

Diary Dates

Date	Event	Cost	Paid
Thursday 14 th June	Coffee morning – Town Hall	50p+	
Tuesday 3 rd July	Bingo – St Mary's house Every 1 st Tuesday of the month	Varies	
Wed 4 th July	Travelling lunch club 4 Every 1 st Wednesday of the month	£9.00	
Monday 9 th July	Book club Every 2 nd Monday of the month	FREE	
Wednesday 11 th July	Tea & Natter Every 2 nd Wednesday of the month	£2.00	
Thursday 12 th July	Bressingham Steam & Gardens	£20.00	
Saturday 14 th July	Iota Concert	£15.00	
Tuesday 17 th July	Best Foot forward – dancing 2 – 4pm Wycliffe rooms	£3.50	
Friday 20 th July	Stamford & Market	£7.00	
Wednesday 25 th July	Travelling Lunch Club 1 Every 4 th Wednesday of the month	£9.00	
Thursday 26 th July	Summer Quiz	£3.50	
Thursday 9 th August	Coffee morning town hall	50p+	
Wednesday 15 th August	Skegness – sea side	£10.00	
Wednesday 29 th August	Severn Valley Railway incl lunch	£33.00	
Wednesday 12 th Sept	West Midlands Safari park	£20.00	
Wednesday 19 th Sept	AGM Town Hall 12noon.		
Monday 24 th Sept	Baddesley Clinton & Hatton Country world includes lunch	£32.50	
Thursday 11 th October	Cilla the Musical, Curve theatre	£26.00	
Summer 2019	David Austin Roses	TBC	
PLEASE NOTE	FOR DAYS OUT FULL PAYMENT IS REQUIRED A MONTH BEFORE THE TRIP		



LUTTERWORTH & DISTRICT

Charity No: 247288

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Lutterworth LE17 4AT

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WEBSITE: www.ageconcernlutterworth.org.uk

Excursions, Events & News



SUMMER 2018

We run regular 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 activities and days out.

Making the most of life



Dear Friends,

Welcome to our summer newsletter with so much to do and see! Why not try out our new dance event? Even if you can't do all the dances, tap along to the music and enjoy the fun.

If you enjoy reading or if you're just looking for a friendly group to chat with, then check out our book club. There's no pressure to finish the book so no need to worry.

In addition to our normal events over the next few months, we are also taking pre-bookings for David Austen Roses next year and for a possible Harry Potter World trip. If you're interested in either please pop into the office and let us know! If there's anywhere else you'd like to go, please let us know about that as well.

We are a very friendly bunch and love to welcome new people, help you to make new friends and even meet up with some old friends! So why not give us a go and come along to one of our events or days out. We hope we have something to interest everyone – some trips involve more walking than others, but as we always say you can do as much or as little as you wish!

Looking forward to seeing you all soon, 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 dates below. Call for more information on 01455 557116.

TLC 4 Dates	Pub	TLC 1 Dates
4 th July	The Steam Turbine, Rugby	25 th July
1 st August	Heathley Park, Leicester	22 nd August
5 th September	Lime Kilns Inn, Hinckley	26 th September

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**

Skegness

By popular demand we are running a day out this year to this lovely British seaside town, with fingers crossed the sun comes with us!!!

Enjoy a walk along the pier and promenade, relax on the beach, and eat seaside treats like fish and chips or ice cream.

Wednesday 15th August
£10.00

Subsidised by the charity

Advertisement

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 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

SUMMER QUIZ

Thursday 26th July

2pm – 4.00pm

Wycliffe rooms, Lutterworth

Join us for our fourth popular quiz event, have a fun afternoon with friends and maybe make some new ones!

Compete in teams of six – either make your own in advance, or join a team on the day! Prizes will be given to the winning team.

£3.50

Including tea/coffee and cake!

BOOK CLUB

Make new friends while enjoying a good read.

Do you enjoy a good story? Do you like meeting up for a chat and a cup of tea or coffee, with a friendly group of people? If so you might enjoy coming along to our monthly book group.

Meeting on the 2nd Monday of each month

10.45am

Lutterworth Library

FREE to join, just a small payment towards refreshments

We read books by a range of authors and in the coming months we will be reading books by Elizabeth Strout, Nicholas Evans, Erica James and others.

