



LUTTERWORTH & DISTRICT

Charity No: 247288

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Lutterworth LE17 4AT

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WEBSITE: www.ageconcernlutterworth.org.uk

Events, News & Information

Big Information Day Special

Autumn & Winter 2020

In this special issue, find out about service providers & activity groups in our local area, as well as information and advice dealing with various aspects of ageing.

If you live within our area of Lutterworth & surrounding villages you are welcome to join us for our COVID secure activities.

Making the most of life

AUTUMN

Dear Friends,

Covid-19 certainly brought many challenges to us all! Especially those having to face this virus on their own, many are still feeling the need to continue to isolate.

Thanks go to all the amazing volunteers who worked together with our local community providers, to form the CRISIS group especially the Reverend Charlie Styles and his team who headed the operation. Without the support of these people many local residents would have suffered.

Gradually we are moving on, re-starting some of our activities, which are always within COVID-19 secure premises and following guidelines, everyone's safety is a priority. Keep reading this newsletter to find out what services we have up and running. We would love to say that we will be back to normal in 2021 with our days out, events etc. but I guess we will just have to wait and see...

With the re-opening of the shop we welcome our newly appointed sales assistant Carolyn Sandland, this takes our team to four members of staff. Donations are steadily arriving each day, timed appointments being the norm for now. We are always on the lookout for new volunteers so, if you are reading this and have wondered about volunteering please give us a call! We would love to have you onboard.

This newsletter also contains adverts from local service providers. We are unable to run our Big Information Day in October so we thought we would bring the exhibitors together here, helping you find information and answers on a wide range of topics. This may be the newsletter you need to keep for reference in the future!!

**Wishing you all well,
Stay Safe**

Alison, Jane, Lizzie & Carolyn.

Your local Age Concern working for those people in middle / later life of Lutterworth & surrounding villages to make it a fulfilling & enjoyable experience.

Disruption to Services Due to COVID-19

Due to the ongoing pandemic, we have unfortunately had to suspend or alter many of our services.

Our day trips and line dancing class are cancelled for the time being. Travelling lunch clubs, and tea & natter afternoons have been altered to catered lunches locally.

Bingo sessions and exercise class are still running but have been split into smaller groups so that social distancing can be maintained.

We are working hard to make sure that all our events are as safe as possible, by using COVID-19 secure premises, and requiring that all attendees socially distance, sanitize their hands, and wear masks when appropriate.

There may be further changes to our events following government guidelines. For the latest news, please check our website or facebook page.

Transport

All our current events have transport available on request via Lutterworth Community Transport. However, due to the reduced numbers allowed on the community bus, we are only able to offer transport to those who would otherwise have no way to get to activities.

When travelling on the community bus, please wear a mask and gloves, and touch as little as possible.

Catered Lunches

Wednesdays 12 noon – 1.30pm

Instead of our normal travelling lunch club & tea and natter afternoons, we are instead putting on two course catered lunches at the Wycliffe Rooms.

All meals are held in as safe an environment as possible. The Wycliffe Rooms has been rated AA COVID Confident, and social distancing is maintained throughout the meal with everyone sitting at least one metre apart.

Meals run from 12 noon – 1.30 pm and are held on Wednesdays with each group attending once a month.

If you are interested in attending, call us on 01455 557116 and we can work out which date is best for you!

£10.00

Drinks not included, buy your own from the well-stocked bar.

Transport is limited but let us know if you have difficulties getting into town.

BINGO

Once a month

2nd Tuesday and 2nd Wednesday of the month

The Pavilion, Lutterworth Recreation Ground

2.00pm – 4.00pm

Each game is 50p or pay £3 for the full book of 6 games. Cash prizes are given for a line and house on every game, so it's easy to win your money back!

Games are held in a socially distanced environment, and masks are required to be worn except for when we take a refreshment break in the middle or if you are exempt.

Refreshments are 50p each. Coffee & tea are made in hygienic conditions, and come with an individually wrapped cake/biscuit.

We can only fit in a small amount of people each session, so are currently running two different sessions a month. If demand increases, we may add a third session.

Please do not just turn up on the day – ring us on 01455 557116 to book a place in advance!

Christmas Lunch

**Monday 7th December &
Tuesday 15th December**

Wycliffe Rooms, Lutterworth

12 noon – 3.30pm

Join us for a Christmas Lunch! To accommodate as many people as possible while still providing a safe, socially distanced environment, we are planning on holding two separate lunches.

Enjoy a three course meal with friends! Price to be confirmed, please ring for more details.

