



**LUTTERWORTH &
DISTRICT** Charity No: 247288

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Excursions, Events & News



May - October 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.”*

Dear Friends,

Welcome to our new newsletter, you may have noticed this is a longer newsletter covering May to October. We have listed our day trips and activities separately for ease of reading. Let us know what you think of these changes. Payment and confirmation will still be required a month before the day out, unless otherwise stated.

Take a look at what we have on offer and make sure to save the date for our Big Information Day, as well as our 90 Years and over Celebration, if you fit the age bracket.

We have noticed on some of our day trips that the cafés and restaurants are only accepting card payments. We would recommend you bring a card on all trips if possible.

Please note our venue for the Bingo and Tea & Games will be temporarily changing due to a major refurbishment at Lutterworth Sports Centre.

We do hope you enjoy this edition and we look forward to seeing you all soon. Our next edition will be available from our shop on the 8th of October.

**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.

Events

Date	Event	Cost	Paid
Tuesday 14 th May	East Midlands Designer Outlet	£11.00	
Wednesday 29 th May	Birmingham Botanical Gardens	£25.00	
Wednesday 5 th June	Summer Party Wycliffe Rooms, Lutterworth	£18.00	
Thursday 13 th June	Oxford	£13.00	
17 th – 21 st June	Isle of Wight Holiday	£341.00	
Thursday 27 th June	Severn Valley Railway	£45.00	
Monday 8 th July	Mablethorpe	£18.00	
Wednesday 31 st July	Princess River Cruise	£36.00	
Thursday 8 th August	Renishaw Hall and Gardens	£41.00	
Tuesday 20 th August	Stratford	£9.00	
Wednesday 4 th September	90 Years Celebration Lutterworth Golf Club	£15.00	
Friday 6 th September	David Austin Roses	£21.00	
Tuesday 17 th September	Annual General Meeting Lutterworth Town Hall	N/A	
Thursday 26 th September	Batsford Arboretum & Garden Centre	£18.00	
Wednesday 2 nd October	Big Information Day Lutterworth Sports Centre	FREE	
Friday 11 th October	Newark International Antiques Fair	£15.00	
Monday 21 st October	Southwell Minster	£36.00	
Wednesday 6 th November	Chitty Chitty Bang Bang Curve Theatre	£41.00	
18 th – 22 nd November	Torquay 'Turkey & Tinsel' Holiday	£303.00	
Thursday 9 th January '25	Peter Pan Pantomime Birmingham Hippodrome	£30.00	

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

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.

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James Leaning **General Builder**

- Pressure Washing Service (cleaning patios, paths, and drives)
- Ground/Property Maintenance
- Fencing/Slabbing
- Mobile Wood Splitting Service
- Handyman
- Electronic P.A.T. Testing

Contact: 07709 064877

Insured – Qualified – D.B.S Checked

East Midlands Designer Outlet

Tuesday 14th May



Take a trip to East Midlands Designer Outlet, with over 65 designer stores including Joules, Denby, M&S, Next, Pavers, and many more! As a special perk on arrival, you'll get a welcome pack with a 10% discount for all stores.

When you get hungry, there's a range of cafes and restaurants on site, including Five Guys, Wagamama, and Pizza Express.

£11.00

Includes coach travel

Subsidised by the charity

Birmingham Botanical Gardens

Wednesday 29th May



For this day out, we'll first enjoy a carvery lunch at Old House at Home pub in Birmingham, before making our way to the Botanical Gardens.

These 15-acre historic gardens feature over 7000 plants, four Victorian glasshouses, a butterfly house, aviary, Rose Garden and Japanese Garden.

If you find yourself wanting an afternoon treat, the Pavilion Tearoom offers a range of cakes and snacks.

£25.00

Includes coach travel, one course meal, and entrance ticket

Subsidised by the charity

Summer Party

Wednesday 5th June

Wycliffe Rooms, Lutterworth

12 noon – 3.30pm



Join us for a summer celebration!

Enjoy a two-course dinner with entertainment by musical duo Arizona Sky. Celebrate with your old friends or make new ones!

£18.00

Includes two course meal & entertainment

Limited transport available on request, book ASAP.

OXFORD

THURSDAY 13TH JUNE



Visit the ‘City of Dreaming Spires’!

There’s a range of historic buildings to visit, including Christ Church Cathedral and the Bodleian Libraries. Museums in town include the Oxford Museum of Natural History, the History of Science Museum, and the Ashmolean Museum of art and archaeology.

For shoppers, Westgate Oxford shopping centre has over 100 different shops and 20 restaurants/cafes, and Oxford Covered Market has another 50 independent shops.

