



**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



November 2026 - April 2027

Regular days out, events & social activities, picking up around
Lutterworth and 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."*

Dear Friends and Supporters,

Welcome to our latest newsletter covering

November 2026 - April 2027

It doesn't seem that long since we released our last newsletter. How fast time goes by!

We are very pleased to share our latest newsletter with you once again.

We do hope you take a look at pages 18 - 19 recognising our 90 years celebration in June.

Some news to share with you all - due to the challenges of rising costs there has been a price increase on four of our activities after a carefully considered review by our trustees. This will affect our Boogie Classes, Seated Exercise and Book Club.

Trip news - we are trialling coach pickups in Broughton Astley for the new trips within this newsletter.

We thank you all for your continued support. Our next edition will be available to collect from our shop or office on 19 April 2027.

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

Events Calendar

Date	Event	Cost	Paid
Monday 16th November 2026	Chatsworth House Derbyshire	£62.50	
Saturday 28th November	Stratford Christmas Market	£16.50	
30th Nov - 4th December	T & T Holiday Eastbourne	£476pp	
Wednesday 2nd December	Christmas Party, Wycliffe Rooms	£22.00	
Wednesday 16th December	Christmas Party, Wycliffe Rooms	£22.00	
Thursday 21st January 2027	Sleeping Beauty Pantomime Birmingham Hippodrome	£43.00	
Monday 15th February	Hatton Country World Warwick	£15.00	
Wednesday 3rd March	Buxton & The Buxton Crescent Experience	£43.00	
Friday 19th March	Anglesey Abbey and Gardens Cambridge	£44.00	
Thursday 15th April	Jersey boys Curve Theatre	£55.00	
Tuesday 27th April	Touchwood Shopping Centre Solihull	£17.50	

**FULL PAYMENT IS REQUIRED AT THE LATEST, ONE MONTH
BEFORE EVENT TO SECURE YOUR PLACE,
UNLESS OTHERWISE STATED.**

Our next edition will be available to collect
from our shop or office
on Monday 19 April 2027.

Events and Trips

We do ask that payment is made at the latest one month before any event.

This is to ensure we can finalise details, make payments and purchase tickets. Please note refunds can only be issued in exceptional circumstances.

We ask that you only pay if you intend to go.

We will presume if payment isn't made on time that you no longer wish to attend.

We do ask that for the Lunch Clubs that we are notified of your menu choices at least 8 days beforehand.

Accessibility Suitability

We try to make our trips as accessible as possible. If you have a health challenge/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 day trips 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 and look after yourself independently on the day.

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



Coins and Notes

Help us raise funds by donating your unwanted foreign coins and notes, and any old UK currency coins and notes to Age Concern.

**Check your cupboards,
sideboards, wardrobes
and the back of the
sofa!**

**Please bring any coins or notes to our shop at 7 High Street, Lutterworth.
There is a collection box in the shop for you to drop them off.**



Get Involved



There's a range of ways you can help us :

- Visit our shop and pick up a bargain



- Browse our ebay store at

<https://www.ebay.co.uk/str/ageconcernlutterworth>

- Leave us a legacy in your will
- Sign-up to our Gift Aid scheme, and we can claim an extra 25% on your goods or cash donations

Citizens Advice Leicestershire

0808 278 7854

09:00 - 16:30 (Monday - Friday)

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 your 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**

or email warmandwise@ageukleics.org.uk

Useful Links



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!



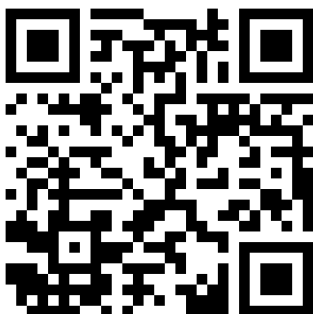
Our ebay store has more special finds that are not available in our shop. Take a look at <https://www.ebay.co.uk/str/ageconcernlutterworth>



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

www.facebook.com/ageconcernlutterworth

Scan the QR codes below with your phone's camera to visit our links!



Website



ebay Store



Facebook Page

The Innocent Big Knit

A big thank-you to all knitters for helping us during our 2024/25 Big Knit campaign.

