 144647 Email: RISE@rutland.gov.uk

VISTA—Sensory Impairment Services in Rutland. Support for those with a visual impairment or who are Blind, Deafblind or Deaf to maximise their potential and enhance their inclusion in everyday life. 0116 249 8839

Last Orders

Gives older people easier access to a wide range of information that helps them understand the importance of safe drinking, as well as the dangers of other substance misuse.

If you are worried about your own alcohol consumption or substance use, or that of someone close to you, please contact:-

Jackie 07734960241

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

5 April 2022

3 May 2022

7 June 2022

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

For more information contact Jill Bindley: 0773 963 0659 or Owen Jones: 0773 882 0948

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.

Coming soon

Befriending Service Update

Home Energy Advice

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

Footcare Service

Our service is competitively priced and includes your own nail cutting kit. Appointments at our Uppingham Shop or in your own home can be made via our **Home Help team on 0116 2992266**

Age UK Local Contact Details

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

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

Uppingham 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**