

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 will be closed on the 1st of January, 29th of March, and 1st of 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, Sarah, Karen 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.



LUTTERWORTH & DISTRICT Charity No: 247288

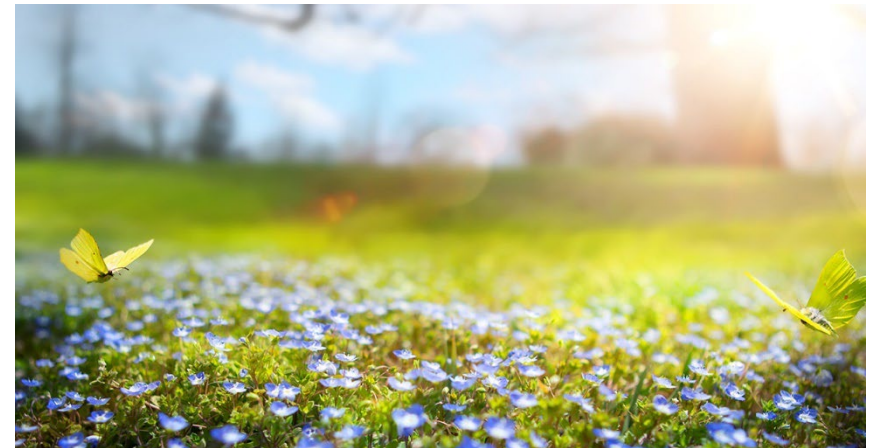
7 High Street, Lutterworth, LE17 4AT

TELEPHONE: 01455 557 116

EMAIL: info@ageconcernlutterworth.org.uk

WEBSITE: www.ageconcernlutterworth.org.uk

Excursions, Events & News



Spring 2024

Regular days out, events & social activities, picking up around Lutterworth & the villages by coach and minibus.

Our Mission Statement:

"To promote the well-being for all those people in later life of Lutterworth and the surrounding villages, to make it a fulfilling and enjoyable experience, a Lutterworth charity working for local people."

SPRING

Dear Friends

Welcome to our Spring newsletter. How quickly 2024 has arrived for us all.

We do hope you will enjoy reading our new newsletter, we have tried to include some useful information as well as an array of day trips for your consideration. We hope you will find something that appeals to you to come and join in with. From our local activities of Tea & Games or Bingo to joining us for our Easter celebration including a traditional bonnet competition.

We have a selection of trips including a lunch at Draycote Water and a visit to the Coventry Transport Museum. For those with an interest in aircraft there is a chance to get close to Concorde at the Imperial War Museum Duxford. Or if you enjoy shopping there is a day out to Springfields or Gates Garden Centre in Oakham.

We have included the activities for each of our monthly meetings for the Men's Interest Group in this edition. Including two guest speakers who will be sharing their knowledge on Public Speaking and Aerospace and Space. Please book your place with the office if you would like to attend.

Looking forward to seeing you all in the New Year.

**On behalf of Sarah, Karen, Lizzie, Jane, Carolyn and the 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.

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A Poem For Spring



*Piping Robin, piping so,
Tell the snow
It's time to go;
Tell the rough winds not to blow
Any more through field and glen;
Call the bluebirds home again,
Tell the little flowers to grow,
Piping Robin, piping so!*

Poem by Anette Wynne

Photography by Ross Thompson, Wildlife Photographer

The Drifters Girl

Wednesday 17th April

Join us at Birmingham Hippodrome for a matinee performance of 'The Drifters Girl'. This smash-hit show has a phenomenal soundtrack packed full of iconic Drifters hits including **Saturday Night At The Movies**, **Save The Last Dance For Me** and **Stand By Me**.

£42.00

Includes coach & ticket

**Full – Taking Reserves Only.
Contact us regarding availability.**

Subsidised by the charity

Jack and the Beanstalk Pantomime

Thursday 11th January 2024

Join Birmingham Hippodrome favourite Matt Slack and climb a beanstalk of gigantic proportions to cloudland in a matinee performance of Jack and the Beanstalk!

