

Much to the dismay of the whole country we now find ourselves in lockdown again.

Whilst this will disrupt our services and support in Rutland, it is encouraging that during August, September and October, we were able to re-open the shop in Uppingham and resume the Men and Women in Sheds project at the Oakham Enterprise Park.

We look forward to re-opening the shop and the shed as soon as possible. In the meantime, we will continue to provide support, information and activities to older people across Rutland.

Whilst face to face activities are not currently available, it is reassuring to know that through our dedicated staff and volunteers, we are staying in touch with hundreds of older people and carers.

It is also encouraging to see that many people are participating in the range of virtual activities that we are currently offering, including a new Tablet Loan Scheme.

If you need help or support or need some advice about accessing services and support, contact our local Development Workers - [Yvonne](#) or [Penny](#)

Our Covid Helpline number also remains operational seven days a week. Anyone struggling with the impact of lockdown can call 0116 2992239 for help.

Tony Donovan, Executive Director

Virtual Activity Sessions

Monday Club 2pm Mondays weekly virtual cup of tea and chat via phone landline

Monday's Tea 3.00pm from 16th November weekly, with the last one of the year on 14th December with Festive fun

Preserving and/or Fermenting Food Group 11am Tuesday 17th November & Tuesday 15th December open to all ages so we can learn from each other

Dementia support group 10.30am Tuesdays for those living with dementia and their carers

Fun Quiz 2 .30pm Wednesday 18th November, all welcome

Memory café Wednesday 25th November 10.30am for those living with dementia and their carer's.

Virtual Coffee morning 10.30am open to anyone over 50, carers & volunteers Thursday 26th November & Thursday 10th December (Sub titles available if hearing is difficult)

Sing along at 2.30pm 10th December Festive sing along

New Photography Group next date to be arranged

Please contact [Yvonne](#) or [Penny](#) if you would like to join any of the above. If you need help with getting online let us know.

Telephone Befriending

We have over 80 volunteers that are giving weekly phone calls to older people.

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

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. Anyone needing help please contact [Penny](#).

Alcohol Awareness Week 16-22 November

This years theme is Alcohol and mental health. AgeUK's Last Orders gives older people easier access to a wide range of information that helps them understand the importance of safe drinking, including information about the possible contraindications of drinking when taking medication 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:-

Wednesday, Thursday, Friday Hollie on 07738820978 Monday or Tuesday Jackie 07734960241

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

The loan period is for 12 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, you don't need to have a internet in your home.

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

Joining Forces

Provides support to veterans across Rutland:-

- Monthly welfare telephone calls to our veterans.
- Support for our veterans regarding bereavement, low moods and their concerns regarding failing health.
- Monthly newsletters sent to veterans accompanied by monthly quizzes
- Zoom virtual coffee mornings being launched this month.

If you were in the forces or know someone that was and would like to find out more please contact Jill Bindley on 0116 2614605
Jill.Bindley@ageukleics.org.uk

Christmas Raffle

Having someone to turn to during these difficult times has been lifesaving for many older people but to be able to continue our work we desperately need your help.

Please, help us by buying /selling as many raffle tickets as you can for us within your social bubbles, to family, to friends.

Tickets are available from [Yvonne](#)

Hearing Aid Batteries

Our hearing aid battery projects in our Uppingham Shop is not yet operating.

If you have an NHS hearing aid, you can get your batteries by ringing 0116 2586230 or you can send a stamped addressed envelope to Hearing Services, LRI Leicester LE1 5WW.

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

[Samaritans](#) 116 123

[Rutland Citizens Advice](#) 01572 723494

Admiral Nurse Dementia Helpline: 0800 888 6678

[Turning Point](#) for alcohol and drug problems & [Last orders](#) 0116 223 7366

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

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

[Rutland Food bank](#) 07582 783363

[RSPCA](#) animal cruelty & advice line 7 am – 10 pm 0300 1234 999

[Mind](#) mental health charity info line 0300 123 3393

[SANE](#) mental health charity operating a leave a message line 07984 967 708

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

Age UK Local Contact Details

Oakham & North Rutland - Yvonne Rawlings 077388 20910 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

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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