

## Diary Dates

Date	Event	Cost	Paid
Wednesday 1 <sup>st</sup> May	Travelling lunch club 4 Every 1 <sup>st</sup> Wednesday of the month	£9.00	
Thursday 2 <sup>nd</sup> May	Line Dancing Every Thursday	£3.00	
Friday 3 <sup>rd</sup> May	Seated Exercise Class Every Friday	£3.50	
Tuesday 7 <sup>th</sup> May	Bingo – St Mary's House Every 1 <sup>st</sup> Tuesday of the month	Varies	
Wednesday 8 <sup>th</sup> May	Tea & Natter Every 2 <sup>nd</sup> Wednesday of the month	£2.00	
Thursday 9 <sup>th</sup> May	Cadbury World	£20.00	
Monday 13 <sup>h</sup> May	Book club Every 2 <sup>nd</sup> Monday of the month	FREE	
Wednesday 15 <sup>th</sup> May	Spring Quiz 1	£3.50	
Tuesday 21 <sup>st</sup> May	90+ Party event	FREE or £5.00	
Wednesday 22 <sup>nd</sup> May	Travelling Lunch Club 1 Every 4 <sup>th</sup> Wednesday of the month	£9.00	
Wednesday 29 <sup>th</sup> May	Avoncroft museum	£18.00	
Tuesday 11 <sup>th</sup> June	Southwold (seaside)	£14.00	
Tuesday 25 <sup>th</sup> June	Harry Potter Tour	£50.00	
Monday 8 <sup>th</sup> July	Pre booked David Austen Roses	£36.00	
Tuesday 16 <sup>th</sup> July	Summer Party – Wycliffe Rooms	£15.00	
Thursday 25 <sup>th</sup> July	Dudley Zoo	£15.00	
Wednesday 31 <sup>st</sup> July	Summer Quiz 2	£3.50	
Thursday 1 <sup>st</sup> August	Skegness (seaside)	£10.00	
Tuesday 13 <sup>th</sup> August	Lunch & Barnsdale gardens	£25.00	
Wednesday 21 <sup>st</sup> August	National Memorial Arboretum	£15.00	
<b>FOR DAYS OUT FULL PAYMENT IS REQUIRED A MONTH BEFORE THE TRIP, UNLESS OTHERWISE STATED</b>			
We are closed for Bank Holiday on the 19 <sup>th</sup> & 22 <sup>nd</sup> of April, 6 <sup>th</sup> and 27 <sup>th</sup> of May, and the 26 <sup>th</sup> of August. We are open on Saturday the 20 <sup>th</sup> of April.			



LUTTERWORTH & DISTRICT

Charity No: 247288

7 High Street

Lutterworth LE17 4AT

TELEPHONE 01455 557116

EMAIL: [info@ageconcernlutterworth.org.uk](mailto:info@ageconcernlutterworth.org.uk)

WEBSITE: [www.ageconcernlutterworth.org.uk](http://www.ageconcernlutterworth.org.uk)

## Excursions, Events & News



## Summer 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*



Dear Friends,

We got through the "January Blues" to be met by sunny days in February!! Whatever the weather we have a lot planned and intend to get out and about and have fun...

Our aim as always is to try and 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 yet met! If you're feeling down and fed up, why not give us a call and see what we can offer you...

A lot of what we do is subsidised by the charity in the hope to make our events and days out affordable to most people.

Our bingo, quizzes, exercise class and afternoon tea & natters are all £3.50 and *under*.

Please continue reading through our newsletter and we hope you find something of interest to you.

Looking forward to seeing you all soon,

Trustees of ACL&D,

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
1 <sup>st</sup> May	Copt Oak, Narborough	22 <sup>nd</sup> May
5 <sup>th</sup> June	Bulls Head, Brinklow	26 <sup>th</sup> June
3 <sup>rd</sup> July	Wentworth Arms, Elmsthorpe	24 <sup>th</sup> July
7 <sup>th</sup> August	Toby Carvery, Coventry	28 <sup>th</sup> August

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.**

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 1<sup>st</sup> and 4<sup>th</sup> Wednesday of each month, call us to see if we pick up near you!

## David Austen Roses

Monday 8<sup>th</sup> July

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

**£36.00**

Including coach, 2 course lunch, guided tour of the gardens, and afternoon refreshments

**Please Note: This trip was prebooked last year and is currently only taking reserves.**

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

## **Summer Party**

**Tuesday 16<sup>th</sup> July**

12.00 - 4.00pm

Wycliffe Rooms



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!!

**£15.00p.p.**

**Includes: 2 course lunch, tea/coffee, 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 2<sup>nd</sup> 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.