We hope to provide entertainment as permitted by government guidelines.

Limited transport will be available.



Visit our website at www.ageconcernlutterworth.org.uk for: an online calendar of events; more information on the services we provide; information on how you can help us out through donations and fundraising; photo galleries from our previous events; and more!

Seated Exercise Class

Every Friday Morning at the Wycliffe Rooms,
Lutterworth

45-minute sessions



Come along for a session of seated exercise to music, led by our professional instructor Tracey. Perfect for those who wish to maintain or improve their mobility! Masks are not required while exercising.

For social distancing reasons, numbers are limited each session, so we are running multiple sessions every Friday morning. To find out which timeslots have free spaces, please call us on 01455 557116.

After exercising, feel free to visit the Wycliffe Rooms tearoom, open from 10am – 2pm.

£3.50.

Fun & laughter free!

'THE GREATEST SHOWMAN'

FILM SCREENING

Wycliffe Rooms, Lutterworth

Thursday 5th November

2pm – 4.30pm



Join us for a screening of 'The Greatest Showman'. Starring Hugh Jackman, this film celebrates the birth of show business and tells of the visionary P. T. Barnum who rose from nothing to create a spectacle that became a worldwide sensation.

The film includes a 20 minute intermission during which complimentary tea & coffee will be served.

The bar will be open at the Wycliffe Rooms and traditional ice cream tubs will be available for purchase.

£6.00

Big Information Day Special

Unfortunately, due to COVID-19, we haven't been able to put on our annual Big Information Day.

Instead, we have filled the following pages with helpful information & advice, as well as details of service providers & community groups in the Lutterworth Area.

Look and see if there's anything that could be helpful for you!

If you want more information or there is something we **have not** covered, call into our shop next to the Town Hall in Lutterworth.

We have information leaflets available or you can ask Alison or Lizzie in the office for help with your queries.

Our newsletter has a circulation of up to 1000 copies, handed out at our shop and events, as well as being distributed at locations around Lutterworth. If you would like to advertise in our newsletter, please contact us on

01455 557116 or email

info@ageconcernlutterworth.org.uk

Volunteers Needed

Age Concern Lutterworth & District **needs volunteers for our charity** to keep delivering our activities and events for the local community.

Could you volunteer in our shop? no experience is needed, only a **positive and helpful attitude**.

You can **make new friends**, gain skills and experience, **increase your confidence**, and give back to your local community.

The minimum commitment we ask for is approx. **3 and a half hours a week** in either the morning or afternoon, from 9.30am-1pm or 1pm-4.30pm.

For more information contact us on 01455 557116 or call into the office and ask for a volunteer information pack.

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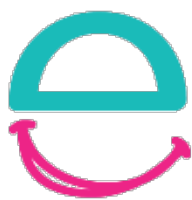
You don't have to be into sport or even be an athlete to enjoy the benefits of sports massage.

Sports massage is a natural therapy which helps to reduce muscular pain, improves circulation and aids healing.

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For an appointment call 01455 553127 or 07976 569 074



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With www.easyfundraising.org.uk, whenever you shop online, whether for groceries, clothes, holidays, insurance, or anything else at the thousands of sites supported, you can earn a donation for Age Concern Lutterworth.

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The Innocent Smoothies

Big Knit

The Big Knit is on for 2021.

Our target is 6000 hats!!

Can you help us?

Each hat is worth 25p for our charity. So far we have just over 4000 hats, so please, to all our knitters carry on...

If you want to help out, patterns for hats can be found online at <http://www.thebigknit.co.uk/knitting-patterns>, or if you call into the shop we have some printed copies that you can take away. We also have free bits of wool for knitters (depending on availability).

Many thanks AGAIN to all our Big Knitters!



little hats, big difference



Lutterworth U3A



Lutterworth U3A is part of an International Organisation whose motto is Learn Laugh Live. We want to provide the people of Lutterworth and surrounding villages who no longer work full-time with the opportunity to meet others and enjoy their retirement years.

We have many interest groups including walking groups, groups that meet to play scrabble, whist, bridge etc, also music, poetry and jazz appreciation groups. We play table tennis, new age kurling and we line-dance. We enjoy days out, theatre visits, trips to look around glorious gardens and properties and many other opportunities including scaring ourselves with adventures. We meet on a monthly basis with speakers to entertain and enlighten us.

Unfortunately since the Covid-19 lock down we have not been able to enjoy all that Lutterworth U3A can offer but we are gradually starting to meet socially-distanced and safely and hope that we can return to near normal before too long. Even whilst in lock down we have continued to read books and share our thoughts on them and have taken part in quizzes via email.

