|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Event** | **Cost** | **Paid** |
| **Wednesday 2nd January** | Travelling lunch club 4 Every 1st Wednesday of the month | £9.00 |  |
| **Thursday 3rd January** | Line Dancing  Every Thursday | £3.00 |  |
| **Friday 4th January** | Seated Exercise Class  Every Friday | £3.50 |  |
| **Tuesday 8th January** | Bingo – St Mary’s House  Moved from 1st January | Varies |  |
| **Wednesday 9th January** | Tea & Natter Every 2nd Wednesday of the month | £2.00 |  |
| **Thursday 10th January** | Peter Pan (Birmingham Hippodrome) | £21.00 |  |
| **Monday 14th January** | Book club Every 2nd Monday of the month | FREE |  |
| **Wednesday 23rd January** | Travelling Lunch Club 1 Every 4th Wednesday of the month | £9.00 |  |
| **Tuesday 29th January** | New Year Party | £5.00 |  |
| **Tuesday 12th February** | Matlock Shopping + Snowdrop Walk | £14.00 |  |
| **Wednesday 20th February** | Winter Quiz – Wycliffe rooms | £3.50 |  |
| **Thursday 7th March** | Hardwick Hall + Shopping | £23.00 |  |
| **Wednesday 27th March** | The Comedy About A Bank Robbery (Curve Theatre) | £20.00 |  |
| **Thursday 11th April** | Highclere Castle | £23.50 |  |
| **Tuesday 16th April** | Easter Party | £15.00 |  |
| **PLEASE NOTE**  **Closing days** | **Shop & office will be closed 25th, 26th & 27th December, and 1st January 2019** | | |
| **Additional Opening** | **Shop will be open 11am-3pm on Sunday the 9th and 16th of December. Office will remain closed.** | | |
| **FOR DAYS OUT FULL PAYMENT IS REQUIRED A MONTH BEFORE THE TRIP, UNLESS OTHERWISE STATED** | | | |

**Diary Dates**



Lutterworth & District

Charity No: 247288

7 High Street

Lutterworth LE17 4AT

Telephone 01455 557116

Email: info@ageconcernlutterworth.org.uk

WEBSITE: www.ageconcernlutterworth.org.uk

Excursions, Events & News



Winter 2018/19

# **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***



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** |
| **2nd January** | **Old Vicarage,**  **Whetstone** | **23rd January** |
| **6th February** | **The Hansom Cab,**  **Burbage** | **27th February** |
| **6th March** | **TBA** | **27th March** |
| **3rd April** | **TBA** | **24th April** |

**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!**



**Dear Friends,**

**What a fantastic year we have had with you all, in total 26 coaches have gone out this year with over a thousand places filled on our trips. It has been wonderful to welcome new people to our services and events and we look forward to seeing you again in 2019.**

**On behalf of the trustees and staff we would like to thank our dedicated volunteers for all their time given over this year, without you the charity would not be able to run and offer the services and events that we provide. Also, thanks must go to our donators and shoppers, without you we wouldn’t have anything to sell! So, thank you again for being so loyal to our charity.**

**Our aim as always is to try help beat loneliness and isolation. We do this through social activities, remember you don’t need a friend to come along with you on our events and activities as a stranger is just a friend you have not met yet! If you’re feeling down and fed up, why not give us a call and see what we can offer you for 2019.**

**Wishing you all a lovely Christmas & a very healthy & happy New Year.**

**Looking forward to seeing you all soon,**

**Trustees of ACL&D, Alison, Jane & Lizzie**

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

NEW YEAR PARTY

**Calling All 90-year olds plus!**

If you’re 90 years old or older (or turning 90 in 2019), you’re invited to our party!

For you and a carer/partner/friend (date and time to be confirmed once we have numbers)

Interested, please contact us on 01455 557116

Tuesday 29th January

12.00 - 4.00pm

Wycliffe Rooms

**Banish away those winter blues!**

**Now’s the time to do something different!**

**If you have never been to one of our party events make this your first for 2019!**

Enjoy a lovely meal with friends or a great chance to make new friends, complete with entertainment from the fabulous Sammy Hames-Pritchard

Singing, dancing and laughter an option!!

**£5.00**

Includes: 3 course lunch, entertainment and transport if required.

