

Diary Dates

Date	Event	Cost	Paid
Tuesday 3 rd September	Bingo – St Mary's House Every 1 st Tuesday of the month	Varies	
Wednesday 4 th September	Travelling lunch club 4 Every 1 st Wednesday of the month	£10.00	
Thursday 5 th September	Line Dancing - Every Thursday	£3.00	
Thursday 5 th September	Renishaw Hall and Gardens	£22.00	
Friday 6 th September	Seated Exercise Class - Every Friday	£3.50	
Monday 9 th September	Book club Every 2 nd Monday of the month	FREE	
Wednesday 11 th September	Tea & Natter Every 2 nd Wednesday of the month	£2.00	
Wednesday 18 th September	AGM Lutterworth Town Hall 12noon	N/A	
Thursday 19 th September	Warhorse – Curve Theatre	£37.00	
Wednesday 25 th September	Travelling Lunch Club 1 Every 4 th Wednesday of the month	£10.00	
Tuesday 1 st October	Stratford river cruise & fish n chip lunch	£18.00	
Tuesday 15 th October	Gloucestershire Railway Trip	£35.00	
Wednesday 16 th October	Autumn Quiz	£3.50	
Tuesday 22 nd October	BIG Information Day Wycliffe rooms 9.00am – 2.00pm	FREE	
Wednesday 30 th October	Autumn Tints Mystery tour with lunch	£15.00	
Tuesday 5 th November	Bletchley Park	£19.00	
Friday 22 nd November	Christmas at Chatsworth	£27.50	
Thursday 5 th December	Christmas Party Wycliffe rooms 12-4pm	£16.50	
Thursday 16 th January	Snow White & The Seven Dwarves Pantomime at Birmingham Hippodrome	£27.00	
FOR DAYS OUT FULL PAYMENT IS REQUIRED A MONTH BEFORE THE TRIP, UNLESS OTHERWISE STATED			
We are closed for the 25 th -27 th December but will be open Christmas Eve.			



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



Autumn 2019

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 to join us for fun activities and days out.

Making the most of life

AUTUMN

Dear Friends,

What fun we have had so far this year, with trips to the panto in Birmingham, Matlock, Hardwick Hall, Curve Theatre, Highclere Castle, Cadbury World, Avoncroft Museum, Southwold, Harry Potter Tour and David Austin Roses, not to mention the parties and our very special 90th Party Event. See our web page for proof of the fun we've had at, www.ageconcernlutterworth.org.uk

It does seem strange to be putting this newsletter together and including Christmas! But as usual we are very busy with organising more events and days out.

Our aim as always is to try and help beat loneliness and isolation. You don't have to be "old!" to be lonely, feeling sad and lonely can hit anyone at any time. What we do is to give you an opportunity to meet new people and make friends.

We have some great party events and some wonderful days out, along with our regular services we offer. Just keep reading this newsletter to see what we offer.

We are a totally separate and independent charity and every penny raised in our shop (7 High Street) stays in Lutterworth and supports the activities and events all at a subsidised cost. Keeping it, we hope, affordable to all.

So why not call in and speak to one of the members of staff.

Alison, Jane & Lizzie

On behalf of the staff and Trustees of ACL&D,
We thank you all for your continued support.

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
Wednesday 4 th September	Copt Oak Narborough	Wednesday 25 th September
Wednesday 2 nd October	Bulls Head Wolvey	Wednesday 23 rd October
Wednesday 6 th November	The Raven Brinklow	Wednesday 27 th November
Thursday 5 th December	Christmas Party	Thursday 5 th December

Each coach has different pickup points around Lutterworth and the surrounding villages – contact us to find out which one you would be on!
TLC 4 is led by Jane, and TLC 1 is led by Helen.

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

Only £10.00 for coach and 2 course meal!

Please note, we have had to make an increase on the lunch clubs to £10 as from September 2019.

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

Age Concern Lutterworth & District Annual General Meeting

Will be held on the
18th of September

At 12noon, Lutterworth Town Hall

90 Plus Party



In May 2019, we held a free party for anyone aged 90 plus in our catchment area. Attendees had a two course meal, with entertainment from the U3A Ukulele group. We also passed around memory boxes from the Lutterworth Museum.

