

17th August 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.

Appeal for Volunteers

The pandemic has increased loneliness and isolation, we urgently need more volunteers to help us in providing additional support and social contact for older people.

Volunteers benefit by: -

- Helping and supporting people ● Develop confidence
- Improved wellbeing and achievement
- Getting to know other people, appreciate the life they have lived and the challenges they are facing
- Gain experience for your CV ● Training/ learn new skills
- Sharing your skills or hobbies

We are particularly looking for: -

Befrienders either phone or face to face, if you can listen and talk you have the skills we need! days and times flexible

Social club volunteer organisers if you have experience of being in or running a social group/club, 2nd or 4th Monday of the month afternoons (1.30- 3.30) or 1st Wednesday of the month morning (10.30am- 12.30pm)

Gardeners if you enjoy gardening, have time to give to help people who are struggling due to unforeseen circumstances, as a one off to get their garden back under control - days and times flexible

Indoor Bowls Club needs volunteers that are physically able to move their mats before and after their 1.30pm – 3.30pm sessions on Thursday in Uppingham



For all our volunteer roles you just need to have a couple of hours a week or a month to give. Contact either [Penny](#) or [Yvonne](#)

Groups & Activities

We are gradually starting to resume our activities, for these , pre booking essential

Carers Exchange Group Face to face last Wednesday of each month 10.30 – 12.00 mid-day

Coffee & Chat Starting in September in Oakham 1st Wednesday of the month

Support Group MCST (Maintenance, Cognitive, Stimulation, Therapy) For those living with dementia, Tuesdays 10.30am - 12 noon and from September afternoon group 1.30 – 3.00pm

Time in Nature Sessions for those living with dementia, and their carer, at Rutland water

Indoor Bowls Club 1.30pm – 3.30pm Thursdays weekly in Uppingham

We will be offering some virtual sessions for those not ready to return face to face or are housebound

Monday Club 2pm Mondays, fortnightly, virtual cup of tea and chat; group call via phone landline. (planning to return face to face from September)

Preserving and/or Fermenting Food Group 11am Tuesdays Monthly date TBC

Coffee morning Thursday 2nd September 10.30 – 11.30 am

Our Memory Café, Lunch groups and fitness groups will be slowly restarting over the next couple of months.

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

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](#).

Uppingham Shop

Our Uppingham shop offering clothing and shoes to books and bric-a-brac. Donations welcomed. Please wear a face covering when in the shop and use hand sanitiser.

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

Footcare Service

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 also available.

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](#).



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**