

# Diary Dates

Date	Event	Cost	Paid
<b>Tuesday 2<sup>nd</sup> January</b> every 1 <sup>st</sup> Tues of the month	Bingo		
<b>Wednesday 3<sup>rd</sup> January</b> every first Wednesday of the month.	TLC 4 – Travelling Lunch Club	£9.00	
<b>Thursday 4<sup>th</sup> January</b> then every Thursday	Line Dancing – Pathways pavilion		
<b>Friday 5<sup>th</sup> January</b> then every Friday	Seated Exercise class Wycliffe rooms 10.30am – 12.00 noon	£3.50	
<b>Monday 8<sup>th</sup> January</b> every second Monday of the month	Book Club – Lutterworth Library	FREE	
<b>Wednesday 10<sup>th</sup> Jan</b> every second Wednesday of the month	Tea and Natter 2 – 4pm – Pathways Pavilion recreation ground	£2.00	
<b>Wednesday 24<sup>th</sup> January</b> every fourth Wednesday of the month	TLC 1 – Travelling Lunch Club	£9.00	
<b>Wednesday 31<sup>st</sup> January</b>	Derngate Theatre Mamma Mia	£31.00	
<b>Tuesday 20<sup>th</sup> February</b>	QUIZ afternoon 2-4pm Town Hall	£3.00	
<b>Tuesday 27<sup>th</sup> February</b>	New Year Party – Wycliffe rooms	£5.00	
<b>Monday 12<sup>th</sup> – Friday 16<sup>th</sup> March</b>	Opal holiday to Newquay Cornwall	£225.00	
<b>Thursday 15<sup>th</sup> March</b>	Lunch & Bingo	£	
<b>Thursday 22<sup>nd</sup> March</b>	Rugby Cinema - film	£13.50	
<b>Tuesday 27<sup>th</sup> March</b>	Easter Party Wycliffe rooms	£10.00	
<b>Wednesday 18<sup>th</sup> April</b>	Boundary Mill Walsall	£7.50	



LUTTERWORTH & DISTRICT

Charity No: 247288

7 High Street

Lutterworth LE17 4AT

TELEPHONE 01455 557116

EMAIL: [aclutterworth@tiscali.co.uk](mailto:aclutterworth@tiscali.co.uk)

WEBSITE: [www.ageconcernlutterworth.org.uk](http://www.ageconcernlutterworth.org.uk)

## Excursions, Events & News



### Winter 17 - 2018

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

Don't be concerned about your age,

We're not!!!!

All ages welcome, join us for fun days out.

Making the most of life.....



**Dear Friends,**

**We hope this seasonal newsletter finds you all well and busily preparing for Christmas and looking forward to the New Year!**

**We have plenty coming up for those of you who want to be busy, meeting up with friends, making new friends and getting out and about. We do try to make everything we do affordable for everyone.**

**It has been a very hectic year for us here, this year we have managed to increase our events and day trips by seven compared to last year.**

**Our aim as always is to try and help beat loneliness & isolation, we do this by helping you to meet new people through our various events, services and days out. You are never on your own with us!! You don't have to be 'old' to be lonely, life can throw its challenges at us at any age!! So why not call in and see what we have to offer.....**

**PLEASE all be careful around the town there are some people who are happy to distract you from your bag, purse & or money!!! Be careful of scams, we are here if you need any information or help.**

**Thank you to all our customers and those that have donated to us this year, without your support we could not continue to run our services.**

**We wish you all a healthy & prosperous New Year.**

**Alison, Emma, Jane, Volunteers & Trustees.**

## Travelling Lunch club

Enjoy a lunch out with friendly company, a trip through our lovely villages and countryside and on to a different pub every month to enjoy a 2 course lunch. If you have never been before come for a taster on any of the ones below. Call for more information on 01455 557116.

TLC 4	Month	TLC 1
Steam Turbine Rugby	3 <sup>rd</sup> January 25 <sup>th</sup>	Steam Turbine Rugby
Bulls Head Wolvey	7 <sup>th</sup> February 28 <sup>nd</sup>	Bulls Head Wolvey
Old Smithy Church Lawford	7 <sup>th</sup> March 28 <sup>th</sup>	Old Smithy Church Lawford

**It is important that you let us know 24 hours in advance or earlier if you are unable to attend.**

If you know someone who would like to join us on our Travelling Lunch Clubs (TLCs) then please give us a call on 01455 557116,

This is a great opportunity to meet and make new friends or even meet up with some old friends...

**Travelling on the 1<sup>st</sup> and 4<sup>th</sup> Wednesday of each month, call us to see if we pick up near you!**

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

Not just for Christmas!

## GIFT VOUCHERS

Are available from the office in  
£5.00 & £10.00 denominations



They make ideal gifts for family & friends,

TO BE USED ON ANY OF OUR DAYS OUT

Treat that special person to one of our great days out.

Why not come along with them!!

Advertisements

## 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

OPAL TRAVEL GROUP.

## CORNWALL

12<sup>th</sup> - 16<sup>th</sup> March 2018

3 star Pentire Hotel

## NEWQUAY

# £225

INCLUDES RETURN COACH

HALF BOARD ACCOMMODATION

LIVE ENTERTAINMENT

2 FULL DAY EXCURSIONS



# Line Dancing

Every Thursday in the Pathways Pavilion Lutterworth

Recreation ground, (back of leisure centre)

£3.00 per session from 2pm – 4pm

For Fun Friendship & Exercise



IF YOU'RE INTERESTED THEN PLEASE CALL THE OFFICE AND BOOK IN...

