

CEO Update



Cassie Forbes
CEO

Well, what a super Summer we have had. I can't remember such a sustained period of lovely warm weather and sunshine. It really lifted all our spirits, and hopefully yours too. I hope that you have made the most of it, as we have.

This is my second Newsletter as CEO, and the team have been busy working behind the scenes to recruit new staff to bolster our excellent Team Roar.

We have slowly and cautiously started to reopen some of our Strength and Balance classes and our Craft Club, we are also planning to pilot one or two of our Health and Wellbeing clubs over the next few weeks in line with the latest guidelines, mindful of rising cases again but in the knowledge that the vaccination programme appears to be working, and that we will have to now live with COVID long term. Further reopening will continue to be slow and controlled as we want to ensure all safety measures are in place at every venue and deliver you the best possible service.

We will be in touch with you all shortly and very much appreciate your ongoing patience at this time. Stay safe and enjoy this read.

Get those fingers moving!

While you patiently wait for clubs and services to reopen safely and slowly, why not give these hand exercises a go to help get yourself as ready as possible to going back to the things you love. These hand exercises are suitable for older adults and can be performed just about anywhere.

Finger Lifts

Designed to strengthen each finger, finger lifts will help restore mobility while giving tight hand muscles a good stretch.

- Start with your hand palm-side down on the table.
- Lift your thumb slowly off the table.
- Hold for two seconds.
- Gently lower your thumb back down.
- Repeat on each finger.
- Repeat the entire sequence on the opposite hand.
- reach that far just yet.
- Hold the bend for a few seconds.
- Return to the starting position.
- Repeat 10 times and then repeat on the left hand.



Bags of Sunshine



Earlier in the summer we delivered seeds and pots to many of you, in the hope of bringing a little ray of sunshine to your garden or home. They might have taken a bit longer than we had hoped to come out, but just look at some of these beauties!



Roar Member Jean showing off her sunflowers that have clearly been well looked after!



Standing tall next to Grandpa's sunflower!



A Face For Radio

“You’ve got a face for radio.” Are you familiar with this expression? One of its uses is to refer to someone who would sound good delivering radio broadcasts, but who wouldn’t necessarily be appreciated visually. Well, apparently it applies, at least in part to Gregor our Loneliness and Isolation Project Worker, and we have that on good authority from the folks at Paisley FM. With this in mind, we thought we would let Gregor make a bid to become ‘The Voice of Roar’.

As you can see from these photos, Gregor was up for the challenge and was soon locked away in a remote location recording his first demo of a 60 second information slot about volunteering opportunities.

The recording process had its ups and downs at first, but thanks to a pink duvet, and great feedback and advice from Norman Ross at Paisley FM, Gregor was finally able to lay down a broadcast-worthy recording, the first we hope of many. So, please keep your ears peeled for Gregor’s dulcet tones on Paisley FM as he shares information about all things Roar in the months to come.



The recording studio!

Give a little wrist-pect!

Wrist Stretches

Arthritis can extend all the way down to the wrists, which can make it difficult to perform tasks like typing on a computer, opening a jar and cleaning your home. Wrist stretches can help alleviate tension while improving mobility in this important area.

- Begin with your right arm stretched out in front of you, hands flat.
- Press gently down on your fingers with your left hand. The tips of your fingers should be facing the floor
- Hold the stretch for a few seconds.
- Repeat 10 times.
- Repeat on the left hand.



Staff Update

We have welcomed another addition to the Roar team, with Cara Murdoch joining us as our Business and Marketing Manager.

Cara has previously volunteered with Roar as a Befriender, at our footcare clinics and in our Men's Club in years gone by. She told us, "I am delighted to be working with Roar and I have loved seeing a few familiar faces passing the office, as well as chatting to new service users and volunteers. I can't wait to get to know many more of you when everything opens up again!"



Welcoming You Back...

...slow and steady wins the race



Roar members easing back in to their Otago exercises!

Over the last few weeks, we have been cautiously piloting a few of our Otago Exercise classes, along with our Craft Club. These sessions are being piloted with some Roar Members, who have really helped us understand how we will be able to move forward with reopening in a safe manner. With social distancing measures still in place at our clubs, we will be in touch with absolutely **everyone** who previously attended each club to find out how you feel about coming back, and what will work best for you. We fully understand that everyone will need to take things at their own pace.

