

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 and office will be closed on Monday 25th & Tuesday 26th Dec. The shop will be open until 8pm on Friday 24th Nov for Lutterworth Lights Switch On, but the office will close at the normal time.

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



Autumn 2023

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.”

Autumn

Dear Friends

We welcome to our team a lovely new lady called Karen. We have included an introduction within the newsletter. I'm sure you will all give Karen a warm welcome.

We have recently started a gift aid system with our donations. If you have some items to donate and are a tax payer please let us know at the time of donation. We are able to claim 25p in the £1 on all items sold, making a significant difference to our charity.

As usual, we have a selection of trips for you to enjoy this Autumn. Whether you are a chocolate fan, like to shop, enjoy seeing animals up close or enjoy the beauty of Chatsworth house decorated for Christmas. We feel there is something here for everyone to enjoy.

Did you know that we are able to email you a copy of the new newsletter? It is a great way of being able to view our newsletter at the earliest opportunity. Please get in touch if you would like to be included on our mailing list.

Wishing you all a cheerful, fun packed Autumn!

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.

Christmas Wordsearch

E	G	Y	H	Y	T	R	E	I	N	D	E	E	R
E	T	R	T	N	E	V	D	A	N	A	N	L	E
C	E	G	L	D	S	T	R	E	E	D	S	T	L
I	A	T	N	A	S	R	M	R	T	S	Y	I	B
S	C	Y	A	D	I	L	O	H	E	R	Y	N	U
A	A	B	O	X	I	N	G	D	A	Y	D	S	A
M	R	G	N	I	K	C	O	T	S	X	R	E	B
X	O	A	I	E	I	D	S	E	S	E	A	L	E
E	L	L	S	F	O	T	S	N	O	W	C	Y	T
E	S	L	H	I	T	N	E	W	Y	E	A	R	R
D	C	N	Y	D	N	A	C	E	E	T	N	D	T
N	X	S	L	E	I	G	H	R	N	P	A	R	I
S	Y	P	R	E	S	E	N	T	S	D	T	T	D
N	N	L	S	A	M	T	S	I	R	H	C	S	N

XMAS
CHRISTMAS
STAR
SNOW
HOLIDAY
PRESENTS
BOXING DAY

GIFT
SLEIGH
TREE
CARD
BAUBLE
CANDY
ADVENT

STOCKING
SANTA
TINSEL
CAROLS
NEW YEAR
REINDEER

The Drifters Girl

Wednesday 17th April 2024



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

Booking & Full Payment required by 1st October 2023.

Subsidised by the charity

Events

Date	Event	Cost	Paid
Friday 1 st September	Seated Exercise Class Every Friday	£4.00	
Monday 4 th September	Twycross Zoo	£22.00	
Tuesday 5 th September	Bingo Every 1st Tuesday of the month	50p - £3.50	
Tuesday 5 th September	Boogie Through The Decades Every Tuesday	£4.00	
Wednesday 6 th September	Travelling Lunch Club 4 Every 1st Wednesday of the month	£14.00	
Thursday 7 th September	Line Dancing Every Thursday	£3.00	
Wednesday 13 th September	Tea & Natter Every 2nd Wednesday of the month	£2.00	
Monday 18 th September	Book Club Every 3rd Monday of the month	£1.00	
Tuesday 19 th September	Moreton-in-Marsh Market Day	£9.50	
Wednesday 20 th September	Lunch Club 3 Every 3rd Wednesday of the month	£10.00	
Wednesday 20 th Sept	Annual General Meeting - All Invited	FREE	
25 th - 29 th September	Blackpool Holiday	£334.00	
Tuesday 26 th September	Men's Interest Group Every last Tuesday of the month	Varies	
Wednesday 27 th September	Travelling Lunch Club 1 Every 4th Wednesday of the month	£14.00	
Friday 6 th October	Quiz	£3.50	
Thursday 12 th October	Cadbury World Heritage Tour	£26.50	
Monday 6 th November	Christmas at Chatsworth	£47.00	
10 th - 13 th November	Morecambe Holiday	£284.00	
Wednesday 6 th December	Christmas Party 1	£21.00	
Friday 8 th December	Christmas Quiz	£3.50	
Wednesday 13 th Dec	Christmas Party 2	£21.00	
Thursday 11 th January 2024	Jack and the Beanstalk Panto Birmingham Hippodrome	£27.00	
Wednesday 17 th April 2024	'The Drifters Girl' Birmingham Hippodrome	£42.00	
17 th - 21 st June 2024	Isle of Wight Holiday	£341.00	

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 two 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
Wednesday 6 th September	The Old Vicarage Whetstone	Wednesday 27 th September
Wednesday 4 th October	Gynsills Glenfield	Wednesday 25 th October
Wednesday 1 st November	The Bell & Barge Rugby	Wednesday 22 nd November
Wednesday 6 th December	Christmas Parties	Wednesday 13 th December

Each coach has different pickup points around Lutterworth and the surrounding villages – contact us to find out which one picks up where you are!

