



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



Summer 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

SUMMER

Dear Friends,

Feeling quite sad that this will be my last write up for the newsletter! It has been an amazing journey one that I have enjoyed immensely, getting to know you all, making it feel like we are one big family!!

We have certainly had some fun over my 16 years, with the bingo, seated exercise, (even outside during Covid, weather permitting!!) our days out, too many to mention, but most of all I have loved the party events, seeing everyone enjoying themselves.

You all certainly know how to make the most of life, I do hope that above all I take that with me on my next chapter! Your zest for living and having fun despite any ailments!!

I am handing over to a lovely lady, Sarah Boot, who I am sure will quite easily fill my shoes and keep you all happy and active.

I look forward to seeing you around and about, stay safe and thank you for the journey.

Alison xxxxx

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

Events

Date	Event	Cost	Paid
Tuesday 3 rd May	Bingo Lutterworth Sports Centre Every 1st Tuesday of the month	50p - £3.50	
Wednesday 4 th May	Travelling Lunch Club 4 Every 1st Wednesday of the month	£12.00	
Wednesday 4 th May	90 Plus Party FREE if you're 90!	£10.00	
Thursday 5 th May	Line Dancing Every Thursday	£3.00	
Friday 6 th May	Seated Exercise Classes Every Friday	£3.50	
Monday 9 th May	Tea & Natter Sports Centre Every 2nd Monday of the month	£2.00	
Wednesday 11 th May	Thenford Arboretum	£22.00	
Wednesday 18 th May	Lunch club 3 Every 3rd Wednesday of the month	£10.00	
Thursday 19 th May	Museum of Timekeeping & Newark-On-Trent	£26.00	
Wednesday 25 th May	Travelling Lunch Club 1 Every 4th Wednesday of the month	£12.00	
Thursday 9 th June	D-Day Darlings Show	£15.00	
Friday 17 th June	'Florence Foster Jenkins' film screening	£7.50	
Friday 24 th June	Quiz	£3.50	
Wednesday 29 th June	Doddington Hall	£24.00	
Tuesday 12 th July	Skegness	£15.00	
Thursday 28 th July	Ironbridge	£26.50	
Tuesday 9 th August	Gloucester Cathedral FROM	£22.00	
Friday 12 th August	Quiz	£3.50	
Friday 19 th August	'Victoria and Abdul' film screening	£7.50	
Thursday 25 th August	Rutland Belle Cruise	£24.50	
Monday 12 th – 16 th September	Isle of Wight Holiday	£294.00	
Wednesday 26 th October	Sister Act Curve Theatre matinee performance	£32.00	
Monday 5 th – 9 th December	Eastbourne Holiday	£280.00	

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

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 4 th May	The Sparrow Ansty	Wed 25 th May
Wed 1 st June	Waterside Inn Rugby	Wed 22 nd June
Wed 6 th July	Steam Turbine Rugby	Wed 27 th July
Wed 3 rd Aug	Sunnyside Nuneaton	Wed 24 th Aug

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 & prefer to stay local!

TLC3 Catered Lunch

3rd Wednesday of the Month
12.15pm – 1.45pm

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 MONDAY of EVERY month

2:00 – 4:00pm

LUTTERWORTH SPORTS CENTRE

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.

90 Plus Party

Wednesday 4th May

Wycliffe Rooms, Lutterworth

12.15pm – 3.15pm

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/carer/friend who's under 90.

Plus ones pay £10.00 p.p.

Transport available on request

Subsidised by the charity

Skegness

Tuesday 12th July



Enjoy a great day out at the British seaside. Buckets and spades at the ready!

£15.00

Includes Coach

Mobility scooters are available for hire if needed;
contact us for more information

Subsidised by the charity

SCAM WATCH

Unfortunately, there are still scams going around related to the Coronavirus pandemic. **Scammers will claim you need to pay to get your COVID passport** – this is untrue and the NHS will never charge you for this.

Another common scam is to send texts pretending to be well-known companies, to entice you to click on a **link in the text that will take you to a fake website**. Once on the website, if you enter your details they will be stolen by the scammer, and can be used to access to your bank accounts or contact you for further scams.

Examples of these type of texts are:

- A text from a well-known bank about a withdrawal of money.
- A text from Amazon about a recent purchase that you didn't make.
- A text from Hermes or Royal Mail about a parcel for you with a charge for delivery.