£27.00

Includes coach & ticket

Reserves only – contact us for more details

Subsidised by the charity

Events

Date	Event	Cost	Paid
Tuesday 2 nd January	Bingo Every 1st Tuesday of the month	50p - £3.50	
Tuesday 2 nd January	Boogie Through The Decades Every Tuesday	£4.00	
Thursday 4 th January	Line Dancing Every Thursday	£3.00	
Friday 5 th January	Seated Exercise Class Every Friday	£4.00	
Wednesday 10 th January	Tea & Games Every 2nd Wednesday of the month	£2.00	
Thursday 11 th January	Jack and the Beanstalk Panto Birmingham Hippodrome	£27.00	
Monday 15 th January	Book Club Every 3rd Monday of the month	£1.50	
Wednesday 17 th January	Wycliffe Rooms Lunch Club Every 3rd Wednesday of the month	£12.00	
Friday 19 th January	Quiz Afternoon at Wycliffe Rooms	£3.50	
Wednesday 24 th January	Travelling Lunch Club Every 4th Wednesday of the month	£20.00	
Tuesday 30 th January	Men's Interest Group Every last Tuesday of the month	Varies	
Wednesday 7 th February	Gates Garden Centre Shopping	£10.00	
Tuesday 20 th February	Imperial War Museum Duxford	£39.50	
Wednesday 6 th March	Coventry Transport Museum & Lunch	£33.50	
Tuesday 12 th March	VASL Joint Event	£6.00	
Friday 15 th March	Quiz Afternoon	£3.50	
Tuesday 19 th March	Springfields Shopping	£14.00	
Wednesday 3 rd April	Easter Party	£19.00	
Wednesday 17 th April	'The Drifters Girl' Birmingham Hippodrome	£42.00	
17 th – 21 st June	Isle of Wight Holiday	£341.00	

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

Travelling Lunch Club

Every 4th Wednesday of the month



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 two course lunch.

We have a range of pickup points in Lutterworth & the surrounding villages, contact us to find out the closest to you.

In spring we will be visiting the following pubs:

- 24th January – The Observatory, Meridian Park
- 28th February – Gynsills Farm, Glenfield
- 27th March – The Old Vicarage, Whetstone
- 24th April – Grove Farm, Enderby

£20.00

Includes transport and two course lunch

Please give us your menu choice at least a week before the lunch club

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.

WARM & WISE

Age UK Leicester Shire & Rutland's Warm and Wise service offers a free home energy check and information and advice to help reduce you energy bills.

They can help with tariff switching, energy benefit checks, priority services registration, smart meters, home improvement grants and more.

Call them on: **0116 261 4604**

Afternoon Tea & Games

2nd WEDNESDAY of EVERY month

2:00pm – 4:00pm

LUTTERWORTH SPORTS CENTRE



Join us on these afternoons for tea, friendship and fun. We play games, chat with friends. In the past year we have enjoyed activities such as bocchia, indoor bowls, hoopla, arts and crafts, and more!

No booking required, drop in on the day for a friendly welcome.

Just £2.00

Includes refreshments

Transport may be available on request with sufficient notice

Wycliffe Rooms Lunch Club

3rd Wednesday of the Month

12.15pm – 1.45pm

Wycliffe Rooms, Lutterworth

Enjoy a monthly two-course catered lunch in Lutterworth.

Transport may be 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.

£12.00

Tea/Coffee included with dessert. Other drinks available to purchase from the bar.

Seated Exercise Class

Every Friday

10:30 am – 12 noon

Wycliffe Rooms, Lutterworth

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! Includes tea/coffee/biscuits and a chat afterwards!

Contact us on 01455 557116 for more information.

£4.00

Please note there will be no class on Fri 29th March

Currently full & taking reserves

Trusted Traders

Age UK Leicester Shire & Rutland run a database of trusted traders who've been checked 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 call 0800 599 9435 where a member of staff can search the database for you. This service is provided by them for free.

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.

Harborough District Council Healthy Walking Group

Every Monday, 1.30pm

Meeting at the Coventry Road Recreation Ground car park, Lutterworth

This is a 45-minute walk around Lutterworth, routes vary each week. We finish at the Wycliffe rooms, where you can purchase refreshments.

No need to book and no cost, just turn up for a friendly welcome.

Men's Interest Group

**Every Last Tuesday of the Month
2:00pm – 4:00pm**

Join our men's interest group, with a different activity each month.

All Spring meetings are based at the Town Hall

Includes refreshments

Tue 30th Jan Public Speaking talk with guest speaker - £3.50

Tues 27th Feb Bingo - £5

Prizes for a line and a house

Tue 26th March Aerospace & Space talk with guest speaker - £3.50

Tues 30th April Play Your Cards Right - £4

Prize for the winner

If interested in attending, please call the office on 01455 557 116 to book your place. Pay on the day.