If you do not like the book there is no pressure on you to read it and nobody minds if you do not finish it within the month. We are a friendly group who generally, having said what we think about the book, spend time talking about a whole variety of things. If you would like to join us, you will be very welcome just come along to one of our meetings.

Call Alison or Lizzie on 01455 557116 or just drop into the library and meet with Sheila on the day.



Follow our facebook page for information on upcoming events, photos from our excursions, helpful advice and information and more!

You can also join our facebook group, and talk with other Age Concern shoppers and clients.

Find us at www.facebook.com/aclutterworth

BEST FOOT FORWARD



Tuesday 17th July

**Join us for an afternoon of gentle dancing,
enjoy the music and let your feet tap away!
For couples, singles and anyone that loves
music, loves to dance.....**

**Do what you can, shuffle, tap or show us
what you can do!!**

**Wycliffe rooms
2pm – 4pm**

£3.50

Includes refreshments

Subsidised by the charity.

Bressingham Steam & Gardens

Thursday 12th July

With over 8000 plant species this is sure to delight any gardener. Take a ride on the narrow gauge steam trains and visit 'Dad's Army' museum with vehicles and much more from the programme. For the more adventurous there's always the steam gallopers!!

Take a picnic, grab a light lunch or eat at Blooms, just next door.

This is sure to be a great day out, book your seat with Alison or Lizzie.

£20.00

Includes coach & entrance fees



PLEASE NOTE DUE TO THE DISTANCE THERE WILL ONLY BE A FEW PICKUPS, ALL IN LUTTERWORTH

Subsidised by the charity

Would you be interested in visiting Harry Potter World?

This is a 3 – 3.5 hour tour, with a break in the middle to have some lunch in the café.

- Step onto iconic sets like the Great Hall & Diagon Alley
- Spot your favourite props
- See up close the hidden detail of the costumes
- Discover how the special & visual effects team created filmmaking magic on screen
- Learn how magical creatures were brought to life on screen

Currently we are gathering interest before deciding to book a trip. An approximate cost would be £45.00 per person. Let us know if you are interested in going!

BINGO

**1st Tuesday of the month
Lutterworth St Mary's House
2pm-4pm**

Each book of 8 games is 50p, or pay £3 for the full sheet of 6 books.
Cash prizes are given for a line and house for every game, as well as a bonus number with a big cash prize!

We also have a cash flyer, and a raffle at 50p a ticket.

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

Coffee/Tea and cake is only 50p per person

Severn Valley Railway

Wednesday 29th August



Join us for an hour long trip on the steam train running from Kidderminster to Bridgnorth on the Severn Valley Railway.

Relax and enjoy the beautiful scenery.

Afterwards, we will have lunch in Bridgnorth, before stopping for refreshments on the way back.

£33.00

Price includes coach, train ticket & lunch

Subsidised by the Charity

Afternoon Tea & Natter

2nd Wednesday of EVERY month

13th June, 11th July, 8th August & 12th September

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

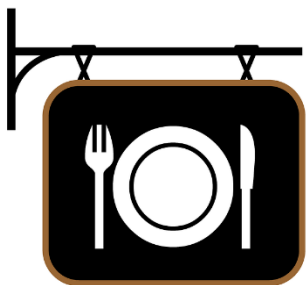
‘Pathway Pavilion’ Lutterworth recreation ground

2 – 4pm



Transport available if required, must be booked in advance

Advertisement



Tuesday Lunch Club

A local lunch club run by friendly volunteers. Come along, make new friends, and enjoy a lovely meal at the same time.

**Every Tuesday
12.15 – 1.30 PM
The United Reform Church Schoolroom
George Street
Lutterworth**

£3.50 Set Menu

- Soup
- Main Course
- Dessert
- With tea/coffee and cheese + biscuits

For more information or to book a place, ring
Frank Cooper on **01455 553162**.

Transport available for a small fee on request.

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 14th June & 9th August, Lutterworth Town Hall 9am
– 12 noon, come along and meet up with friends for coffee
& cakes.**

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STAMFORD

Market Day

Friday 20th July

Proclaimed by Sir Walter Scott as

"The finest stone town in England"

With over 600 listed buildings of mellow limestone in the town centre including five medieval churches.

Pay a visit to Stamford library and Heritage rooms which feature the Stamford Tapestry and a wealth of history.

