

Hi Victoria

Please accept my apologies for the delay in getting back to you - I don't know where the time goes!

With regard to the Helping Hands, it's run by a lady called Annette Richardson who has the main telephone as co-ordinator, and there are various Whatsapp groups where we can contact the teams involved. If Annette is away the phone is passed to another member of the team so it's always covered.

Barrow is of course a much bigger village than Hoton so the team needs a lot of volunteers, but I think something similar could be set up in Hoton that could be managed.

Annette has a team of volunteers who help people in Barrow with numerous things such as collecting prescriptions, visiting lonely folk, taking people to the hospital etc. whatever is required. If they need a lift somewhere they do pay mileage or car parking fees.

Annette also has family details so if we are concerned about a member we are visiting we can let Annette know and if it's appropriate she will speak to the family to let them know.

We also sit with people who are ill to perhaps give their a partner a break so they can go to the hairdressers or barbers!

I walk a lady called Pam who has early stage dementia. Pam loves walking so we walk to Quorn every Monday morning at 10.30 and go to the tea rooms in the park and have a coffee and cake before walking back.

Pam is a lovely lady and thoroughly enjoys the time we spend together. She loves walking but is unable to do this on her own with her dementia as she worries she will get lost. We have a Whatsapp team called Pam and if I can't walk her for any reason I can notify them to see if anyone else can do it.

I also now speak to her daughter and we regularly chat about how Pam is doing.

If it's raining I take her to the garden centre and have a wander around then tea and cake!

They also have a lot of involvement with the library organising events such as scrabble, chess, etc. which could be arranged perhaps at the village hall with little effort.

We also do an afternoon tea for the people we help which is really nice for both them and the volunteers.

There are also events just for the volunteers - skittles, afternoon tea, evening walk followed by a drink.

Anyone in Barrow or their family who feel they need assistance can call Annette to see if we can assist. I recently went round and helped a lady fill in some forms for assistance which is

something I enjoy doing but she was unable to complete it. It only took half an hour to fill the form in but then tea and cake!

I think they applied for some grants to get set up and to cover admin and events - the people who attend these do not have to pay.

I think there are a lot of lonely people in Hoton who live alone and would perhaps enjoy the opportunity to go meet likewise people.

I would be happy to help out with this in any way I can. Please let me know if you need any further information - I could ask Annette if this helps.

Kind regards

Gaynor