

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 would like to take this opportunity to thank our volunteers and supporters in Rutland that have helped us during 2021 in supporting older people in Rutland.

Many of our activities and services have now resumed as face to face but we recognise not every one is ready, so we are still offering telephone support through our befriender volunteers and also via online virtual activities.

Wishing all our volunteers, clients, supporters and people we work with, a happy and safe festive season.

Time in Nature

This year we have been running sessions at Rutland Water Nature Reserve funded through Dementia Adventure, which have been enjoyed by 32 people living with dementia and their partner or carer, they have included:-

- Spending time in a hide watch and discovering the wildlife at Rutland Water
- Enjoyed viewing the live webcam pictures of the Osprey chicks
- As the weather got cooler seasonal crafts with plenty of opportunity to check out the birds visiting the feeder's right outside the centre window.



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

Veterans aged 50+ & their families/carers are welcome. For more information contact Jill Bindley: 0773 963 0659 or Owen Jones: 0773 882 0948

Groups & Activities

For those marked * **pre booking essential**

Memory Café For those living with dementia and their carers. First Monday of the Month in Uppingham, 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 -13th Dec (weather permitting), 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 Wednesday 26th January 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, 5th January 2022 10.30am to 12 noon

***Uppingham Indoor Bowls** Weekly Thursdays 1.30pm to 3.30pm, Uppingham Town Hall.

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

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

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](#)

Urgent Appeal for Volunteers

We are particularly looking for befrienders and social club volunteer organisers.

Volunteers benefit by: -

- Developing confidence
- Improved wellbeing & achievement
- Getting to know other people
- Gaining 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.

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
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**We are a local charity
with a national name
...giving local older
people a voice**