We shall be taking part in the next campaign from **October 2026**, therefore Age Concern Lutterworth & District, in partnership with innocent drinks is calling on knitters and crocheters to join the fun and help make a difference to the lives of older people, while being part of this infamous campaign.

Since 2003, Age UK and innocent have teamed up to inspire the nation's crafters to knit little hats for innocent smoothie bottles.

Please continue to bring any knitted hats in, which will be gratefully received, and helps us raise valuable funds.

Further information and knitting patterns can be found at :

www.innocentdrinks.co.uk/big-knit



The money raised from these campaigns helps us continue to promote the well-being for all those people in later life of Lutterworth and the surrounding villages.

Chatsworth House and Christmas Market

MONDAY 16TH NOVEMBER



**A lovely way to start the Christmas festivities.
Have a wander around the Christmas Market
and gardens before entering the house which is
decorated in a different theme each year.**

£62.50 Coach and entrance ticket

The price includes a subsidy from Age Concern L & D

Stratford Christmas Market

Saturday 28th November



Join us on Saturday 28th November for a trip to Stratford and the annual Christmas Market along the Waterfront.

Stalls including seasonal foods, crafts and gifts, festive decorations and many more.

A great opportunity to do some festive shopping.

£16.50 coach only

The price includes a subsidy from Age Concern L & D

CHRISTMAS PARTIES

Wednesday 2nd December

&

Wednesday 16th December

£22.00

12.00—15.30

Includes 3 course meal and entertainment

Limited transport available for those
with mobility issues.

Please request at time of booking.

Those using community transport will be
collected AFTER the party between

3:45 - 4:15

Reindeer Barn



Sleeping Beauty

Pantomime

Thursday 21st January 2027



Join us for a matinee performance of 'Sleeping Beauty' at Birmingham Hippodrome. A panto packed with magic, music, comedy and dazzling special effects! Featuring sets and costumes direct from the London Palladium.

£43.00 Inc Coach/Ticket

**Please contact the office on 01455 557 116
for further information**

The price includes a subsidy from Age Concern L & D

HATTON SHOPPING VILLAGE AND GARDEN CENTRE

Warwick

MONDAY 15th FEBRUARY



Hatton Shopping Village has a selection of over 20 unique boutiques and craft shops along with a garden centre and several restaurants and cafes.

If you wish to visit the Farmworld there is an optional additional cost payable on the day.

£15.00 Coach only

The price includes a subsidy from Age Concern L & D

Buxton Crescent Experience

Wednesday 3rd March

We will arrive in Buxton with plenty of time to have lunch before we visit The Buxton Crescent Experience. This is a unique all-weather visitor attraction set in the beautifully restored Buxton Crescent Hotel. There are 9 exhibition rooms and interactive displays to bring Buxton's spa heritage and water story to life. Your visit includes a virtual reality hot-air balloon flight over Georgian Buxton.

Follow the 5,000 year journey of rainwater through the Peak District hills before emerging beneath the crescent.

Includes guided tour. You can even bottle the water at source to take home with you!



£43.00

Inc Coach, entrance and Tour

The price includes a subsidy from Age Concern L & D

Anglesey Abbey and Gardens, Cambridge

Friday 19th March

Spring is a lovely time of year to visit Anglesey Abbey and Gardens just as nature is bursting back into life after winter. Marvel at the snowdrops and daffodils whilst strolling around the beautiful gardens.



