

Diary Dates

Date	Event	Cost	Paid
Tuesday 11 th Sept	Best Foot Forward Dancing	£3.50	
Tuesday 2 nd October	Bingo – St Mary's house Every 1 st Tuesday of the month	Varies	
Wednesday 3 rd October	Travelling lunch club 4 Every 1 st Wednesday of the month	£9.00	
Monday 8 th October	Book club Every 2 nd Monday of the month	FREE	
Wednesday 10 th October	Tea & Natter Every 2 nd Wednesday of the month	£2.00	
Thursday 11 th October	Cilla the Musical, Curve theatre	£26.00	
Tuesday 16 th October	Big Information Day Wycliffe rooms	FREE	
Tuesday 23 rd October	Romany Museum Spalding	£15.00	
Wednesday 24 th October	Travelling Lunch Club 1 Every 4 th Wednesday of the month	£9.00	
Monday 5 th November	Quiz – Wycliffe rooms 2pm – 4pm	£3.50	
Thursday 8 th November	Donnington Museum	£15.00	
Tuesday 20 th November	Best foot forward - Dancing	£3.50	
Monday 26 th November	Blenheim Palace Christmas	£25.00	
Wednesday 5 th Dec	Christmas Party – Wycliffe rooms	£15.00	
Monday 10 th – 14 th December	Criccieth Festive Holiday	£204	
Monday 10 th December	Round Table – fish & chip supper	FREE	
Thursday 10 th January	Peter Pan, Birmingham Hippodrome	£21.00	
PLEASE NOTE	FOR DAYS OUT FULL PAYMENT IS REQUIRED A MONTH BEFORE THE TRIP, UNLESS OTHERWISE STATED		

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, please feel free to pick some up.



LUTTERWORTH & DISTRICT

Charity No: 247288

7 High Street

Lutterworth LE17 4AT

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EMAIL: aclutterworth@tiscali.co.uk

WEBSITE: www.ageconcernlutterworth.org.uk

Excursions, Events & News



Autumn 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 autumn newsletter! What an amazing summer we have had, although perhaps a few too many very hot days for those that struggle with the heat.

We have some new and exciting places to visit including one for the MEN (and ladies of course) that enjoy the thrill of motor racing.

For those that have been coming along to our quizzes we do hope you're finding them entertaining! Take a look inside as we are planning to run our quizzes regularly to help keep those brains active and to make likeminded friends.

Have you tried our "Best Foot Forward" dancing group? It's a fun group enjoying any style of dance you want! Couples, singles, men and ladies welcome, why not come along and try it out!

There's great coffee and cakes included as well.

Our aim as always is to beat loneliness and isolation through our social activities and days out. Call in and see us for a friendly chat to see if there is anything for you!!!

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.

Printed by Minuteman Press, 14c High St, Lutterworth 01455 207508

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
3 rd October	Bulls Head, Brinklow	24 th October
7 th November	Old Smithy, Church Lawford	28 th November
5 th December	Wycliffe Rooms Christmas Party	5 th December

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

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

Only £9.00 for coach and 2 course meal!

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**

STAY SAFE – SCAM WATCH

There is a recent scam where scammers pretending to be companies like BT, Talk Talk etc. have been calling people and saying they need remote access to your computer. They then use this access to steal things like your bank details!

Genuine companies will never phone you out of the blue and ask to access your computer, so don't give them access! If you're not sure if a call is legitimate, hang up, get the genuine customer services number from the company's website and call that for verification.

If you get someone at the door saying they are from a company and need access to your house, you should find that company's number online or through the Yellow Pages and ring that to ask them if they've sent people out to your house. Don't ring a number people on your doorstep give you as this can be fake!

To report fraud or get advice, you can call Action Fraud on 0300 123 2040. Let us know if you encounter any scams so we can warn other people!

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

Big Information Day!