It was lovely seeing everyone enjoying themselves, meeting up with old friends and making new ones! It just goes to show that no matter how old you are, you're never too old to stop having fun.

This party was possible thanks to a generous donation from
The Four Seasons charity.

Christmas Party

Thursday 5th December

12 noon – 4pm

Wycliffe Rooms, Lutterworth



Enjoy a lovely meal with friends and a great chance to make new friends, complete with entertainment from Johnny Taylor, dancing and laughter included!!

£16.50 p.p.

Includes: 3 course lunch, tea/coffee & mince pies,
entertainment and transport if required.

Book early for this popular event.

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.

Call Alison or Lizzie on 01455 557116 or just drop into the library and meet with Sheila on the day. We would welcome any new members.

Upcoming books:

- September – 'False Impression' by Jeffery Archer
- October – A book by a favourite author
- November – 'The Trouble With Goats and Sheep' by Joanna Cannon
- December – A book on the theme of Christmas

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!

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



PLEASE NOTE THAT THE LINE DANCING CLASS IS CURRENTLY FULL - IF YOU'RE INTERESTED IN BEING PLACED ON THE RESERVE LIST THEN PLEASE CALL THE OFFICE ON 01455 557116.

ADVERTISEMENT

PC and Laptop Local Repairs and Support

CSH
COMPUTER SERVICES

We come to you – No Call Out Charge

Repairs and Upgrades • Virus Removal • Broadband help

Tune Up and Servicing • Recover deleted files

Computer or Tablet Tuition – Beginner or Refresher

We also sell Windows PCs and Laptops

Give us a call on

01455 209505

www.cshcomputerservices.com



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!

Blackpool Spring Holiday

Monday 6th April – Friday 10th April 2020

4 nights staying at: **Queens Hotel**

- Excursions to Ribble Valley & Oswaldtwisle Mills, and Southport
- Includes breakfast & dinner
- Nightly ½ price bar
- Entertainment most nights

£164 pp

No Single Supplement, £20 sea view supplement

Bournemouth Festive Break **Monday 9th – Friday 13th December 2019**

4 nights staying at: **Devon Towers Hotel**

- Full day excursion to Portsmouth
- Half day to Poole
- Breakfast, dinner + two lunches
- Festive menus and entertainment

£214 pp

No Single Supplement (No sea view rooms available). £40 deposit required on booking. This trip was available previously – please check for room availability.

AUTUMN QUIZ

Wednesday 16th October

2 – 4 pm

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

St Mary's House Lutterworth 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

SNOW WHITE PANTOMIME

Thursday 16th January 2020

2pm Matinee



Packed with comedy and festive fun, Birmingham Hippodrome's magical pantomime brings together a galaxy of stars for Britain's biggest regional panto. With *Birds of a Feather*'s **Lesley Joseph** as The Wicked Queen, Birmingham panto favourite **Matt Slack** as Muddles, *X Factor* winner **Joe McElderry** as The Spirit of The Mirror, *Coronation Street*'s **Faye Brookes** as Snow White, joined by *Britain's Got Talent* finalists **Flawless**, there really is no end to the talent in this year's panto spectacular.

Don't delay, book now for this popular day out!

£27.00 includes ticket & coach

Please note full payment will be required on booking.

Afternoon Tea & Natter

2nd Wednesday of EVERY month

11th Sept, 9th Oct, 13th Nov & 11th December

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

Share & Care Group

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

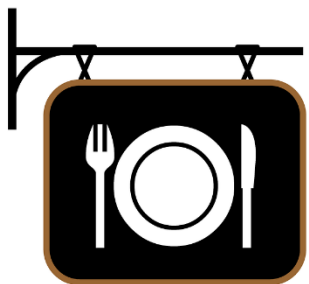
Various activities and events are held each week and have included cooking, gardening, singing for the brain, crafts, games and much more.

For more information please contact

Sophie Styles – 07801 735242

To view a calendar of events, visit

<https://www.lutterworthshareandcare.org/events/>



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 on the day and give us a try.

£3.50 incl. refreshments. Fun & laughter free!

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

Our usual sessions are led by Tracey, who teaches gentle stretching and toning exercises to music.

