

Events

Date	Event	Cost	Paid
Tuesday 4 th January	Bingo Lutterworth Sports Centre Every 1st Tuesday of the month	50p - £3.50	
Wednesday 5 th January	Travelling Lunch Club 4 Every 1st Wednesday of the month	£12.00	
Thursday 6 th January	Line Dancing Every Thursday	£3.00	
Friday 7 th January	Seated Exercise Classes Every Friday	£3.50	
Wednesday 12 th January	Tea & Natter Every 2nd Wednesday of the month	£2.00	
Thursday 13 th January 2022	Goldilocks Pantomime Birmingham Hippodrome	£22.00	
Wednesday 19 th January	Travelling Lunch Club 3 Every 3rd Wednesday of the month	£10.00	
Wednesday 26 th January	Travelling Lunch Club 1 Every 4th Wednesday of the month	£12.00	
Friday 28 th January	Quiz	£3.50	
Tuesday 15 th February	New Year Party	£8.00	
Thursday 17 th February	'Yesterday' Film Screening	£6.00	
Tuesday 22 nd February	Thenford Arboretum Snowdrop Walk	£22.00	
Thursday 3 rd March	Beautiful: The Carole King Musical Curve Theatre	£35.00	
Tuesday 29 th March	Milton Keynes shopping	£12.00	
Thursday 7 th April	Quiz	£3.50	
Monday 11 th April	'Their Finest' Film Screening	£6.00	
Tuesday 26 th April	National Brewery Centre	TBC	
Thursday 14 th April	Easter Party	£16.00	
Wednesday 4 th May	90 Plus Party Guest price.	£10.00	
Wednesday 26 th October	Sister Act Curve Theatre matinee performance	£32.00	
FULL PAYMENT IS REQUIRED A MONTH BEFORE DAYS OUT TO SECURE YOUR PLACE, UNLESS OTHERWISE STATED.			



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/Spring 2022

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 minibus.

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,

Welcome to our newsletter that will now see us through the winter!

Since opening back up in April we have managed to pull in all our regular events and activities.

We are all looking forward to a great 2022, with lots to keep us busy, starting off with the Pantomime in Birmingham, "Oh yes we are!" Then the "New Year" party which will be in February, there will be more film afternoons and quizzes, we are looking forward to seeing you and hope you will join in with us!

We are excited to be holding our 2nd 90 party event, so do get in touch with us if you fit the criteria or know someone that does.

We would like to take this opportunity to thank all of you who have supported us through this last year,

Alison, Jane, Lizzie & Carolyn

**On behalf of the staff and Trustees of ACL&D,
We wish you all a lovely Christmas & New Year**

Your local Age Concern working for those people in middle / later life of Lutterworth & surrounding villages to make it a fulfilling & enjoyable experience.

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Wordsearch

Y	W	O	N	S	L	I	D	O	F	F	A	D	S
T	P	S	V	T	E	A	S	T	E	R	S	E	P
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APRIL
EGGS
PARTY
BLOSSOM
JANUARY
BUNNY
SPRING

SNOWY
RESOLUTION
MARCH
GLOVES
SHOWER
EASTER
VALENTINE

SNOWDROP
PANCAKES
FEBRUARY
NEW YEAR
WINTER
DAFFODIL

New Year Party

Tuesday 15th February

12noon – 3:30pm

Wycliffe Rooms Lutterworth

**Come along for a 2 course lunch with
entertainment.**

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

**This party is subsidized thanks to the efforts of our Big
Knitters!**

£8.00

Includes 2 course meal and entertainment

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

Subsidised by the charity

Current Opening Hours

	Shop	Office
Monday	CLOSED	CLOSED
Tuesday	9.30am – 4.30pm	10.00am – 4.00pm
Wednesday	9.30am – 4.30pm	10.00am – 4.00pm
Thursday	9.30am – 4.30pm	10.00am – 4.00pm
Friday	9.30am – 4.30pm	10.00am – 4.00pm
Saturday	9.30am – 4.30pm	10.00am – 4.00pm
Sunday	CLOSED	CLOSED

**The Shop & Office will be closed on
Saturday 1st January &
Friday 15th April for the Bank Holidays**

LOOKING FOR INFORMATION OR ASSISTANCE?

