This Parish Council publication is designed to draw attention to, and provide information about, the many and various services and organisations which exist in and around the village; particularly those which are aimed at our elderly and disabled residents.

Barrow upon Soar is a caring and friendly village, offering many facilities serving residents of all ages.

Barrow upon Soar Parish Council
Introduction

A wide variety of publications on various services available in Barrow upon Soar have been produced by different village groups, but Parish Councillors have long been concerned that help and support specific to the needs of older residents of our village is not always easy to find, especially without access to a computer. Because of this, the Council has produced this handy booklet, aimed primarily at older residents, but hopefully designed to be helpful to all villagers.

We have tried to include a wide range of items which are interesting and useful, which may encourage you to look at the village in a somewhat different way.

There is usually something going on in Barrow every day of the week, and the organisers of these activities are always happy to meet and include new people, whether they are recent residents, or have lived in the village for some time without realising just how much is available in our bustling village.

We hope you will take a little time to look through this booklet and that you will find areas of specific interest for your own needs and interests.
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Bishop Beveridge Club
– South Street

See notice board for contact details

Open to all residents aged 60 years and over

Bishop Beveridge Club obtained the present club house in 1962 and is run by a committee and volunteers. There are 4 trustees. Subscriptions are £5 per year and membership is open to anyone who is over 60 and lives within 3 miles of the club, to include Sileby, Quorn and Mountsorrel etc. Many activities are open to non-members.

There is a Club Choir and new members are always welcome.

Weekly Club activities include

Monday - Film show on the 3rd Monday of the month
          Day Trips on the 2nd Monday of the month

Tuesday (pm) - Scrabble and cards

Wednesday - Choir practice, entertainment e.g. Bingo, Fun Quiz, Afternoon Tea, Guest Speakers

Thursday (am) - Coffee Morning 9.45 to 10.45 - everyone welcome.
                Thursday (pm) - Whist drive

Friday - Singles’ Lunch on the 3rd Friday - for singles over 60 who live in the village - non-members welcome. Lifts available.
Other special activities include

- Pancake Day
- Strawberry Tea
- Harvest Festival
- Carol Service
- Fairs
- Birthday Tea

For further information contact
Chairman      Joyce Noon  01509 414519
Vice chairman  Wendy Woodhouse  01509 413212
Worship

Services are held each Sunday at 9:45am with the exception of the 5th Sunday in the month when a Benefice service is held at one of the 4 churches in the Barrow and Wolds Group. There are also regular 8:30am and 6:00pm services and details for these can be seen on the noticeboard outside of the church. Transport available for those who may wish to attend.

A Wednesday morning service is held at 10:00am each week.

Little Angels, a group for pre-school children, is held on Thursday mornings at 10:00am - 11:30am during term time, which starts with play, craft and coffee in the Trinity Rooms followed by a short children’s service in church.

Social and Pastoral

There is a book in the church into which requests for prayer can be written. Members of the pastoral team are available to visit when asked.

Starting Right is a baby-centred course run over 5 weeks. We do lots of fun activities with babies aged 0-1: singing, story-telling, bathing, baby-massage and other multi-sensory play.

“Thanks for the memory” service, for the recently bereaved, every November.

A range of facilities are offered to elderly and infirm residents and coffee mornings are organised in the Trinity Rooms throughout the year. Within the Mothers’ Union there is a system of care by which one committee member has direct oversight of a number of members and is aware of their wellbeing. Afternoon meetings are held on a monthly basis.
Worship

Two services are held each Sunday at 10:00am and 6:00pm. Approximately 120 people of all ages meet on Sunday mornings. The services last for approximately 1 hour. Evening services are attended by between 20 to 40 people and offer a quieter style of worship.

Social and Pastoral

“Time Out” a drop in session held during term time. Coffee and lunch are served from 11:00am to 2:00pm on Tuesdays.

“Happy Hour” is a gathering of men and women which includes a speaker, hymns and is followed by refreshments from 2:30pm - 3.30pm on Tuesdays.

A Luncheon Club is held on the 2nd Friday of each month at 12:30pm finishing around 2:00pm and includes a two-course meal and a speaker.

“Holiday at Home” takes place during the summer, with a number of fun activities and outings.

