

Events

Date	Event	Cost	Paid
Wednesday 1 st September	Travelling Lunch Club 4 Every 1 st Wednesday of the month	£12.00	
Thursday 2 nd September	Line Dancing	£3.00	
Friday 3 rd September	Seated Exercise Classes Every Friday	£3.50	
Wednesday 8 th September	Tea & Natter Every 2 nd Wednesday of the month	£2.00	
Tuesday 7 th September	Bingo Every 1 st Tuesday of the month	50p - £3.50	
Thursday 9 th September	Skegness	£12.00	
Wednesday 15 th September	Travelling Lunch Club 3 Every 3 rd Wednesday of the month	£10.00	
Wednesday 22 nd September	Travelling Lunch Club 1 Every 4 th Wednesday of the month	£12.00	
Thursday 23 rd September	Trentham Gardens	£18.00	
Wednesday 29 th September	Quiz	£3.50	
Thursday 7 th October	Brackley Antiques Centre	£21.00	
Friday 15 th October	Emma Film Screening	£6.00	
Wednesday 20 th October	Big Info Day	FREE	
Thursday 28 th October	World of Wedgewood	£26.00	
Thursday 4 th November	Silverstone Interactive Museum	£20.00	
Thursday 25 th November	Christmas Extravaganza Wicksteed Park Pavilion	£32.00	
Friday 19 th November	Quiz	£3.50	
22 nd – 26 th November	Newquay Festive Holiday	£250.00	
Wednesday 1 st December	Christmas Party No. 1	£18.00	
Friday 3 rd December	Little Women Film Screening	£6.00	
Wednesday 15 th December	Christmas Party No. 2	£18.00	
Thursday 13 th January 2021	Birmingham Hippodrome Goldilocks Pantomime	£22.00	

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



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 2021

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

AUTUMN

Dear Friends,

Welcome to our newsletter for the next few months, taking us all the way to Christmas!! Strange that, doesn't seem that long since our last Christmas party!! 😊

Its so wonderful to be back, running our usual activities and events. Our first day out to Shrewsbury went well, we are all looking forward to more lovely days out, so please check our pages to see what we are planning.

Unfortunately, COVID is still around, and we must all still be very careful, even if we have been fully vaccinated. We feel its something we have all got to learn to live with!! But please let's stay safe. If you have any symptoms, please stay indoors, lets help protect others.

We are taking donations for our shop; it is best to just call before you come down. We thank you all for your continued support you have given to our charity throughout the year, it really does make a difference and means so much to us.

Alison, Jane, Lizzie & Carolyn

**On behalf of the staff and Trustees of ACL&D,
We thank you & please stay safe!**

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

Wordsearch

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

Autumn

Harvest

Chestnuts

Frosty

Snow

Fireside

Leaves

Festive

Fall

Winter

Fireworks

Cold

Holiday

Cardigan

Hibernate

Haystack

Christmas

Scarf

Halloween

Newquay Festive Holiday

Monday 22nd – Friday 26th November 2021

Book now for four nights away at the Pentire Hotel, Newquay. Located by the beach, this three star hotel offers ensuite rooms, locally sourced food and a pool/spa.

This holiday includes:

- Return coach travel from Lutterworth
- Half board accommodation
- 'Taste of Christmas' including Christmas dinner
- Live entertainment
- 2 full day excursions to St Ives and Truro
- Optional Excursion to Padstow (£7 each)

£250.00pp

PLEASE NOTE This holiday is not run by Age Concern Lutterworth – we are just arranging bookings.

This holiday will be organized by Opal Travel.

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: attendance allowance, staying safe, support at home, care homes and much more. We hold a variety of leaflets and information in the shop, please feel free to call in and pick some up.

Current Opening Hours

	Shop	Office
Monday	CLOSED	CLOSED
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 & Office will be closed on
Saturday 25th December &
Tuesday 28th December
For the Christmas Bank Holidays**

You are cordially invited to attend
**Age Concern Lutterworth & District
Annual General Meeting**

Wednesday 15th September

Lutterworth Town Hall, 12:00 noon

Travelling Lunch Clubs

Our travelling lunch clubs are now resuming!

