

7th April 2020

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.

There is a lot of planning going on at the moment as to how best to manage the current situation and things are changing on a daily basis, this newsletter covers our current situation.

If you need help or support or just not sure who can help you, either contact Yvonne or Penny; both are working from home, but are able to pick up messages left on their office landline.

Social Groups

Unfortunately for the time being all our social and wellbeing groups including Men in Sheds and Daycare have had to stop for the time being.

We are now supporting those who attend all our Age UK social groups via regular telephone calls, we are very grateful to all the volunteers who are helping us with this.

Age UK /Macmillan service

Still open for phone calls on 07711 325517. Call if you need information, support or just a chat if you have been affected by cancer.

Hearing Aid Batteries

As you are probably aware, the Age UK Uppingham shop had to close last week, we've been in contact with UHL Hearing Services and for those people who have NHS hearing aids, they can get their batteries by ringing 0116 2586230 or they can send a stamped addressed envelope to Hearing Services, LRI Leicester LE1 5WW.

Age UK Leicester Shire and Rutland

Have set up a dedicated Corona virus helpline between the hours of 9.00 -5.00pm Monday to Friday for practical and emotional help - 0116 299 2239.

A new national Age UK publication is attached and there is information on our local Age UK [website](#)

Rutland Information

Rutland County Council: on their [website](#) there is information on what is being provided by the council and others including details of all the village and community groups providing shopping support throughout Rutland. There is also information on scam awareness and a crisis helpline.

The Rutland Wellbeing Service remains open but has changed to a telephone service, see the [website](#) for more details or contact Yvonne or Penny

For anyone who is experiencing hardship, the **Rutland Food bank** is operating.

Befrienders

This is currently now operating as a telephone based scheme.

If you have a few hours a week to give, we are in need of more people to be able to offer a friendly call to those who are isolated or lonely, we give support and training. Contact Yvonne if you are able to help

Struggling with your Laptop, Tablet or Mobile Phone?

If you need help using a computer, laptop, tablet, iPad or mobile phone, we are now offering support by phone or by Skype, anyone needing help should contact either Yvonne or Penny.

Ideas of things you can do whilst staying safe at home

- Knitting, Crochet, Sewing, Embroidery, Mending, Jewellery Making, Painting, Drawing or try some mindfulness colouring
- Spring cleaning, organise a cupboard or drawer—anything thing you no longer want save for charity, our Uppingham Shop will be happy to receive donations once it re-opens
- Gardening or if you don't have a garden you could grow herbs or salads in a pot on a windowsill, many garden centres are now offering a delivery service
- Cooking, vary your recipes to the ingredients you have, Jamie Oliver has an inspiring programme on Channel 4
- Play an instrument, sing or listen to music
- Play board or card games, do a jigsaw, sudoku or crosswords
- Exercise when you can, chair exercise and moving regularly, try mediation or relaxation
- Keep in contact with family, friends and neighbours by phoning, writing a letter or emailing, if you have internet you can Skype, use Zoom, Facetime or Messenger video call. Through video messaging you can have virtual a coffee morning, afternoon tea or party
- Watch a film or comedy on TV, for older films try "Talk TV" channel 81, "Dave" channel 19 is good for comedies.

Rutland Libraries have access online to audio books, eBooks you can read on an tablet, magazines and newspapers see their [website](#) and [Family history research](#)

Theatre Companies showing past live performances online include [National Theatre](#) • Andrew Lloyd Webber Musicals- [The Shows Must go on!](#) • [Shakespeare's Globe](#) • [Royal Opera House](#) • [Cirque Du Soleil](#) • [Curve Theatre archived shoes to watch](#) • [Hampstead Theatre](#)

Learn something new [Open University free courses](#) and [Duolingo](#)

Watch the Rutland Water Osprays on the live camera link <https://www.lrwt.org.uk/>

Useful websites & phone numbers:

Silverline helpline for older people available 24 hours a day every day 0800 470 80 90	Admiral Nurse Dementia Helpline: 0800 888 6678	Rutland Food bank 07582 783363
NHS 111 or online www.nhs.nhs.uk	Turning Point for alcohol and drug problems & Last orders 0116 223 7366	RSPCA animal cruelty & advice line 7 am—10 pm 0300 1234 999
Police Non emergencies 101	Gamcare National Gambling helpline – 0808 8020 133	Mind mental health charity info line 0300 123 3393
In an Emergency, Police, Fire, Ambulance 999	Refuge advice for dealing with domestic violence 0808 2000 247	SANE mental health charity operating a leave a message line 07984 967 708
Samaritans 116 123		Lets Talk local NHS mental health service 01509 561 100

Age UK Local Contact Details

Oakham and North Rutland - Yvonne Rawlings 077388 20910 or 01572 770 324 (answer phone— checked daily —weekdays)

yvonne.rawlings@ageukleics.org.uk

Uppingham and South Rutland - Penny Stimpson 07715 960167 or 01572 822 171 (answer phone— checked daily —weekdays)

penny.stimpson@ageukleics.org.uk

Age UK Leicester Shire & Rutland Advice Line free, confidential and independent which can help with anything that affects your quality of later life. It is open from 9am to 1pm on weekdays on 0116 299 2278