

## August Newsletter 2022

- Today our entertainment is the singing duo Nigel and Teri. This will be followed by the Buddies Sensory Stroll, a 30 minute walk around our lovely village, led by Ann, David and Denise.
- Happy Birthday this month to Gerry Bateson, Jeannie Bateson, Fiona Cunliffe, Brenda Mumby, Colleen Wharton, Brian Creasey, Jane Culverhouse, Edward Duke, Joanna Norval and Maggie Norris.
- Our next meeting is on Thursday 18<sup>th</sup> August with Exercise to Music with Adele.
- Do you worry about your loved one going missing? If you have an iPhone or iPad you can buy an Apple Air Tag for £30.00, it's not really supposed to be used for tracking people but it does work.
- The jumble sale held on the 23<sup>rd</sup> July at Dunholme Village Hall raised £400 for Buddies! Our thanks go to the organisers Sue and Graham Rawson and Sandra and Peter Forman.
- We have been re-accredited with the Lincolnshire Carers Quality Award showing our commitment to caring for the carer.
- A team from our sponsors this year, Brewin Dolphin, walked the 20 mile Edale Skyline loop and raised a whopping £2838 for Buddies. Well done to Team Brewin Dolphin.
- Next month on Thursday 1<sup>st</sup> it's the return of the popular Dick Ryman and then on the 15<sup>th</sup> it's Exercise to Music with Adele.
- Thought for the month

You can't stop the waves but you can learn to swim.