Helpers are available to collect (and return) people from their homes to any of the above events.
Parish Priest: Father Clement Orangu
24, The Banks, Sileby LE12 7RE
0116 2608476
sileby.syston@talktalk.net

Barrow belongs to the Parish of St Gregory in Sileby. Father Orangu is based at the Divine Infant church in Syston and Barrow Catholics are welcome to worship at either church.

There is a Mass held in Barrow every Wednesday at 7.30pm at the Bishop Beveridge Club and other Masses are as follows:
Saturday 6.30pm at Divine Infant of Prague, Syston
Sunday 9.00am at St Gregory’s, Sileby
Sunday 11.00am at Divine Infant of Prague, Syston

Confession
Every third Saturday of each month at 10:00am at St Gregory’s.
There are also various parish groups that meet at the church.
For further details and a copy of the weekly parish newsletter, please visit the St Gregory’s website at:
www.saintgregorysileby.org.uk or telephone 0116 2608476
Rev. Andrew Lomax
Local Pastor. Dr Margaret Williams

Worship
The Methodist Church in Barrow holds two services each Sunday at 10:15am (including Junior Church and time for fellowship afterwards and a service at 6:00pm).
Bible Study group meets on alternate Thursday evenings at 7:30pm.

Social and Pastoral
Happy Hour is on the first and third Wednesday afternoons of every month at 2:30pm - visiting speakers, activities, outings, social time and refreshments.
Craft Afternoon meets on the second Wednesday afternoon at 2:00pm, bring your own craft or painting, or learn from one of the visiting tutors.
Ladies’ Circle meets on alternate Wednesday evenings at 8:00pm - speakers, demonstrations, activities and occasional outings.
New Horizons is a bereavement group offering support and friendship to those who have lost loved ones and meets on the first Monday of every month at 2:00pm - speakers, outings, time of fellowship.
Men’s Supper Group meets on the third Tuesday of every month at 7:30pm – supper followed by visiting speaker, activities, quizzes etc.
Fun @ Church meets on the fourth Wednesday afternoon from 3:15pm until 4:30pm - a fun time for children, parents and carers to enjoy together. Games, stories, snack and crafts - children must be accompanied by an adult.
There is also a well-defined system of pastoral care in place.
Concessionary Travel

Free off-peak travel on local buses is available in all parts of England, between 9:30am and 11:00pm Monday to Friday, and all day at weekends and bank holidays.

Eligibility – the statutory age of eligibility for a pass changed in line with changes to women’s qualifying age for state pension.

For further information or if you have any questions contact: Leicestershire County Council on 0116 3050002 or email: customerservices@leics.gov.uk

Charnwood Community Transport offers a range of transport services to those who find it difficult or impossible to use public transport, through disability, age or location.

For further information please contact:
Phone: 01509 631750
Email: jsh@johnstorercharnwood.org.uk

Blue Badge

Scheme for disabled people gives access to disabled parking for self and drivers. Application forms from Leicestershire County Council.
Phone: 0116 3050001 Minicom: 0116 3050007

Dial-a-Ride social car schemes offer a door-to-door service provided by volunteers using their own cars (they do not usually carry wheel chairs) and accessible mini buses, providing services to local towns and shops.
Contact Trudy Marlow or Brian Stockill on 01509 267147 or email trudy.marlow@johnstorercharnwood.org.uk
Other services available in the village
Details of local services can be found in the Rural Trader and our Community Magazine “Barrow Voice”, delivered free to all households in the village.

Pensioners’ Luncheon Club
At Humphrey Perkins in the community lounge each Thursday at 11:50am. Call 01509 412385 for further information.
Term time only.

Police
999 in an emergency.
101 You can call 101 to report a crime that has already happened and any other incidents or concerns that do not require an emergency response.
If you have hearing difficulties or a speech impairment, a text phone is available on 18001 101

Barrow upon Soar and the Wolds Beat Team
The priority of the police beat team is to identify and tackle the needs of people living and working in the area. Following consultation, they have addressed those issues raised including anti-social behaviour and traffic related problems.
ageUK is an international charity dedicated to creating a world in which older people flourish and can live their lives to the full. Funded by individuals, companies and trusts, it carries out research and campaigns for improvements in policy and practice and provides age-friendly products and services.

The organisation offers free support for older people, their carers and families as well as services for which a competitive rate is charged.