TLC 4 is led by Jane, and TLC 1 is led by Helen.

£14.00 for two course meal & transport!

In December, there will be no Lunch Clubs – instead you are invited to join us at one of our Christmas Parties

Please Note: We also run TLC3, held on the 3rd Wednesday of each month, led by Shirley for those that are unable to get onto the larger coaches & prefer to stay local!

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 & Natter

2nd WEDNESDAY of EVERY month

2:00 – 4:00pm

LUTTERWORTH SPORTS CENTRE



Join us on these afternoons for tea, friendship and fun. We play games, chat with friends and will also be trying some new activities as well each month.

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

Just £2.00

Includes refreshments

Transport available if required, must be booked a week in advance.

**Please note there will be no Tea & Natter
in December**

Lunch Club 3

3rd Wednesday of the Month

12.15pm – 1.45pm

Wycliffe Rooms, Lutterworth

This lunch club led by Shirley visits the Wycliffe Rooms for a monthly two-course catered lunch and 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.

**Please note there will be no Lunch Club 3
in December. Instead, you are invited to
attend one of our Christmas Parties.**

Seated Exercise Class

Every Friday

10:30am – 12noon

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 the
22nd and 29th of December

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.

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.

Organized by **Harborough District Council.**

Men's Interest Group

Every Last Tuesday of the Month

Venue can vary depending on activity

2:00pm – 4:00pm

Join our men's interest group, with discussions on different topics every month or activities, chosen by the members. For more information on upcoming meetings give the office a call.

Price varies with activity

Includes refreshments

There will be no Men's Interest Group in December

You are cordially invited to our

Annual General Meeting

Taking place on

Wednesday 20th September

12 noon

At Lutterworth Town Hall

Refreshments will be available after the meeting

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!

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MELKERTS

SOLICITORS

A small, friendly local firm advising upon: -

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- *Trusts and Inheritance Tax Planning*

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Christmas Parties

Wednesday 6th & 13th December

Wycliffe Rooms, Lutterworth

12 noon – 3.00pm



Join us for our annual Christmas Parties! Enjoy a three course meal with mince pies to finish.

Enjoy the festive entertainment with your old friends, or make new ones! There'll also be an Xmas raffle and maybe even a visit from a special someone...

£21.00

Includes three course meal, mince pie & entertainment

Transport may be available on request, please ask at time of booking. Charges may apply.

Subsidised by the charity

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.

TWYXCROSS ZOO

MONDAY 4TH SEPTEMBER



Come for a day out at Twycross Zoo!

Explore the 100-acre zoo with a huge variety of animals, including tigers, snow leopards, zebras, giraffes, meerkats, rhinos, penguins and monkeys.

When you get hungry the zoo has a restaurant, fish & chip bar and multiple cafes. There's also a well-stocked gift shop with a range of different goods.

£22.00

Includes coach & entrance ticket

Subsidised by the charity

ADVERTISEMENT



Lutterworth Volunteer Centre Limited



Lutterworth Community Transport provides a range of services for the residents of Lutterworth, Broughton Astley and the surrounding villages. Our Social Car Scheme uses volunteer drivers in their own car to assist with **transport to appointments such as the Doctor, Dentist or Optician** where public transport is not available or is difficult to access due to frailty or disability. **We can also help should you need to travel in a wheelchair with our specially adapted vehicle.**

On Thursdays we run **shopping trips to Morrisons and Waitrose**, where you can be picked up and dropped off at your door so you don't have to worry about carrying heavy shopping.

For those that want to go further afield we have **a programme of trips out**, again with door to door service, to destinations such as Fosse Park and Elliot's Field. Garden Centres are also a favourite, as are Town Centres such as Banbury, Tamworth and Market Harborough. **All our minibuses have lifts and can accommodate walking aids.**

MINIBUS HIRE TO COMMUNITY GROUPS – 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 trips and the cost involved, please give us a ring on:

01455 55 55 71

or see our website at www.luttct.com

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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.