Our classes are suitable for people of all levels of fitness and mobility – if in doubt, come and speak to one of our instructors!

On September 6th, we'll be running a taster session of Tai Chi Qigong with Karen Humphries.

'Tai Chi Qigong is a gentle, flowing exercise routine that is both a joy to do and deeply relaxing. The synchronised exercises and deep breathing aid lung conditions, whilst the stretching and rocking movements improve balance, strength and flexibility. The overall effect is to reduce mental stress and muscular tension, thereby improving health and wellbeing.

This Tai Chi exercise routine is easy to learn, can be done seated and doesn't put stress on joints.' – Karen Humphries

It is with great sadness we have to announce the death of Colin Hicks. Colin has been a volunteer of Age Concern Lutterworth & District for around 15 years. Our handyman, coffee morning tombola organiser and sign writer, just to mention a few.

He will be greatly missed by us all, for his brilliance and dedication to the charity. Our condolences to his wife Anne and their family.

Advertisement

MELKERTS

SOLICITORS

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

Now at:
2b Station Rd
Lutterworth
LE17 4AP

www.melkerts-solicitors.co.uk

Renishaw Hall & Gardens

Thursday 5th September



Renishaw Hall is a Grade I listed country house that has been owned by the Sitwell family since 1625. We'll be greeted on arrive with tea/coffee and homemade biscuits, then take a guided tour of the historic building.

You can visit the stunning Italianate gardens with seasonal highlights, and the museum hosting exhibitions including the history of the gardens at Renishaw, and 'Royalty and Renishaw'.

When you get hungry, the café offers a range of refreshments from hot meals to cakes and afternoon teas.

£22.00

Including coach, guided tour of house, gardens and museum entry, tea/coffee & biscuit.

Subsidised by the charity

GIFT VOUCHERS



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

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 our 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, a performance of Snow White or a lovely meal at our Christmas party!

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



facebook

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!

Stratford River Cruise

And Fish & Chip Lunch

Tuesday 1st October



Come along for a day out to Stratford-on-Avon! We'll start the day with a 40 minute cruise along the River Avon, before disembarking for a fish and chip lunch at the scenic Barncroft Gardens.

Afterwards you'll have a chance to explore Stratford-on-Avon, with attractions including Shakespeare's birthplace, schoolhouse, retirement home and funerary monument, the Hall's Croft and Tudor World museums, Stratford butterfly farm, as well as plenty of teashops, pubs, and shopping opportunities!

£18.00

Includes coach, river cruise and one course lunch

Subsidised by the charity

Big Free Information Day!

Tuesday 22th October

**Wycliffe Rooms Lutterworth
9am – 2pm**

FREE Advice & Information from a variety of service providers including:

Warm Front
Dementia Share & Care
Harborough Life Line
LFRS Community Safety
First Contact Plus
Care home support services
Macmillan support
PLUS MUCH MORE!

Health Watch
Home Care
VASL
Melkerts Solicitors
Severn Trent
Local Area co-ordinator
Home meal delivery

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.

War Horse

Thursday 19th September
Curve Theatre, Leicester



Join us for a matinee performance of The National Theatre's acclaimed play War Horse at the Curve Theatre!

Based on the beloved novel by **Michael Morpurgo**, this powerfully moving and imaginative drama, filled with stirring music and songs, is a show of phenomenal inventiveness. At its heart are astonishing life-sized horses by South Africa's Handspring Puppet Company, who bring breathing, galloping, charging horses to thrilling life on stage..

£37.00 pp

Includes Coach + Ticket

Please Note: This performance features loud sound effects, gunfire, flashing lights and strobe lighting.

PLEASE NOTE that this trip has been featured in the previous booklet – inquire with the office to see if we still have spaces remaining.

Subsidised by the charity

Sister Act

Wednesday 29th April



Join us at the Curve Theatre in Leicester for a matinee performance of *Sister Act* starring Brenda Edwards. Featuring original music by Tony® and 8-time Oscar winner Alan Menken, dazzling dance routines and songs inspired by Motown, soul and disco, *Sister Act* is the funniest and funkiest musical around.