## Summer's Books:

- **May:** 'Eleanor Oliphant is Completely Fine' by Gail Honeyman.
- **June:** A book on the theme of Crime.
- **July:** 'The Decision' by Penny Vincenzi.
- **August:** A book on the theme of History, either a novel or non-fiction.

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](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!

# Line Dancing

Every Thursday in the Pathways Pavilion Lutterworth

Recreation ground, (back of leisure centre)

**Please note line dancing will be at the town hall on 2<sup>nd</sup> May**

£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.**

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## 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!

### Eastbourne

Saturday 21st - Wednesday 25<sup>th</sup> September

4 nights staying at: **Queens Hotel**.

- 4 nights dinner, room and breakfast
- 2 full day excursions – Rye & Battle Abbey & Brighton
- Entrance to Battle Abbey
- Entertainment most evenings

**£219 pp**

£27 supplement for single & £27 pp sea view  
£40 deposit required on booking

### Bournemouth Festive Break

Monday 18<sup>th</sup> – Friday 22<sup>nd</sup> November

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)

Book early to avoid disappointment. £40 deposit required on booking.

## SPRING QUIZ

Wednesday 15<sup>th</sup> May

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

1<sup>st</sup> 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 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**



# The Innocent Smoothies

## Big Knit

A huge thank you to all our knitters, in January we sent off 3000 little hats, this means £750 for us. We used this money to subsidise a "New Year party" where 186 older people enjoyed a great afternoon. Keeping warm, eating a healthy meal and most importantly meeting people, making friends and combating loneliness & isolation.

**BUT PLEASE DON'T STOP KNITTING, WE STILL REQUIRE ANOTHER 3000 HATS.**

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!

 the innocent  
**big knit**  
little hats, big difference



## Afternoon Tea & Natter

**2<sup>nd</sup> Wednesday of EVERY month**

**8<sup>th</sup> May, 12<sup>th</sup> June, 10<sup>th</sup> July & 14<sup>th</sup> August**

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.**

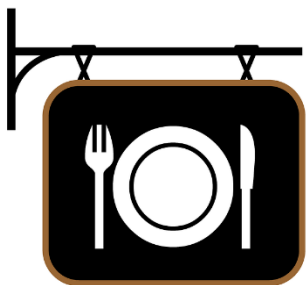
For more information please contact either

Sophie Styles – 07801 735242 or

Val Williams – 07753133019

To view a calendar of events, visit  
<https://www.lutterworthshareandcare.org/events/>

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 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. *Please note there will be no seated exercise on April 26<sup>th</sup> & June 7<sup>th</sup>.*

On May 31<sup>st</sup>, we'll be running a taster session of seated Tai Chi with Karen.

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

*'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

**Our newsletter has a circulation of up to 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)**

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# ***MELKERTS***

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# Harry Potter Tour

Tuesday 25<sup>th</sup> June



- 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
- Perfect for any fans of Harry Potter!

**This is a 3 – 3.5 hour tour.**

**We will arrive around 12noon; take a packed lunch or  
enjoy a lunch in the café before our entry time.**

# **£50.00**

**Includes coach & entrance ticket**

Subsidised by the charity



## Easter, Father's Day, Birthdays or Any Day!!

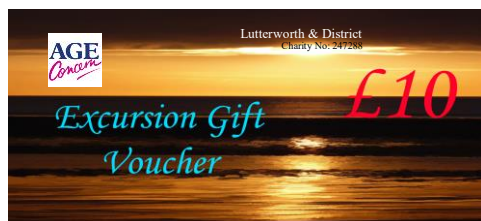
What better gift could you buy! **GIFT VOUCHERS**

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.

**Treat that special person to a day out.**



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](http://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!

# AVONCROFT MUSEUM

**Wednesday 29<sup>th</sup> May**



Avoncroft Museum of historic buildings features over 30 historic buildings rescued from demolition, set in 19 acres of grounds. The medieval town house, tollhouse and 1940s prefab all have gardens planted and maintained in the appropriate fashion of their time.

The museum also houses the National Collection of Telephone Kiosks, a unique collection of fully working telephone boxes including every Post Office and BT telephone box from the 1920s to the present day.

Have your morning coffee and Danish pastry on arrival, and then we'll go for a guided tour of the museum.

Afterwards, we'll visit Jinney Ring Craft Centre, where you can have lunch in the restaurant before browsing the artist's studios, gift shops, and collectables on offer.

**£18.00**

Including coach, museum entrance, tour and tea/coffee & pastries.

Subsidised by the charity

# Cadbury World

*Thursday 9<sup>nd</sup> May*



We start the day with a two-course lunch at The Country Girl Pub – make sure to leave some room for later though!

Afterwards we'll travel to Cadbury World and explore the varied exhibitions. See chocolate being manufactured, tour a recreation of a Victorian Street, travel 1000 years back in time to the Aztec Jungle, and go on an adventure at the 3D cinema!

