



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



### Winter 2020

**We run regular days out, events & social activities. Picking up around Lutterworth & the villages by coach and for those with mobility problems by the Lutterworth community mini bus.**

If you live within our area of Lutterworth & surrounding villages you are welcome to join us for fun, activities and days out.

*Making the most of life*



**Dear Friends,**

What a fantastic year we have had with you all, in total 30 coaches have gone out this year with over one and half thousand places filled on our trips, and another 700 at our parties. It was especially great to see everyone at our 90+ party proving that age doesn't matter when it comes to enjoying yourself!

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've filled our booklet with things to do, from days out to parties and regular activities. Remember you don't need a friend to come along with you to our events and activities as a stranger is just a friend you have not met yet! If you've never come to our events before, make 2020 the year you start!

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

**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.

## ADVERTISEMENT

# Lutterworth Library



Do you have a library card? Is it Smart?

Come and join us to upgrade your existing library card or why not join the library? If you already have a Smart card come along and learn how to access the library with your Smart Card.

We offer so much more than just books, including large print books, audio books and help with computers.

**Wednesday 29<sup>th</sup> January 2 - 4pm drop in**  
**Monday 3<sup>rd</sup> February 10am - 12noon drop in**

Refreshments and a warm welcome are waiting for you!

There is a Home Delivery Service available for those unable to get to the library.

For more information please call 0116 305 3619 or email [lutterworthlibrary@leics.gov.uk](mailto:lutterworthlibrary@leics.gov.uk).

# 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.**

# 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**

**FREE to join, just a small payment towards refreshments**

**Ring the office for more information**

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 welcome any new members.

Upcoming books:

- January: The Guernsey Literary and Potato Peel Pie Society by Mary Ann Shaffer and Annie Barrows.
- February: Any book by Victoria Hislop
- March: Union Street by Pat Barker or any book by Anne Taylor
- April: Any novel by Jodi Picoult

**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!

# James Leaning

## General Builder

- Ground Maintenance
- Property Maintenance
- Fencing
- 360 Excavator Ground Clearance
- Handyman
- Electronic P.A. T. Testing

**Contact: 07709 064877**

**Insured – Qualified – D.B.S Checked**

# BINGO

**1<sup>st</sup> 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**

# Blists Hill Victorian Town

**Thursday 2<sup>nd</sup> April**



Come along for a great day out in Shropshire! In the morning, we'll visit the Coalport China Museum. From elaborate vases to hand painted miniatures, there's a whole range of treasures to see here. You can see traditional china making happening in the workshops, and step inside the atmospheric kilns.

Afterwards we'll visit Blists Hill Victorian Town, located only a few minutes away by coach. Here you can meet some (almost) real Victorians in their authentic shops and cottages, buy curious goods from a bygone era, and watch tradespeople in action in their atmospheric workshops and factories.

You're welcome to get your own lunch in the town, with refreshments available ranging from hot and cold food at the coffee shop to fish & chips prepared just how the Victorians had them!

## £25.00

Including coach and entrance tickets

Subsidised by the charity

# Volunteers Needed

Age Concern Lutterworth & District **needs volunteers for our charity shop** in order to keep delivering our activities and events for the local community.

No shop experience is needed, only a **positive and helpful attitude**.

You can **make new friends**, gain skills and experience, **increase your confidence**, and give back to your local community.

The minimum commitment we ask for is **3 and a half hours a week** in either the morning or afternoon.

In particular, we are looking for volunteers for **Mondays, Friday afternoons, and Saturdays** – but any day you can work is helpful!

## 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

Advertisement

# ***MELKERTS***

## ***SOLICITORS***

A small, friendly local firm advising upon: -

- ***Wills and Probate***
- ***Lasting Powers of Attorney***
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- ***Court of Protection Matters***
- ***Trusts and Inheritance Tax Planning***

Home visits at no extra charge within the locality  
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Now at:  
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LE17 4AP

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



# WINTER QUIZ

Tuesday 21<sup>st</sup> January

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!

# SPRING QUIZ

Thursday 26<sup>th</sup> March

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!

# RAF Museum Cosford

Thursday 5<sup>th</sup> March



Visit the RAF Museum at Cosford and explore the fascinating story of the RAF. Take part in an all-day guided tour taking in the National Cold War Exhibition, Hangar 1, Test Flight and War in the Air exhibits.

We'll travel through the hangars viewing highlights such as the V Bombers, TSR 2, the world's oldest Spitfire and the German Second World War missiles.

There'll be a lunch break in the middle, and you can visit the restaurant for a warm meal, sandwiches or cakes (or bring your own lunch!). On the way out, be sure to visit the gift shop with a wide range of books, models and souvenirs!

