

14th October 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.

## Groups & Activities

We are gradually starting to resume our activities  
For those marked \* pre booking essential

**Memory Café** for those living with dementia and their carers. First Monday of the Month in Uppingham, 1st Nov & 6th Dec 1.30pm to 3pm. A chance to chat, share experiences and gain support

\***Monday Club** social group in Uppingham for anyone over 50. Second Monday of the Month, from 1.30pm to 3.30pm

**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 -18<sup>th</sup> Oct, 15<sup>th</sup> Nov, 13<sup>th</sup> Dec, meeting at 11am park end of Burley Road car park

\***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** Face to face, last Wednesday of each month 27<sup>th</sup> Oct & 24<sup>th</sup> Nov, 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, 3<sup>rd</sup> Nov & 1<sup>st</sup> Dec 10.30am to 12 noon

\***Time in Nature** Thursday morning sessions for those living with dementia, and their carer, at Rutland Water

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

## Virtual Activity Sessions

We are offering some virtual sessions for those not ready to return face to face or are housebound :-

**Monday Club** Third Monday of the month, 2pm to 3pm virtual cup of tea and chat; group call via phone landline

**New Activity Group** Starting from November with Oakham School students, via Zoom

**Preserving & Fermenting Food Group** Fourth Tuesday of the month 11am to 11.40am, 26<sup>th</sup> Oct & 23<sup>rd</sup> Nov. Open to all ages so we can learn from each other, via Zoom

**Virtual Coffee morning** Third Thursday of the month 10.30am to 11.30am, 21<sup>st</sup> Oct & 18<sup>th</sup> Nov, open to anyone over 50, carers & volunteers, Via Google Meet (Subtitles available if hearing is difficult)

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

## Urgent Appeal for Volunteers

We are particularly looking for befrienders, social club volunteer organisers, and help putting out mats for indoor Bowls Club.

Volunteers benefit by: -

- Develop confidence
- Improved wellbeing & achievement
- Getting to know other people
- Gain experience for your CV
- Training/ learn new skills
- Sharing your skills or hobbies

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](#)

## 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](#)

## Oakham Lunch Group

The Wheatsheaf, Northgate, Oakham

1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the Month

11.30am (food served 12 noon)

£10 for two courses from a selected menu

**Pre Booking essential (by 11am the day before) please contact:- Heather 01572 722318**

There is a pay & display car park on Church St, Oakham



## 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:-

Tuesday, Wednesday, & Thursday Hollie on 07738820978

Wednesday & Thursday Jackie 07734960241

## 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](#)

## 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. 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

**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  
Registered Charity No: 1146649  
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**We are a local charity  
with a national name  
...giving local older  
people a voice**