If you would like to join Lutterworth U3A so that you can join us as we start to meet again, please contact our Membership Secretary on 01455 283512. You will be made very welcome.

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Healthy Walking Group

Every Monday, 1.30pm

Meeting at the rear of the Shambles pub,
Lutterworth

This is a 45-minute circular walk around the town. No cost, you will need to register and book online at;
www.harboroughsport.org.uk/walking

Organized by Harborough District Council



Wycliffe Lutterworth U3A

We meet on the 2nd Thursday of each month at the Wycliffe Methodist Church from 10 am to 12 noon. At present, due to COVID-19, these meetings are suspended.

Many outdoor activities, such as Cycling, Tennis and Motor Cycling are able to continue, and the many varied Interest Groups maintain contact online.

If you would like to join please email Ann Hetherington, the Membership Secretary, at ann@netcomz.com

Pension Credit

Over 75's are no longer automatically eligible for a free television license. Instead, you will only be able to get one if you or your partner are receiving Pension Credit.

If you are not currently receiving Pension Credit, that doesn't mean you don't qualify! Pension Credit must be claimed, you won't receive it automatically.

To claim Pension Credit, you must have reached state pension age. If you live with a partner, they also need to be state pension age.

Pension Credit is means-tested and to get it you must be below a certain level of income.

There are two different parts to Pension Credit:

Guarantee Credit tops up your weekly income to a guaranteed £167.25 if you are single, or £255.25 if you're a couple.

Savings Credit is extra income if you have some savings or your income is higher than the base state pension. You could get up to £13.73 extra a week if you are single, or £15.35 if you're a couple.

To claim Pension Credit you can telephone the Pension Credit claim line on 0800 99 1234, or textphone on 0800 169 0133. A friend or family member can talk on the phone for you, but you must be present.

If you're claiming Pension Credit, you may be able to receive other benefits such as the Cold Weather Payment, free NHS dental treatment, Housing benefit & more.

Attendance Allowance

Attendance Allowance is a benefit for people over State Pension Age who need help with personal care or supervision by day or someone to watch over them by night, because of illness or disability.

It's not means tested so it doesn't matter how much income you have, and it won't decrease any of your other benefits. To claim it, you need to meet these conditions:

- You are over State Pension Age
- You could benefit from personal care or supervision (you don't have to spend the money on a carer if you don't want to!)
- You have any type of illness or disability including mental illness
- You have needed help for at least 6 months (if you are terminally ill, you can claim straight away)

You can use it to pay for personal care, help with tasks such as laundry and shopping, or specialized equipment such as bath chairs and stair lifts.

To claim Attendance Allowance, call into our shop and ask to speak to Alison or Lizzie. We can then refer you to Age UK Leicester Shire & Rutland who can help you fill out the form to claim.

Benefits Calculator

Age UK offers a free benefits calculator to work out what you may be eligible for. This includes benefits such as Pension Credit, Attendance Allowance, Tax Allowance, Warm Homes Discount and Winter Fuel Payment.

Visit <https://benefitscheck.ageuk.org.uk/Home/Start/>

Or if you do not have internet access, you can call their freephone line 0800 055 6112.

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Local Area Co-ordinator Lutterworth

Lynne Brydon-Graham

Often when a person feels alone, or in need of support or care, they would like simply to get help from within their own community.

I don't provide a formal social care or health service. Instead I ask people "what would make a good life for you?" and help them find how best to lead that life in their local community, to adults aged 18 and over.

I am here to help people avoid reaching a crisis in their life or help them to recover if a crisis has already happened.

I am a referrer to Lutterworth Foodbank and can refer & signpost when relevant to citizens advice, mental health support, volunteer organisations, community groups, health services, council services, police and fire services,

Please contact me if you think that you, or a relative or neighbour, could benefit from my help.

My working hours are:

Tues – Thursday 7:30am – 5:30pm, Friday 7:30am – 4pm

Leicestershire County Council Public Health

Email: Lynne.Brydon-Graham@leics.gov.uk

Mob: 07889 806 061

Age UK Leicester Shire & Rutland

www.ageuk.org.uk/leics/

Their advice line 0116 299 2278 is open 9am-1pm weekdays, and can help with issues such as money matters, property, welfare benefits, leisure and social activities, housing, family and personal matters.

They have DBS checked handymen & gardeners available for hire on 0116 299 2254. Or for more specialized services there is a database of Trusted Traders available, call 0800 599 9435 to have one of their staff search it for you.