It has been quite the journey for us all over these past 19 months, but we are coming out the other side, and we absolutely cannot wait to welcome you all back!

Roar Voices

"It's magical to see the interactions between volunteers and members. Everyone at the club helps each other. It's a happy club and a happy place to be."
Margaret, Craft Club volunteer

"I'm happy to be back. It's good to have something to do to break up the day because it can be a long day sat at home. It gives me a routine and something to aim for."
Alex, Craft Club service user

Charity's New Service For People Impacted By Sight Loss



The sight loss charity Sight Scotland has launched a new Family Wellbeing Service, including a freephone telephone helpline, providing support to people with sight loss and their families, carers and friends.

Individuals affected by sight loss, as well as carers, friends and families with a loved one affected by sight loss at any age or stage, can call the Sight Scotland Support Line on 0800 024 8973 to access the charity's expert advice, information and practical and emotional support. The Sight Scotland Support Line is free to call and open Monday to Friday, 10am - 12pm and 1pm - 3pm.



Anita- Family Wellbeing Service

Through the Support Line, the Sight Scotland team can provide information and advice on a range of topics including emotional support and befriending; advice on a wide range of visual impairments; equipment, aids and home adaptations; maintaining independence; and how and where to get support in your local area.

Other features of Sight Scotland's Family Wellbeing Service include befriending, home visits (when Scottish Government restrictions allow) and online information and advice through sightscotland.org.uk.

Colin Hilditch, Head of Community Services at Sight Scotland, said: "Sight loss has a huge impact on life, not only for the person with sight loss themselves, but also for their loved ones. Our research revealed a need for more advice and emotional support for the whole family to help them cope with the impact of their loved one's sight loss. We are proud to launch the new Sight Scotland Family Wellbeing Service and our new Sight Scotland Support Line to address this need for support. Our friendly team have extensive knowledge and experience to help each individual in any way for how sight loss is affecting them, and we hope people with sight loss and their families will reach out to us through our helpline for our expert advice and support."

For more information on the Sight Scotland Support Line, please visit sightscotland.org.uk/supportline or email supportline@sightscotland.org.uk

Help & Support

Age Scotland's "Check in, Cash out" campaign is seeking to raise awareness and take-up of social security among older people. The charity is encouraging older people to check in to see if they could be entitled to cash out.

Many older people are missing out on money which could make a big difference to their quality of life, health, and wellbeing. Their campaign is **encouraging people to contact the Age Scotland Helpline for a free entitlement check** to find out what support is available for them and to get help claiming it.

Check in to see if you or a family member could be entitled to cash out by calling Age Scotland's Helpline on 0800 12 44 222 (Monday - Friday, 9am to 5pm) or visiting www.age.scot to read Age Scotland's free information and advice guides.



£332m of Pension Credit goes unclaimed every year in Scotland

Check in → 0800 12 44 222 → Cash out

Age Scotland
Love later life

The advertisement is on a dark blue background. At the top is a white icon of a hand holding a coin with a Euro symbol. Below it, the text states that £332m of Pension Credit goes unclaimed every year in Scotland. At the bottom, there is a graphic showing a smartphone with the number 0800 12 44 222 on the screen, with arrows pointing to "Check in" and "Cash out". The Age Scotland logo and tagline "Love later life" are in the bottom right corner.

Get in touch with Renfrewshire Improving the Cancer Journey

0300 300 1380

adultservicesreferral.sw@renfrewshire.gov.uk

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call Macmillan Cancer Support on 0808 808 00 00 or visit macmillan.org.uk.



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (804). Also operating in Northern Ireland.

WE'RE
HERE
FOR YOU

Living with cancer in Renfrewshire?
The Improving the Cancer Journey
service is here to support you.

The advertisement has a green background. The text "WE'RE HERE FOR YOU" is written in large, white, bold, sans-serif capital letters. Below it, in smaller white text, is the message: "Living with cancer in Renfrewshire? The Improving the Cancer Journey service is here to support you."

In partnership with



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