

Suggested Speakers for Older People's Groups in Rugby for 2018

Finances, Legal, Housing, Energy . . .

Barry Collier Promotions Officer, Age UK Warwickshire Claremont Centre

Tel: 01926 458100

Services provided by Age UK Warwickshire

Rugby Citizen's Advice

Tel: 01788 541031 or 02476 643206

They will give money saving tips to groups, and can also provide money matters workshops on benefits changes, budgeting, energy deals, saving money on food etc

Roy Watson Estate planning

Tel: 07790 035523

Email: esfpadvice@gmail.com

Making sure care options and other arrangements are in place if someone becomes too ill to manage their own affairs

Rachel Jones Act On Energy

Email: rachel@actonenergy.org.uk

Can provide talks for community groups about energy efficiency and saving money on fuel

Judy Best National Energy Action

Tel: 02476 559191

Advice on saving money on energy and sorting out problems with energy suppliers, fuel debt and switching, talks to community groups.

Rugby Credit Union

Tel: 01788 577900

Email: rugbycreditunion@btconnect.com

Local savings and affordable borrowing scheme

Katey Stoneman Love Food Hate Waste, Warwickshire County Council

Email: kateystoneman@warwickshire.gov.uk

Money saving tips to reduce food waste

Sarah Faulks HEART (Home Environment Assessment & Response Team)

Tel: 02476 376800 ext 6367

Email: sarah.faulks@nuneatonandbedworth.gov.uk

Information on the service to provide advice and assistance to deliver disabled adaptations and home improvements to keep homes safe, secure and warm.

Caroline Harmon Severn Wye Energy Agency

Email: caroline.harmon@mea.org.uk

Advice on staying warm at home during winter, saving on your energy bills, dealing with fuel debt, energy efficiency, and renewables in the home.

Environment, Culture, History . . .

Chris Worman MBE Rugby Borough Council Parks & Grounds Manager

Tel: 01788 533653

Email: chris.worman@rugby.gov.uk

Talks on Rugby's green spaces and community edible garden projects

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| Trevor Hoyte | Rugby Borough Council |
| Tel: 01788 547621 | Email: trevor.hoyte@rugby.gov.uk |
| The work of Caldecott Park's rangers | |

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| Caroline Faulkner/Ruth Payne | Warwickshire County Council |
| | Email: carolinefaulkner@warwickshire.gov.uk or ruthpayne@warwickshire.gov.uk |
| Home composting workshops with the opportunity to get started with a compost bin for £5 | |

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| Sandy & John Young | Master Composters |
| | Email: johnsandyyoung@btinternet.com |
| Growing, composting and much more | |

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| Bronwen Williams | Warwickshire County Council Heritage & Culture |
| Tel: 01926 736240 | Email: bronwenwilliams@warwickshire.gov.uk |
| A programme of talks available - celebrating the heritage and culture of Warwickshire | |

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| Vic Minett | BBC Coventry & Warwickshire |
| | Email: viconair@bbc.co.uk |
| The mid-morning show presenter gives talks about her job at the radio station | |

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| Debbie Wright | Hedgehog Officer, Warwickshire Wildlife Trust |
| | Email: deborah.wright@wkwt.org.uk |
| Information and practical tips on how to make Rugby more hedgehog-friendly | |

Health, Disability, Carers . . .

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| Florence Thornton-Weeks | Cancer Research UK |
| Tel: 07879 201334 | Email: Florence.Thornton-Weeks@cancer.org.uk |
| Volunteering and fundraising opportunities at Cancer Research UK | |

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| Philip Hanrahan | Healthwise Co-ordinator, Queen's Diamond Jubilee Centre |
| Tel: 01788 565369 | Email: Philip.hanrahan@gll.org |
| What's available at your local leisure centre and the GP referral scheme | |

