



## Rutland Wellbeing Partnership

*Bringing together like minded organisations that provide health and wellbeing services*

### **Newsletter 9 - July 2016**

Welcome to the latest edition of Rutland Wellbeing Partnership newsletter. Our advisers are based at Citizens Advice in Oakham, funded by For Rutland In Rutland, and offer free, confidential and impartial advice to local people affected by long term health conditions including cancer, dementia, Parkinson's and epilepsy.

In the past three months we have been able to secure £139,591 for clients, either through benefit gain or grant funding. An example of the help and assistance we offer is the case study below:

#### **Case Study**

*A working age client and his wife phoned the Citizens Advice as the client had given up work due to a terminal illness. The client was in receipt of PIP and a small occupational pension. However, her SSP had ended and she had not realised she could claim ESA. As she had a terminal illness this claim could be fast tracked. We assisted her to make the claim and also lodge an application for a travel grant. The client was awarded £89 per week (an annual gain of £4,628) in ESA and a travel grant of £1500 towards hospital appointments.*

### **FOR RUTLAND IN RUTLAND (FR-IR)**

It has been a hectic few months 'For Rutland-In Rutland'. Following the success of the Good and New Show, we have quickly moved on to the next fundraising events, including the Exton Ride, The Grand Bottle Tombola and The Illumination Ball.

Our thanks go to Meichelle Saunders who organized **The Exton Ride**, which was a great success, blessed with wonderful weather. **The Grand Bottle Tombola** at the Rutland Show turned out to be a triumph this year, with over 1500 bottles which raised £5000. We would like to thank everyone involved.

With further events in the pipeline we aim to become more pro-active with PR and marketing communications. In May we welcomed Caroline Hammond on board, who will focus on marketing and help us to raise our awareness and fundraising efforts further.

We are looking forward to the **Golf Day at Rutland Water Golf Course on Friday 9 September**. There are still a few places available, but if you are interested in entering a team or to join as an individual, please book quickly as spaces are limited. The golf day includes refreshments during the day, a halfway house and a 2 course dinner with prizes at to complete the day. For more information, please contact

**Belinda Milton, [belinda@reservoir-finance.com](mailto:belinda@reservoir-finance.com), Tel. 07816 820 336.**

Our volunteers have already started to work on the Good and New Show in 2017. Do let us know if you would like to get involved by donating clothes or volunteering, as we would love to hear from you. For more information please contact **Trish Ruddle 07801319222 or Elizabeth Mills 0771 873811.**

### **FUTURE EVENTS 2016: For Rutland-In Rutland**

Friday 9<sup>th</sup> September

The FR-IR Golf Day  
Rutland Water Golf Club

[info@fornrutlandinrutland.org.uk](mailto:info@fornrutlandinrutland.org.uk)

[www.fornrutlandinrutland.org.uk](http://www.fornrutlandinrutland.org.uk)

[www.facebook.com/fornrutlandinrutland](https://www.facebook.com/fornrutlandinrutland)

<http://campaign.justgiving.com/charity/rutland-cab/fornrutlandinrutland>

*Here is a snapshot of some news of the incredible organisations that support local people with long term illness and an update about what's been happening in the past few months.*



**Rutland Rotaract Family Support Centre** aims to provide social, recreational, educational and therapeutic support to children and young people (0-25) with special educational needs (SEN) or disabilities, and their families.

Based in Oakham, we organise regular activities during term-time including swimming and riding lessons, Carers' Choir, Film Club and Family Support drop-in sessions. We also run additional activities such as cookery, music and gardening on a rota basis. We organise a range of holiday activities and social events, including our popular family Christmas lunch at Launde Abbey, summer barbecue and days out.

As a charitable organisation we are dependent on grants, donations and fund-raising to maintain all our activities, although participants are expected to make a contribution towards the cost of activities.

For more information, please contact us at  
[rffc@hotmail.co.uk](mailto:rffc@hotmail.co.uk)  
[www.rutlandrotaractfamilysupportcentre.org](http://www.rutlandrotaractfamilysupportcentre.org)  
[www.facebook.com/RRFSCRUTLAND](http://www.facebook.com/RRFSCRUTLAND)

## **Rutland Stroke Club**

With around 30 members, the Rutland Stroke Club continues to offer support to stroke survivors and their carers. Members meet once a month in the Community Room of St Josephs Roman Catholic Church on Station Road in Oakham and entertainment and coach trips are organized throughout the year.

This vital group is self funding and monies are raised from regular raffles, bingo sessions, subscriptions, annual tin collections and donations. This devastating and life changing condition has psychological implications too and the club enables folk to meet up and share their experiences with one another and to laugh again. This is a very positive and uplifting group to be a member of.

For more information of club activities, please contact either Jackie on 01572 756926 or Eileen on 01572 722549.

## **Alzheimer's Society**

Our Dementia Support Worker for Rutland provides information, support and practical guidance. For more information call Sam Gisborne on 0116 231 1111. At our Memory Café, Carer's Support Group and Activity Group (details below) you will get information, support and meet other people living with dementia and their carers. No need to book, just come along.

Over the next few months, we have a variety of guest speakers at our groups including Fire Service, Citizens Advice Bureau and a local Solicitor. For more information call 0116 2311111.

<b><u>Groups</u></b>	<b><u>LOCATION</u></b>	<b><u>FREQUENCY</u></b>	<b><u>TIME</u></b>
Oakham Memory Lane Cafe	St John & St Anne's Community Room, off Westgate, Oakham, LE15 6AZ	1 <sup>st</sup> Thursday of each month	10:00am – 11.30am
Peer Support Group for Carers and Activity Group for People with Dementia	Volunteer Centre, Lands' End Way, Oakham, LE15 6RB	4 <sup>th</sup> Wednesday of each month	10.30am – midday



### **Changing the way the nation thinks talks and acts about dementia**

To become a Dementia Friend, you can attend one of our information sessions. We offer these across Rutland and can also tailor a session to suit your needs, at your business, college or school. For more information on Dementia Friends, visit the website [www.dementiafriends.org.uk](http://www.dementiafriends.org.uk)

For further information about a session near to you or to organise a session at your venue Tel: 0116 231 1111

### **Carer's UK**

6<sup>th</sup> – 12<sup>th</sup> June was [Carers Week](#) and Jacqui Darlington, one of Carers UK's growing team of Volunteer Local Ambassadors who represents Carers UK in Rutland was promoting the work that unpaid carers do and helping to build Carer Friendly Communities in Rutland and Stamford.

Jacqui herself a carer understands some of the needs of carers and her role as a Carers UK volunteer varies and may involve: -

- Signposting new carers to Carers UK and local services in Rutland
- Welcoming new members to Carers UK
- Letting people know about the work of Carers UK
- Putting up posters in shops, GP surgeries and other places where we might find 'hidden' carers

If you would like to know more about Carers UK/Carers Week or if you require any advice or information, please feel free to contact Jacqui via [jacqui.darlington@carersuk.net](mailto:jacqui.darlington@carersuk.net) or the Carers UK Adviceline on 0808 808 7777 or via [advice@carersuk.org](mailto:advice@carersuk.org)

Jacqui Darlington  
Carers UK

Local Ambassador Rutland - Volunteer



**News items** *If you have any news snippets, diary dates or information about your successes or service that you would like to include in our next newsletter please email [office@rutlandcab.org.uk](mailto:office@rutlandcab.org.uk)*