The Last Orders project offers information on the importance of safe drinking, and support for those concerned about alcohol consumption or substance use on 0116 223 7366.

Citizen's Advice Leicestershire

0300 3302 111

Free independent and confidential advice on topics such as legal issues, pensions, disability, benefits, housing, health, energy bills & consumer rights.

Lutterworth Library

Lutterworth Library is currently open for reduced hours. To visit you need to book a time slot by calling 0116 305 2695. Computers, printers and home delivery are unavailable as of September 2020.

First Contact Plus

www.firstcontactplus.org.uk

First Contact Plus is an online tool which helps adults in Leicestershire find information about a range of services all in one place. It allows residents who require help with issues to access a catalogue of information, advice, help and support. Information and resources on housing, health, living independently, money advice, work, security and other topics that assist the county's residents can be found on this site.

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Snapethorpe House,
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Guide to Mask Wearing

Under law, **everyone is currently required to wear a face covering** such as a mask or face visor in certain situations, including in shops & banks, on public transport, at entertainment venues and in places of worship.

When wearing your mask, make sure that your **nose and mouth are both covered**. It should fit snugly so there's no space between the mask and your face. Wash your hands before you put it on & before and after you take it off and avoid touching your face while you're wearing it.

If you have an ailment or disability that means you cannot wear a face covering, or would experience severe distress from wearing one, **you are not required to wear one**. This includes psychical issues like COPD or severe asthma, or mental issues such as PTSD or dementia.

A business may ask if you are able to wear a mask, but if you say you are exempt they should not ask you to say why you are exempt, or ask for proof such as a doctor's note or id card.

If you have hearing difficulties, **people are allowed to remove their masks so that you can lip read or hear clear sound**. If they remove their masks, stay as far from them as you can while still being able to communicate properly!

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My Mind Matters

My Mind Matters is a Harborough based project set up to help you to take control of your life whilst living with a mental health diagnosis.

Due to the COVID 19 pandemic we aren't currently running any face to face activities. We are holding an online community drop in group via Zoom known as the *Ngage* Group. This is held weekly on Thursdays and all are welcome to attend. Topics discussed can be anything from Yoga and Bingo to informative conversations such as talking about wellbeing, with the aim of raising confidence to get back into the community.

We also offer one to one support known as community recovery support to achieve or overcome one goal or obstacle as well as coping techniques for certain mental health issues such as anxiety. This is a weekly telephone call for 30 minutes that lasts up to 4 weeks.

Our telephone line (01858411383) is still open during business hours to enquire about our services or offer any advice/signposting with regards to mental health issues or wellbeing concerns for those within the Harborough District.

Think Digital

Problems with Smartphones? Tablets? Laptops? Desktops?
Or just lacking confidence and needing advice?

Age UK Leicester Shire & Rutland are offering free one to one support, by phone or online, to help you out with anything you want to do on the computer, from online shopping to video calling family & friends.

To find out more, phone 0116 223 7371.



Voluntary Action South Leicestershire (VASL) is your local charity
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Tackling Loneliness

Among those over 60 living alone in the Harborough District

We have volunteers who:

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Give digital support



**We support people and
communities to thrive.**

The National Lottery Community Fund





Support For Carers

Do you look after someone who has an illness,
disability or is elderly?



**Support for Carers is launching a new Carers Passport
across the county of Leicestershire**

This is a simple card that you can carry in your wallet or purse. It will be recognized locally as a Carers ID card so that people know you're a carer without you having to explain yourself or fuss with paperwork, and they can provide you with the advice & support you need to care for your loved one.

To get one you just need to provide help to a family member, friend or neighbour who can't manage on their own. You don't need to be alone in supporting them either.

To register for a Carers Passport, and to find out what other services Support For Carers offers, you can contact them on:

01858 468543

Or visit www.supportforcarers.org.uk

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Share & Care Group

Provides a person-centred approach to supporting people living with dementia and their carers.

Various activities and events are held each week and have included cooking, gardening, singing for the brain, crafts, games and much more.

For more information please contact

Sophie Styles – 07801 735242

To view a calendar of events, visit

<https://www.lutterworthshareandcare.org/events/>

ADVERTISEMENT



Providing transport for those in the areas around Lutterworth and Broughton Astley.

SOCIAL CAR SCHEME – We offer door-to-door car services for people who are vulnerable, disabled, or elderly, also for those who are rurally isolated. We are currently operating trips as before but be aware that we still have a limited number of volunteers at the moment, so drives may have to be prioritised to health appointments.