If you receive a text like this, don't panic – take a good look at it and see if anything seems suspicious. Often when you look at the website link in the text, it's clear the link isn't to a legitimate website. If you do think the text might be real, it's still best not to click on the link inside – instead **go directly to the company's website using Google**, so you know you're on the real website.

If you hear of any other scams in the Lutterworth & District area, please let us know!

If you've been a victim of a scam, contact Action Fraud on 0300 123 2040 for help.

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 LS&R staff will be able to help you.

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

FLORENCE FOSTER JENKINS

FILM SCREENING

Friday 17th June

Wycliffe Rooms, Lutterworth



This 2016 comedy biopic tells the story of Florence Foster Jenkins, a 40s New York socialite and ‘the worst opera singer in the world’.

Starring Meryl Streep and Hugh Grant with two of their best performances, this film is funny & inspiring in equal measure.

£7.50

Includes free tea & coffee

Ironbridge

Thursday 28th July



We start our day at the Victorian town ‘Blists Hill’ with authentic shops & cottages. Buy curious goods from a bygone era and watch tradespeople in action in the atmospheric workshops & factories.

For lunch there's fish and chips or the pavilion café.

Second stop, a view and walk along the famous Ironbridge.

Third stop, Coalport China museum. You'll be amazed by the spectacular treasures made in these quirky buildings, step inside the traditional riverside workshops.

This is sure to be a great full day out, some walking required, but do as much or as little as you want!

£26.50

Subsidised by the charity

D-Day Darlings Show

Thursday 9th June

Wycliffe Rooms, Lutterworth
3 – 5.30pm



Enjoy a performance by Britain's Got Talent finalists the D-Day Darlings in honour of the Queen's Jubilee.

£15.00

Transport available on request. Please note that this performance is not organized by us.

50/50 winners

Congratulations to our January & February winners

£44.80 won in January

By S Knight, E Jackson, W Smith

£52.50 won in February

By J Walker, J Clayton, J Dunn

50/50 tickets available from the shop or at some of our activities.

Rutland Belle Cruise

Thursday 25th August



Join us for a lovely day out in Rutland! We start the day in the county town of Oakham, where you can browse the shops & boutiques, or explore the local history with a visit to the museum or castle.

When you get hungry, there's plenty of restaurants and cafes to have lunch in.

Afterwards we travel to Rutland Water, where we'll take a 45-minute cruise on the Rutland Belle, including a cream tea.

£24.50

Includes coach, cruise and cream tea

Subsidised by the charity

Thenford Arboretum

WEDNESDAY 11TH MAY

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 & Arboretum to view the seventy acre gardens including water gardens, an alpine trough garden, a sculpture garden, a rose garden and a rill. If you get peckish tea, coffee and cakes are available at the Church Barn. We hope to see the Bluebells this time!! 😊

£22.00

Including coach & entrance ticket

Please note there is some uneven/rough ground in the gardens that may not be suitable for those with mobility issues. Good walking shoes required.

This trip was previously advertised to take place in February, which was postponed; there are only a limited number of extra tickets available. Don't delay if interested!

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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!

Thank You

"Best wishes on your retirement and thank you so much for all you have done for us! [We] hope you can do all the things you want to achieve."

- Barbara, Jean, Brenda and Betty

"Alison will be very missed for her cheery smile when you walked in the shop; also for her organization of parties, outings and holidays. If she saw anyone on their own or not managing very well on an outing she took them under her wing.

Thank you very much for your hard work on our behalf. Enjoy your retirement. Make sure you keep in touch and perhaps a space can be found for you on a lunch club or outing!"

"You have done a marvelous job over the years. When I came to Lutterworth I didn't know anyone at all... now thanks to Age Concern, I have many friends and opportunities for a happy life. Thank you."



**Thank you, A
sixteen years**

ou Alison!



“Like a captain of a ship you have steered Age Concern Lutterworth to some fantastic activities. To us oldies you give a new lease of life and community sense of belonging. We all wish you a long and happy retirement”

- Colin

We will all miss you very much. Thank you for all the work you have done to keep us happy; the lovely trips and social meetings and parties. We hope you will be very happy in your retirement.

- Helen and the gang

“Thank you Alison for all your hard work and diligence during your time with Age Concern Lutterworth – you’ve done a brilliant job! We shall all miss you and wish you every success in all you do in the future.”

- The Hawthorns Gang

Alison, for
s service!