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
Wed 1 st Sept	Hinckley Knight	Wed 22 nd Sept
Wed 6 th Oct	Queens Head Bretford	Wed 27 th Oct
Wed 4 th Nov	Steam Turbine Rugby	Wed 24 th Nov
Wed 1 st Dec	Christmas Parties	Wed 15 th Dec

Each coach has different pickup points around Lutterworth and the surrounding villages – contact us to find out which one you would be on!

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!

Please Note: There will be no Travelling Lunch Clubs in December (including TLC 3). You are instead invited to attend our Christmas Parties on the 1st and 15th of December.

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.**

Trentham Gardens

Thursday 23rd September



Come along for a day trip out to the beautiful Trentham Gardens. The striking gardens include the award-winning, The Italian Garden, with over 400 varieties of flowers, and the Floral Labyrinth made up of beds of tall perennial planting.

Just outside the Gardens you'll find Trentham Shopping Village, with 77 shops, cafes and restaurants, as well as Trentham Garden Centre.

You can also visit Trentham Monkey Forest nearby where you can walk among the monkeys and see them being fed. It's a half hour walk, or you can catch the boat on Trentham Lake.

£18.00

Includes coach and entrance ticket

Subsidised by the charity

TLC3 Catered Lunch

3rd Wednesday of the Month

12 noon – 1.30pm

Wycliffe Rooms, Lutterworth

In October, TLC3 will instead take place on Wednesday the 13th, same time and place.

In addition to our normal travelling lunch clubs, we are introducing the new Travelling Lunch Club 3.

Instead of visiting a new pub every month, the lunch club will instead visit the Wycliffe Rooms for a two-course catered lunch.

This lunch club 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.

Afternoon Tea & Natter

2nd Wednesday of EVERY month

2:00 – 4:00pm

'Pavilion' Lutterworth Recreation Ground

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 Town Hall

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!

Follow our Facebook page for information on upcoming events, photos from our excursions, helpful advice and information and Due to time constraints, we are not always able to advertise our short notice trips such as to the cinema in this booklet. You can check our Facebook page regularly to see what else we may be running!

Find us at www.facebook.com/ageconcernlutterworth

Seated Exercise Class

Every Friday Morning at the Wycliffe Rooms,
Lutterworth

Hour long sessions



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!

Numbers are limited each session, so we may run multiple sessions based on demand.

Contact us on 01455 557116 for more information and to book.

£3.50.

Fun & laughter free!

ADVERTISEMENT

LSCG

Lutterworth Share and Care Group



Lutterworth Share & Care is a social support group made up of people with a dementia diagnosis, our families, and carers.

We are person-centered, seeking to meet the needs of our individual families by holding sessions that interest them, whether it's exercise, gardening, dance, baking, art or bingo, we're up for it! There is currently no cure for dementia but that doesn't mean we can't help improve confidence, continue to learn new skills and make friends along the way.

We meet in the Methodist Church on Mondays and Wednesdays and at various locations on a Friday. Our base is at 'Our House', The Academy for Dementia Research and Education on Greenacres Drive.

Please do get in touch with us by ringing 'Our House' on 01455 550416 or emailing me at sophie@academyfordementia.org

Sophie Styles,
Lutterworth Share and Care Co-Ordinator

Emma

Film Screening



Friday 15th October

Wycliffe Rooms, Lutterworth

1:30pm – 4:00pm

Join us for a showing of the 2020 Emma film adaption starring Anna Taylor-Joy. Handsome, clever, and rich, Emma must adventure through misguided matches and romantic missteps to find the love that has been there all along.

Includes a free tea/coffee. More drinks & snacks will be available for sale from the Wycliffe Rooms during the intermission.

£6.00

Booking required in advance

Silverstone

Thursday 4th November



Visit Silverstone Interactive Museum for a chance to see some of the iconic racing machines from Silverstone's history, from 1940's through to today, and walk the some of the disused track.

Take your place on the virtual racing grid, view the racing memorabilia, and experience the 3D cinema 'Ultimate Lap of Silverstone'. Discover the history of Silverstone, from medieval monastery to 2nd World War Bomber Command Training base.

