

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

**We will be closed on Monday 26th and
Tuesday 27th December for the Christmas
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.



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



Autumn 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



Dear Friends,

Welcome to our Autumn newsletter.

For those of you who don't know me, my name is Sarah and I took over from Alison in April. Thank you so much to those I have met for making me feel so welcome, and I look forward to meeting those I haven't met already.

It has been lovely working with our team and volunteers in our shop. What a fabulous job they do! We are always looking for help, so if you know of anyone who is interested in volunteering please do point them in our direction.

We have a new men's interest group starting in September, if you know of anyone that may be interested. It will be a different theme for each meeting. Our first meeting will be on the 27th of September.

Sarah

**On behalf of the staff and 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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Autumn Wordsearch

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

LEAVES
CHRISTMAS
COLD
AUTUMN
WINDY
SEPTEMBER
DINNER

FIREWORKS
NOVEMBER
OCTOBER
ADVENT
SPOOKY
GUY FAWKES
HALLOWEEN

BONFIRE
HARVEST
WINTER
GIFTS
DECEMBER
TREE

'The Best Exotic Marigold Hotel' Show

Thursday 9th February 2023



Join us for a matinee performance at the Theatre Royal, Nottingham. Based on the book that inspired the 2011 film, *The Best Exotic Marigold Hotel* takes you on a journey to India with an eclectic group of British retirees as they embark on a new life.

The Best Exotic Marigold Hotel is a joyous comedy about taking risks, finding love and embracing second chances, even in the most surprising of places.

£40.00

Includes coach & ticket

FULL PAYMENT IS DUE BY THE START OF NOVEMBER

Subsidised by the charity

Events

Date	Event	Cost	Paid
Thursday 1 st September	Line Dancing Every Thursday	£3.00	
Friday 2 nd September	Seated Exercise Classes Every Friday	£3.50	
Tuesday 6 th September	Bingo Every 1st Tuesday of the month	50p - £3.50	
Wednesday 7 th September	Travelling Lunch Club 4 Every 1st Wednesday of the month	£12.00	
Thursday 8 th September	Cambridge	£14.00	
Monday 12 th September	Tea & Natter Every 2nd Monday of the month	£2.00	
Monday 12 th – 16 th September	Isle of Wight Holiday	£294.00	
Wednesday 21 st September	Lunch club 3 Every 3rd Wednesday of the month	£10.00	
Wednesday 21 st September	Annual General Meeting – All Invited	FREE	
Thursday 22 nd September	West Midlands Safari Park	£26.00	
Tuesday 27 th September	Men's Interest Group Every last Tuesday of the month	£2.00	
Wednesday 28 th September	Travelling Lunch Club 1 Every 4th Wednesday of the month	£12.00	
Wednesday 12 th October	Big Information Day	FREE	
Friday 21 st October	60 th Anniversary Party	£17.00	
Wednesday 26 th October	Sister Act	£32.00	
Thursday 3 rd November	The Poppy Factory	£34.00	
Friday 18 th November	Autumn Quiz	£3.50	
Thursday 1 st December	Worcester Christmas Fayre	£13.00	
Monday 5 th – 9 th December	Eastbourne Holiday	£280.00	
Wednesday 7 th December	Christmas Party 1	£20.00	
Monday 19 th December	Christmas Party 2	£20.00	
Friday 6 th January 2023	'Dick Whittington' Pantomime Birmingham Hippodrome	£25.50	
Thursday 9 th February 2023	'The Best Exotic Marigold Hotel' Theatre Royal, Nottingham	£40.00	

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
Wednesday 7 th September	Gynsills Farm Glenfield	Wednesday 28 th September
Wednesday 5 th October	The Sparrow Ansty	Wednesday 26 th October
Wednesday 2 nd November	The Queen's Head Bretford	Wednesday 23 rd November
Wednesday 7 th December	Christmas Parties	Monday 19 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.

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!

There will be no travelling lunch clubs in December! Instead you are invited to attend one of our Christmas Parties held at the Wycliffe Rooms, Lutterworth.

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.**

Dick Whittington Pantomime

Friday 6th January

Join us for a matinee performance at Birmingham Hippodrome. Starring Matt Slack, this festive pantomime promises to be full of fun and laughter!

£25.50

Includes coach & ticket

CURRENTLY FULL; TAKING RESERVES ONLY

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

CURRENTLY FULL; TAKING RESERVES ONLY

Subsidised by the charity

TLC3 Catered Lunch

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.

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!

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.

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!

DIGITAL CHAMPIONS

Do you need help with using your pc, laptop, tablet or smartphone?

Volunteers from VASL will be at Lutterworth Library on the second Monday of every month to offer free help to anyone over 60. They can't fix machines, but can help you learn how to use them.

They also offer one to one support in your home.

To make an appointment or find out more call 01858 439262 or email champions@vasl.org.uk

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.

£3.50

Fun & laughter free!

You are cordially invited to...

Age Concern Lutterworth & District

Annual General Meeting

Wednesday 21st September

12 noon, Lutterworth Town Hall

Cambridge

Thursday 8th September



Get dropped off in Cambridge for a day out!

There's plenty to explore in the city, from the Fitzwilliam Museum (with free entry!) hosting a world renowned collection of art and artefacts, to the beautiful Botanic Garden with plants from all over the world, and the awe-inspiring King's College Chapel.

Visit the historic market square, and enjoy the shopping and eating opportunities. Or why not have a picnic lunch by the River Cam? You can even take a punting tour of the city on the river!