We have a range of information leaflets available in our shop covering local services. If you call into the office, Alison or Lizzie will do their best to point you in the right direction.

Unfortunately they are not trained to provide assistance with benefits or legal matters, but they can signpost you to the relevant agency, including making referrals to Age UK LS&R for help applying for attendance allowance.

Travelling Lunch Clubs

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
Wed 5 th Jan	Waterside Rugby	Wed 26 th Jan
Wed 2 nd Feb	Hinckley knight	Wed 23 rd Feb
Wed 2 nd March	Queens Head Bretford	Wed 23 rd March
Wed 6 th April	Long shoot Nuneaton	Wed 27 th 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 know at least 24 hours in advance if you are unable to attend.

£12.00 for 2 course meal!

Please Note: We also run TLC3, held on the 3rd Wednesday of each month, for those that are unable to get onto the larger coaches.

Line Dancing

Every Thursday, 2:00pm – 4:00pm

Pavilion on the Recreation Ground



For Fun, Friendship & Exercise

£3.00 per session

Experienced Line Dancers Only.

This group is currently full & taking reserves, please call us on 01455 557116 for more information.

Healthy Walking Group

Every Monday, 1.30pm

Meeting at the rear of the Shambles pub, Lutterworth

This is a 45-minute circular walk around the town. No need to book and no cost, just turn up for a friendly welcome.

Optional tea/coffee and biscuits after at the Shambles pub.

Organized by Harborough District Council.

Beautiful *The Carole King Musical*

Curve Theatre, Leicester

Thursday 3rd March



Join us for a matinee showing of **Beautiful: The Carole King Musical** at the Curve theatre.

Experience the inspiring true story of King's rise to stardom, featuring hits she wrote for some of the biggest acts in rock 'n' roll from **Aretha Franklin** to **The Monkees**.

£35.00

Including coach & ticket

Subsidised by the charity

TLC3 Catered Lunch

3rd Wednesday of the Month

12 noon – 1.30pm

Wycliffe Rooms, Lutterworth

In addition to our long-time travelling lunch clubs, we now also run Travelling Lunch Club 3.

Instead of visiting a new pub every month, this lunch club visits the Wycliffe Rooms for a two-course catered lunch.

This lunch club is perfect for anyone who doesn't wish to travel far or has mobility issues preventing them from boarding a large coach.

Transport is available for those with mobility issues and will be via the accessible Lutterworth Community Transport bus.

If you are interested in attending, call us on 01455 557116 to see if we have any free spaces.

£10.00

Drinks not included, buy your own from the well-stocked bar.

Afternoon Tea & Natter

2nd Wednesday of EVERY month

2:00 – 4:00pm

‘Pavilion’ Lutterworth Recreation Ground

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

Includes refreshments

Transport available if required, this may incur an extra cost.

Transport must be booked at least a week in advance.

Accessibility

We try to make our trips as accessible as possible. If you have a disability that may need to be accommodated, contact the office to see if a particular trip would be suitable for you.

Enquire about bringing any mobility aids on our daytrips before you book, or we can sometimes help with hiring mobility aids for you at the venue. We do require that you are able to get up the steps of the coach for our day trips, while the community bus we use for our regular events is more accessible.

Unfortunately, we are not able to provide any one-to-one care ourselves.

BINGO

1st Tuesday of the mo

LUTTERWORTH SPORTS CENTRE

2:00pm – 4.00pm

Arrive from 1.45pm for a 2.00pm start.

Each game is 50p or pay £3 for the full book of 6 games. Cash prizes are given for a line and house on every game, so it's easy to win your money back!

