



## I'm enjoying cooking again



**Hazel found it hard adjusting to life on her own and missed chatting to someone every day.**

"I can't believe the difference having a computer has made to me: it's opened up a whole new world!"

With help from a volunteer in her village, Hazel got started with her first computer and learnt how to shop online, email and to Skype her young grandchildren in Canada.

"One of my favourite things is to look online for new recipes to try and I've discovered my interest in baking again. That has made me look for new groups to try in my village and I take along my cakes"

"But the best bit is definitely the video calls and seeing my family. I can even read the bedtime stories".



## Local help For you

### Age UK North Yorkshire

South Craven:  
Jean McHale 01729 850329

Harrogate District:  
Wendy Holt 01423 502253

### Age UK North Craven

Julie Davies 01729 823066

### Age UK Wakefield District

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### More information:

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**RuralActionYorkshire**  
Enabling Your Rural Community





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## Touchstones

Developing rural skills networks


*"I've cooked some pretty tasty 'meals for one' since Tim taught me the basics"*

*"Getting online has helped me to adapt to being on my own"*

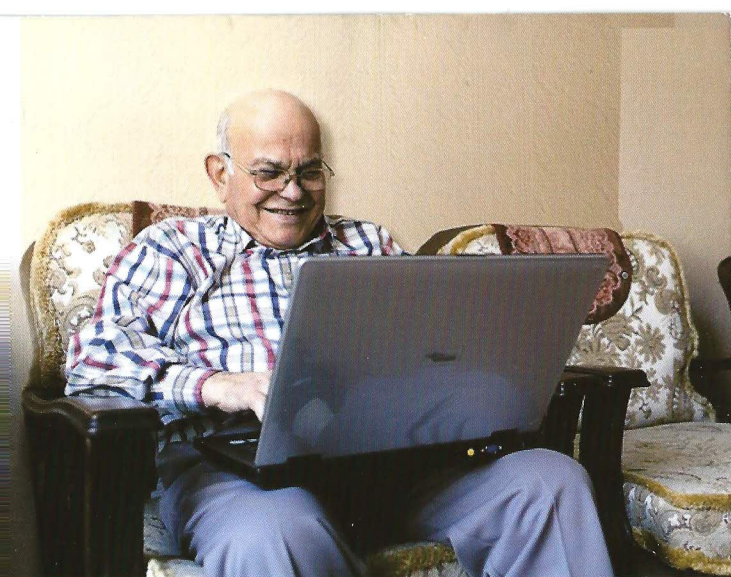






  
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## Develop skills locally



When an older person loses a partner they not only lose their lifetime companion but in many cases they also lose the person who has shared daily chores and larger tasks too.

This project aims to bring together older people and enable them to learn and exchange skills with each other.



The goal of this rural project is to develop stronger local support networks, develop practical skills and help to reduce feelings of isolation and loneliness following a bereavement.

Examples of skills include:

**Cooking**  
**Computers, Skype, online shopping**  
**Basic car maintenance**  
**Sewing and mending**  
**Gardening**  
**And your ideas and needs too!**

## Not just learners- Volunteers too



### Would you like to learn something new?

'Touchstones' will support older people to develop new skills. For example you could find out how to check the tyre pressure on your car and in return show someone how to prepare and cook a stew.

Tell us what you need and we'll search for a volunteer locally to assist you.

### Could you teach someone the skills to tackle a job which has felt overwhelming?

'Touchstones' will support you to help someone learn that skill. You've probably got some useful know-how and knowledge that could help someone and make a real difference to them.

You don't need qualifications just the time and enthusiasm.

## Find out more We'd love to involve you too

**If you are over fifty, live in the rural parts of Harrogate, Wakefield or Craven and have been bereaved, please get in touch by email or post.**

**Please help us develop a local network.**

Email your details: [info@ruralyorkshire.org.uk](mailto:info@ruralyorkshire.org.uk)

Or return this form for free, in an envelope addressed to: FREEPOST RSLG-JRXS-EZEG, Rural Action Yorkshire, York YO23 3FS.

*(BLOCK CAPITALS, PLEASE)*

Name .....

Contact address .....

..... Postcode .....

Telephone .....

Email: .....

**Please contact me by:** (circle preference/s)

Post

Telephone

Email

**What are you interested in?** (Tick one or both)

I'd like to learn something new

☐

I've got a skill I could share

☐

Signed .....

Date: .....

By sending us your details, you are agreeing for Rural Action Yorkshire to pass your information on to your local Age UK office.