

Transport

Another of the areas we wish to offer help is transport, mainly for people who cannot drive or do not own their own transport.

We can offer transport for a whole range of different reasons, such as visits to:

- GP surgeries
- Hospitals
- Dentists
- Hairdressers
- Social events

Here, in Houghton, we already have an excellent scheme established in 1993 in "Houghton Helpline" and many members of the village, including St. Catharine's Church family, have kindly acted as volunteer drivers for many years offering transport as described above.

We will therefore work with Houghton Helpline who will continue to manage this excellent service as soon as Helpline restarts after COVID. If you are in need of a lift please either contact the Practical Care Ministry team or, if you prefer, you can directly contact Houghton Helpline (Judy Read) on 0116 241 7617. There will be a small charge for fuel on a non-profit basis.

Houghton Helpline is also keen to hear from new drivers who will be supported to get DBS checked and work within current Houghton Helpline advice and policies. If you would like to volunteer then do let us know.

Practical Help

Do you need help with simple tasks around the home or finding a professional tradesman?

Our Practical Care Ministry volunteers can carry out many everyday tasks e.g. mowing the lawn, doing some washing or ironing, or walking a dog. There will be no charge for these simple tasks. We are also happy to pass on or receive requests from 'Houghton Volunteers', who already generously support people within the village.

In addition, we can help get in contact and liaise with respected and local professional contractors for more substantial paid work that can include:

- Building work (indoors or outdoors)
- Plumbing, boilers and heating
- Lighting and electrics
- Kitchen or Bathroom installation
- Windows or Fencing
- IT and Computing support
- Mobility Aids

If you or anyone you know is in need of professional work done and are unsure of or concerned about who to contact, please do get in touch and we will be delighted to advise.



Practical
- Care -
Ministry

Practical Care Ministry

"Let us not love with words or speech but with actions and in truth"
1 John 3:17

Who are we?

We are a team of volunteers from St Catharine's Church who would like to offer practical support to people in our community in and around Houghton on the Hill.

Do You Need Help?

If you are someone, or know of anyone, that we could help in any of the ways mentioned here then please do not hesitate to ask.

Get In Touch!

If you need help please do get in touch through one of these contacts:

Rev. Steve Ransley
0116 2416895
steve@houghtonchurch.co.uk

Andrew Fry
0116 2413874
andrew.fry@le.ac.uk

All contacts will be treated in complete confidence

Food Support

If you are going through a time of illness, personal difficulty or family stress for any reason, we can help with provision of food or meals in a variety of ways.

Some examples that are available without charge include:

- A bowl of hot soup and bread
- A supply of fresh fruit or vegetables
- A selection of frozen ready meals of your choice
- Home baked cakes or biscuits
- A simple package of basic foods to include bread, milk, pasta, teabags and some simple meals.

We would also be more than happy to have a conversation with you to help arrange delivery of prepared meals from one of the nationally registered delivery companies, including the Leicester County Council 'Meals on Wheels' service. These would come with an advertised charge.

If any of these options would be of interest then please do let us know.

This leaflet shows some of the ways the St Catharine's Practical Care Ministry team can help those in need. If you or anyone you know needs any sort of help, please get in contact with Rev Steve Ransley or Andrew Fry on the contacts given inside.

In addition, please let us know if you would like support making contact with any local or national support agency, such as:

Volunteer Association of South Leicestershire

www.vasl.org.uk; 01858 433232

Leicestershire Citizens Advice Bureau

citizensadviceleicestershire.org; 0300 3301025

Carewatch

marketharborough@carewatch.co.uk

Age UK

www.ageuk.org.uk; 0800 678 1602

Alzheimer's Society

www.alzheimers.org.uk

Mind

www.mind.org.uk; 0300 1233393

Samaritans

www.samaritans.org; 116 123

Vista Blind

www.vistablind.org.uk; 0116 2498839

Action Deaf

www.actiondeafness.org.uk; 0116 2533200

Stroke Association

www.stroke.org.uk; 03033033100