Tuesday 16th October

Wycliffe Rooms Lutterworth 9am – 2pm

FREE

Advice & Information on
a variety of topics including:

Tea/coffee &
cake

Just £1.50

Benefits Advice
Dementia, Share & Care
Harborough Life Line
Best Life
First Contact
Care home support service
Macmillan support
PLUS MUCH MORE!

Health care watch
Red Cross
Deaf Blind Org
Melkerts Solicitors
Severn Trent
Scams advice
Citizens Advice

FREE RAFFLE TICKET ON ENTRY

Growing older can cause its problems! Can this
day help or point you in the right direction?
Call in for a warm welcome.

For more information call Alison or Lizzie
on 01455 557116.

BOOK CLUB

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 a variety of genres. 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.

Autumn's books:

- October: 'The Trespass' by Barbara Ewing or FREE CHOICE
- November: 'Song of the Skylark' by Erica James
- December: Any book by Nora Roberts

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

AGE
Concern

Visit our website at www.ageconcernlutterworth.org.uk for: an online calendar of events; more information on the services we provide; information on how you can help us out through donations and fundraising; photo galleries from our previous events; and more!

BEST FOOT FORWARD DANCING



**Tuesday 11th September
& Tuesday 20th November**

**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 and 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.

Age Concern Holidays

Here at Age Concern Lutterworth, we run regular four night holidays. These are organized by travel companies, but booked through us to make things easier for you and so we can travel as a group! Come along with friends, or make new ones on your trip!

Criccieth Festive Holiday

10th – 14th December 2018

Stay at the George IV hotel in Criccieth, Wales, with some views of the sea and castle. This holiday includes:

- Four nights' dinner and breakfast with two lunches included.
- One half-day excursion and one full day shopping excursion.
- Special festive menus and festive entertainment in the evenings.
- Hotel features a bar, restaurant, entertainment room with additional bar and a cosy lounge.

£204

(Depending on availability at time of booking)

No Single Supplement

Porthcawl Spring Holiday

18th – 22nd May 2019

Stay at the Seabank Hotel in Porthcawl, Wales, an attractive seaside resort town with a golf course and fairground. This holiday includes:

- Four nights' dinner & breakfast at the hotel.
- Day excursion in Cardiff including a guided tour of the capital and free time to visit sights such as the National Museum and waterfront.
- Day excursion to Mumbles, a traditional Victorian seaside resort, followed by the city of Swansea.
- Hotel features a bar and restaurant.

£204

(Depending on availability at time of booking)

£27 Single Supplement

AUTUMN QUIZ

Monday 5th November

2pm – 4.00pm

Wycliffe rooms, Lutterworth

Join us for another one of our popular quiz events, 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!

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

The Innocent Smoothies

Big Knit

Innocent Smoothies and Age UK work together every year for the Big Knit – and we also take part. For every knitted smoothie hat donated to our charity, we receive 25p from Innocent Smoothies.

This money goes towards helping older people in the Lutterworth area deal with the cold in the winter. We provide social events and gatherings such as our New Year's Party, and advice and information at information days and in our regular office hours.

This winter we have a massive target of 6,000 hats, and we need your help to reach this! Patterns for hats can be found online at <http://www.thebigknit.co.uk/knitting-patterns>, or if you call into the shop we have some printed out that you can take. We also have free bits of wool for knitters (depending on availability).

Many thanks to everyone who helps us out!



little hats, big difference



Afternoon Tea & Natter

2nd Wednesday of EVERY month

10th October, 14th November, & 12th December

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

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

Fish & Chip Supper

Monday 10th December

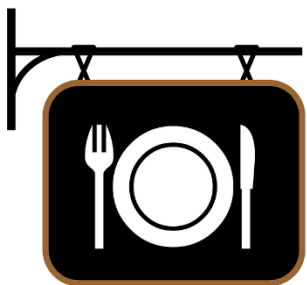
7pm

Organised and paid for by Lutterworth Round Table.

A lovely EVENING meal with entertainment, paid for by the fundraising efforts of the Round Table.

Please book through the office if you would like to attend.