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| Chelsea Ashford | Community Sports Manager, Queen's Diamond Jubilee Centre |
| Tel: 01788 565369 | Email: Chelsea.Ashford@gll.org.uk |
| What's available at your local leisure centre and the GP referral scheme | |

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| Felicity Stratton | Guide Dogs Association |
| Tel: 0118 983 8882 | Email: Felicity.Stratton@guidedogs.org.uk |
| The work of the Guide Dogs Association. See www.guidedogs.org.uk | |

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| | Warwickshire Carers Wellbeing Service |
| Tel: 024 7610 1040 | Email: carerssupport@carerstrusthofe.org.uk |
| Talks about support they have to offer carers | |

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| | Friends of St Cross |
| Tel: 01788 663754 | Email: Office@fsx.org.uk |
| An experienced team can talk about the work of the Friends and the history and current services at St Cross | |

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| Fiona Palmer | Coventry & Warwickshire MIND |
| Tel: 01788 544015 | Email: rugbywbs@cwmind.org.uk |
| Wellbeing issues and services on offer at the Rugby Wellbeing Hub | |

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| Pamela Walker | Contact the Elderly |
| Tel: 0121 603 1331 | |
| Talks about regular Sunday afternoon tea parties for people aged over 75 with little social support. See www.contact-the-elderly.org.uk | |

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| Ray Pickering | Rugby Dementia Support Group |
| Tel: 01788 551416 | Email: r_pickering@sky.com |
| The work of the group in Rugby | |

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| Clare King | British Red Cross |
| | Email: clareking@redcross.org.uk |
| Basic first aid – slips, trips and falls | |

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| Suzanna Vandervelden | Rentmobility |
| Tel: 01788 810666 | Email: rentmobility@hotmail.co.uk |
| Mobility aids | |

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| Stephen Kelly | Wiltshire Farm Foods |
| Tel: 07532 274024 | |
| Meals delivered to your door | |

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| Vina Fatania | Healthwatch Warwickshire |
| Tel: 01926 422823 | Email: vina@healthwatchwarwickshire.co.uk |
| Independent consumer champion, representing the views of the Warwickshire public on health and social care issues | |

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| Gemma Barrow | Rugby First Responders |
| | Email: gemma.barrow@yahoo.co.uk |
| Talks about their work and offers an introduction to basic life-saving skills | |

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| Michael Wood | Warwickshire County Council |
| Tel: 01926 742177 | Email: mikejwood@warwickshire.gov.uk |
| Principal Adult Social Worker, talking about adult social care at Warwickshire County Council | |

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| John & Dee Franks | Quilts for Injured Servicemen |
| Tel: 01455 554619 | Email: johndeefranks@yahoo.co.uk |
| See www.q4is.co.uk | |

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| Katie Herbert | Warwickshire County Council |
| Tel: 01926 742464 | Email: katherineherbert@warwickshire.gov.uk |
| Assistive technology – equipment which can help people to stay safe and independent | |

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| Olivia Bowskill | Myton Hospice |
| Tel: 01926 838879 | Email: Olivia.bowskill@mytonhospice.org |
| The Community Engagement Manager (Registered Nurse) can give talks on the wide range of services available from Myton Hospice, including information about the local service that is on offer at Rugby Day Hospice which is situated in the grounds of Rugby St Cross Hospital. | |

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| Aimee Packwood | Alzheimer's Society |
| Email: aimee.packwood@alzheimers.org.uk | |
| Dementia Friends is a national initiative that aims to change the way people think, act and talk about dementia. Dementia Friends Information Sessions last for 45-60 minutes and can be delivered to groups free of charge. | |

Rugby Town Centre . . .

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| Aftab Gaffar | Rugby First |
| Tel: 01788 569436 | Email: aftab@rugbyfirst.org |
| The town centre and the BID rangers | |

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| Michael Beirne | Rugby Borough Council |
| Email: Michael.beirne@rugby.gov.uk | |
| Tourism and Town Centre Projects | |

Safety, Equality, Crime Prevention . . .