## MELKERTS

SOLICITORS

A small, friendly local firm advising upon:-

- Wills and Probate
- Lasting powers of Attorney
- Living wills and Advance Directives
- Elderly Client issues
- Court of Protection Matters
- Trusts and Inheritance Tax Planning

Home visits at no extra charge within the locality and Saturday morning appointments by arrangement.

Telephone

*Katherine Melkerts*

On 01788 860088 or 07733 88 4231

## NEW YEAR PARTY

**Tuesday 27<sup>th</sup> February**

**Banish away those winter blues!**

**Party with us at the Wycliffe rooms  
Lunch & entertainment**

**12.00noon – 4.00pm**

**£5.00**

*Subsidised by the winter warmer  
(knitted hats)*



**Transport available if required please mention on  
booking.**

# Royal & Derngate Theatre

## 'Mamma Mia' the Musical

Wednesday 31<sup>st</sup> January

2.30pm matinee

Join the ultimate feel-good party at **MAMMA MIA!**, the world's sunniest and most exhilarating smash-hit musical!

Set in a Greek island paradise, a story of love, friendship and identity is cleverly told through the timeless songs of ABBA. Sophie's quest to discover the father she's never known brings her mother face to face with three men from her distant romantic past on the eve of a wedding they'll never forget.

This irresistibly funny show has been thrilling audiences all around the world and now the party continues in Northampton, so there's never been a better time to see this unforgettable musical. Whatever age you are, you can't help but have the time of your life at **MAMMA MIA!**

£31.00

INCLUDES COACH & TICKET

Payment by 10<sup>th</sup> January

**Christmas present idea!!!!**

Subsidised by the charity

## BOOK CLUB

*Make new friends while enjoying a read.*

Do you enjoy reading? Would you like to share your views with others? Or perhaps donate a good read book!!

Our small group meet once a month for an hour to discuss books, short stories and articles chosen by the group. Discussions take place in a friendly non-threatening way, with everyone's views being valued.

Meeting on the 2<sup>nd</sup> Monday of each month, 10.45am

Lutterworth Library. FREE to join



Just a small payment towards refreshments

## BINGO



**1<sup>st</sup> Tuesday of the month**

**Lutterworth St Mary's House**

**From 2pm Cash Prize Bonus!!!**

**Join us for a relaxed, friendly game of bingo and refreshments,**

# EASTER PARTY

TUESDAY 27<sup>TH</sup> MARCH

WYCLIFFE ROOMS

12 – 4PM

**2 COURSE LUNCH & ENTERTAINMENT**



**BEST HAT COMPETITION.....**

**£10.00**

Subsidised by the charity

# Afternoon Tea & Natter

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

**10<sup>th</sup> January, 14<sup>th</sup> February, 14<sup>th</sup> March & 11<sup>th</sup> April**

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

Why not come along and see what we get up to!!

**Just £2.00**

Please book & pre pay at the office or call us on 557116

'Pathway Pavilion' Lutterworth recreation ground

2 – 4pm



Transport available if required, must be booked in advance

## TACKLING FRAUD

Some hints and tips to keep you safe:

- Never give your bank card or PIN to anyone.
- Never send money or pay fees to claim prizes or lottery winnings.
- Don't be afraid to put the phone down to cold callers or to end the call with a brief "No, thank you".
- Take your time and don't be rushed or pressured into a commitment – ask questions or seek a second opinion from someone you trust.
- Don't call unfamiliar numbers or reply to unsolicited texts as they may charge premium rates.
- Never assume an email or phone call is authentic.

If you're worried about someone and believe they may be a fraud victim contact Action Fraud 0300 123 2040. You can also report scams on this number.

**STAY SAFE AT ALL TIMES;** keep handbags closed, shield your pin number at cash point machines, be wary of distraction theft! LOCK your doors at all times... the police have advised to keep lights and a radio / t.v on if you go out in the evenings. Keep all back entrances secure and locked.

## Seated Exercise Class

**For those who wish to maintain or improve their mobility.**

**Every Friday at the Wycliffe Rooms**

**Lutterworth**

**10.30am – 11.30am**

**Refreshments served till 12noon.**

**Everyone welcome, come and give us a try..**

**£3.50 incl. refreshments. Fun & laughter free!!**

**(Find us in the community room at the Wycliffe rooms )**



**Age Concern Lutterworth & District,**

**Here to help and support people of the district when and where we can.**

**We give information on a variety of topics,**

**Benefits, staying safe, support at home, care homes and much more, we hold a variety of leaflets and information in the shop so please feel free to pick some up.**

## Quiz afternoon

Tuesday 20th February



For Just £3.00 each, teams of 6, it's a fun afternoon!!

Includes refreshments.

Town Hall Lutterworth

---

## Lunch & Bingo

Thursday 15<sup>th</sup> March



With cash prizes,

The more that play the more cash we give away!!!

**Wednesday 18<sup>th</sup> April**

**Boundary Mill**

**Shopping trip**

Great Brands at Walsall boundary mill store....

Denby, Dorothy Perkins, Gabicci, Jaeger, Pavers shoes, and so much more...

**Just £7.00 coach fare.**

Subsidised by the charity

---

**Thursday March 22<sup>th</sup>**

**"I can only imagine"**

This film follows the true story of Bart Millard, lead singer of the Christian band 'Mercyme' and how he wrote what is now the most played radio single in Christian music history.

Rugby Cinema

**£13.50**

includes coach & cinema ticket