

Diary Dates

Date	Event	Cost	Paid
Thursday 22 nd March	Cinema – Rugby. Please note a change of film to previously listed	£13.50	
Thursday 12 th April	Coffee morning town hall 9am - 12	Pay for coffee	
Wednesday 18 th April	Boundary Mill Walsall	£7.50	
Monday 23 rd April	St George's day quiz	£3.50	
Wednesday 25 th April every 4th Wed in month	TLC 1 – Travelling Lunch Club	£9.00	
Thursday 26 th April	Brackley Antiques cellar & Bells Plantation garden centre	£10.00	
Tuesday 1 st May every 1 st Tues in month	Bingo – St Mary's House	50p per book	
Wednesday 2nd May every 1st Wed in month.	TLC 4 – Travelling Lunch Club	£9.00 Pay on day	
Thursday 3rd May then every Thursday PM	Line Dancing – Pathways pavilion	£3.00	
Friday 4 th May then every Friday AM	Seated Exercise class Wycliffe rooms 10.30am – 12.00 noon	£3.50	
Wednesday 9 th May every second Wednesday of the month PM	Tea and Natter 2 – 4pm – Pathways Pavilion recreation ground	£2.00	
Thursday 10 th May	Emmerdale studio Tour - Leeds	£31.00	
Monday 14 th May every second Monday of the month AM	Book Club – Lutterworth Library	FREE	
Wednesday 30 th May	Crich tramway – seaside theme	£20.00	
Thursday 7 th June	British Ironworks	£20.00	
Thursday 21 st June	Princess river cruise with lunch	£23.00	



LUTTERWORTH & DISTRICT

Charity No: 247288

7 High Street

Lutterworth LE17 4AT

TELEPHONE 01455 557116

EMAIL: aclutterworth@tiscali.co.uk

WEBSITE: www.ageconcernlutterworth.org.uk

Excursions, Events & News



SPRING & SUMMER 2018

We run monthly and occasionally fortnightly days out, events & social activities. Picking up around Lutterworth & the villages, by coach and by the Lutterworth community mini bus for those with mobility problems.

Don't be concerned about your age,

We're not!!!!

All ages welcome, join us for fun days out.

Making the most of life.....



Dear Friends,

Welcome to our spring Newsletter, please carry on reading to see what we have on offer for the early part of this year!

On our regular services we have spaces available on the monthly Book Club, Bingo, Tea & Natter and the Traveling Lunch Clubs, please see the booklet for more information or you can always give us a call or drop into the office.

Our aim as always is to try and beat isolation & loneliness by helping you to make new friends or enjoy days out with old friends! This has worked well at our Party events, our New Year Party this year was in February, and what a great afternoon we all had with 145 tickets sold; the same with our Easter Party for March. We all have such a great time, with lovely food, great entertainment, singing, dancing and having fun... So if you have never been to one of our party events you're missing out!!!

Why not give us a call!

We also welcome Lizzie Sowerby to our office team, we wish her well in her new role as I'm sure you all do too. She brings with her excellent office and admin skills, when you are in town do call in and say hello to her so she can also begin to put faces to names.

Thank you for your continued support we look forward to welcoming you either in the shop or on one of our events, services or days out.

Alison, Jane & Lizzie.

Your local Age Concern working for those people in middle / later life of Lutterworth & surrounding villages to make it a fulfilling & enjoyable experience.

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Travelling Lunch Club

Enjoy a lunch out with friendly company, a trip through our lovely villages and countryside, and on to a different pub every month to enjoy a 2 course lunch. If you have never been before come for a taster on any of the ones below. Call for more information on 01455 557116.

TLC 4	Month	TLC 1
The Old Vicarage Whetstone	4 th April 25 th	The Old Vicarage Whetstone
Fairfield Inn Wigston	2 nd May 23 rd	Fairfield Inn Wigston
Wentworth Arms Elmsthorpe	6 th June 27 th	Wentworth Arms Elmsthorpe

It is important that you let us know 24 hours in advance or earlier if you are unable to attend.

If you know someone who would like to join us on our Travelling Lunch Clubs (TLCs) then please give us a call on 01455 557116,

This is a great opportunity to meet and make new friends or even meet up with some old friends...

Travelling on the 1st and 4th Wednesday of each month, call us to see if we pick up near you!



This project was supported by
**Harborough
District Council**

Mothers day! Easter! Fathers day!

GIFT VOUCHERS

Are available from the office in
£5.00 & £10.00 denominations



They make ideal gifts for family & friends,

TO BE USED ON ANY OF OUR DAYS OUT

Treat that special person to one of our great days out.

Why not come along with them!