After the tour, visit The World's Biggest Cadbury Shop for special offers on souvenirs and tasty chocolates! If all that chocolate's making you hungry, you can also grab something from the Cadbury Café, with exclusive desserts including Freddo hot chocolate, Cadbury chocolate pizza, and Cadbury dough balls with chocolate dipping sauce...

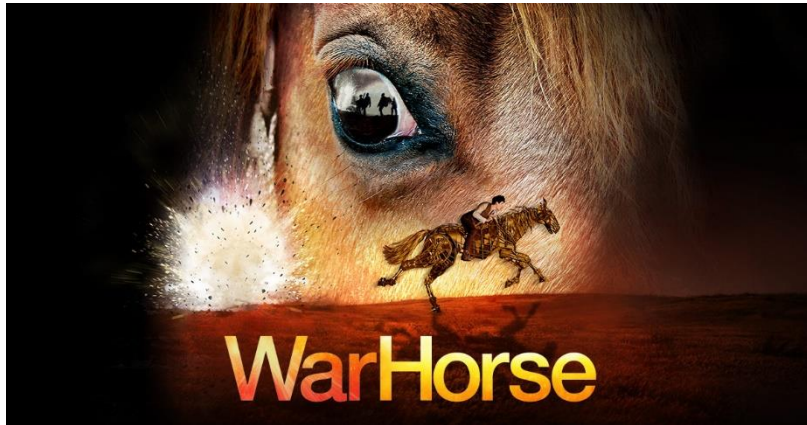
**£20.00**

Includes Coach, Two Course Meal + Entrance Ticket

Subsidised by the charity

# War Horse

Thursday 19<sup>th</sup> 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.

*War Horse* is an unforgettable theatrical event which takes audiences on an extraordinary journey from the fields of rural Devon to the trenches of First World War France.

## £37.00 pp

Includes Coach + Ticket

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

Subsidised by the charity

# SUMMER QUIZ

Wednesday 31<sup>st</sup> July

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!

Please note that due to time scheduling, we are not always able to include all our events in this booklet.

This includes short notice trips such as cinema trips or additional days for our day trips.

To keep updated on everything we're doing, please check our website or facebook page regularly!

## 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.

# Skegness

**Thursday 1<sup>st</sup> August**

Back by popular demand, join us on a day out to (hopefully) sunny Skegness!

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

**£10.00**

Subsidised by the charity

# Southwold

**Tuesday 11th June**

Take a trip to this charming seaside town, with a working lighthouse, award-winning pier, busy harbor and beautiful beach!

For lunch, grab a bite at one of Southwold's cafes, pubs and restaurants or bring a picnic to eat on the beach.

**£14.00**

Please note: Due to the long travel time, there will only be a couple of pickup points in Lutterworth.

Subsidised by the charity

# Dudley Zoo

**Thursday 25<sup>th</sup> July**



Visit Dudley Zoological Gardens, home to more than 1300 animals and 200 species. Hundreds of exotic and endangered animals inhabit an ancient wooded hillside, with a rich geological history, around the ruins of the 11th century Dudley Castle and share a site with the world's largest single collection of Modernist Tecton structures – and the country's only vintage chairlift!

Endangered species at the zoo include Asiatic lions, Sumatran tigers, Bornean orangutans, Tibetan red pandas, Rothschild giraffes, Madagascan lemurs and Humboldt penguins.

If you find yourself getting hungry, there's three different restaurants/cafés on site, as well as various kiosks selling delicious ice cream.

**£15.00**

**Including Coach and Entrance Ticket**

Subsidised by the charity



# Barnsdale Gardens

Tuesday 13<sup>th</sup> August



Start the day with an hour and a half at Gates Garden Centre in Oakham. Shop the wide range of goods available, or enjoy a break in the coffee shop or restaurant.

We'll stay in Oakham for lunch at The Wheatsheaf. Enjoy a one-course meal in the cosy 17<sup>th</sup> century pub, with the opportunity to purchase desert after.

Afterwards we'll head to the highlight of the day, the beautiful Barnsdale Gardens. Originally created by Geoff Hamilton for BBC2's 'Gardener's World', Barnsdale is home to Britain's largest collection of individually designed gardens. With 38 different gardens spread over the 8 acre site, there's plenty to see and do, whether you're an avid gardener or simply enjoy a walk in beautiful surroundings.

## £25.00

Includes coach, one course meal and entrance ticket

Subsidised by the charity

# National Memorial Arboretum

Wednesday 21<sup>st</sup> August



Situated in Staffordshire on the edge of the National Forest, the National Memorial Arboretum is the UK's year round centre of remembrance. The 150 acre woodland landscape is home to more than 300 memorials, each with it's own story.