## **£11.00**

Includes coach and tour

Subsidised by the charity

# **Sister Act**

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

**£31.00**

Includes coach and ticket

Payment Required by 20<sup>th</sup> February

**THIS TRIP HAS BEEN ADVERTISED PREVIOUSLY AND  
THERE ARE ONLY A LIMITED NUMBER OF SPACES  
REMAINING**

Subsidised by the charity

## **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.

# St George's Day Party

Thursday 23<sup>rd</sup> April

Wycliffe Rooms, Lutterworth

12 noon – 3.30 pm



Join us for a two course meal and  
entertainment!

Celebrate St George's Day with us and  
enjoy the party with your friends.

**£16.00**

**Including two course meal and entertainment**

Free transport available on request –  
book in advance to secure your space!

## ADVERTISEMENT



# Tots and OAP Group Leire

**You are invited to join us each Monday, 9.30am-11.30am at Leire Village Hall, Main Street, Leire, Lutterworth, LE17 5HE.**

We are an intergenerational group where pensioners, babies, toddlers and their guardians come together to help enrich each other's lives.

We believe by bringing together young and old encourages new friendships to grow and brings happiness to both generations.

This new group opened its doors in September and so far has received very positive feedback on the group's friendliness and how welcoming it is, which we are thrilled about. We have some lovely members who come each week from a local residential home who the children adore. Some have said it is the highlight of their week, with Mary (92) saying, "It's the most fun I've had in years!"

We still need to reach out to those living on their own that are possibly isolated or lonely who might benefit from coming along to this group. If you, a neighbour, friend or family member feel that our group might appeal to you, please let us know or just come along. If you are a carer of an elderly person please bring them, we would love to see you all.

We have options for free transport to help you get to us where friendly faces, good conversation, refreshments and cakes await! Even if you just want to come for 30 minutes to start with our group is here for you.

**Please spread the word, for more information please call Helen on 07876504643.**

## ADVERTISEMENT



**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**



# The Innocent Smoothies

## Big Knit

With the Big Knit, knitters can make small hats for smoothies for us. We send them off and get 25p for the charity for every hat you make! This money helps towards putting events on like our Big Information Day and our subsidized New Years Party.

If you want to help out, 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).

Many thanks AGAIN to all our Big Knitters!



little hats, big difference

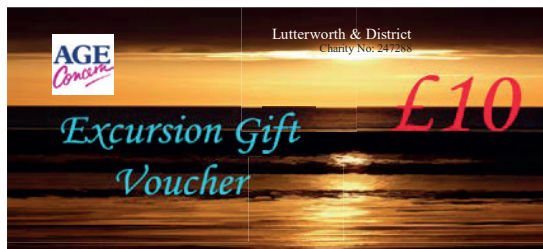


Our newsletter has a circulation of up to 1000 copies, handed out at our shop and events, as well as distributed at locations around Lutterworth and the surrounding villages. If you'd like to advertise in our newsletter, please contact us on

**01455 557116 or email**

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

# 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!

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

## 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.

No Classes on the 27<sup>th</sup> December and 3<sup>rd</sup> of January

£3.50 incl. refreshments. Fun & laughter free!

Unfortunately we are currently only taking reserves as the class is full – please speak to the office to be placed on the reserve list



# Snowdrop Walk

Easton Walled Gardens

Tuesday 18<sup>th</sup> February



Visit Easton Walled Gardens for a winter walk full of snowdrops, aconites and hellebores. Be sure to wrap up warm!

Also on site there's a display on the history of the gardens, and an art exhibition on British Wildflowers, featuring 3 accomplished artists, in the restored Coach House.

When you get hungry or need to warm up, the five star tearoom on site serves delicious homemade food, from soup and jacket potatoes to cream teas.

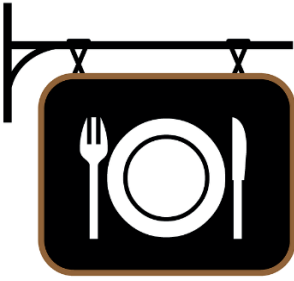
Please note that those with reduced mobility may struggle to get around some parts of the garden, due to slopes and uneven pathways.

## £14.00

Including coach and entrance ticket

Subsidised by the charity

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.*

# Afternoon Tea & Natter

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

**8<sup>th</sup> Jan, 12<sup>th</sup> Feb, 11<sup>th</sup> March & 8<sup>th</sup> April**

**'Pathway Pavilion' Lutterworth recreation ground**

**2 – 4pm**

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

**Please book in person at the office or call us on 557116**

**Just £2.00**

**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/>

# Age Concern Holidays

Organized by travel companies, you book through us to make things easier and so we can travel as a group! Come along with friends or make new friends on your trip!

Contact the office to see what rooms are available on 01455 557116.