Refreshments are 50p each, consisting of coffee & tea and a cake/biscuit.

If you're attending for the first time, please don't just turn up on the day – ring us on 01455 557116 to book a place in advance!

Follow our Facebook page for information on upcoming events, photos from our excursions, helpful advice and information and

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

Seated Exercise Class

Every Friday Morning at the Wycliffe Rooms,
Lutterworth

Hour long sessions



Come along for a session of seated exercise to music, led by our professional instructor Tracey. Perfect for those who wish to maintain or improve their mobility!

Numbers are limited each session, so we may run multiple sessions based on demand.

Contact us on 01455 557116 for more information and to book.

£3.50.

Fun & laughter free!



Thursday 13th January 2022

Birmingham Hippodrome

Actor, singer and much-loved personality Jason Donovan will make his pantomime debut as The Evil Ringmaster in Goldilocks and the Three Bears here at Birmingham Hippodrome alongside previously announced Birmingham panto favourite Matt Slack.

Dame Betty Barnum and her daughter Goldilocks' circus is under threat from an evil rival circus owner and, with the help of their madcap circus friends, they're battling to rescue their Big Top from ruin. All seems lost, until three brilliant bears join the gang...

£22.00

Including ticket & transport

THIS TRIP IS TAKING RESERVES ONLY

Subsidised by the charity

“THEIR FINEST”

FILM SCREENING



Monday 11th April
Wycliffe Rooms, Lutterworth
1:30pm – 4:00pm

A former secretary, newly appointed as a scriptwriter for propaganda films, joins the cast and crew of a major production while the Blitz rages around them.

Includes a free tea/coffee. More drinks & snacks will be available for sale from the Wycliffe Rooms during the intermission.

£6.00

Booking required in advance

THIS TRIP WAS PREVIOUSLY ADVERTISED TO TAKE PLACE IN 2020 BEFORE BEING POSTPONED DUE TO COVID-19. All bookings were refunded.

IF YOU HAD PREVIOUSLY PUT YOUR NAME DOWN TO ATTEND, YOU WILL BE CONTACTED TO SEE IF YOU WOULD LIKE TO REBOOK ON THE NEW DATE.

This show is a matinee performance.

Sister Act

Wednesday 26th October



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.

£32.00

Includes coach and ticket

Subsidised by the charity

The Innocent Smoothies Big Knit

Can you help us raise money
by knitting little hats?

Each smoothie hat is worth 25p for our charity, or £1500 for our 2021/22 target of 6000 hats. We use this money to subsidise various events, such as the New Year party in this newsletter!

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 copies 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!



National Brewery Centre Tuesday 26th April



Visit the National Brewery Centre in Burton-On-Trent.

Take a guided tour of the museum experiencing the art, fun and history of brewing, culminating in a beer tasting session. Afterwards, enjoy a 'behind the scenes' encounter with the Shire horses with an opportunity to take a dray ride.

For lunch the restaurant offers a range of sandwiches and pub classics. Make sure to have some of the ale brewed on site!

PRICE TBC

Includes coach, entrance & tour

Subsidised by the charity

Trusted Traders

Age UK Leicestershire & Rutland run a database of trusted traders who've been checked by their staff to ensure they are qualified, insured and having a history of reliable trading.

If you need a trader such as a builder, plumber, electrician, gardener etc. you can visit their website at www.aubdleicestershire.co.uk

Or if you don't have internet access you can call **0800 599 9435** for free where a member of Age UK LL&R staff will be able to help you.

Advertisement

Andrea Hall MFHT

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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



Easter Party

Thursday 14th April

Wycliffe Rooms, Lutterworth

12 noon – 3:30 pm

Join us for a lovely lunch and entertainment. Meet with friends or make new ones!

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

£16.00

Includes 3 course dinner and entertainment.