Share & Care Group

Provides a person-centred approach to supporting people living with dementia and their carers.

Various activities and events are held each week and have included cooking, gardening, singing for the brain, crafts, games and much more.

For more information please contact either

Sophie Styles – 07801 735242 or

Val Williams – 07753133019

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Andrea Hall MFHT

Sports Massage Practitioner

For the treatment of all muscular aches, pains and soft tissue injuries.

You don't have to be into sport or even be an athlete to enjoy the benefits of sports massage.

Sports massage is a natural therapy which helps to reduce muscular pain, improves circulation and aids healing.

Also available - injury rehabilitation programmes, taping and strapping including Kinesiology taping to aid recovery.

10 Market Street Lutterworth

For an appointment call 01455 553127 or 07976 569 074

Share & Care diary dates

Monday 12th March – 10 – 12.00 spring finds, community room medical centre

Wednesday 14th March 10.30 12.00 Coffee morning, Methodist church

Friday 16th March – Dementia café, Cotesbach village hall

Monday 19th March 1960's makeover community room medical centre

Wednesday 21st March 10.30 – 12.00 coffee morning Methodist Church

Friday 23rd March 10.00 – 12.00 1960's makeover St Marys church

BOOK CLUB

Make new friends while enjoying a read.

Do you enjoy reading? Would you like to share your views with others? Or perhaps donate a good read book!

Meeting on the 2nd Monday of each month, 10.45am

Lutterworth Library. FREE to join

Just a small payment towards refreshments

Age Concern Book Group

We are a small, friendly group who like reading but do not want to be under pressure to read or finish a book. We meet the second Monday of each month at 10.45 am. in Lutterworth Library. We have a friendly chat about the book and then put the world to rights over a cup of tea/coffee.

In **January** we discussed “The Curious Incident of the Dog in the Night time” which most of us enjoyed. It is the story of a young, autistic boy who finds a dead dog and sets out to find out who has killed him. The author shows a really good understanding of autism and the book is by turns funny and sad.

In **February** we are reading “Notes from a Small Island”, by Bill Bryson. Bryson is an American married to an Englishwoman who decides to take a trip around Britain in the early 1980s before moving his family over to America. This book has led to very mixed feelings. Some loved his humour, others felt the book was very dated and at times did not like his choice of language.

Our book for **March** is “Lollipop Shoes” by Joanne Harris followed by a very different choice, a detective/thriller in April. Although, as a group, we choose a book for each month there is no pressure to read the book. If members do not like the look of a particular novel they can choose another book by the same author or a book of the same type e.g. thriller, historical novel, romance. We have space for a few more members, if you would like to join us just come along on the **second Monday of the month.**

Thursday 21st June

The Princess River Cruise Nottingham



**A leisurely 3 hour informative
cruise with lunch. Sit back, enjoy
the scenery and company.**

£23.00

**Includes coach, cruise & 2 course lunch
Full payment and menu choice required by
Friday 1st June.**

Subsidised by the charity.



Discover behind-the-scenes secrets as The Emmerdale Studio Experience showcases the entire 'lights-camera-action' process of creating an episode of Yorkshire's favourite soap. Get exclusive glimpses into how the cast and crew tell the gripping stories and capture the spectacular stunts you see on your screens.

Take this chance and step into the exciting world of T.V.

Thursday 10th May

- Interactive experiences throughout - try your hand at lighting or editing
-
- Exact set reconstructions - including Beauty and Bernice and The Dingles'
-
- Discover preserved costumes and props
-
- Stroll down memory lane as you wander through the model village
-
- Have your photo taken 'pulling a pint' behind the replica Woolpack bar
-

£31 .00

Includes coach, one course hot lunch & tour

Subsidised by the Charity

Line Dancing

Every Thursday in the Pathways Pavilion Lutterworth

Recreation ground, (back of leisure centre)

£3.00 per session from 2pm – 4pm

For Fun Friendship & Exercise



IF YOU'RE INTERESTED THEN PLEASE CALL THE OFFICE AND BOOK
IN ON 01455 557116

BINGO



1st Tuesday of the month

Lutterworth St Mary's House

From 2pm Cash Prize Bonus!!!

Join us for a relaxed, friendly game of bingo and refreshments.

Crich Tramway Village



Wednesday 30th May

The popular Seaside at Crich tramway village returns!

The Village will be transformed into a family-themed seaside resort with a 'beach area' complete with deck chairs plus buckets and spades for you to build your own sandcastles! A Fun Fair giving visitors the chance to ride on the steam gallopers, and big wheel. (Fairground rides at additional costs). Be amused by Prof. Jon's "Flea" Circus, laugh at the traditional Punch & Judy shows, above all ride the unlimited vintage seaside trams into the open countryside.