## Scarborough Holiday Saturday 19<sup>th</sup> September – Wednesday 23<sup>rd</sup> September 2020

4 nights staying at: **Cumberland Hotel**

- Full day excursion to Bridlington & Beverly
- Full day excursion to Pickering and Whitby, passing through the Yorkshire Moors
- Four days dinner & breakfast

**£219 pp**

£28 Single Room and Town/Garden View Supplements. £50 deposit required on booking. (£25 if you book in 2019).

Contact us to inquire about mobility or any special requirements.



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.

Due to time constraints, we are not always able to advertise our short notice trips such as to the cinema in this booklet. You can check our facebook page regularly to see what else we may be running!

Find us at [www.facebook.com/ageconcernlutterworth](https://www.facebook.com/ageconcernlutterworth)

# New Year Party

**Tuesday 28<sup>th</sup> January**

**12noon – 3:30pm**

**Wycliffe Rooms Lutterworth**

**Come along for a 2 course lunch and  
entertainment by x!**

**Enjoy the afternoon with your friends  
and make new ones!**

**£6.00**

**Includes 2 course meal and entertainment**

**Free transport available on request –  
make sure to book in advance!**

Subsidised by the charity

# Banbury Garden & Antiques Shopping

Tuesday 17<sup>th</sup> March



Join us for a day out shopping! In the morning, visit the Heart of the Shires shopping village, where you can enjoy a scone or cake in the delightful tearoom and browse a few of the independent stores.

For lunch, we'll head to the Heart of England pub for a tasty two course meal of pub favourites.

Afterwards, travel to Barn Farm Plants Garden Centre in Banbury where you can explore the range of plants and gifts available and relax at the onsite café. Next door you'll find Banbury Antiques Centre, with a huge array of fine antiques, vintage items and collectibles.

## £15.00

Includes coach and two course lunch

Subsidised by the charity

# 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 call for more information and to check if a place is available on 01455 557116.

TLC 4 Dates	Pub	TLC 1 Dates
Cancelled	The Bull's Head, Wolvey	22 <sup>nd</sup> January
5 <sup>th</sup> February	The Old Vicarage, Whetstone	26 <sup>th</sup> February
4 <sup>th</sup> March	TBC	25 <sup>th</sup> March
1 <sup>st</sup> April	Raven Inn, Brinklow	22 <sup>nd</sup> April

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 at least 24 hours in advance if you are unable to attend.

**Only £10.00 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!

# Diary Dates

Date	Event	Cost	Paid
Tuesday 7 <sup>th</sup> January	Bingo – St Mary's House Every 1 <sup>st</sup> Tuesday of the month	Varies	
Thursday 9 <sup>th</sup> January	Line Dancing - Every Thursday	£3.00	
Friday 10 <sup>rd</sup> January	Seated Exercise Class - Every Friday	£3.50	
Monday 13 <sup>th</sup> January	Book club Every 2 <sup>nd</sup> Monday of the month	FREE	
Wednesday 8 <sup>th</sup> January	Tea & Natter Every 2 <sup>nd</sup> Wednesday of the month	£2.00	
Thursday 16 <sup>th</sup> January Pre booked, taking reserves only	Snow White & The Seven Dwarves Pantomime at Birmingham Hippodrome	£27.00	
Tuesday 21 <sup>st</sup> January	Winter Quiz	£3.50	
Wednesday 22 <sup>nd</sup> January	Travelling Lunch Club 1 Every 4 <sup>th</sup> Wednesday of the month	£10.00	
Tuesday 28 <sup>th</sup> January	New Year Party	£6.00	
Wednesday 5 <sup>th</sup> February	Travelling lunch club 4 Every 1 <sup>st</sup> Wednesday of the month	£10.00	
Tuesday 18 <sup>th</sup> February	Snowdrop Walk	£14.00	
Thursday 5 <sup>th</sup> March	RAF Museum	£11.00	
Tuesday 17 <sup>th</sup> March	Banbury Garden + Antiques Shopping	£15.00	
Thursday 26 <sup>th</sup> March	Spring Quiz	£3.50	
Thursday 2 <sup>nd</sup> April	Blists Hill Victorian Town	£25.00	
Thursday 23 <sup>rd</sup> April	St George's Day Party	£16.00	
Wednesday 29 <sup>th</sup> April	Sister Act Curve Theatre	£31.00	

**FOR DAYS OUT FULL PAYMENT IS REQUIRED A MONTH BEFORE THE TRIP TO SECURE YOUR PLACE, UNLESS OTHERWISE STATED.**

We are closed on the 1<sup>st</sup> of January, and the 10<sup>th</sup> and 13<sup>th</sup> of April for the bank holidays. We will be open Easter Saturday on the 11<sup>th</sup> of April.

Please note that as we are funded by local donations with the aim of supporting local people, we unfortunately cannot accept new clients from outside our Catchment Area.