Enjoy the bustling Friday market and visit one of the many cafes and restaurants.

£7.00



Subsidised by the charity

GIFT VOUCHERS

Know someone who's in need of a day out?

Do you know someone who's feeling lonely or isolated or someone who worries about the cost of going out? Are they interested in making new friends or visiting new places? Or are you simply looking for the ideal gift for any occasion?

We offer gift vouchers to be used with any of our excursions!

These make ideal gifts for family & friends,

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

Why not come along with them!

Our gift vouchers are available for purchase from the office in the shop, in £5 and £10 denominations.

STAY SAFE

As part of our Stay Safe Project, we are advising people with contactless payment cards to be extra careful when using your card to shop. Always double check the amount that you're being charged to make sure that it's correct, as with contactless payments you won't be given a receipt to check afterwards.

Consider buying a metal card protector to help prevent any card fraud – without one, there's a danger that scammers can pick up your card details using a hidden card reader on your contactless card. They can be found at plenty of retailers such as amazon, or thrifty folks can even make their own using aluminium foil!



Are you an online shopper?

With www.easyfundraising.org.uk, whenever you shop online, whether for groceries, clothes, holidays, insurance, or anything else at the thousands of sites supported, you can earn a donation for Age Concern Lutterworth.

Help us out without costing you a penny extra!

By joining easyfundraising, you can support us whenever you do your regular shopping at popular sites such as amazon, ebay, Tesco, Morrisons, and many more!



It's free, quick and simple to sign up, so do it today!

Top Tip: Download the easyfundraising toolbar, and whenever you visit a site that supports easyfundraising, you can instantly sign in and earn donations on any of your purchases from that site!

Baddesley Clinton & Hatton Country World

Monday 24th September

Join us for this lovely day out at Baddesley Clinton a secluded estate set in the heart of the Forest of Arden with 500 years of fascinating & unexpected stories!

For lunch we stop at The Boot Inn, Lapworth for a fantastic two course meal.

After lunch a visit to Hatton Country World for refreshments and to browse the many shops and outlets.

£32.50

includes coach, 2 course lunch and entrance into the National Trust property.

This trip will only cost £22.50 for National Trust Members – just don't forget to bring your card on the day!

Subsidised by the charity

I O T A

With Sally Barker, Anna Ryder, & Marion Fleetwood

Gilmorton Pavillion, 14th July 2018
Bar & BBQ open from 7:00pm (not included in ticket price).
Music commences at 7:45pm



Come and listen to live music performed by the well-known contemporary folk music group, I O T A, with Sally Barker, runner up in BBC's "The Voice" in 2014.

There is a charity concert organised by the Rotary Club of Lutterworth Wycliffe with proceeds going to Age Concern Lutterworth and other Rotary Charities.



Tickets are **£15** each, available from the Age Concern shop in Lutterworth, Gilmorton village shop, Max Electrical in Lutterworth, Ian on 01455 284820 or any member of the Lutterworth Wycliffe Rotary Club.



Cilla The musical

Curve Theatre Leicester

Thursday 11th October

Matinee Performance

The story follows the extraordinary life of the ordinary teenage girl from Liverpool, Priscilla White and her rocky, yet incredible rise to fame.

£26.00 includes coach and ticket



Subsidised by the charity

David Austin Roses

Visit the Plant Centre at the home of English Roses. Take a guided tour of the rose gardens, enjoy delicious refreshments, and don't forget to visit the gift shop!



Due to overwhelming demand, trips to David Austin Roses must be booked a year in advance, so we are taking bookings now for a trip planned to be on:

Monday 8th July 2019

Put your name down now to reserve a seat!

Estimated Price is

£35.00

Including coach, 2 course lunch, guided tour of the gardens, and tea, coffee & Danish pastries in the afternoon

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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. EXPERIENCED LINE DANCERS ONLY.

West Midlands Safari Park

Wednesday 12th September

Come visit West Midlands Safari Park!



Go on a safari drive through and get up close with the lions, elephants, and other animals, then visit the enclosures to see even more cute creatures.

Take a trip to the past with the 'Ice Age' and 'Land of the Living Dinosaurs' exhibits.

When you get hungry, stop by one of the great restaurants or enjoy classic park food at the food court.

£20

Includes coach & entrance ticket

Subsidised by the Charity