Book early for this popular event.

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

**Our New Year Party is subsidised by the charity thanks to the generous help of our Big Knitters!**

**Line Dancing**

Every Thursday in the Pathways Pavilion Lutterworth

Recreation ground, (back of leisure centre)

Please note no line dancing on January 10th.

£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.

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.

**Winter’s books:**

* December – Any book by Nora Roberts.
* January - “Amsterdam” Ian McEwan.
* February - A book on the theme of Family.
* March - “Light on Snow” Anita Shreve.

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



**ADVERTISMENT**

Visit our website at [www.ageconcernlutterworth.org.uk](http://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!

**WINTER QUIZ**

**Wednesday 20th February**

**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**

**Bingo in January will be held on the 8th**

**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 on every game, so it’s easy to win your money back!

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

**Porthcawl Spring Holiday**

**18th – 22nd May 2019**

Stay at the Seabank Hotel in Porthcawl, Wales. Holiday includes:

- Four nights’ dinner & breakfast at the hotel.

- Day excursions to Cardiff and Mumbles.

**£209 pp**

**No single rooms available**

Eastbourne & Great Dixter

Monday 9th - Friday 13th September 2019

Staying at the Bay Burlington Hotel.

* Day One: check into the hotel and enjoy a lovely evening meal
* Day Two: full day excursion to Great Dixter and calling on Rye town
* Day Three: half day excursion to Bexhill on -sea
* Day Four: explore and enjoy Eastbourne at your leisure
* Day Five: sadly, time to say goodbye and head home.

All of this with fantastic entertainment each evening

£344 pp

deposit of £65 pp required on booking

Single rooms available – book early. No single supplement.

**Age Concern Holidays**

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 friends on your trip!

**Afternoon Tea & Natter**

2nd Wednesday of EVERY month

9th January 13th February 13th March & 10th April

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

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

‘Pathway Pavilion’ Lutterworth recreation ground

*Just £2.00*

2 – 4pm

Transport available if required, must be booked in advance

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, access advice and information at information days and during 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 away. We also have free bits of wool for knitters (depending on availability).

Many thanks to all our Big Knitters!

Share & Care Group

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

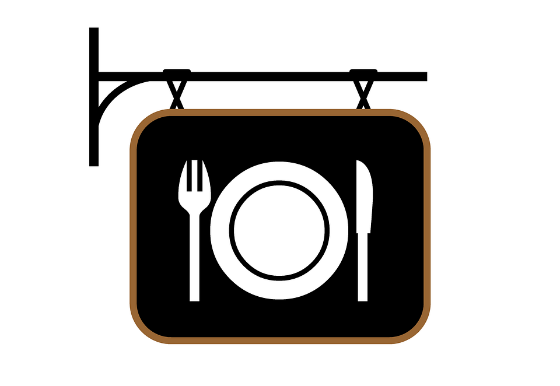
Various activities and events are held each week and have included cooking, gardening, singing for the brain, crafts, games and much more.

For more information please contact either

Sophie Styles – 07801 735242 or

Val Williams – 07753133019



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**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)



***Please note there will be no class on Friday 21st & 28th December***



**Tuesday Lunch Club**

Advertisement

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**

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!

For more information or to book a place, ring

Frank Cooper on **01455 553462**.

***Transport available for a small fee on request.***

£3.50 Set Menu

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

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 Sya**l, 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

**Advertisement**

***MELKERTS***

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 A small, friendly local firm advising upon: -

· ***Wills and Probate***

**· *Lasting Powers of Attorney***

**· *Living Wills and Advance Directives***

**· *Elderly Client issues***

**· *Court of Protection Matters***

**· *Trusts and Inheritance Tax Planning***

Home visits at no extra charge within the locality

Saturday morning appointments by arrangement

***Telephone* 01455 552378 or 07733 88 4231**

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Lutterworth

LE17 4AP

[www.melkerts-solicitors.co.uk](http://www.melkerts-solicitors.co.uk)

PETER PAN

Please note limited seats available, as has been previously advertised.

Thursday 10th January 2019

Birmingham Hippodrome

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!