PRICE TBC – EST £30+

Includes coach and ticket

Subsidised by the charity

Age Concern Lutterworth is an independent charity set up to benefit local older people living in Lutterworth and the surrounding villages. Funds are raised through our charity shop at 7 High Street and other smaller fundraising activities.

Over the last few years there has been an increase in the local population, leading to a considerable increase in the number of people wishing to access our activities, services and trips. Due to this, we unfortunately can only accept new clients from within our Catchment Area, so that local older people can continue to access our services.

CHRISTMAS AT CHATSWORTH

FRIDAY 22ND NOVEMBER



The popular Christmas trip returns! Visit Chatsworth House and tour the seasonal display based around the fairytale theme 'In a land far, far away...'.

Tour the Christmas market, with over 100 different stalls offering Christmas gifts and decorations, or stroll around the 105-acre garden.

Eat at the Carriage House Café with a range of hot meals, sandwiches, baguettes, quiches and soup, cakes, pastries and hot drinks. Or indulge in traditional fine dining at the Cavendish Restaurant in the Stables.

£27.50

Including coach, Christmas house tour and entrance to grounds, gardens & farmyard.

Subsidised by the charity

Autumn Tints Mystery Tour

Wednesday 30th October

Come along for a mystery tour around the autumnal sights of Leicestershire, including seasonal plants and animals and a shopping opportunity!

This tour includes a two-course lunch.

There is not much walking involved and the tour is suitable for those with limited mobility.

All will be revealed on the day!!!

£15.00

Including coach, two course lunch and more!

Subsidised by the charity

STAY SAFE – SCAM WATCH

Please be on your guard – there is a telephone scam doing the rounds at the moment!

An English-speaking lady calls to say she is from 'Visa Secure' and says that you have had £600 taken from your account, if you did not authorise this transaction please press 1 immediately.

You'll then be asked for your banking details – once the scammer has these they can then take your money from your account!

If you receive this call, hang up straight away. A legitimate caller will never ask for your banking details. If you're not sure if a call is legitimate, hang up, get the company's customer service number and call that.

To report fraud or get advice, you can **call Action Fraud on 0300 123**

Bletchley Park

Tuesday 5th November



Visit Bletchley Park, the World War II home of codebreaking. Explore the top-secret world of codebreaking huts and blocks set within an atmospheric Victorian estate.

View a range of interesting exhibitions on topics such as the life and work of Alan Turing, D-Day, and recollections of Codebreakers, as well as restored Codebreaking huts, cipher machines, and Wartime Garages with WWII vehicles.

When you get hungry, visit the café in Hut 4 for a range of hot and cold food.

£19.00

Including coach, entry and free 12 month season ticket.
Carers only pay £6.50.

Subsidised by the charity

Gloucester Railway Trip

Tuesday 15th October



Come along for a trip on the Gloucester Warwickshire Railway. Enjoy scenic views of the Cotswolds countryside from the comfort of a train carriage.

We'll have a two-course lunch at the Flag & Whistle at Toddington Station, before having a relaxing journey on the steam train and getting off to explore at various stations along the way.

£35.00

Including coach, return train ticket and two course lunch

Subsidised by the charity



Providing transport for those in the areas around Lutterworth and Broughton Astley.



Door to door car and mini-bus services for people who are vulnerable, disabled or elderly also for those who are rurally isolated.

- Medical appointments
- Shopping trips
- Social visits
- Lunch clubs
- Places of interest
- + more!..

Rewarding Volunteering!..

Volunteers are the lifeblood of our worthy organisation and without them, we could not provide the valuable service to the local community!..

We always need volunteers to help, in both the office as well as joining our cheery band of drivers. Whatever your skills, if you can spare some time your help and involvement would always be appreciated and valued.

For information on our services, to book trips or enquire about volunteering please contact our office by telephoning;

01455 555571

How can I help?

