

Newsletter February 2022

- We have a short presentation this morning, with a chance for feedback, from Dawn and Jacky from Mental Health Services, Lincolnshire, regarding developing their older adult services.
- This morning's entertainment is Adele with Exercise to Music.
- There will be a 30 minute "Walking for Health", led by Ann and David after today's meeting.
- Happy birthday this month to Philip Peet, Keith Orley, Susan Maloney, David Cleveland, Jill Guest, Kathy Beatham, Kathy Davey, and Veronica Hagues.
- Please make sure you have received a copy of the Buddies Information Sheet, giving useful tips, advice, and pointers for carers of those living with dementia.
- Do you need someone to sit with your loved one when you have a medical appointment or similar? There are several agencies that offer this service, some of our members have recommended Hooks Helping Hands, based here in Nettleham. Their sitting service charge is £18.00 per hour.
Telephone 01522 420767 or 07505367667
- On Thursday 17th February we have Dick Ryman, a singer and musician, with hits from the 40's, 50's and 60's.
- On Thursday 31st March we have booked lunch, fish, and chips, at the Elite Fish and Chip restaurant, off Tritton Road, meet 11.45 for 12.00 lunch. This is a free event, if you would like to go, please make sure your names are on the list. We will have a minibus going from the Village Hall, with limited numbers – so it will be first come, first served.
- Next month on Thursday 3rd March it's Adele with Exercise to Music, and on the 17th, St Patricks Day, we have Hogwash – a duo playing Irish folk music.
- Thought for the month –

You know someone is very special to you when days don't seem right without them.