When you get hungry, the café serves a range of hot and cold food and drinks.

£20.00

Includes coach & entrance ticket

Please be aware that parts include loud noises and flashing lights.
Please contact us with any queries.

Subsidised by the charity

Big Free Information Day

Wednesday 20th October

Wycliffe Rooms Lutterworth
9.00am – 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!

Brackley Antiques Cellar

Thursday 7th October



Take a trip to Brackley Antiques Centre! The largest antique centre in the Midlands, this 30,000 foot space sells vintage & antique goods from more than 200 dealers. Items for sale include china, glassware, jewellery, militaria, silverware, and much more!

Browse the collection and if you get tired rest at the tearoom with cakes, sandwiches and hot food for sale.

This day out also includes a two course lunch at the Paisley Pear, Brackley. Enjoy pub favourites with friendly company.

£21.00

Includes coach & two course meal

Subsidised by the charity

Volunteers Needed

Age Concern Lutterworth & District **needs volunteers** for our **charity shop**, to keep delivering our activities and events for the local community.

No shop experience is needed, only a **positive and helpful attitude**.

You can **make new friends**, gain skills and experience, **increase your confidence**, and give back to your local community.

The minimum commitment we ask for is **3 and a half hours a week**, in either the morning or afternoon. Our shop is open **9:30am – 4:30pm**.

For more information, call into the office to talk to our **Shop Manager Jane** & pick up a volunteer information pack.

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

The Innocent Smoothies Big Knit

The Big Knit is back!

Our 2021 target is 6000 hats!!!

Can you help us?

Each hat is worth 25p for our charity, or £1500 for 6000 hats. So far, we have just over 4000 hats, so please, to all our knitters carry on...

If you want to help out, patterns for hats can be found online at <http://www.thebigknit.co.uk/knitting-patterns>, or if you call into the shop we have some printed copies that you can take away. We also have free bits of wool for knitters (Depending on availability).

Many thanks AGAIN to all our Big Knitters!



little hats, big difference



ADVERTISEMENT



Lutterworth Volunteer Centre Limited



Providing transport for those in the areas around Lutterworth and Broughton Astley.

Covering the Broughton Astley area together with surrounding villages, Lutterworth Community Transport provides various services to those in need. We offer transport for people who are elderly, disabled or vulnerable and also for those who are rurally isolated, because of the lack of public transport. These trips can be booked by phoning or E-mailing as below



We are introducing more car and bus services – as we get back toward normality. Shopping trips in to Lutterworth on Thursdays together with more to locations throughout the area. All buses remain Covid secure and are fitted with lifts so are readily wheelchair accessible.

MINIBUS HIRE TO COMMUNITY GROUPS – Currently 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 services, to book trips or enquire about volunteering please leave us a message on:

01455 55 55 71

or E-mail; admin.luttvc@onestopshop.org.uk

We aim to respond to all messages within 24 hours.



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!

CHRISTMAS EXTRAVAGANZA

Wicksteed Park

Thursday 25th November 2021



Experience the family-friendly festive variety show at Wicksteed Park!

With over 30 costume changes, stunning vocalists and dancers from West End shows such as Les Misérables, Oklahoma!, Miss Saigon and Carousel, plus the very best variety and comedy performers around, there's something for everyone!

This trip out includes a pre-show festive lunch.

£32.00

This trip is currently taking reserves only.

Subsidised by the charity

QUIZZES

Wednesday 29th September &
Friday 19th November

2:00 – 4:00 pm

Wycliffe rooms, Lutterworth

Join us for our popular quiz events, have a fun afternoon with friends and maybe make some new ones! Compete in teams of six – 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!

Events may be subject to cancellation or a change of venue. Currently if you're attending any of our services for the first time we ask that you book in advance so that we have your contact details to notify you of any changes.

We occasionally run trips out such as cinema trips that due to short notice will not be listed in this newsletter. To check if we have anything else view our facebook page regularly or ask at our other events.



Thursday 13th January 2022

Birmingham Hippodrome

Actor, singer and much-loved personality Jason Donovan will make his pantomime debut as The Evil Ringmaster in Goldilocks and the Three Bears here at Birmingham Hippodrome alongside previously announced Birmingham panto favourite Matt Slack.

