

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.

Dementia Support

We are looking for more volunteers needed to support some new dementia activities which are aimed at Preventing well and Living well, which are part of the current Dementia Strategy.

Support will be given including a dementia friends session, please contact [Yvonne](#) for further details

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.

If you have good IT skills and would like to become a Digital Champion or

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

Virtual Activity Sessions

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

Monday's Tea 3.00pm weekly via Zoom, a chance to chat, hear occasional speakers and make friends. Monday 1st March we will be joined by author **Adam Croft**, who has set several of his books in and around Rutland

Preserving and/or Fermenting Food Group 11am Tuesday 9th March Monthly open to all ages so we can learn from each other via Zoom

Dementia support group 10.30am—11.30am Tuesdays for those living with dementia and their carers

Memory café Tuesday 23th February 10.30am for those living with dementia and their carer's. Via Zoom our guests will be "amazing animal encounters"

Fun Quiz 2.30pm Wednesday 3th March 2.30pm—3.30pm, a light hearted quiz over a cuppa, all welcome

Virtual Coffee morning 10.30am open to anyone over 50, carers & volunteers Thursday 18th February, 4th March and 18th March Via Google Meet (Sub titles available if hearing is difficult)

Carers Exchange – Thursday 25th February. 11.00 – 12.00pm A chance for carers to meet virtually with in the safety of your own home, enjoy a cuppa and chat.

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.

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:-

Wednesday, Thursday, Friday Hollie on 07738820978

Monday or Tuesday Jackie 07734960241

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

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](http://www.samaritans.org) 116 123

[Rutland Citizens Advice](http://www.rutlandcitizensadvice.org.uk) 01572 723494

[Rutland Food bank](http://www.rutlandfoodbank.org.uk) 07582 783363

Admiral Nurse Dementia Helpline: 0800 888 6678

[Voluntary Action Rutland](http://www.voluntaryactionrutland.org.uk) transport scheme 01572 724 705

[Turning Point](http://www.turningpoint.org.uk) for alcohol and drug problems & [Last orders](http://www.lastorders.org.uk) 0116 223 7366

[Gamcare](http://www.gamcare.org.uk) National Gambling helpline – 0808 8020 133

[Refuge](http://www.refuge.org.uk) advice for dealing with domestic violence 0808 2000 247

[RSPCA](http://www.rspca.org.uk) animal cruelty & advice line 7 am – 10 pm 0300 1234 999

[Mind](http://www.mind.org.uk) mental health charity info line 0300 123 3393

[SANE](http://www.sane.org.uk) mental health charity operating a leave a message line 07984 967 708

[Lets Talk](http://www.lets-talk.org.uk) 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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