

Newsletter December 2021

Wishing you all a very Merry Christmas and a Happy New Year!

- Today we are being entertained by Adele with Exercise to Music. This will be followed, for those who wish to, by our "Walking for Health" – a 20-minute dementia friendly walk around the village, led by Ann, David, and Denise.
- Happy Birthday this month to Ron Smith, Alan Cragg, Peter Mumby, Peter Hewitt, Breege Owen and Ann Ransome.
- We are very sad to inform you that one of our members, Monica Spowage has sadly passed away. We send our deep condolences to her family.
- As a carer, please look at this website MOBILISEONLINE.co.uk, it's a handy guide around universal support for carers.
- Our web site www.BuddiesDementiaCafé.co.uk is updated regularly and is now showing photos taken at our recent meetings. If you would like to see some of the videos from our sessions, you can search on YouTube for Buddies Dementia Café where you will find a selection.
- We raised £285 from our concert in All Saints Church, a great sum of money for Buddies.
- Our Christmas party on Tuesday 14th December is here in the Village Hall, from 1.00pm to 3.00pm, doors open at 12.30pm.
- On Thursday 16th December the lounge area of the village hall is being used as a Polling Station. Our meeting is still taking place, but please be aware there may be more cars in the car park. We will be entertained by singing duo, Nigel and Teri with their Christmas programme.
- Next month on the 6th January, we have Adele and Exercise to Music and on the 20th it's the Stringing Nettles, a local Ukulele Band.
- Thought for the month –

**Share love with everyone, hug with heart everyone, spread happiness with everyone,
that's the message of Christmas to everyone.**

**Finally, is this you? Santa told me you'd been very good this year. I told him it
was just a lack of opportunity!!!**