Advice and Services available

Information & Advice
A free and confidential service to assist with issues affecting your quality of life including: finances & welfare benefits, housing & property, social care and leisure activities.

Wellbeing Services
Social support in a community setting including care, entertainment and companionship, with optional transport if required.
Home Care
 Assistance with domestic tasks to make living at home that little easier to manage. Services include: food preparation, cleaning & ironing, shopping, collecting prescriptions, pet care, companionship, support with appointments and outings.

Handyman & Gardening
A ‘no job too small’ household maintenance service including:
• Gardening
• Home security & safety
• Basic decorating
• Home maintenance

Respite
Fully trained Respite Workers offer carers a break from stress and demands of caring for someone. Dementia respite workers are experienced and trained in dementia care.

Befriending Services
A free service offering a daily or weekly phone call to carers and those who live alone giving the opportunity for a friendly chat which can make all the difference.

Insurance Services
Tailor-made products and services for the over 50s: home, car and travel insurance, personal alarms, gas & electricity, funeral plans.
Health Issues

Barrow Health Centre, 27 High Street, LE12 8PY - 01509 274430
The Health Centre is centrally placed in the village of Barrow upon Soar. It has a car park and is on the local bus route.

Boots Local Chemist
Delivery can be arranged for those unable to get to the chemist. Pharmacy advice is offered for minor problems and to confirm if a doctor should be consulted. 01509 412558

NHS Choices - Emergency & Urgent Care Services
Available 24 hours a day, 365 days a year. It provides advice of late night pharmacies and emergency dentists. Calls are free from landlines and mobile phones.
Call 111 or www.nhsdirect.nhs.uk

Stop Smoking free helpline
0800 0224332 or www.gosmokefree.nhs.uk/

Mental Ill Health
Leicestershire Partnership NHS Trust provides support 0116 2256000 or contact your GP or Age Concern on 0116 2046440

Patient Advice and Liaison Service (PALS)
Provides advice and support to patients, families and carers, information on NHS services, local support groups and how to make a complaint. 01455 441971 or 01509 564444 email pals@lcr.nhs.uk

VISTA
Help and support for the blind - 0116 2490909
email: info@vistablind.org.uk
Charnwood Talking News
Weekly news from the Loughborough Echo in digital memory stick format call Ann on 01509 232422.

Stroke
Charnwood Stroke Club, for everyone affected 01509 413053.
Stroke Advice line 0303 3033100

Directory of Care Providers
East Midlands C.A.R.E. and Leicester Mercury www.emcare.org.uk

Adult Social Care Service
Practical help for those who care for older or disabled people, support and breaks away. 0116 305 7404 www.leics.gov.uk/socialcare
email: adultsocialcare@leics.gov.uk
Pennine House, Loughborough 01509 266641

New Horizons Bereavement Group
Kate Morley 01509 412982, Barbara Mitchell 01509 412534, Pauline Ranson 01509 416928.

Alzheimer’s Society
Advocacy, advice and home visits.
Support to carers and people with dementia. 0116 2311111.

The Samaritans
Confidential emotional support – 0116 2700007 (local) 0845 7909090 (national) or www.samaritans.org

Multiple Sclerosis
Help and advice 0808 800800 (national)
01509 261182 (local) or www.msloughborough.co.uk
Benefits

Attendance Allowance

To qualify for Attendance Allowance you must be 65 or over and the following apply:

• You have a physical disability (including sensory disability, eg blindness), a mental disability (including learning difficulties), or both.
• Your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else’s safety.

For more information or to request a claim pack contact:
Attendance Allowance Helpline
Telephone: 0345 605 6055
Textphone: 0845 604 5312

Carer’s Allowance

A benefit paid to people who are caring for a disabled person for at least 35 hours a week. You can claim Carer’s Allowance for looking after your partner, a relative, or even a friend or neighbour, as long as you satisfy the qualifying conditions. You don’t have to be sharing accommodation with the person you are caring for. To qualify for Carer’s Allowance you must spend at least 35 hours a week looking after someone who is receiving Attendance Allowance.
Carer’s Allowance Unit
DWP office responsible for administering Carer’s Allowance issues claim forms, deals with new claims and changes of circumstances.
Address: Carer’s Allowance Unit, Palatine House, Lancaster Road, Preston PR1 1HB
Telephone: 0845 6084321
Textphone: 0845 6045312