£13.00

Includes Coach Travel

Subsidised by the charity

Severn Valley Railway

Thursday 27th June



Step back into the golden age of heritage rail travel at the Severn Valley Railway.

Join us for a steam train ride from Kidderminster to Bridgenorth with your lunch served in the carriage before departure.

We get to Bridgenorth for a brief stop where you can stretch your legs and maybe visit the shop before leaving and travelling back to Kidderminster.

£45.00

A light lunch of jacket potato or pie and chips along with a tea or coffee is included.

Subsidised by the charity

Mablethorpe

Monday 8th July



Join us for a day out to Mablethorpe! This seaside resort offers miles of golden sand with a large range of nearby cafes and traditional amusement arcades. The town is also home to the Mablethorpe Seal Sanctuary and Wildlife Centre, accessible via the sand train on the beach.

£18.00

Includes coach travel

Subsidised by the charity

Princess River Cruise

Wednesday 31st July



Enjoy a three hour cruise along the River Trent, taking in historic views of the city of Nottingham.

This cruise includes a two course lunch of chicken breast, scampi, or battered fish with chips, peas and beans (vegetable lasagne available for vegetarians), followed by Black Forest Gateau for dessert.

£36.00

Includes coach travel, cruise, two course meal and tea/coffee

Contact us with any questions regarding accessibility. There are limited spaces for wheelchair users aboard the boat.

Subsidised by the charity

Renishaw Hall and Gardens

Thursday 8th August



Join us for a trip to Renishaw Hall in North Derbyshire.

Tea or coffee and biscuits will be available when we arrive and before we have a guided tour around the Hall.

Afterwards you have time to have a spot of lunch in the café or you are more than welcome to bring your own picnic and sit in award winning gardens.

£41.00

Coach travel, refreshments and Hall tour are included in the price.

Subsidised by the charity

Stratford

Tuesday 20th August



Visit Stratford-on-Avon, the medieval town known as the birthplace of William Shakespeare.

Related attractions including Shakespeare's birthplace, schoolhouse, retirement home and funerary monument, as well as the Royal Shakespeare Theatre.

If plays aren't your thing, you can take a trip back in time at the Tudor World living history museum, enjoy a boat cruise on the river Avon, or stroll around the beautiful Bancroft Gardens.

You'll also find some of the Midland's finest restaurants in Stratford, as well as plenty of teashops, pubs, and shopping opportunities!

£9.00

Includes coach

Subsidised by the charity

90 Years Celebration

Wednesday 4th September

12 noon start

Lutterworth Golf Club



This celebration is for anyone 90 and over, plus you can bring a partner, friend or carer as a guest. Enjoy a two-course meal and celebrate with your friends at Age Concern Lutterworth.

Limited transport available, contact us for details.

FREE

For anyone 90 and over

£15.00 for guests

Subsidised by the charity

David Austin Roses

Friday 6th September



A visit to David Austin Roses is not complete without a guided tour and a 'sneak peak' behind the scenes which is included in the price.

There are 700 varieties of roses over 6 themed gardens to enjoy, why not bring a picnic lunch and sit amongst the roses or try the onsite café.

Afterwards you can visit the plant centre and gift shop to treat yourself.

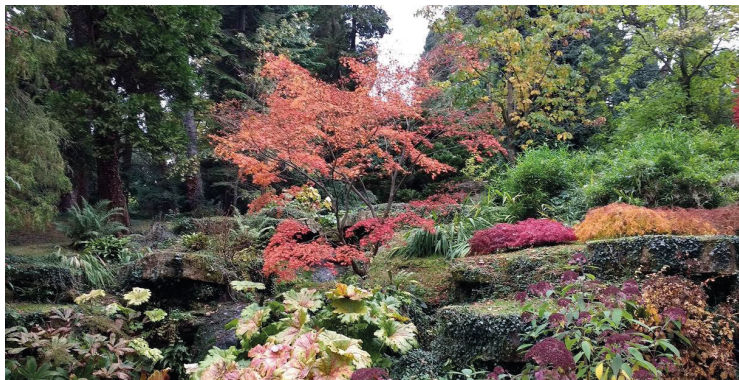
£21.00

Includes coach and tour

Subsidised by the charity

Batsford Arboretum & Garden Centre

Thursday 26th September



Enjoy a day out to Batsford Arboretum in the heart of the Cotswolds. The arboretum is home to a collection of some of the world's rarest trees, spread across 60 acres.

Adjacent to the Arboretum is Batsford Garden Centre, with a garden shop and plant centre, and a café selling hot lunches, cakes and snacks. There's also the Cotswold Falconry Centre next to the Arboretum, with daily flying displays.