Get Involved

There's a range of ways you can help the charity, from donating to volunteering.

- Donate items to our charity shop – and Gift Aid them if you're a taxpayer
- Volunteer in our shop to help us raise funds
 - Visit our shop to pick up a bargain
 - Browse our eBay store at www.ebay.co.uk/ageconcernlutterworth
- If you sell on eBay, you can choose to donate a portion of your takings to us & receive a fee credit in exchange
- Earn money for us at no cost to you when shopping online with www.easyfundraising.org.uk
- Make a one-time cash donation, or set up a standing order each month. If you're a taxpayer, we can get an extra 25% through Gift Aid
 - Leave us a legacy in your will

All monies raised go towards our aim of helping people in the Lutterworth & District area. Help us make a real difference to the place we live!

ADVERTISEMENT

MELKERTS SOLICITORS

are very pleased to announce

that from 7th December 2023

we are joining forces with

ROLLASONS SOLICITORS LLP

Please be assured we will continue to offer the same friendly local service we have always aimed to provide, but, in addition, we will be able to assist with a wider range of legal matters.

2B Station Road
Lutterworth
LE17 4AP

Telephone: 01455 552378

More details available at www.rollasons.com

Easter party

Wednesday 3rd April

**Wycliffe Rooms, Lutterworth
Times**



Celebrate Easter with a two course lunch and entertainment from singer Johnny Taylor, alongside friends old & new.

Join in our Easter Bonnet competition with prizes for the winning bonnets.

£19.00

Includes two course lunch & entertainment

Very limited transport places available for those needing support with mobility. Charges may apply.

Supporting People with Early Dementia

Based at Our House on the Lutterworth College site, the Academy for Dementia Research and Education (ADRE) provides support for those in the early stages of cognitive decline and their friends and family so that they can live independently as long as possible.

ADRE's team of qualified staff run activity programmes which are specifically designed to be fun, keep brains and bodies active, and improve self-confidence as part of a lifelong learning approach.

Services & activities provided by ADRE and their Share & Care Group include:

Monthly Carers Support Group
Brain Gym & Music Brain Gym
Monthly Admiral Nurse Clinic
Crafts & Woodwork
Gardening
Chair Based Yoga
Singing & Dance
Cooking
Day Trips

They also offer an at-home support service for anyone who cannot access their regular services due to health vulnerabilities, reduced mobility, enhanced cognitive decline, or remote location.

For more information, email
jane@academyfordementia.org or call 01455 550416.

Imperial War Museum Duxford

Tuesday 20th February



Join us for a day out to IWM Duxford. Britain's largest aviation museum, Duxford hosts nearly 200 aircraft as well as military vehicles, artillery and naval vessels.

The exhibits are split across seven different buildings, with a free transport vehicle available.

You can climb aboard a Concorde, discover Duxford's role in the Battle of Britain, and see the Blackbird capable of going at three times the speed of sound. When you get hungry, the cafés on site sell a range of hot and cold food.

£39.50

Includes transport & museum entry

Subsidised by the charity

ADVERTISEMENT



Lutterworth Volunteer Centre Limited



Worried about being able to get out and about, or to essential appointments because you don't have access to a car anymore?

We have a range of options that are designed with you in mind, and we are really used to dealing with any mobility issues you may have.

Our minibuses all have lifts to help you board and we can stow your walker safely and still have room for your shopping. If you need to travel in your wheelchair we can do that as well, either in our minibuses or cars.

On Thursdays we run door to door shopping trips to Morrisons, with time built in for a cup of tea and natter in the café. For those that want to go a bit further afield, our upcoming trips are below.

Fri	5 th Jan	Market Harborough Town Centre
Mon	8 th Jan	Fosse Park Shopping Trip
Mon	15 th Jan	Palmers Garden Centre Enderby
Mon	22 nd Jan	Elliot's Field / Junction 1 Rugby Shopping Trip
Mon	29 th Jan	Foxton Locks Inn
Mon	5 th Feb	Fosse Park Shopping Trip
Mon	12 th Feb	Attfields Farm Shop, Whetstone
Mon	19 th Feb	Elliot's Field / Junction 1 Rugby Shopping Trip
Mon	26 th Feb	Woodlands Garden Centre, Stapleton

For more information and to book, please ring us on:

01455 55 55 71

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

A Letter From The King

Following our Coronation Party in May, one of our clients sent a letter to the King talking about the party and the work that Age Concern Lutterworth & District do.