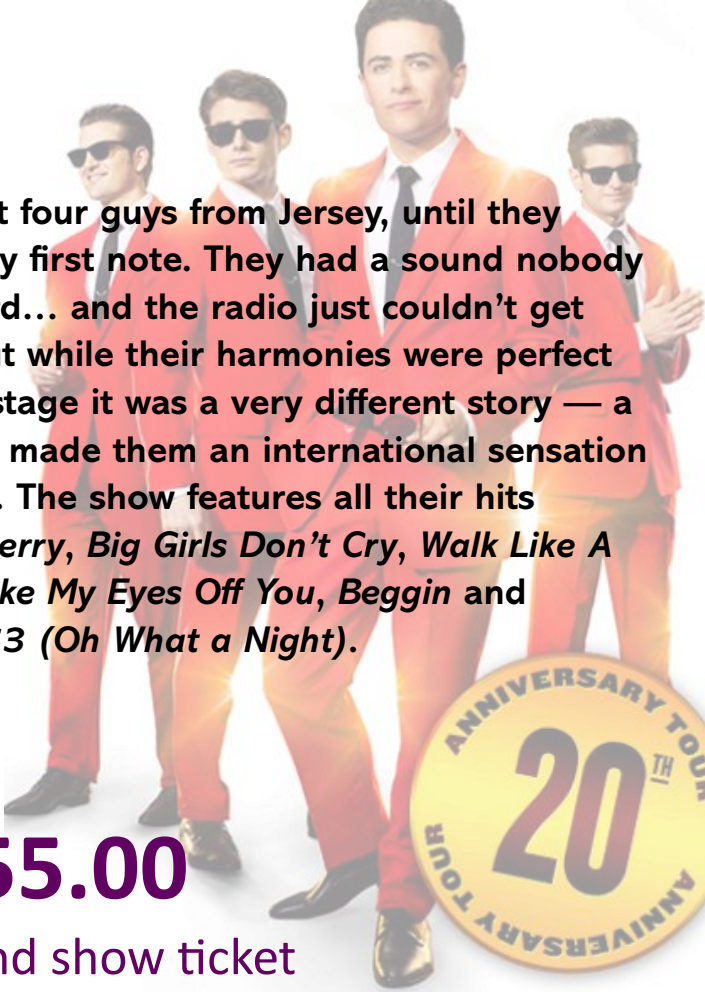
£44.00 Inc Coach and entrance fee

The price includes a subsidy from Age Concern L & D

JERSEY BOYS

THE CURVE

THURSDAY 15TH APRIL



They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story — a story that has made them an international sensation all over again. The show features all their hits including—*Sherry, Big Girls Don't Cry, Walk Like A Man, Can't Take My Eyes Off You, Beggin* and *December 1963 (Oh What a Night)*.

£55.00

Coach and show ticket



Payment due by latest Friday 5th February 2027

The price includes a subsidy from Age Concern L & D

Touchwood Shopping Centre

Solihull

Tuesday 27th April

Touchwood is home to over 80 high street favourites and over 20 restaurants housed in beautiful malls and Victorian Arcades which makes shopping a pleasure. Whilst here you can pop into The Core, a lovely



£17.50 coach only

The price includes a subsidy from Age Concern L & D

90 years

An afternoon celebration for our Clients who are in their 90 years. Congratulations to all !

Wednesday 3rd June 2026, Lutterworth Golf Club

Our eldest Lady, Sylvia and our eldest Gentleman, Jack are pictured below centre





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

VASL's services include advice and support for unpaid carers, befriending and events for older people who are lonely and isolated, volunteer transport for medical appointments, and activities and support to increase wellbeing.

Visit www.vasl.org.uk to learn more,
or call **01858 433232**

ADVERTISEMENT

Digital Support - VASL Community Champions have patient digital volunteers who can offer one to one digital support with your smartphone or tablet. This can be to learn how to use Apps, research information, contact people across the world and join online groups. Support can be delivered at home or in a community setting e.g. café.

Please contact **01858 439262** and ask for Liz.

Beanies

Beanies is an informal social group that meets in the Wycliffe Rooms, George Street, LE17 4ED on the first Wednesday morning of the month at 10.30am. Our volunteers Sally and Kevin will welcome you and introduce you to other clients and volunteers. No need to book, just turn up and buy your own refreshments.

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.

There are a couple of pathways to referral.

Please ask our office for further details.