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| Local PCSOs | Warwickshire Police Safer Neighbourhoods Teams |
| Email: Each team has its own, available by searching for your local team (link below) | |
| See https://www.warwickshire.police.uk/article/5786/Your-local-policing-team-SNT | |

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| Ian King | Warwickshire Police |
| Tel: 01926 684279 | Email: ian.king@warwickshire.pnn.police.uk |
| Personal safety and home security talks | |

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| Rugby Borough Council Community Safety Wardens | |
| Tel: 0800 096 8800 | |
| Advice on community safety e.g. door alarms, home safety checks etc. | |

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| Lee McCarthy & Dave Sinclair | Rugby Borough Council |
| Email: lee.mccarthy@rugby.gov.uk / dave.sinclair@rugby.gov.uk | |
| Lifeline services offered by Rugby Borough Council | |

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| Suki Rai | Equality and Inclusion Partnership (EQuIP) |
| Email: suki@equipequality.org.uk | |
| The Senior Equalities officer can give talks about the service EQuIP offers | |

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| Linda Walton | Coventry, Warwickshire & Solihull Resilience Team |
| Email: linda.walton@coventry.gov.uk | |
| Handling emergencies and fire safety in the home | |

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| Jo-An Golding | Warwickshire Police |
| Email: jo-an.golding@warwickshire.pnn.police.uk | |
| Equality and diversity | |

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| Janet Hodgson | Rugby Soroptomists |
| Email: janet.hodgson36@gmail.com | |
| Talks on the organisation and its work and can bring along Datalinks for your group | |

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| Philip Seccombe | Police and Crime Commissioner for Warwickshire |
| Email: opcc@warwickshire.gov.uk | |
| The Commissioner's role is to hold the Chief Constable to account and listen to the views of the public on policing matters | |

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| Helene Heath | Warwickshire County Council |
| Tel: 01926 412432 | Email: heleneheath@warwickshire.gov.uk |
| Workshops to raise awareness of Prevent can be arranged for any community group which would like to understand more about all types of extremism, grooming, radicalisation and terrorism, and an understanding of how to identify someone vulnerable. | |

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| Alex Gloster / Sam Slemensek | Warwickshire County Council |
| Tel: 01926 412261 | Email: alexgloster@warwickshire.gov.uk or samslemensek@warwickshire.gov.uk |
| Information on protecting yourself from all types of cyber crime | |

Want to be included?

If you're available to give talks to groups and would like to be included on this list, or you're aware of any amendments, please contact community development workers Rob Sabin and Aqeel Kapasi at cdwrugby@warwickshire.gov.uk or call the office on 01788 533656. Many thanks.

Please visit www.warwickshire.gov.uk/rugbyareainformation to view all of our other information leaflets:

- Drop-ins for Information, Advice or Support in Rugby
- Lunch clubs, Community Cafes and Coffee Mornings in rugby
- Exercise Classes for ages 50+ in Rugby
- Rugby Community Cooking Resources
- Parent and Toddler Groups in Rugby
- Mental Health & Wellbeing Support in Rugby
- Connect with English in Rugby
- Job Clubs in Rugby

Background information:

This list is made up of suggestions from volunteer leaders from local clubs for older people who are always looking for interesting free talks by recommended speakers to fill their weekly or monthly programmes.

It was first compiled at a Rugby 50+ Ideas Swap held in the Claremont Centre and at an Older People's Group Leaders event, both in 2011. It is now updated annually after each Get Together for the Leaders of Older People's Groups in Rugby. Last update: August 2018.

Our leaflets provide useful information about local organisations, groups and agencies that provide activities, advice, and services which may support you. We provide the information for you in good faith and make every effort to keep it accurate and up to date but we cannot guarantee this and so it is your responsibility to check the accuracy of the information before use. Some of the information may be provided by a third party or have links to external sites. We are not responsible for this content and, again, you need to satisfy yourself that the information is correct.