In return, she received a lovely letter from the King thanking her for the words of support and sending his warmest wishes to all the clients of our charity.

A copy of the letter is on display in our office if you would like to view it.



Gates Garden Centre

Wednesday 7th February



Come for a day out to Gates Garden Centre in Oakham. Built within a Victorian walled garden, Gates has 12,500 square feet of indoor and outdoor displays. In addition to the normal plants & homeware, there are also Cotton Traders and Mountain Warehouse concessions.

Gates also has a farm shop selling locally sourced items, including bread and other savories baked that day. When you get hungry, there is a restaurant and a café on site. To ensure you get home before it gets too dark, we will leave Gates at 3.30pm. You should get about four hours to explore Gates Garden Centre.

£10.00

Includes transport

Subsidised by the charity

QUIZZES

Friday 19th January &
Friday 15th March
Wycliffe rooms, Lutterworth
1.30pm – 3.30pm

Join us for our popular quiz events, have a fun afternoon with friends and maybe make some new ones! Compete in teams of up to six people – either make your own in advance or join a team on the day! Prizes will be given to the winning team.

£3.50

Including refreshments

VOLUNTEERS NEEDED

Volunteers are the lifeblood of our charity, and without them we would be unable to provide the services in this newsletter.

We need volunteers to work in our shop manning the till and sorting, cleaning, and pricing stock.

All we ask for is 3.5 hours a week, either from 9.30am – 1pm or 1pm – 4.30pm.

If you can help, call us on 01455 557116.

BOOGIE THROUGH THE DECADES

Every Tuesday

11:45 am – 12:45 pm

Wycliffe Rooms, Lutterworth

Lead by professional instructor Tracey, this fun new exercise class will see you moving to all styles of music from the 50s up to today.

It's kind to joints and is an enjoyable way to improve all round fitness, at a pace to suit you.

No complicated choreography. Just simple moves set to great tunes.

Attendees should be comfortable with an hour's walking and steady on their feet. Appropriate footwear such as trainers is recommended.

£4.00

Per Session

Booking is required in advance

Currently full – contact us to join the reserve list

Coventry Transport Museum & Lunch

Wednesday 6th March



Take a morning trip to Coventry Transport Museum to view the largest collection of British road transport in public ownership.

The Museum is home to the world's two fastest cars, Thrust SSC and Thrust 2. There are more than 240 cars and commercial vehicles, 100 motorcycles, and 200 bicycles, including many Jaguars and other cars built in Coventry.

Afterwards, travel to the Waterside Restaurant at Draycote Water for a two course British lunch overlooking the reservoir.

£33.50

Includes transport, museum entry & two course lunch

Subsidised by the charity

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 3rd Monday of each month

Lutterworth Town Hall (downstairs room)

11 am – 12 noon

FREE to join, just a small payment towards refreshments

Currently full – contact us to join the reserve list



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!



Our eBay store has more special finds that aren't available in our shop. Take a look at <https://www.ebay.co.uk/str/ageconcernlutterworth> and if you see anything you like, give us a call to reserve it on 01455 557116 then pick it up in our shop.



Follow our facebook page for information on upcoming events, photos from our excursions, helpful advice and information and more!

www.facebook.com/ageconcernlutterworth



VASL is a Market Harborough based charity improving local lives through volunteer support

VASL Joint Event

Tuesday 12th March

2 – 3.15pm

Wycliffe Rooms, Lutterworth

Enjoy tea/coffee & cake and a fun quiz alongside local members of VASL. This is a great chance to meet people and make new friends!

£6.00

Includes refreshments

Booking required in advance

VASL Digital Volunteers

In the last few weeks our volunteers have helped people over 60:

- to use the NHS app so they can see test results and order prescriptions,
 - to apply for a Railcard online
 - to keep in touch with family using WhatsApp and texts.
- to be able to look at the websites that they talk about on TV programmes

We can meet you at the library or in your own home to help you with phones and tablets (ipads) if you are over 60 and live in Harborough District.

There is no charge as we are funded by the National Lottery Communities Fund.

Call 01858 439262 or email champions@vasl.org.uk to arrange an appointment.

Household Support Fund

Are you struggling with household bills and need support with the cost-of-living crisis?

The Household Support Fund, funded by Leicestershire County Council, offers vouchers to help towards food and fuel costs.