£14.00

Includes Coach

Subsidised by the charity

West Midlands Safari Park

Thursday 22nd September



Take a trip to West Midlands Safari Park! We'll drive through the safari in our coach, where you'll have the chance to view the animals including giraffes, lions, zebras, rhinos, tigers and camels.

There'll be a break for lunch, then you can either go through the drive-through again on the coach or explore the rest of the park. There's plenty to see in the park, including the Land of Living Dinosaurs & Ice Age attractions, the Discovery Trail, and the African Village.

For lunch, there's a range of restaurants in the park to choose from, or you're welcome to bring your own packed lunch.

£26.00

Includes coach & entrance ticket

Subsidised by the charity

Christmas Parties

Wycliffe Rooms, Lutterworth

12.15 – 16.00

Wednesday 7th & Monday 19th December



Join us for our annual Christmas Parties! Enjoy a four course meal with entertainment by Zing on the 7th and Johnny Taylor on the 19th.

This year we will be having two parties so that we can accommodate everyone while still leaving room on the dance floor. Book in on the same day as your friends, or come along to either day to make new ones!

£20.00

Includes four course lunch and entertainment

Transport available on request

Subsidised by the charity

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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

Big Free Information Day

Wednesday 12th October

**Lutterworth Sports Centre
9.30am – 2.00pm**

Join us for our annual Big Information Day, with stalls run by local service providers & community groups.

Get free information & advice on what support is available locally.

Topics covered include:

Legal Advice

Health & Fitness

Community Transport

Mental Health

Home Meal Delivery

Social Groups

Home Care & Support

Utilities

Residential Care

Dementia Support

Free Raffle Ticket On Entry!

Worcester Victorian Christmas Fayre

Thursday 1st December



Explore the Christmas Fayre with Victorian characters, festive treats and a wonderful atmosphere. We'll arrive in time for you to get lunch, and leave before it gets dark.

There'll be over 200 stalls, selling Christmas goodies and handmade crafts, as well as a range of tasty street food. The fair includes a carousel and funfair, and there'll be entertainers and singers roaming the streets.

If you get cold, you can always call into the other shops & restaurants in Worcester, including the craft fair at the Guildhall, or visit the Christmas Tree Festival at the cathedral cloister.

£13.00

Includes Coach

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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Excursion Vouchers



Available in denominations of £5 or £10, these excursion vouchers make the perfect Christmas or birthday gift!

They can be used on any of our days out or lunches.

Treat your loved ones to a great experience this Christmas!

Vouchers are available for purchase from the office in our shop.

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.

AUTUMN QUIZ

Friday 18th November

Wycliffe rooms, Lutterworth

1.30 – 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!

VOLUNTEERS NEEDED

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

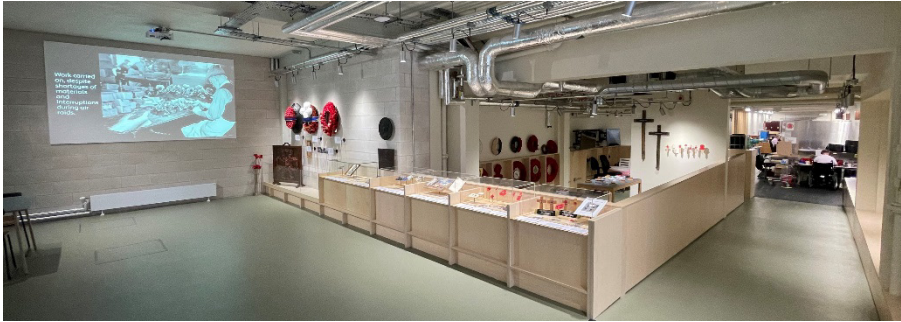
We need volunteers to work in our shop manning the till and sorting, cleaning and pricing stock.

We also need a Treasurer for our Board of Trustees with a financial background & knowledge of Excel.

If you can help, call us on 01455 557116.

The Poppy Factory

Thursday 3rd November



Explore the home of remembrance in Richmond. This year is the centenary of the Poppy Factory, established after World War One. The factory is still active and providing employment to veterans today.

Experience a talk on the history of the Poppy Factory, see veterans making wreaths with a chance to try it out yourselves, and make your own poppy that you can take home with you – just in time for Remembrance Day!

Tea/coffee and cake at the factory is included, and the factory also has a small gift shop. There will be comfort breaks on the way there and back; you can either grab something quick to eat then or bring a packed lunch with you on the coach.

£34.00

Includes Coach, entrance, tour, and tea/coffee & cake

Subsidised by the charity

60th Anniversary Party

Friday 21st October

Wycliffe Rooms, Lutterworth
12.30 – 16.00



2022 marks 60 years since our charity was founded! To celebrate this milestone, join us for an anniversary party.

We'll have a two course lunch with entertainment from the singer Purdey Nurse and a look back at the history of the charity.

£17.00

Includes two course lunch & entertainment

TRANSPORT AVAILABLE IF REQUIRED

Men's Interest Group

Every Last Tuesday of the Month

Lutterworth Town Hall

2:00pm – 4:00pm



Join our new men's interest group, starting in September! The first meeting on the 27th of September will be board/card games and getting to know each other. The themes for future meetings will be based on members' suggestions, so if there's something you'd like to do please let us know!

£2.00

Includes refreshments

Please note there will be no meeting in December

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.

To claim 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.