

# NEWS UPDATE BULLETIN from Shopper-Aide June 2021



Following on from our 10<sup>th</sup> Birthday celebrations we have now been given the Queens Award for Voluntary Service. This is a huge honour for the volunteers who are helping now and in the past and are the backbone of our services. Several of our staff started as volunteers of which we are very proud to acknowledge.

## What's new

For those of you who would prefer to pay for your shopping when you get it let us know and staff and volunteers will be able to take your money when we deliver your shopping or you can also now call in at the shop (47 Longrow) to pay.



You can also browse for books for sale and jigsaws are still on loan.



We also still have High Bellochantuy Eggs for sale in the shop

Housekeeping has started again and if you are interested please contact us to let us know what you need. (Contact details at the end of the Bulletin)

While we are still not able to start our social clubs we have been getting the 'Bubbles' underway in taking people out for a run and having a cuppa. Garry's Gang has also been out and about on Wednesdays. Both these are becoming popular and if you are interested please let us know and although we have had to set up a waiting list we will try to get as many as possible out and about.

From one client who messaged us; *Thank you very much for organising the trip to Glenbarr yesterday, and going to see the new golf club at Machrihanish. Very enjoyable!*



## **Playlist for Life**

Shopper-Aide phone buddies have been enjoying reminiscing about their musical memories over weekly phone calls and in the office. Beckie is now in the process of creating music playlists to be given to clients to listen to at home. Building a playlist together is a lovely way to connect and experience that 'flashback-feeling' to another time, person or place. The playlists are built over a series of conversations - there is no rush, and the conversations are as much part of the enjoyment of this initiative as the end result is. Shopper-Aide have a workbook provided by Play List for Life to help generate musical memories and guide you through some ideas to get started. Music is everywhere and a part of our daily lives, your individual playlist is as unique as you are, so should include music that is personal and evokes fond memories or positive emotional reactions; this music creates the soundtrack of your life. If you would be interested in creating a Playlist and would like to have a copy of the resources available to get you started, please let us know in the office.

## **Friends of Shopper-Aide**

Thank you to all who have joined – if anyone would like another form for a family member or friend please let us know and we can arrange for one for them. It is a great way to support the work we do to help older people in Kintyre.

Alternatively many like to sponsor one of our vehicles for a week – in memory of someone, to celebrate a birthday or event. It costs us £55 per week for each vehicle to run and we have 4.

Cherryaide – our original workhorse, Sapphire, our wheelchair accessible vehicle, Snowball our van and Westie which was bought for us by West Kintyre Community Trust.

## Keeping Fit and Healthy - Tips to help you stay mobile

To stay active & able to move around easier without accidents here are 2 tips out of so many on how to improve the muscle strength & circulation in the legs. These 2 are quite easy to do throughout the day when you can. These exercises can be done sitting or standing.

If sitting, sit at the front third of your chair feet shoulder width apart.

If standing have something like a kitchen counter near you for support your feet shoulder width apart.



1. Having both feet flat on the floor, choose what foot you want to start with. Keeping the heel of that foot on the floor, pull the toes up off the floor towards you gently (as far as you are able) for the count of 2.... release, then repeat another 4 times. Change foot & do the same to the other foot, lifting the toes up off the floor to a count of 2... release & repeat another 4 times.

If possible, can you manage to repeat this exercise with both feet again?

2. Having both feet flat on the floor, choose what leg you would like to start with. Lift the knee up towards the ceiling as far as it feels comfortable, keeping the sole of the foot parallel to the floor, count to 2... and release it back to the floor, repeat another 4 times on this leg & change legs, do the same exercise in the same way to the other foot, lifting the knee up towards the ceiling, counting to 2... & release back to the floor, repeat another 4 times.

If possible, can you manage to repeat this exercise with both legs again?

The exercises can be done throughout the day, whenever you can manage, the more you can do the more you will strengthen the legs. This will help the muscles needed for walking & balance as well as helping keep the circulation moving. Keeping active in the home or outdoors is important not only for your muscles & circulation but for your wellbeing. Please also remember to stay hydrated, drinking plenty of water when you can.

Happy Moving.

## **Watch out for**

Just a reminder to watch out for the many different scams via phone calls/texts, emails and calling at your door. This is becoming a big problem – who to trust. Remember your bank will never ask you to divulge your PIN over the phone neither will any other reputable company.

If someone calls saying there is a parcel or transaction that they need you to press a number on your phone –Put the Phone Down – DO NOT engage with them even if you are expecting one. The same with an emails – DELETE them – often the senders address will be dodgy.

## **Keeping Safe**

While we start to open up our community we still need to be careful about keeping safe so our staff will continue to follow guidelines in wearing masks and hand hygiene as well as keeping a suitable distance.

Our premises are now open to the public but we still have our screens and ensure that there are not too many people there at one time. You are welcome to call in but we won't be having any large groups for a while.

## **Contact Details**

Phone No. 01586 551600

Email; [office@shopper-aide.org.uk](mailto:office@shopper-aide.org.uk)

Website: [www.shopper-aide.org.uk](http://www.shopper-aide.org.uk)

Address; 47 Longrow Campbeltown, PA28 6ER

Keep up to date on our Website: [www.shopper-aide.org.uk](http://www.shopper-aide.org.uk) or

Our Facebook Page:

<https://www.facebook.com/shopperaidecampbeltown>

Visit [www.kintyre.info/avoid-scams](http://www.kintyre.info/avoid-scams) for advice on scams