

Newsletter October 2020

- Happy Birthday this month to Monica Spowage, John Birkin, Paul Ellis, John Butler and Richard Conway.
- This month some of you will have received with this newsletter a Hidden Disabilities Lanyard together with an ID card. If you, for medical reasons, cannot wear a mask we can also provide the Face covering exempt card. If you would like one of these cards and or an extra lanyard, please contact me (Lulu) on 01522 754288.
- Did you know that the BBC have a web site called BBC Music Memories? This web site is designed to use music to help people reconnect with their most powerful memories. We know that music can help people, including those living with dementia – to feel and live better. Music and singing have been the key to all Buddies activities and I am sure like me, you are all missing that, together with a nice chat with everyone.
- Buddies committee, June, Maggie, Susan, Ruth, Lorraine and I are all keeping in touch and are always looking for different ways to help and support you all whilst we are unable to meet. If you do need additional support, please let us know and we will try to help.
- If you need transport for medical appointments, shopping or to visit friends please join DialaRide who for a small joining fee can arrange this for you. Their telephone number is 01522 544983.
- Thought for the month –

Love is not what you say. Love is what you do.