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A small, friendly local firm advising upon: -

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- ***Court of Protection Matters***
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LE17 4AP

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Victoria & Abdul

Film Screening

Friday 19th August
Wycliffe Rooms, Lutterworth



Starring Dame Judi Dench, this 2017 drama tells the story of the friendship between Queen Victoria and a young Indian servant called Abdul Karim.

With an Oscar nomination for Best Costume Design and a range of beautiful filming locations across the UK, this film is a visual delight!

£7.50

Includes free tea/coffee.

Gloucester Cathedral

Tuesday 9th August



The Cathedral offers a wealth of things to see and do. Our tour will give us a fascinating insight to the world of the monks who used to live there. See how the architecture has evolved over the last 1000 years and visit where Harry Potter was filmed. Includes tea/coffee and a cookie.

There will be the chance to eat at the Cathedral café, or one of the many eateries close by.

On our journey home we will call into
Jinney Ring craft centre.

The centre is set in lovely gardens with duck ponds and wide views across to the Malvern Hills. Visit the farmhouse restaurant for coffee/cake, see the skilled craft artists at work, and buy a gift or two!

£22 Includes tour & refreshments

(Buffet lunch available for an additional **£10**)

Subsidised by the charity

QUIZZES

Friday 24th June

Friday 12th August

Wycliffe rooms, Lutterworth

2 – 4pm

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.

ADVERTISEMENT



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.

Doddington Hall

Wednesday 29th June



Join us for a day out to the beautiful Doddington Hall & Gardens in Lincolnshire.

Explore the late Elizabethan mansion, with collections ranging from furniture and paintings to weapons and ceramics. The gardens keep the original Elizabethan layout, with topiary unicorns and a range of flowers.

When you get hungry there are multiple places to eat and drink on site, as well as shops including a farm shop with produce grown on site.

£24.00

Includes coach & entrance ticket

FREE for carers. Please note there is limited disabled access to the hall.

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 and the Big Information Day!

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!



little hats, big difference



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

PAYMENTS REQUIRED BY AUGUST PLEASE!

Subsidised by the charity

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!

BINGO

1st Tuesday of the month

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

MUSEUM OF TIMEKEEPING & NEWARK-ON-TRENT THURSDAY 19TH MAY



We will arrive at Newark-on-Trent mid-morning, where you will have time to browse around the shops and enjoy a lunch in one of the many pubs in the town.

After lunch we take a short drive to the Museum of Timekeeping based at Upton Hall. We'll have a fascinating tour of their collection of clocks, watches & timepieces, including the first Speaking Clock machine. There will also be time to explore the grounds and rooms of this grade II listed building.

£26.00

Includes coach, entrance ticket & tour

Subsidised by the charity

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.

2022 Holidays

Enjoy a week away! All holidays are organized and run by Opal Travel Group, with Age Concern arranging a group booking so you can travel together!

12th – 16th September,

Burlington Hotel Isle of Wight.

The newly refurbished hotel in Sandown is in a central location set back just 2 minutes' walk from the beach and town centre.

£294.00

5th – 9th December,

Cumberland Hotel Eastbourne

One of Eastbourne's premier hotels, commanding a wonderful position on the seafront overlooking the Bandstand and the beautiful Victorian pier.

Enjoy this festive break - A taste of Christmas!

£280.00

All holidays include half board accommodation, ensuite room with colour TV. live entertainment and two full day excursions.

Pickups will be in Lutterworth Town Centre.

Summer Wordsearch

J	E	I	E	H	M	A	Y	L	C	S	S	E	N
U	K	S	E	H	O	L	I	D	A	Y	S	N	O
L	S	C	N	D	C	U	O	N	S	H	S	S	I
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E	P	E	A	E	I	E	D	I	S	A	E	S	Y
M	I	A	A	U	B	D	U	C	A	S	T	H	A
M	C	U	E	E	L	I	B	U	J	P	I	E	T
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JUBILEE

APRIL

BUCKET

SUN

JUNE

SAND

BEACH

HOLIDAY

SUMMER

ICE CREAM

STAYCATION

BARBEQUE

OUTDOORS

SEASIDE

SPADE

HUMID

JULY

MAY

HOT

PICNIC

Current Opening Hours

	Shop	Office
Monday	9.30am – 4.30pm	10.00am – 4.00pm
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 Monday 2nd May, Thursday 2nd June, Friday 3rd June, and Monday 29th August for 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, Sarah 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 or First Contact.