Activities Calendar

Date	Activities	Cost
Generally every 3 rd Monday of the month	Book Club Lutterworth Town Hall	£2.00
Tuesdays	Boogie Through The Decades Wycliffe Rooms	£5.00
Fridays	Friday Boogie Wycliffe Rooms	£5.00
Every 1 st Tuesday of the month	Bingo Wycliffe Rooms	£1.50- £7.50
Every last Tuesday of the month	Men's Interest Group Methodist Church Lutterworth	£3.50
Every 3 rd Wednesday of the month	Wycliffe Rooms Lunch Club Wycliffe Rooms	£15.00
Every 4 th Wednesday of the month	Travelling Lunch Club Location varies	£20.00
Fridays	Seated Exercise Class Wycliffe Rooms	£5.00
Friday 2nd October 2026 13.30-15.30	Quiz Afternoon, Wycliffe Rooms	£3.50
Friday 11th December 2026 13.30-15.30	Quiz Afternoon, Wycliffe Rooms	£3.50
Friday 5th February 2027 13.30-15.30	Quiz Afternoon, Wycliffe Rooms	£3.50
Friday 9th April 2027 13.30-15.30	Quiz Afternoon, Wycliffe Rooms	£3.50

For most activities, booking in advance is required.
You are welcome to turn up on the day for Quiz Afternoons and Bingo;
however we do still recommend booking in advance.

Activities are paid on the day with **cash**.

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 are currently using Lutterworth Community Transport to pick up/drop off.

We will be visiting the following pubs:

28th October 2026 - The Shires, Peatling Parva

25th November 2026 - Gynsills, Glenfield

24th February 2027 - The Manor, Glen Parva

24th March 2027 - The Mill Pool, Coventry

28th April 2027 - The Grove, Leicester

£20.00

Includes transport and two course lunch

Please give us your menu choice at least 8 days before the lunch club

BINGO

1st Tuesday of the month
Wycliffe Rooms, Lutterworth
13:45 – 15:45

Arrive ready for 13:45 start

Each game is 50p or pay £6.00 for the full book of eight games, including the flyer. Cash prizes are given for a line and house on every game.

Refreshments £1.50p includes coffee, tea, cake/biscuits.



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
Crafts & Woodwork
Gardening
Chair Based Exercise including Love to Move
Singing & Dance
Cooking
Day Trips

For more information, email
jane@academyfordementia.org or call 01455 550 416.

Men's Interest Group

Every Last Tuesday of the Month
At the Methodist Church Lutterworth
14:00 – 16:00

2026 : 27th October, 24th November

**2027 : 26th January, 23rd February,
30th March, 27th April**

Join our men's interest group, with a different activity each month. This is a relaxed, small group that is always happy to welcome new members.



£3.50 per session, payable on the day
Includes refreshments

Please call the office on 01455 557 116 for further information.



Book Club

Do you enjoy a good story?

Do you like meeting up for a chat and a cup of tea or coffee?

If so you might enjoy coming along to our friendly monthly book group.

They generally meet on the 3rd Monday of each month

Lutterworth Town Hall

11:00 – 12:00

£2.00 includes coffee or tea

All welcome

**Please call the office on
01455 557 116
for further information.**

BOOGIE THROUGH THE DECADES

Every Tuesday

11:45 – 12:45

Wycliffe Rooms, Lutterworth

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

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

Attendees should be comfortable with an hour's movement on your feet. Appropriate footwear is required.

**Please note there will be no classes on
22nd and 29th December.**

£5.00

Per Session

Please call the office on 01455 557 116 for further information.



Friday Boogie

12:15 – 13:15

Wycliffe Rooms, Lutterworth

Our Friday Boogie Class, follows the same format as our Tuesday 'Boogie Through The Decades' Class.

Lead by a professional instructor, it's kind to joints and is an enjoyable way to improve all round fitness, at a pace to suit you.

Attendees should be comfortable with an hour's movement on your feet. Appropriate footwear is required.

Please note there will be no class on 25th December 2026 and 1st January 2027 and Good Friday 26th March 2027.

£5.00

Per Session

Please call the office on 01455 557 116 for further information.

Wycliffe Rooms



Lunch Club



3rd Wednesday of the Month

12:15 – 13:45

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 557 116.

Menu required 8 days prior.

£15.00

CASH only, payable on the day

Tea/Coffee included with dessert.

Other drinks available to purchase from the bar.



Supporting Age Concern – helping you stay connected, active and independent

Need help getting out and about?

Lutterworth Community Transport is proud to support **Age Concern** by providing **friendly volunteer drivers** and **comfortable minibuses**, helping people attend events, appointments and social activities with confidence.



How We Can Help

Minibus Outings & Shopping Trips

Enjoy our shopping trips and days out — relaxed, sociable and door-to-door.