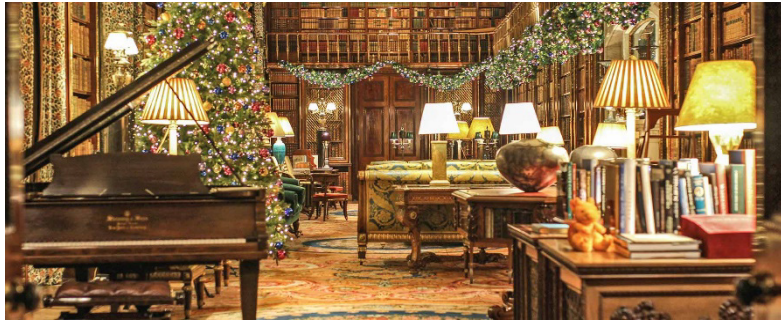
Also available - injury rehabilitation programmes, taping and strapping including Kinesiology taping to aid recovery.

10 Market Street Lutterworth

For an appointment call 01455 553127 or 07976 569 074

Christmas at Chatsworth

Monday 6th November



Experience Chatsworth House this Christmas! Explore the magnificent Painted Hall, regal State Rooms, restored Sketch Galleries and beautiful Sculpture Gallery, all specially decorated to fit the theme 'Palace of Advent'.

The Christmas Market will also be taking place on the grounds, with over 100 stalls selling gifts, food and drink.

£47.00

Includes coach and entry to house, grounds & gardens

Please note that electric scooters cannot be taken within the house; there are a limited number of manual wheelchairs for hire that can be used inside

Subsidised by the charity

QUIZZES

Friday 6th October & 8th December

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 tea/coffee and cake*!

*Mince Pies in December for our Christmas Quiz!

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

There will be no class on December 26th

Cadbury World Heritage Tour Thursday 12th October



Discover the magic & making behind the Cadbury brand on this afternoon out!

This afternoon starts with a trip round the Exhibition, with special effects presentations, demonstrations of chocolate making, and a display of adverts from the last 100 years.

Afterwards you'll enjoy a light afternoon tea of scones & sandwiches in the Cadbury Café.

To finish your day there'll be a special talk on the history of Bourneville & the Cadbury Brother's vision of a 'Factory in a Garden'.

£26.50

Includes coach, entrance ticket, afternoon tea & talk

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

ADVERTISEMENT



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

Community Champions

Community Champions volunteers visit older people in their home or phone/write each week to reduce loneliness.

We offer training and support for volunteers as well as social and learning opportunities for all members of the project.

If you have an hour or two a week to spare and want to make a difference to an older person, contact champions@vasl.org.uk or call 01858 439262

"The best thing about volunteering is meeting interesting people, making friends, it has made me feel useful again."

VASL BOOK CLUB

11am, 2nd Wednesday of Every Month

VASL, a local charity focused on improving the lives of people in the Harborough District, have a monthly book club, run by Sheila who also leads our book club.

The book club meets by Zoom every month, and it's perfect for those who want to have a discussion from the comfort of their own home. For more information or to sign up, call VASL Community Champions on 01858 439262 or email champions@vasl.org.uk

Moreton-In-Marsh Market Day & Stow-on-the-Wold Tuesday 19th September



Visit Moreton-In-Marsh for the outdoor market, held every Tuesday. This is the largest street market in the Cotswolds, with stalls selling leather goods, purses, books, fish, produce, pet products, clothing, cookware, etc.

Afterwards we will go to Stow-on-the-Wold, a historic town with a range of antique shops & art galleries and plenty of pubs, tea rooms and restaurants for when you get hungry.

£9.50

Includes coach only

Subsidised by the charity

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

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

Age Concern Holidays

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

Contact the office to see what rooms are available on 01455 557116.

Blackpool

Monday 25th Sept – Friday 29th Sept

4 nights staying at: **Carousel Hotel**

£334 pp

FULL – TAKING RESERVES

Organized by Opal Travel Group LTD

Morecambe

‘Mistletoe & Wine’

Friday 10th Nov – Monday 13th Nov

3 nights staying at: **Auckland Hotel**

Includes festive entertainment & one full day excursion

£284 pp

VERY LIMITED PLACES AVAILABLE

Organized by Opal Travel Group LTD

A Warm Welcome To Karen!

Karen is joining our team as our Office Assistant, working with Sarah and Lizzie in our office.

She looks forward to meeting everyone, so make sure to say hello when you see her in the office!



“I’ve lived in Lutterworth for 53 years and went to Wycliffe Primary School, followed by High School and College.

I worked at Semelab for 14 years until the site closed and most recently at Little Rainbows in the before and after school club.

I love spending time with my grandchildren and having a coffee and catch up with friends.”

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.

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.

For help claiming attendance allowance, speak to Sarah or Lizzie in the office. They can make a referral for you to Age UK Leicestershire & Rutland, who have a team that can help you complete an attendance allowance application.