



Last Orders Project

INFORMATION & ADVICE



For more information please contact us:

Age UK Leicester Shire & Rutland
Thorncroft, 244 London Road, Leicester, LE2 1RH

Hollie Ind - Project Co-ordinator
0116 223 7366 or 07738 820 978
hollie.ind@ageukleics.org.uk

Web: www.ageukleics.org.uk

Find us on social media:

 **Age UK Leicester Shire & Rutland**  **@ageukleics**

What is the Last Orders Project?

The Last Orders Project will be raising awareness of the problems associated with drinking alcohol and other forms of substance misuse to people over the age of 50 across Leicester City, County and Rutland.

Age UK Leicester Shire & Rutland will be delivering workshops and interactive presentations to promote the importance of safe drinking so that it can be enjoyed safely and responsibly.

The Last Orders Project will give older people easier access to a wide range of information that will enable them to understand the need for safer drinking. We will promote wellbeing and prevention initiatives aimed at individuals, who may be at risk of developing drinking problems. Information will also be given about the possible contradictions of drinking when taking medication as well as the dangers of other substance misuse.

Did you know?

- Medication can be less effective if mixed with alcohol meaning that some long term conditions could get worse.
- People aged 65 and over report the highest rates of drinking alcohol five or more days per week however, they have the lowest rates of heavy drinking.
- One unit of alcohol is 10ml of pure alcohol. It takes an average adult one hour to process one unit of alcohol so that there is none left in their bloodstream.
- The risk of developing a range of health problems (including cancers of the mouth, throat and breast) increases the more you drink on a regular basis.

(www.drinkaware.co.uk)

Age UK Leicester Shire & Rutland is working in partnership with Turning Point in order to deliver The Last Orders Project.

Sensible Drinking

Many of us enjoy an alcoholic drink now and then, to help us relax or to mark a family occasion. Drinking alcohol in the evenings - maybe with your meal or while watching TV has not received the same media attention as binge drinking, but regular drinking like this can damage your liver, brain, blood vessels and organs.

Sometimes we may feel that an alcoholic drink can help us to deal with a difficult situation. However, in the long term, it can actually make you feel depressed or anxious.

How can I access this service?

If you are worried about your own or another person's alcohol or substance intake please call 0116 223 7366

If you would like more information on the Last Orders Project or would like to book a workshop or presentation for your organisation, please use the contact telephone number provided or email hollie.ind@ageukleics.org.uk



How can we help you?



Information & Advice [Open Monday to Friday, 11:00am - 4:00pm] **0116 299 2278**

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

Wellbeing Services **0116 222 0572**

Social support in a community setting including care, entertainment and companionship, with optional transport if required.

Home Care **0116 299 2266**

Assistance with domestic tasks to make living at home that little easier to manage. Services include: food preparation; cleaning & ironing; shopping; collecting prescriptions; personal care; companionship; support with appointments & outings.

Handyman & Gardening **0116 299 2254**

A 'no job too small' household maintenance service including: gardening; home security & safety; basic decorating; home maintenance.

Respite **0116 299 2266**

Fully trained Respite Workers offer carers a break from the stress and demands of caring for someone. We also offer dementia respite by workers experienced and trained in dementia care.

Befriending Services **0116 299 2233**

A free service offering regular visits or phone calls to people who are socially isolated or feel alone.

Age UK Leicester Shire & Rutland Limited
Registered Charity No: 1146649
Limited Company No: 7844309

Products and Services **0116 216 9220**

Products and services for the over 50s: home, car and travel insurance, personal alarms, weekly lottery and funeral plans.

Age UK Home, Car & Travel Insurance is administered by Ageas Retail Limited. Age UK Personal Alarms are provided by Aid-Call Limited. Age UK Funeral Plan is provided by Dignity. Brought to you by Age UK Enterprises Limited.

Age UK Enterprises Limited and Ageas Retail Limited, who are both authorised and regulated by the Financial Conduct Authority, will arrange the sale of the insurance policy. Ageas Retail Limited is a sister company of Ageas Insurance Limited. Personal Alarms are provided by Aid-Call Limited a subsidiary of AXA PPP healthcare Group Limited, which is authorised and regulated by the Financial Conduct Authority for Consumer Credit. Financial Services Register number 707455.

Age UK Leicester Shire & Rutland is an Appointed Representative of Age UK Enterprises Limited.

ACOEM2675V2DEC16