Social Car Service

Need to get somewhere important? One of our trusted volunteers can take you where you need to go.

You only pay a **small contribution towards the driver's expenses**.

Hospital & Medical Appointments

Due to high demand, we prioritise **medical and hospital appointments**, especially where transport is difficult.



A Little Notice Helps

- Please give **at least one week's notice** where possible
- Same-day or next-day requests are unlikely
- Early morning appointments can be difficult



Tip: If you tell the NHS booking centre you need to arrange a **Volunteer Driver**, they are often happy to offer a **later appointment time**.



Give Us a Call on **01455 55 55 71**

QUIZ

Come and join us for a fun quiz

Compete in teams of up to 6 – make your own team or join a team on the day.

2nd October 2026

11th December 2026

5th February 2027

9th April 2027

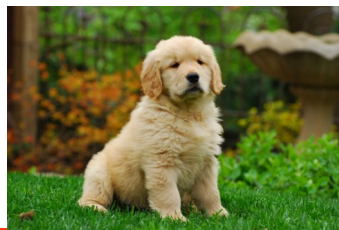


Wycliffe Rooms
13:30 – 15:30



Come along and have some lighthearted fun and meet new friends. Prizes for the winning team.

£3.50 each
refreshments included



Seated Exercise Class

Every Friday — £5.00

10:30 – 12:00

Wycliffe Rooms, Lutterworth

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

Includes tea, coffee, biscuits and a chat afterwards.

**Please note there will be no class on 25th December 2026,
1st January 2027 and Good Friday 26th March 2027.**

Contact us on 01455 557 116 for more information.

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 553 127 or 07976 569 074

HELPFUL INFORMATION



Age UK Leicester Shire & Rutland offers a wide range of services that are designed to enable older people to live as independently as possible and enjoy a good quality of life.

Age UK can help you with :

Welfare and Benefits advice

Housing and property

Money matters (not financial advice)

Residential care

Health and care needs

Accessing services and support

Family and personal matters

Trusted Traders

Lasting Power of Attorney

A great first port of call is the Information and Advice Line

09:00 - 13:00 Monday to Thursday

Telephone: 0116 299 2278

(Lines get busy but leave a message for a call back)

email: Info@ageukleics.org.uk

Stay ahead of Scams

**Tips to prevent you becoming a victim of crime,
and how to protect yourself from fraud.**

Keep valuables out of sight.

Wear your bag across your body and in front of you.

**Beware of distractions, for example, strangers engaging in
conversations, people close enough to steal possessions.**

Beware of false urgency and/or scarcity.

Never disclose your cashcard PIN or password.

Beware when clicking on links, for example, in a Text or an Email.

Beware of an 'odd job' person who is 'in the area'

Never buy anything at the door, say no thank-you.

**Get a second opinion and a written quote before you have any
work done.**

**Don't assume an email, phone call or text is authentic, for example,
asking for your details for a parcel you're not expecting.**

National Fraud & Cyber Crime Reporting Centre

0300 123 2040

actionfraud.police.uk

Other Useful Numbers

Citizens Advice : 0808 278 7854

Local Police : 101

Telephone Preference Service : 0345 070 0707

Never let anyone pressure you into a quick decision.

Always take time to stop, and think!

Listen to your instincts.

Current Opening Hours

	Shop	Office
Monday	9:30 – 16:30	10:00 – 16:00
Tuesday	9:30 – 16:30	10:00 – 16:00
Wednesday	9:30 – 16:30	10:00 – 16:00
Thursday	9:30 – 16:30	10:00 – 16:00
Friday	9:30 – 16:30	10:00 – 16:00
Saturday	9:30 – 16:30	10:00 – 16:00
Sunday	CLOSED	CLOSED

**The shop and office will be closed between
25th and 28th December 2026, on 1st January 2027
and on 26th and 29th March 2027**

LOOKING FOR INFORMATION OR ASSISTANCE?

We are happy to point you in the right direction with your query, however we are not trained to provide assistance with benefits or legal matters.

Although we are not able to recommend services ourselves, we do have some information leaflets and booklets in our shop.

Please also see useful information, links and contacts on
Pages 6, 7, 20, 21, 25, 34 and 35 in this Newsletter.