To find out if you're eligible, contact Citizen's Advice on **08082 787854**.

Please note that vouchers are available on a first-come-first-served basis.

Message In A Bottle (MIAB)

MIAB is a scheme run by the Lutterworth Lions that is a simple but effective way for people to keep their basic personal and medical details where they can be found in an emergency on a standard form and in a common location – the fridge.

When you pick up a MIAB kit, you'll get: a medicine bottle; a form to fill out covering your personal and medical details that you store along with your medication in the bottle in the fridge; a sticker for your fridge door; and a sticker for your front door.

Paramedics, police, fire-fighters and social services support this Lions life-saving initiative and know to look in the fridge when they see the Message in a Bottle stickers, supplied.

You can pick up your MIAB kit in our shop on the High Street or at Wycliffe Medical Practice, Fortnams Chemist, or by contacting any Lions member.

SCAM WATCH

Be on the alert for calls from strangers claiming to be calling on behalf of distressed family members, saying that you need to send them money ASAP. If you receive a call like this do not panic and do not give the person money – take down their number, then hang up and contact the family member in question/their emergency contact to confirm they are safe.

Springfields Shopping

Tuesday 19th March



Enjoy a day out at Springfields Outlet!

This shopping outlet is home to more than 50 premium brands such as Clarks, Cadbury, M&S Outlet, Joules, White Stuff and many more, as well as a Home and Garden Centre.

When you get hungry there are a range of independent restaurants, as well as coffee shops like Costa and Café Nero.

As part of a coach group, you will also get a leaflet on arrival full of exclusive offers.

£14.00

Includes coach

Subsidised by the charity

Age Concern Holidays

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

Isle of Wight

Monday 17th June – Friday 21st June 2024

4 nights staying at: Burlington Hotel

- Four nights half board
- Two full day excursions
- Live entertainment in the evenings
- All rooms ensuite with flatscreen TV

£341 pp

Supplements may apply

£30 deposit required to secure your place

Contact us to enquire about accessibility or any special requests

Organized by Opal Travel Group LTD

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.

A big Thank You to Lutterworth Lions & Inspire Of Lutterworth

Lutterworth Lions & Inspire of Lutterworth have kindly made donations towards our 2023 Christmas Parties, helping us to provide festive cheer for you in a time of economic struggle.



Sarah receiving a cheque from the Lions

If you are interested in learning more about what these two great organization's do please do take a look on their Facebook pages on Lutterworth Lions Club and Inspire of Lutterworth.

Bag Theft Safety

Unfortunately, there has been a series of handbag thefts in Lutterworth, including in our charity shop.

When out shopping, make sure that your handbag is secured to your body. Don't place your handbag on a surface or in another container – thieves will work in pairs to distract you and steal your handbag.

If you find your handbag too heavy to constantly carry, consider buying a small crossbody bag to hold your purse/phone. You can also buy a bell for your handbag so you will know if anyone tries to tamper with it.

RETAIL GIFT AID

If you donate goods to our shop, you'll have noticed our new Retail Gift Aid scheme!

If you're a UK taxpayer, you can join the scheme and for every £1 we make from your donated goods we can claim an extra 25p from the UK Government.

How it works:

- When you bring goods to our shop, you'll be asked if you're a member of our Gift Aid scheme
- If you haven't enrolled yet, you can sign up on the day by filling out a few simple forms
- You'll be given a card with your Gift Aid Number on
- In future when you come to donate goods, just show us your card with your Gift Aid Number
- At the end of the year, you'll receive a letter letting you know how much your donations have raised

Please do not sign up if you are not a UK taxpayer, as the Government may seek to claim back from you any Gift Aid incorrectly paid out.

If your circumstances change and you no longer pay tax, please let us know as soon as you can.

Attendance Allowance

Attendance Allowance is a benefit for people over State Pension Age who need help with personal care or supervision 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.

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)

Examples of what could make you eligible for attendance allowance:

- If you need help getting in or out of the bath/shower
 - If you need help cooking, eating or drinking
- If you need help with buttons or shoelaces when getting dressed
- If you need help getting up the stairs or moving safely from room to room
- If you need someone to watch over you in case you have a seizure or pass out
- If you get confused, forgetful or disoriented and might lack awareness of danger

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.

If you would like us to complete a referral for you, call the office to make an appt. We can make a referral for you to Age UK Leicestershire & Rutland, who have a team that can help you complete an attendance allowance application.