COMMUNITY MINIBUS TRIPS –

We have now made our buses COVID secure as per Government guidelines. We have recently restarted our weekly village shopping trip and will be looking to gradually restart other shopping trips in the near future.

MINIBUS HIRE TO COMMUNITY GROUPS – At present we are able to provide buses with one of our volunteer drivers to groups, however at present we can only carry 5 passengers at a time.

**For more information on our services, to book trips or enquire
about volunteering please leave us a message on:**

01455 55 55 71

*Please be aware that our office is currently closed and we are working
remotely. We aim to respond to all messages within 24 hours.*

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Sunrise Care Advisers

INDEPENDENT Care Advice for Families

Are you trying to balance work, family life and me time whilst supporting older relatives with increasing care needs?

Does this sound familiar?

- You are finding the adult health and social care systems difficult to navigate.
- You are not sure where to start when looking at care options.
- You are struggling to complete application forms for funding.

If the answer is yes, then we provide practical advice and information to help you.

Sunrise Care Advisers are dedicated to helping families and their older loved ones be fully informed and remain in control..

If you would like to know more or feel unable to complete the application forms, then contact us for a FREE initial consultation.

Call: 01164 300 230

www.sunrisehomesupport.co.uk



WARM HOMES

Leicestershire County Council has partnered with E.ON and Age UK to launch the Leicestershire Warm Homes Fund.

If you don't have gas central heating, the fund may be able to fully fund installation for you! If you're not connected to gas, they can help you with that too.

Even if you already have gas central heating, the scheme can help with the following:

- Additional improvements such as having cavity wall and loft insulation fitted.
- A check to see if you're entitled to benefits such as the £140 Warm Home discount on energy bills.
 - Advice on finding a better energy tariff
 - Priority support in case of a power cut

You are eligible for support if you receive the guarantee element of Pension Credit, Attendance Allowance, Disability Living Allowance or a number of other benefits.

Alternatively, support may be available if your annual household income is below £21,780.

For more information or for help applying, call **First Contact Plus on 0116 305 4286.**

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Looking for a care home or a home care package? We can help

We offer a **free and independent** service that can help you find the right care home, live-in care or domiciliary care package for you.

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“

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SCAM WATCH

Be careful and watch out for scams! Scammers will deliberately target older people – the average age of a scam victim is 75.

Scammers can contact you by telephone, email, letter or face-to-face. **They can pretend to be the police, the post office, your bank, utility providers, Amazon, the tax office, a lottery and more.** They can even say they are calling you on behalf of your relatives.

Never give out your bank details or personal information such as your passport to somebody contacting you! If you are not sure if a bill you have received is real, contact the company or your bank. Do not ring the number given to you on a letter demanding money, as this can secretly be a scammers number – instead, find the real number online or through the phonebook. **When in doubt, hang up or close the door – do not worry about being rude!**

If you suspect that you or someone you know are being targeted by scammers, contact Action Fraud on **0300 123 2040**. You can report a crime to them and get help and advice.

Please let us know if you hear of any scams in the Lutterworth area.

Age Concern Lutterworth & District

Here to help and support people of the district when and where we can. We give information on a variety of topics: attendance allowance, staying safe, support at home, care homes and much more. We hold a variety of leaflets and information in the shop, please feel free to call in and pick some up.

Diary Dates

Dates	Time	Activity	Price
Every Friday	Morning	Seated Exercise Class	£3.50
1 st Wednesday of every month	12noon – 1.30pm	Travelling Lunch Club 4	£10.00
2 nd Monday of every month	10.45am – 11.45am	Book Club	FREE
2 nd Tuesday of every month	2.00pm – 4.00pm	Bingo	50p - £3.50
2 nd Wednesday of each month	2.00pm – 4.00pm	Bingo	50p - £3.50
3 rd Wednesday of every month	12noon – 1.30pm	Tea & Natter Lunch	£10.00
4 th Wednesday of every month	12noon – 1.30pm	Traveling Lunch Club 1	£10.00
Thursday 5 th November	2.00pm – 4.30pm	'The Greatest Showman' film screening	£6.00
Monday 8 th December	12noon – 3.30pm	Christmas Lunch	TBC
Tuesday 15 th December	12noon – 3.30pm	Christmas Lunch	TBC

Services may be subject to cancellation or a change of venue. If you're planning on attending a service for the first time you must book in advance. Contact us for availability on 01455 557116.

To check if we have anything else planned you can visit our facebook page at www.facebook.com/ageconcernlutterworth or our website.