



## Northamptonshire ACRE's Rural Wellbeing Service Newsletter

Promoting your personal and community wellbeing

# Autumn Edition 2018



### A warm welcome from the Rural Wellbeing Service

In June the Rural Wellbeing Service (RWS) underwent change with two new Fieldworkers Kay Giles and Jess Gooding being welcomed onto the Project. Kay has previous experience of working in the charity sector, and for Jess this is her first foray into charity work.

Since then, the ladies have been getting acquainted with their roles, networking and forging new working relationships with other charities, local service providers and the grass roots village organisations around the area. As the RWS covers rural areas across the whole of the county they have discovered villages new to themselves, whilst taking in the idyllic countryside that we are so lucky to have in Northamptonshire.

Hopefully you will enjoy the latest newsletter offering and do please keep in touch.

### 'Out and About'



From day one, both Kay and Jess were keen to get out talking to people, to explain what the RWS is all about and helping to reduce isolation for those in rural communities.

Over the summer the ladies did a tour of the Country Parks with the Rural Information Centre (RIC) – they certainly had the weather for it! They were particularly well received at Daventry market, outside Brixworth library and the Co-op in Oundle, all excellent venues to meet villagers interested in our services.

As well as taking the (RIC) into villages, they have been attending library drop in sessions, lunch clubs, coffee mornings, festivals and village shows, as well as larger events organised by partner organisations.

More recently they supported Northamptonshire ACRE's second Annual Good Neighbour Day at Moulton Community Centre, the day was a great success with 50+ attendees, talks, live music and a yummy lunch.

They were also well received at the Daventry and SN Neighbourhood Policing Team Meeting booked in conjunction with one of our partners Northamptonshire Sport, and Jess became famous overnight when she was interviewed about our service on Radio Northampton!

## Forthcoming Events

### Rural Wellbeing Event

Thursday 15th Nov



Oundle Library  
10am– Noon

FREE advice &  
signposting

Northamptonshire  
Carers



Weds 5th Dec 2018 7-9pm

**Christmas Cheese & Wine Tasting**  
*with local charities providing  
information on their services*

Rushden Waitrose, Crown Park, NN10 6AR

To book a table for your charitable organisation  
email:- [jakkie@northamptonshire-carers.org](mailto:jakkie@northamptonshire-carers.org)

If you would like to advertise your event here, send us an email with the details to:-

[wellbeing@northantsacre.org.uk](mailto:wellbeing@northantsacre.org.uk)



## Spotlight on a service

### Our Good Neighbour Volunteers

We already have a small band of trusty volunteers working across the villages who provide support for other residents, particularly those more isolated or older residents, who may need help on an occasional or regular basis. We are very grateful to them and the amazing work they do, so thank you so much, but **we can always do with more volunteers!**

Volunteers can give as much or as little time as they feel able to, maybe having a friendly chat whilst out on their regular dog walking, fetching a pint of milk during bad weather, or just checking that an elderly neighbour is up and about safely in the morning.

Some Good Neighbour Volunteers arrange a traditional 'tea and cake' afternoon in their local village hall or community centre, encouraging those in the community that wouldn't otherwise socialise to feel a sense of belonging. Our volunteer in the north of the county set up a Monday Men's club which is running very successfully, regularly attracting up to 20 members. Well done!

More formalised Good Neighbour Schemes are well established in Moulton, and Northamptonshire ACRE would like to see these schemes rolled out across Northamptonshire as they reduce social isolation and loneliness and both volunteers and users of the service benefit by being part of something so fulfilling.

**If you are interested in finding out more about being a Good Neighbour Volunteer, please get in touch with:-**

**Rebecca Breakwell (Rural Officer) on 01604 825884 or**

**[Rebecca.breakwell@northantsacre.org.uk](mailto:Rebecca.breakwell@northantsacre.org.uk)**



Although the Information Bus has now been packed away for the winter, the Wellbeing Fieldworkers have a few dates free in their diaries between December and March so they can still attend any village events (winter festivals or social groups) and offer our Free Advice & Signposting service. If your village would like them to come to you, contact the RWS on 01604 825883 or email [wellbeing@northantsacre.org.uk](mailto:wellbeing@northantsacre.org.uk)

They look forward to seeing you there!

### The five ways to wellbeing



### A good news story to warm your heart

Lady 80+ living in a South Northants village with increasing health issues, was waiting to greet us at our Rural Information Centre when it visited her village in July.

Client explained that due to her recent decreased mobility, she could no longer complete her own housework and needed support with a few domestic chores including house cleaning. Due to the remote area she lived in, she had previously struggled to find anyone who would be willing to travel to her remote village and she had no access to the internet to search for someone.

There were no close family members, so understandably she also expressed concern about what might happen if she eventually becomes too ill to live independently.

The Rural Wellbeing Fieldworker sourced some domestic cleaners that might cover that area and rang round for further information on her behalf. It was not an easy task because of the remoteness of her property, but eventually she was put on a waiting list for any future slots that may become available.

A local reputable domestic cleaning company has subsequently taken this lady on as a client on a fortnightly basis, so she now has a window cleaner and her housework taken care of.

Client has also been offered information from the Northamptonshire Care Services Directory so she can start to plan, her future, should she be unable to remain in her home.

The client's wellbeing has increased now she doesn't have to struggle with her domestic chores, thus reducing the risk of falls or potential accident and she is also enjoying the company it brings with it.

She is worrying less about her future and now understands she does have several options for future living that she can choose from in good time.

## Rural Wellbeing Service

### 'Would you like us to visit your village?'

Funded by the Big Lottery, we are happy to visit your village to give **FREE ADVICE & INFORMATION** on a wide range of topics such as:-

- Health & Wellbeing
- Energy efficiency
- Switching supplier
- Debt advice
- Assistive technology
- Support Groups and much more..



As well as visiting social groups our fieldworkers can even make home visits (All fieldworkers are DBS Checked). Call Kay or Jess on 01604 825883 for more details.

### Quote of the day

*"Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same."*

-- Carlos Castaneda

## How to keep in touch



01604 825883



wellbeing@northantsacre.org.uk



www.northantsacre.org.uk



Ruralwellbeing



@RuralWellbeing



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### Did you know?

The effects of loneliness are undeniably devastating. Half a million British people over 60 only talk to someone else [once a week](#) or less.

People who are lonely are more likely to experience dementia, heart disease, and depression.

When it comes to life expectancy, the long-term health effects of loneliness are equivalent to smoking [15 cigarettes a day](#).

**When's the last time you spoke to your neighbour?**

**Please help us to reduce this isolation now. Why not offer to have a cup of tea with them next week?**