

Newsletter July 2021

- Happy Birthday this month to Brian Herrick, Pat Mellows, Gwen Woods, Mike Folland, Kathleen Wilson, Susan Downs, Janice Donnelly, Chris Potter and Adrienne Wright.
- We are incredibly sad to inform you of the death of Frank Parrish. Frank and his wife Laura have been coming to Buddies almost from the start. You may remember, Frank would bring his little dog Lucy Lou to our meetings, and she became our very own therapy dog. Our thoughts and deep sympathy go to his widow Laura.
- Do you like listening to the radio? We all enjoy singing along to the “oldies” and now you can tune in to Boom Radio, a station for Baby Boomers. Their play list is music from the 60’s and 70’s presented by some very familiar names such as David Hamilton and Esther Rantzen and even Rod Whiting from Lincoln, who is on a Sunday morning with some gardening tips thrown in as well. You can listen to Boom Radio on DAB or online or, if you have one, Alexa.
- Does your GP know that you are a carer? It is important to make them aware you are a carer, as there are many ways they can support you. Such as, refer you to helpful organisations and services, talk about your mental health and the impact of your caring role, provide support with any physical health issues related to your caring role and more.
- AgeUk provides a wealth of information and articles that provide help and advice for carers. This can all be found on their website www.ageuk.org.uk
- Thought for the month –

“I’ve discovered something better than cake”.

“No, you haven’t” said the boy.

“I have” replied the mole.

“What is it?”

“A hug. It lasts longer”.