We'll arrive at the Arboretum to be greeted with tea/coffee and biscuits, followed by a 50 minute tour of the area with commentary on the Land Train. After that, you'll have time to choose from the various activities available:

- Grab food and drink in the Restaurant or Coffee Shop
- Visit the interactive exhibition 'Landscapes of Life' covering the importance of Remembrance and the temporary exhibition galleries (**£3.50 or £5.75 extra, please let us know if you want tickets!**)
- Attend various talks around the Arboretum
- Wander the grounds and view the memorials

## £15.00

Includes coach, tea/coffee & biscuits and land train ticket

Subsidised by the charity

# 90-year olds plus!

Tuesday 21<sup>st</sup> May

12 – 3.30pm

Wycliffe rooms

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

Enjoy a two course dinner with entertainment from the Lutterworth U3A Ukulele Group and Lutterworth Carer's Choir.

Lutterworth museum will be bringing along memory boxes full of objects for previous decades!

Free of charge for you and only **£5.00** for your Carer/partner/friend

**Please Contact us on 01455 557116**

This event has been kindly Sponsored by  
"The Four Seasons Charity"

ADVERTISEMENT

**vista**

## Social groups for people with Sight Loss



With a range of activities on offer as well as occasional trips, there is always something to enjoy.

Our Lutterworth group meets on the 3rd Friday of every month at:  
The United Reform Church, George Street, LE17 4EF.

Transport may be provided  
To book and for more information please contact:

**Tel: 0116 249 8880**

**Email: [info@vistablind.org.uk](mailto:info@vistablind.org.uk)**

[www.vistablind.org.uk](http://www.vistablind.org.uk)

Registered Charity No.: 218992





## 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. **Please note there are some exceptions to what we can take – unfortunately, we don't have the space to store any large items of furniture.**
- **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 a PAT tester. Are you recently retired and looking for something to do? Then come and spend a morning or afternoon testing our electronics for us! PAT testers will need to be certified, which we are happy to cover the costs of for the right candidate.**
- **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](http://easyfundraising.org.uk). Every little thing helps!
- **Word of Mouth** – Our aim is to fight loneliness and isolation in Lutterworth and the surrounding area, and to do that we need to reach as many people as possible. 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?

# Attendance Allowance

## What Is Attendance Allowance?

Attendance Allowance is a benefit for people over State Pension Age who need help with personal care or supervision by day or someone to watch over them by night, because of illness or disability. It's not means tested so it doesn't matter how much income you have, and it won't decrease any of your other benefits.

## Who is eligible for Attendance Allowance?

You can claim attendance allowance if you meet all these criteria:

- You are over State Pension Age
- You could benefit from personal care or supervision (you don't have to spend the money on a carer if you don't want to!)
- You have any type of illness or disability including mental illness
- You have needed help for at least 6 months (if you are terminally ill, you can claim straight away)

## What can I use Attendance Allowance for?

You can use attendance allowance to pay for a carer to come in, whether during the day or for supervision at night. You can use it for home help with tasks such as laundry and cooking. You can also buy equipment to help such as stairlifts or bath chairs.

## How do I claim attendance allowance?

Call into our office at our shop on the High Street and ask for Alison or Lizzie. We can then refer you to Age UK Leicestershire & Rutland who can help you claim if you are eligible.

Do any of the following apply to you? If so, you might be eligible for Attendance Allowance.

- **Washing, bathing and looking after your appearance** – Do you need help getting in and out of the bath or shower; adjusting shower controls; shaving; putting on skin cream; washing or drying your hair?
- **Going to the toilet** – Do you need help adjusting your clothes after using the toilet; using the toilet during the night; changing clothes or bedding if you have an accident?
- **Getting dressed or undressed** – Do you need help with fastenings, shoelaces and buttons, for example because of arthritis, or with recognising when your clothes are on inside out?
- **Mealtimes** – Do you need any help eating and drinking? For example, if you have sight loss, do you need someone to tell you where the food is on your plate, or read out menus?
- **Help with medical treatment** – Do you need help identifying your tablets; reading and understanding instructions about taking medication; managing a condition such as diabetes; recognising whether your condition is deteriorating; adjusting your hearing aid?
- **Communicating** – Do you need help understanding or hearing people, or being understood by them; answering the phone; reading and writing letters or emails?
- **Supervision** – Do you need someone to watch over you in case you have a seizure or pass out; lack awareness of danger; get confused, forgetful or disoriented? Could you be a danger to yourself or others, for example by leaving the door unlocked or leaving the gas on? Do you need someone to give you medication or to help calm you during a panic attack?
- **Getting around safely** – Do you need help navigating stairs; getting up from a chair; getting in and out of bed; moving safely from room to room?