

Newsletter November 2020

- Happy Birthday this month to Carolyn Robbins, Terry Woods, Lilian Dolling and Jo Owens.
- Have you had your flu jab? Please make sure you do - also if you have any health worries do not hesitate in contacting your GP.
- We are delighted to let you know that Marks and Spencer are going to continue to support us financially over the next few months, perhaps longer. The support should have finished in September but due to the pandemic they have been unable to fund raise with various activities and thankfully, for us, are keeping us as their charity.
- Some of you may have seen the very moving programme on BBC Breakfast TV about Paul Harvey. Paul, a retired music teacher is 80 years old, living with dementia and with the encouragement of his son composed a beautiful song which the Royal Philharmonic Orchestra have recorded. The single will be released at Christmas with all the proceeds going to the Alzheimer's Society and Music for Dementia. If you have access to the internet, look up Paul Harvey and you will be able to listen to it.
- BBC Radio Lincolnshire contacted me to talk about music and singing and Buddies. You can listen to my interview by going on their website BBC Radio Lincolnshire – Schedules and go to Monday October 26th and look at Afternoon starting at 14.00 then fast forward to 2hours 37 minutes.
- Something to make you smile – My husband purchased a world map and gave me a dart and said “ Throw this and where ever it lands that’s where I’m taking you once this pandemic ends” Turns out we’re spending 2 weeks behind the fridge!!
- A little teaser for you – When can you add “two” to “eleven” and get “one” as the correct answer? Answer next month.
- Thought for the month

The best way to cheer yourself up is to try and cheer someone else up.