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



ADVERTISEMENT



Lutterworth Volunteer Centre Limited



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

Covering the Broughton Astley area together with surrounding villages, Lutterworth Community Transport provides various services to those in need. We offer transport for people who are elderly, disabled or vulnerable and also for those who are rurally isolated, because of the lack of public transport. These trips can be booked by phoning or E-mailing as below



We are introducing more car and bus services – as we get back toward normality. Shopping trips in to Lutterworth on Thursdays together with more to locations throughout the area. All buses remain Covid secure and are fitted with lifts so are readily wheelchair accessible.

MINIBUS HIRE TO COMMUNITY GROUPS – Currently we are able to provide buses with one of our volunteer drivers to groups, or on prior application groups can provide their own driver.

**For more information on our services, to book trips or enquire
about volunteering please leave us a message on:**

01455 55 55 71

or E-mail; admin.luttvc@onestopshop.org.uk

We aim to respond to all messages within 24 hours.

90 Plus Party

Wednesday 4th May

**Wycliffe Rooms, Lutterworth
12 noon – 3 pm**

**If you're 90 years old or older (or
turning 90 in 2022), you're invited to
our party!**

**Enjoy a free two course meal with
entertainment.**

**You also get to bring a plus one,
partner/carers/friend who's under 90.**

Plus ones pay £10.00p.p.

Transport available on request

Subsidised by the charity



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!

QUIZZES

Friday 28th January

Thursday 7th April

2:00 – 4:00 pm

Wycliffe rooms, Lutterworth

Join us for 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!

SEEKING TREASURER

Age Concern Lutterworth & District needs a Treasurer to serve on our Board of Trustees. If you have a financial background and knowledge of Excel, contact us on 01455 557116 for more information.

Volunteers Needed

Age Concern Lutterworth & District **needs volunteers for our charity shop**, 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. Our shop is open 9:30am – 4:30pm.

We need more volunteers for all our shifts, but especially for **Saturday mornings & afternoons**.

If you know of anyone who may be interested, please point them our way! We welcome people of all ages & walks of life.

For more information, call into the office to talk to our Deputy Shop Manager Jane & pick up a volunteer information pack.

We also welcome school students who are doing their D of E or who want to gain retail experience. **We required a minimum two hour shift from students.**

Yesterday Film Screening



Thursday 17th February
Wycliffe Rooms, Lutterworth
1.30pm – 4.00pm

A struggling musician realizes he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

£6.00

Includes a free tea/coffee. Other drinks & snacks will be available to purchase from the Wycliffe Rooms.

Milton Keynes Shopping & Eating!

Tuesday 29th March



Get dropped in the Centre of Milton Keynes by :MK and Midsummer Place shopping centres. Explore a range of national & independent retailers including large M&S, John Lewis and Next stores.

When you get hungry both shopping centres have a range of places to eat, from cafés and patisseries to restaurants like Nandos, Pizza Hut, Wagamama, Five Guys and more.

£12.00

Includes Coach

Subsidised by the charity

Thenford Arboretum Snowdrop Walk Tuesday 22nd February



We start the day by visiting Barn Farm Plants Garden Centre near Banbury, with a range of plants & homeware and a café selling hot & cold food for lunch. There's also the adjacent Banbury Antiques Centre for you to explore.

Afterwards we travel to Thenford Gardens & Aboretum to view the snowdrops with over 600 different varieties in the garden. If you get cold, there's a small café selling warm drinks & cakes.

£22.00

Including coach & entrance ticket to Thenford

Dress appropriately for walking.

Subsidised by the charity

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We sell a wide range of items: clothing and accessories;
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Like your own little department store, you never know what
you'll find! Recent bargains available include designer bags &
dresses, vintage typewriters, antique prints, blown glass
vases, signed books, and collectible statuettes!

All our items for sale have been generously donated to us,
and the income from their sale lets us run the events &
activities you see in this booklet.

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!

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 at 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?