Dame Betty Barnum and her daughter Goldilocks' circus is under threat from an evil rival circus owner and, with the help of their madcap circus friends, they're battling to rescue their Big Top from ruin. All seems lost, until three brilliant bears join the gang...

£22.00

Including ticket & transport

THIS TRIP IS TAKING RESERVES ONLY

Subsidised by the charity

SCAM WATCH

If you have a mobile phone, watch out for text scammers!

Scammers will send you texts saying things like there's a parcel you need to pay for, a payment you didn't authorize, or you being owed a tax rebate, with the aim of having you click through to a linked website where you'll be asked to input your personal, banking or credit card details.

Scammers will then use these details to steal your money or set you up for another scam.

Royal Mail: Your Package has been held and will not be delivered due to a £1.99 unpaid shipping fee. To pay this now, visit: <https://transaction-redeliver.com>

SANTANDER: We have noticed unusual activity on your account. To prevent a block being placed visit <https://santander.co.uk-logon.support>

In the screenshots above, scammers pretend to be Royal Mail & Santander. But Royal Mail doesn't use transaction-redeliver.com, while the Santander text pretends to link to santander.co.uk but actually sends you to a fake website called santander.co.uk-logon.support

If you receive a text you're not sure is legitimate, don't click on the link inside. Instead visit the company's website directly or call their support line. If you have given your details and you think might be a scam, call Action Fraud on **0300 123 2040**. You can report a crime to them and get help and advice.

ADVERTISEMENT

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
Saturday morning appointments by arrangement

Telephone 01455 552378 or 07733 88 4231

Now at:
2b Station Rd
Lutterworth
LE17 4AP

www.melkerts-solicitors.co.uk

Little Women

Film Screening



Friday 3rd December

Wycliffe Rooms, Lutterworth

1.30pm – 4.00pm

Join us for a screening of the 2019 adaptation of *Little Women*. Celebrating the familial love between the four March sisters, this film makes for perfect Christmas viewing.

£6.00

Includes a free tea/coffee. Other drinks & snacks will be available to purchase from the Wycliffe Rooms.

Skegness

Thursday 9th September



Join us for a day of sea, sand and (hopefully) sun! Make your own way around Skegness and enjoy the beachside town.

£12.00

Includes Coach

DUE TO THE LONG TRAVEL TIME, THIS TRIP WILL LEAVE EARLY & WILL ONLY HAVE TWO PICKUPS, BOTH IN LUTTERWORTH.

Subsidised by the charity

World of Wedgwood

Thursday 28th October



We start our day with a tasty two course pub lunch at the Pepper Mill, Longton. Then we travel to the World of Wedgwood, home to the V&A Wedgwood Collection and the Wedgwood Factory.

You'll take a 45-minute tour of the factory for a behind-the-scenes experience where you can see how they design & create unique Wedgwood items.

When not exploring the factory, you can view the V&A Wedgwood Collection with over 3,500 objects including iconic pieces for all eras of Wedgwood production.

There are multiple shopping opportunities at the Wedgwood Store, Factory Outlet, and Gift Shop, and the Tea Rooms sell hot and cold food if you get peckish.

£26.00

Includes coach, two course lunch & tour

Subsidised by the charity

Christmas Parties

Wednesday 1st December &
Wednesday 15th December
Wycliffe Rooms, Lutterworth
12.00 – 4.00pm



Join us for an afternoon of festive fun & laughter!

Includes a four course lunch & entertainment.
Celebrate with your friends, sing, dance and be merry!

If you're lucky, Santa might just come to visit!

£18.00

Including lunch & entertainment

Transport is available if required – please book at least a week in advance

Subsidised by the charity

Looking for a bargain?
Come visit our shop!



We sell a wide range of items: clothing and accessories; books and DVDs; pictures and decorations; toys and games and more!

Like your own little department store, you never know what you'll find! Recent bargains available include designer bags & dresses, vintage typewriters, antique prints, blown glass vases, signed books, and collectible statuettes!

All our items for sale have been generously donated to us, and the income from their sale lets us run the events & activities you see in this booklet.

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!