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

**Don’t forget – with the festive season 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 New Year 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](http://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!**

**Easter Party**

**Tuesday 16th April**



**Wednesday 27th March**

Join us at the Curve theatre for a ***matinee performance*** of *‘The Comedy About A Bank Robbery’*, by the same troupe that created hit comedy *‘The Play That Goes Wrong’*.

A priceless diamond has been entrusted to the city bank, an institution so corrupt that even the security guards are on the take. Can it be safely stored, or will it all go horribly wrong?

Don’t miss this smash-and-grab hit comedy, guaranteed to deliver swag loads of laughter.

**£20.00**

Includes coach and theatre ticket

Please note: this performance contains gunshots and some flashing lights/strobes.

Subsidised by the charity

Join us for a lovely afternoon at the Wycliffe rooms Lutterworth for lunch and entertainment. Meet with friends or make new ones!

Bring those bonnets for our Easter bonnets parade with a prize for the best one.

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**£15.00**

Includes 3 course dinner and entertainment.

Transport available on request – please let us know in advance!

Subsidised by the charity

Matlock Shopping and Snowdrop Walk

Hardwick Hall

And Shopping

Tuesday 12th February

Thursday 7th March



We start the day by visiting the East Midlands Designer Outlet at Junction 28, with 65 stores and several restaurants to choose from. As part of a group offer, you’ll receive a voucher for 10% off at selected stores.

In the afternoon, we head to the historic Hardwick Hall, created by Bess of Hardwick in the 1500s. View the period décor through the rooms, including one of the largest collections of Elizabethan tapestries in Europe. The more adventurous can take a walk through the gardens to see snowdrops blooming – just remember to wrap up warm!

Come along for a lovely winter day out! We first travel to Matlock to visit the Masson Mills Shopping village, with over 60 stores set under one roof and hot or cold food available at the Derwent Restaurant.

While you’re there, there’s an opportunity to visit the Masson Mills Working Textile Museum, where you can experience the genuine atmosphere of an 18th century cotton mill. An hour-long guided tour of the museum is available for only £2.50 – please let us know if you wish to attend! Lunch can be purchased from the café.

After Masson Mills, we’ll travel on to Hopton Hall to visit their beautiful Snowdrop Walk, taking you through a trail in the woodlands to see the first signs of spring. A teashop with hot drinks and soup is on site for those who need some warming up.



£14.00

**Includes Coach + Hopton Hall entrance ticket.**

**Masson Mills Textile Museum Tour is an additional £2.50.**

Subsidised by the charity

**£23.00**

**Including coach and entrance ticket to Hardwick Hall.**

**£10 for National Trust members – just remember to bring your membership card on the day!**

Subsidised by the charity

Highclere Castle

**Thursday 11th of April**

STAY SAFE –

Winter Awareness

To protect yourself in the winter, it’s important to take steps to stay warm and avoid any illnesses going around. Follow our advice below to help stay safe in winter:

* Stay Active – when indoors, try not to sit still for more than an hour. Get up and walk around or make yourself a hot drink. If walking is difficult, you can do chair-based exercises.
* Eat Well – Have at least one hot meal a day and hot drinks. Stock up on basic food in case a cold snap means you can’t get to the shops. Make sure you eat enough – being underweight makes you more susceptible to infections.
* Keep to A Safe Temperature – Your house should be heated at 21°C during the day, and 18°C at night. Any lower can be dangerous. If you’re still cold at this temperature, you should turn the heating up.
* Shut Your Bedroom Window – Keep your bedroom window closed at night as the cold air can cause chest infections.
* Take Care When Driving – Let someone know where you’re going and when you expect to arrive. Keep an emergency kit with warm clothes, food, water, boots, a torch and a spade in your car.
* Keep Your Spirits Up – make sure that winter isn’t making you feel lonely and depressed. Why not come to our activities to socialise in the winter?

**As part of our stay safe project, we are giving away emergency contact cards. These are forms with a plastic holder that you can fill out with emergency medical details like your next of kin or what medications you’re on, and then keep in your purse or wallet. If you don’t have one yet, be sure to pick one up in the office at the shop!**

Check our website for more tips on staying safe!

Visit the home of Downton Abbey, where the show is filmed! Explore behind the scenes of the castle owned by the Earl and Countess of Carnarvon and discover its real-life history.