£18.00

Includes coach and arboretum entrance. Please note that the arboretum is on a hill and can be challenging for those with mobility issues. A reduced price may be available for clients who use mobility aids, please contact us for more details.

Subsidised by the charity

Big Information Day

Lutterworth Sports Centre

Wednesday 2nd October

From 10.00am – 13.00pm

Come along to this free event to meet local charities, services and organisations offering advice and information on topics such as living healthily, home safety, legal & financial matters, local support groups, home care solutions, community transport and more.

More details to follow – keep an eye on our Facebook page to see which service providers will be attending!

This event is held in conjunction with Local Area Co-Ordinator Lynne McConnachie, with the support of Everyone Active.



SHOP NOTICE

Unfortunately, we are no longer stocking DVDs in our charity shop. This is due to our recycling company no longer taking them, meaning any unsold DVDs would need to be disposed of at the tip. Thank you for understanding.

Newark International Antiques Fair Friday 11th October



Held at Newark Showground, this is Europe's largest antiques fair with up to 1,500 stands over 84 acres. Explore a vast selection, from antique furniture, toys, and jewellery to vintage clothing and much more.

While the majority of stands are outside, there are still hundreds of stands inside, so there's plenty to do if it starts raining. When you get hungry, there is a cafeteria on site as well as food stalls. Disabled facilities are also available.

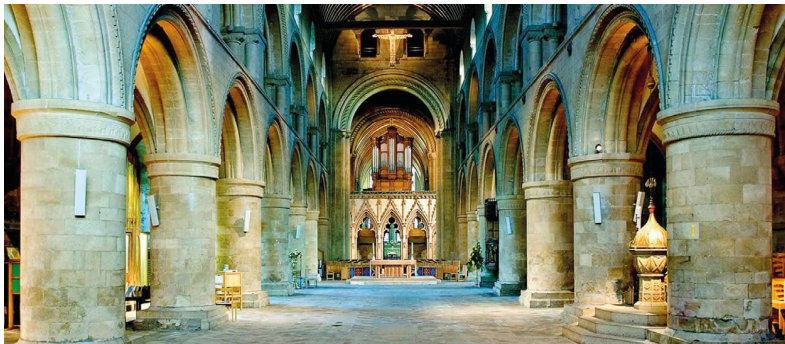
£15.00

Includes coach & fair entrance ticket

Subsidised by the charity

Southwell Minster

Monday 21st October



Take a trip to Southwell Minster! This medieval cathedral is famed for its Norman architecture and intricate stone carvings.

You'll enjoy a light lunch of sandwiches, cakes and scones on arrival, then take a guided tour of the minster and explore 1,000 years of history.

Afterwards you'll have a chance to explore the site for yourself, including viewing the Museum of the Moon. This visiting art installation consists of an enormous 7m diameter recreation of the Moon, using NASA imagery of the moon's surface.

£36.00

Includes coach, entry, tours, and a light lunch.

Subsidised by the charity

Chitty Chitty Bang Bang

Wednesday 6th November



Join us for a matinee performance of Chitty Chitty Bang Bang at Curve Theatre!

This brand new production of the family-favourite musical is at the Curve for one week only!

£41.00*

Includes coach & ticket

*£7.50 for carers

Full payment required by Friday the 31st of August.

Subsidised by the charity

Peter Pan Pantomime

Thursday 9th January 2025



Join us on a coach trip to Birmingham Hippodrome for a high-flying swashbuckling adventure. Starring Matt Slack as Smee as well as all your favourites from Neverland in this matinee performance.

£30.00

Includes coach & theatre ticket

Payment required to secure your booking.

Subsidised by the charity

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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.

Mon	13 th May	Fosse Park/(Asda/Mark & Spencer)
Mon	20 th May	Rugby (Junction One/Elliott's Field)
Mon	3 rd June	Fosse Park (Asda/Marks & Spencer)
Mon	10 th June	Rushden Lakes (Out-of-town shopping centre)
Mon	17 th June	Rugby (Junction One/Elliott's Field)
Mon	24 th June	Farndon Fields Garden Centre, Mkt Harborough

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

01455 55 55 71

You are cordially invited to our

Annual General Meeting

Taking place on
TUES 17th SEPTEMBER
13.00

At Lutterworth Town Hall

All are welcome to attend. Refreshments
available afterwards.

First Contact Plus

First Contact Plus is an online tool which helps adults in Leicestershire find information about a range of services all in one place.

If there's an issue you're struggling with, you can visit the First Contact Plus website to find out what help is available in the Harborough District.