Age Concern Lutterworth & District wouldn't be able to provide the services we do without the help of our local community. We'd like to give a big thank you to all of our supporters, and remind people of all the different ways they can help us out:

- **Donating** – To raise money through our charity shop, more donations are always needed! We'll accept just about anything, from clothes, books, bric a brac, electronics, jewellery, toys, linen and more! Don't worry if your things aren't in the best condition – if something isn't saleable, we can still get money from recycling.
- **Shopping** – Come and have a browse around our shop next to the Town Hall in Lutterworth. Grab a bargain and support your local independent charity at the same time!
- **Volunteering** – We're always on the lookout for friendly, motivated people to join our team. **In particular, we are currently looking for an organized friendly individual willing to help out at some of our events. You must have a flexible schedule and be willing to undertake first aid training (paid for by us).**
- **Fundraising** – Take part in some of the fundraising activities we support, such as knitting smoothie hats for the Big Knit or signing up for easyfundraising.org.uk. Every little thing helps!
- **Word of Mouth** – If you know an older person who would benefit from our services and activities, please let them know about us! Why not give them a copy of our booklet, or buy them some gift vouchers they can use on our trips?

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: attendance allowance, 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 call in and pick some up.

Pension Credit

Research shows that around 40% of families eligible for Pension Credit don't take it up, with over three billion pounds worth of pension credit going unclaimed in 2018! [Are you eligible for pension credit and haven't claimed it?](#)

What is Pension Credit?

Pension Credit is an income-related benefit to give you some extra money in retirement. There are two different parts to it:

Guarantee Credit tops up your weekly income to a guaranteed £167.25 if you're single, or £255.25 if you're a couple. This does not include income from:

- Attendance Allowance
- Christmas Bonus
- Disability Living Allowance
- Personal Independence Payment
- Housing Benefit
- Council Tax Reduction

If your weekly income is higher than the thresholds, you may still be eligible to claim if you have a severe disability, are a carer, or must pay housing costs (e.g. a mortgage).

Savings Credit is extra income if you have some savings or your income is higher than the base state pension. You could get up to £13.73 extra a week if you're single, or £15.35 if you're a couple. Please note that this is only available to those who reached state pension age before April 2016.

If you have access to the internet, you can check what benefits you may be eligible for by visiting <https://benefitscheck.ageuk.org.uk/Home/Start/> and using the Age UK's benefit's calculator.

What other benefits can you get with pension credit?

- It's unlikely you'll have to pay Council Tax (unless other people live with you).
- You'll get free NHS dental treatment, and you can claim help towards the cost of glasses and travel to hospital.
- You'll get a Cold Weather Payment of £25 when the temperature is 0°C or below for 7 days in a row.
- If you rent your home, you may get your rent paid in full by Housing Benefit.
- If you own your home, you may be eligible for help with mortgage interest, ground rent and service charges.
- If you're a carer, you may get an extra amount known as Carer Premium, or Carer Addition if it's paid with Pension Credit. This is worth up to £36.85 a week.
- If you're over 75, the BBC has announced that from 2020 you'll need to be claiming Pension Credit to get a free TV licence.
- If you have a disability, you may get an extra amount known as Severe Disability Addition. This may be up to £65.85 a week.

How to claim

To claim you can telephone the Pension Credit claim line on 0800 99 1234, or textphone on 0800 1690133. A friend or family member can talk on the phone for you, but you must be present.

It will help if you have the following details on hand when you call:

- National Insurance number
- Bank account details
- Information about your income, savings and investments
- Information about your pension (if you have one)
- Details of any housing costs (such as mortgage, interest payments, service charges)
- Partner's details (if you have a partner)

Lutterworth Round Table would like to
invite you to their annual...

Fish & Chip Supper

Date TBC

This is a free fish and chip dinner generously organised by Lutterworth Round Table.

Places are available for anyone with a LE17 postcode, on a first come first served basis.

Transport is available on request.

Please contact Alison or Lizzie in the office to put your name down.

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

The Innocent Smoothies Big Knit

A huge thank you to all our knitters, in July we sent off 3000 hats raising £750 for the charity! This will go towards running our Big Information Day, providing free information and advice to the people of Lutterworth and the surrounding area, as well as subsidising our 2020 New Year Party.

BUT PLEASE DON'T STOP KNITTING – We'll receive our target for January 2020 soon!

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 that you can take away. We also have free bits of wool for knitters (depending on availability).

For more information about the Big Knit, you can visit our website page <http://www.ageconcernlutterworth.org.uk/the-big-knit/>

Many thanks AGAIN to all our Big Knitters!



little hats, big difference