Visit the beautiful State rooms and take a stroll around the gardens. A teashop is available on site for lunch, as well as a gift shop with exclusive goods. There is also an Egyptian Exhibition, with antiquities discovered by the 5th Earl of Carnarvon on his excavations with Howard Carter – this can be accessed on the day for an additional £7.00.

£23.50

Includes Coach and Entrance Ticket



Subsidised by the charity

Friday Coffee Club  
The [Friday](https://www.facebook.com/ageconcernlutterworth/inbox/?mailbox_id=431364953962130&selected_item_id=591370774628213) Coffee Club is looking for

“young at heart support!”

The group is looking for help from a young at heart individual/s to help support making drinks for people, some light tidying and possibly a few baby cuddles/toddler chats. This would be every Friday during term time, for a couple of hours from 9.30am.

Christina added “It can be a noisy environment but very friendly & lots of laughter. I’m sure if there was anyone willing/suitable we would make them feel very wanted & valued for their support, we always have cake too (although not as much home baking as we would like at present).“

Any support is most welcome to enhance this group which has supported so many different families of differing backgrounds throughout the years.

If you are interested in volunteering, contact Age Concern Lutterworth and we’ll pass your details along.

**Advertisement**

**About the Friday Coffee Club:**

It has been over 30 years since the group was set up to provide a way for mums to socialise and have support whilst children up to preschool age had safe relaxed play. There seem to be so many more options available for families now, but maintaining a no profit status has allowed this group to keep costs to an absolute minimum for those attending and carers are a mixture of mums, grandparents & fathers.  
  
The voluntary group is run by Christina Godding and Natalie Mobbs who are both mothers of twins in Lutterworth and stepped in this year when it looked threatened to close. “After receiving the support of this group we decided we needed to do something to keep this group available for others and our own children” Christina told us.

**Advertisement**



Our newsletter has a circulation of 1000 copies, handed out at our shop and events, as well as distributed at locations around Lutterworth and the surrounding villages. If you’d like to advertise in our newsletter, please contact us on 01455 557116 or email [info@ageconcernlutterworth.org.uk](mailto:info@ageconcernlutterworth.org.uk)

Lutterworth Pilates & Therapy Centre run a regular timetable of Pilates & Yoga classes from our studio in the centre of Lutterworth. Alongside our classes, we also offer Studio Reformer Pilates, one to one and small group Pilates & Yoga sessions. We have Physiotherapy, Sports Therapy and Holistic Massage at the centre allowing us to offer complete team around the client services enabling us to better support you in recovering from and preventing future injuries as well as developing weaker areas and postural imbalances.

The centre accepts referrals from medical professionals and manual therapists who understand how much Pilates can help with many physical conditions. This allows instructors to integrate Pilates exercise with rehabilitation supporting those recovering from injury. Lutterworth Pilates is also part of the Exercise Referral Scheme allowing us to take on clients referred by medical professionals and GPs.

For more information please call 07827911146 or email info@lutterworthpilates.co.uk



Come visit our charity shop in the Market Square, next to the Town Hall!

We have a large selection of women’s, men’s and children’s clothing and accessories, jewellery, bags, books and loads of bric-a-brac to rummage through! We have everything from pottery figurines, tea sets, vintage home-wear to picture frames, jigsaws, kid’s toys and much more.

If there’s anything specific you’re looking for, please ask a member of staff or volunteer for help!

How Can You Help?

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.

Volunteering – We’re always looking for more volunteers to help us out in our shop or at our regular events. We have a friendly team who are welcoming to people of all ages and circumstances. Contact us for more information!

Donating – If you have any items you would like to donate, please feel free to bring them along to the shop to help raise funds for us. We welcome donations of all kinds, including items not fit for sale as we can recycle these for money.

We sell some of the more collectible items on our eBay site – recently we had a lovely collection of Silver Scenes boxes donated as well as a rare board game.

Please note: we cannot take any large furniture as we do not have enough space on the shop floor.

Fundraising – We have many different ways to help us through fundraising, and we are always grateful for any help received. Help us by taking part in the Big Knit or signing up to easyfundraisng.org.uk. You can sponsor us in local events like the Santa Fun Run, buy tickets for our 50/50 raffle every month, or collect your loose change and donate that to us!

Advertisement