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 553462**.

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)



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

**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!**

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PETER PAN

Thursday 10th January 2019

Birmingham Hippodrome

Come along with Age Concern Lutterworth to a matinee performance of 'Peter Pan' the pantomime.

The all-star line-up is led by singing sensation **Jimmy Osmond**, comedy-actress and TV star **Meera Syal**, Hippodrome favourite **Matt Slack**, and amazing acrobatic-troupe **The Timbuktu Tumblers**.

With amazing flying effects, barrels of laughter, magic and fairy dust, be sure to join Peter and the Lost Boys as they set sail in the ultimate pirate Pantomime adventure.

£21.00

Including Coach + Ticket

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 are the perfect gift for friends and family - why not come along with them!

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

Don't forget – with Christmas coming up these make an ideal gift! Treat that special person to a day out at a performance of Peter Pan or a lovely meal at our Christmas party!

If you're a regular client, add our vouchers to your Christmas list!



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/ageconcernlutterworth



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!

Romany Museum

& Shopping in Spalding

Tuesday 23rd October

We start the day in Spalding, where you can take your pick of either the garden centre or Springfield's shopping outlet. Grab your Christmas bargains & enjoy some lunch, before we visit the fascinating Romany museum.

The Gordon Boswell Romany Museum is the lifetime's work of Gordon Boswell, who amassed a collection of artefacts, photographs, and several examples of the characteristic Gypsy wagon or Vardo. Enjoy the varied exhibits here while enjoying some afternoon refreshments.

We've run this trip before to rave reviews, so don't miss out on your chance to come!

£15.00

Includes museum & afternoon refreshments.

Subsidised by the charity

Volunteers Needed!

To continue delivering all the events and services listed in this booklet, Age Concern Lutterworth needs more volunteers for our charity shop.

We welcome people of all ages and circumstances, whether you're retired, a recent school leaver, out of work, a part time worker, or a stay-at-home parent.

No experience is required, only a friendly and helpful attitude. For those looking to build their skills in a retail environment, our staff will always do their best to help you grow.

We have a close team of staff, volunteers and trustees, who are always welcoming to new faces. Make new friends while giving back to your community at the same time!

All we ask for is a weekly commitment of three and a half hours, either in the morning or afternoon.

For more information or to express an interest you can call us on 01455 557116 or pop into the office at our shop for a warm welcome!

Donnington Park

& Garden Centre

Thursday 8th November

A must see for any motorsport and automotive fan!

With over 130 exhibits incorporating the Wheatcroft Military collection, get up close with the fascinating history of motorsport. View the cars driven by famous drivers, such as Mansell, Prost, Moss, Stewart and many more.



After the museum we will make our way to a lovely pub in Ashton-On-Trent where you can choose your lunch, then to Staunton Harrold Garden centre for shopping including Christmas gifts and a café before we head back home.

£15.00

Coach & museum entrance only.

Subsidised by the charity

Blenheim Palace

Cinderella Christmas Experience

We take a trip to Blenheim Palace for the festive season, with the State Rooms being transformed to tell the story of Cinderella.

Wander beneath garlands into rooms filled with Christmas trees and ornaments, each set up to tell a different part of the Cinderella story, from Cinderella's room with her handmade gown to the glass-inspired ballroom.

While you're at Blenheim, make sure to visit the Christmas Market in the Great Court for gifts and tasty seasonal treats!

You can enjoy lunch at any of the four restaurants and cafés on site, and experience the rest of the Palace and gardens at your own pace.



£25.00

Includes entry + coach

Monday 26th November

Subsidised by the charity

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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.

CHRISTMAS PARTY

Wednesday 5th December

12.00 - 4.00pm

Wycliffe Rooms

Enjoy a lovely meal with all your friends from Age Concern
Lutterworth, complete with entertainment from the fabulous

Johnny Taylor.

£15.00

Includes: 4 course lunch, entertainment and transport if required.

Book early for this popular event.

Subsidised by the Charity

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