£20.00

Includes coach & entrance

Subsidised by the charity

Afternoon Tea & Natter

2nd Wednesday of EVERY month

11th April, 9th May, 13th June & 11th July

Join us on these afternoons for tea, friendship and fun, we play cards, dominos, scrabble, beetle drive or whatever takes your fancy!!!

Why not come along and see what we get up to!!

Just £2.00

Please book & pre pay at the office or call us on 557116

'Pathway Pavilion' Lutterworth recreation ground

2 – 4pm



Transport available if required, must be booked in advance

TACKLING FRAUD

Some hints and tips to keep you safe:

- Never give your bank card or PIN to anyone.
- Never send money or pay fees to claim prizes or lottery winnings.
- Don't be afraid to put the phone down to cold callers or to end the call with a brief "No, thank you".
- Take your time and don't be rushed or pressured into a commitment – ask questions or seek a second opinion from someone you trust.
- Don't call unfamiliar numbers or reply to unsolicited texts as they may charge premium rates.
- Never assume an email or phone call is authentic.

If you're worried about someone and believe they may be a fraud victim contact Action Fraud **0300 123 2040**.

You can also report scams on this number.

STAY SAFE AT ALL TIMES; keep handbags closed, shield your pin number at cash point machines, be wary of distraction theft! **LOCK** your doors at all times... the police have advised to keep lights and a radio/TV on if you go out in the evenings. Keep all back entrances secure and locked.

Seated Exercise Class

For those who wish to maintain or improve their mobility.

Every Friday at the Wycliffe Rooms

Lutterworth

10.30am – 11.30am

Refreshments served till 12noon.

Everyone welcome, come and give us a try..

£3.50 incl. refreshments. Fun & laughter free!

(Find us in the community room at the Wycliffe rooms)



Age Concern Lutterworth & District,

Here to help and support people of the district when and where we can.

We give information on a variety of topics: benefits, staying safe, support at home, care homes and much more. We hold a variety of leaflets and information in the shop so please feel free to pick some up.

For more information come along to our coffee morning

**Thursday 12th April Lutterworth Town Hall 9am – 12 noon,
come along and meet up with friends for coffee & cakes.**

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MELKERTS

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A small, friendly local firm advising upon: -

- ***Wills and Probate***
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- ***Court of Protection Matters***
- ***Trusts and Inheritance Tax Planning***

Home visits at no extra charge within the locality
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BRITISH IRONWORK CENTRE

THURSDAY 7TH JUNE

**Be inspired by the art of metal work, meet with the
sculptors, take the iron safari tour and see the
blacksmith demonstrations.**

£20.00

Includes coach & lunch



Subsidised by the charity

Rugby Cinema
Thursday 22nd March

A matinee showing with times to be confirmed

"Finding your Feet"

**Please note this is a change to the original film
we had planned to see.**

**This is a British comedy about a senior citizens
dance class. Staring Imelda Staunton, Timothy
Spall, Joanna Lumley, Celia Imrie and many
more.**

**Please contact the office for more details and to add your name
to our list.**



£13.50

Brackley Antique Cellar

Thursday 26th April

Situated in the historic market town of Brackley, Northamptonshire, Brackley Antique Cellar opened in the year 2000 and they now boast over 200 dealers in 30,000 square feet of space, most of which is on one level. Also visit the Gallery and the Interior room and 100 showcases displaying a large variety of items.

An interesting place to visit: take a walk into Brackley, eat at one of the nearby pubs or at the Antiques own café.

On our way home we will visit

**Bells Plantation Garden Centre,
Towcester**

£10.00

Subsidised by the charity.

St George's Afternoon Quiz.

Monday 23rd April

2pm – 4pm



Teams of up to 6 or join a team on arrival.

It's a fun afternoon, nothing too serious!!!

Prizes for the winning team of 6

Includes coffee / tea & cakes

Town Hall Lutterworth

Just £3.50 each,

Advertisement

Harborough Lifeline

Peace of mind in your own home.



We offer an emergency alarm service for anyone who feels vulnerable or alone, whatever their age or needs.

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lifeline@harborough.gov.uk

Harborough Lifeline is a service owned and run by Harborough District Council



STAY SAFE

This year Age Concern Lutterworth & District are promoting a 'Stay Safe' project, we are issuing emergency medical detail forms which come with a protective pouch for you to keep the form in, we are advising that you keep this form with you at all times as the information could aid the emergency services should you require them whilst away from home. If you have not yet received one of the forms they are available from the office.