Topics covered include Living Independently, Money & Benefits, Feeling Safe, Your Home, Falls and more.

firstcontactplus.org.uk

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.

Activities Calendar

Date	Activities	Cost
Every Monday	Lutterworth Community Transport Trip Out	£3.50
Every Monday	Harborough District Council Healthy Walking Group	FREE
Every 3 rd Monday of the month	Book Club Lutterworth Town Hall	£1.50
Every Tuesday	Boogie Through The Decades Wycliffe Rooms Lutterworth	£4.00
Every 1 st Tuesday of the month	Bingo Venue TBA	50p - £3.50
Every last Tuesday of the month	Men's Interest Group Venue Varies	£3.50
Every 2 nd Wednesday of the month	Tea & Games Venue TBA	£2.00
Every 3 rd Wednesday of the month	Wycliffe Rooms Lunch Club Wycliffe Rooms Lutterworth	£12.00
Every 4 th Wednesday of the month	Travelling Lunch Club	£20.00
Every Thursday	Line Dancing Recreation Ground Pavilion	£3.00
Every Friday	Seated Exercise Class Wycliffe Rooms Lutterworth	£4.00
Friday 3 rd May	Quiz Afternoon Wycliffe Rooms Lutterworth	£3.50
Friday 2 nd August	Quiz Afternoon Wycliffe Rooms Lutterworth	£3.50
Friday 4 th October	Quiz Afternoon Wycliffe Rooms Lutterworth	£3.50

For most activities, booking in advance is required.

You are welcome to turn up on the day for the Quiz Afternoons, however we do still recommend booking in advance, so that we can notify you of any changes or cancellations.

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

Activities highlighted in **blue** are provided by other agencies, but can be found advertised in our newsletter.

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

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.

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.

Adult Social Care

If you feel like you would benefit from care but aren't sure what's available or what exactly you need, Adult Social Care at Leicestershire County Council provides Care & Support Assessments to put a support plan in place for people with care needs. Your support plan could include care at home, equipment, or technology to help you.

You can complete the online Self Assessment at <https://customerportal.leics.gov.uk/web/portal/pages/help/apply> or if you don't have access to a computer, you can call Adult Social Care on 0116 305 0004.

If you are deemed eligible for support, they will do a financial assessment to see how much you'd need to pay. If you have over £23,250 in assets/savings, you will be classed as a self-funder and won't receive financial support. If you're self-funding but struggle with organizing your own care, Adult Social Care will arrange care in your home for you for an arrangement fee of £281.

If you care for someone else and are struggling mentally or physically as a result, or are finding it hard to balance your caring role with other commitments, you can complete a Carer's Assessment by visiting

<https://customerportal.leics.gov.uk/web/portal/pages/help/support>

After completing the assessment, you will be given information and advice, and Adult Social Care will determine if you're eligible for a Carer's Personal Budget to help you pay for things you need for your caring role or take some time off from caring. This is a non-means tested payment and you are still eligible if you receive Carer's Allowance.

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.

We will be visiting the following pubs:

- May – The Observatory
- June – The Red Lion, Walsgrave
- July – The Marina, Hinckley
- August – The Gynsills, Leicester
- September – The Vicarage, Whetstone
- October – The Grove, Leicester

£20.00

Includes transport and two course lunch

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

ADVERTISEMENT



Shhhhh! Don't
tell a soul!

A small group are
working hard to re-
establish **Lutterworth
Open Christmas.**

If you are on your own on Christmas Day you are welcomed to join Santa for a free 3 course meal, entertainment, and lots of Christmas cheer.

Advanced Notice

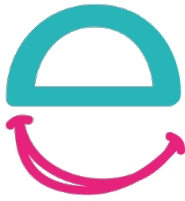
This will be a limited number event.

**Keep a look out in the Swift Flash and Lutterworth
& District Journal for more details in the autumn.**

Free TV Licence

If you're 75 or over and receive Pension Credit, you're eligible for a free Television Licence. This won't happen automatically, instead you need to apply to the licensing board. You can do this by visiting their website at www.tvlicensing.co.uk or calling 0300 790 6117 to request a paper form.

If you're 74 and receive pension credit, you can apply now for your free TV licence and you won't be charged once you turn 75.



easyfundraising
feel good shopping

Are you an online shopper?

With www.easyfundraising.org.uk, whenever you shop online, whether for groceries, clothes, holidays, insurance, or anything else at the thousands of sites supported, you can earn a donation for Age Concern Lutterworth.

Help us out without costing you a penny extra!