Citizens Advice Bureau
With benefit regulations constantly changing, coupled with new benefits being introduced and older ones being withdrawn, many people find themselves unable to navigate the complexity of the benefits system. Specialist advice can assist you by making sure you do not suffer due to a lack of knowledge. Further advice on benefits can be obtained from the Citizens Advice Bureau please contact:

Charnwood Citizens Advice Bureau
Woodgate Chambers
70 Woodgate, Loughborough, Leicestershire LE11 2TZ
Telephone:
0844 4711025 from a landline
0300 3301025 from a mobile
www.charnwoodcab.org.uk
The Foundation’s mission is to offer advice, reassurance and comfort to those in need. To protect the vulnerable and nurture the young and promote harmony, goodwill and understanding.

Community Support and Wellbeing Centre
The Community Support and Wellbeing Centre provides:
• Sensory Garden and decked patio area
• Wheelchair friendly pathways
• Volunteer led wellbeing walks
• Information hub and support centre
• Charity shop
• Health and Wellbeing and Art & Crafts
Shuttlewood Clarke Foundation Support

Through the work of the Foundation’s Support coordinator the charity provides guidance and a listening ear to those who require information on a wide range of support and disability issues. The Foundation operates the following support services:

The Free Mobility Aid Loan Scheme

The Foundation provides a selection of wheelchairs and disability aids on free indefinite loan to those in need. These include manual wheelchairs, electric buggies and various other items. Requests for these are referred through our Support Worker who makes an initial assessment as to the suitability of the available equipment, liaising where necessary with family and relevant health professionals.
Voluntary Action Centre

John Storer House in Loughborough is a fully-accessible community centre and cafe, serving the communities in Charnwood with activities running throughout the day and evening and at weekends too.

Activities throughout the week include those listed below:

- Keep Fit for Older People
- Line Dancing
- Art Group
- Scrabble Club
- Handicrafts
- Ballroom Dance
- Beginners Bridge
- Bingo Club
- Lunch Club
- Music Workshop
- Garden Club
The following support groups meet at John Storer House:

- Arthritis Self-Help Group
- Blind Social Group
- Cancer Self Help Group
- Macular Disease Society
- Fresh Start - a social group for widows

Charnwood Community Transport

Offers a range of transport services to those who find it difficult or impossible to use public transport, through disability, age or location.

For further information please contact:
Telephone: 01509 631750
Email: jsh@johnstorercharnwood.org.uk

Membership of John Storer House is available at £6.00 per year. This shows support for the House and offers access to a wide variety of activities.
Radar Key Scheme – Charnwood Borough Council
Public Conveniences Manager – 01509 634944

Keys are provided free of charge to all disabled people in the Borough. Identification and proof of disability required.

The following village facilities are fully accessible by manual wheelchair and include toilet facilities where indicated*

Bishop Beveridge Club*
Holy Trinity Church & Rooms*
Methodist Church*
Baptist Church*
Health Centre*
Community Lounge at Humphrey Perkins School*
Library
Scout HQ

Leicestershire & Rutland Red Cross 0116 270 0210
Supply manual wheelchairs on short term loan.

Disabled Living Centre 0845 373 0217
Offers information advice & assessment related to daily living aids to maintain independence.

Community Equipment Service 0116 254 4547
Loans equipment to people to help them stay independent and safe following assessment of need by a health or social care professional.
Village Defibrillators

Barrow upon Soar has two defibrillators in the following locations:

Barrow upon Soar Parish Council Office,
12 High Street, Barrow upon Soar LE12 8PY

Feather ‘n Fur Pet Shop,
87 Babington Road, Barrow upon Soar LE12 8NH

Instructions are on the defibrillators.

NOTES

Useful Village Website Addresses

www.barrowuponsoar.org.uk
www.barrowsignpost.info
www.barrowuponsoarheritage.org.uk
www.busca.org.uk
Barrow upon Soar Parish Council

Your Parish Council

Email clerk@barrowpc.org.uk
Telephone 01509 416016
www.barrowpc.org.uk
Barrow upon Soar Parish Council
12 High Street
Barrow upon Soar
LE12 8PY

We hope you enjoy using this document for reference. If you have any queries or comment relating to your life in our village please do get in touch.

We are here to help.