By joining easyfundraising, you can support us whenever you do your regular shopping at popular sites such as amazon, ebay, Tesco, Morrisons, and many more!



It's free, quick and simple to sign up, so do it today!

Top Tip: Download the easyfundraising toolbar, and whenever you visit a site that supports easyfundraising, you can instantly sign in and earn donations on any of your purchases from that site!

QUIZZES

Friday 3rd May, Friday 2nd Aug & Friday 4th
October

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.

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

4 nights staying at: Burlington Hotel

Includes four nights half board and two full day excursions.

£341 pp

Double/Twin rooms available. A £30 non-refundable deposit required on booking to secure your place.

Organized by Opal Travel Group LTD

Torquay ‘Turkey & Tinsel’ Holiday

Monday 18th November – Friday 22nd November 2024

4 nights staying at: Riviera Hotel

- Four nights half board
- Two full day excursions
- Live entertainment in the evenings
- 2 for 1 bar promotion 3 hours nightly

£303 pp

Double/twin rooms available

Contact us to enquire about accessibility or any special requests. A £30 non-refundable deposit required on booking to secure your place.

Organized by Opal Travel Group LTD

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!

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!



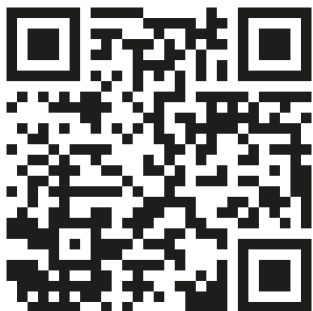
Our eBay store has more special finds that aren't available in our shop. Take a look at <https://www.ebay.co.uk/str/ageconcernlutterworth> and if you see anything you like, give us a call to reserve it on 01455 557116 then pick it up in our shop.



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

www.facebook.com/ageconcernlutterworth

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



Website



eBay Store



Facebook Page

BOOGIE THROUGH

THE DECADES

Every Tuesday

11:45 am – 12:45 pm

Wycliffe Rooms, Lutterworth

Lead by professional instructor Tracey, this fun 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



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.

ADVERTISEMENT

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.

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

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

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.

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

Men's Interest Group

Every Last Tuesday of the Month

Varying Venues

2:00pm – 4:00pm

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

includes refreshments

If interested in attending, please call the office on 01455 557 116 to book your place and confirm location of this month's meeting. Pay on the day.

Upcoming sessions:

28th May – Talk on 'Mesolithic Period: 10,000 to 4,000 BC' by a guest speaker

25th June – Talk by Lutterworth Fire Service

30th July – New Age Kurling

27th August – Fun Quiz

24th September – Boccia

29th October - Games

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 rear of the Shambles pub, Lutterworth

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

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

Afternoon Tea & Games

2nd WEDNESDAY of EVERY month

2:00pm – 4:00pm



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!

Please call the office to let us know you are attending, you will receive a friendly welcome. The venue for the Tea & Games may vary over this period, contact us for more information.

Just £2.00

Includes refreshments

Transport may be available on request with sufficient notice

BINGO

1st Tuesday of the month

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 six 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.

The venue for the Bingo will vary over this period, please contact us if it is your first time attending or if you haven't attended for a while to confirm where the Bingo will be held that month.

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

Wellbeing Services

If you need support with your mental health, these services are available locally –

- **Central Access Point (CAP) – 0808 800 3302** – NHS mental health support for Leicestershire. Available 24/7 to signpost/refer you for further help.
 - **Samaritans – 116 123** – Call 24/7 to talk about anything that is upsetting you.
- **NHS Leicester, Leicestershire and Rutland Talking Therapies - 0330 094 5595** – self referral service for free talking therapy/counselling for those with mild to moderate depression or anxiety. We can help you fill out an online form to self-refer in our office.
- **Lutterworth Wellbeing Café** – Open to anyone who feels they would benefit from some mental health support. Open Tuesdays 5pm – 9pm and Fridays 9am – 1pm at Lutterworth Sports Centre.
- **Community Wellbeing Harborough - 01858 456042** – Ran by VASL, this service offers support including weekly befriending phone calls and monthly Wellbeing Workshops.
 - **Life Links – 0800 0234 3302** – Local charity focusing on practical coping solutions for low mood and anxiety. Holds free group courses, ran in Leicester.

Activities Wordsearch

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

SEATED
EXERCISE
MENS
INTEREST
TRAVELLING
LUNCH
BOOK

BOOGIE
THROUGH
DECADES
TEA
GAMES
LINE
DANCING

BINGO
QUIZ
AFTERNOON
CLUB
GROUP
CLASS

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 the 6th of May, 27th of May, and 26th of August 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.