

## Newsletter June 2023

- We are starting today's meeting with a short presentation from Sharon Hall, Lincolnshire Police Fraud Protect and Prevent Officer.
- This morning our entertainment are Nigel and Teri, this will be followed by the Buddies Sensory Stroll , a 20 minute walk, led by Ann, David and Denise.
- Happy Birthday this month to Sallie Draper, Carol Orley, Geoff Pearce, Brian Rose, Annetta Garner-Jones, June Willows, Lesley Ward, Chris Dawkins, and June Gauke.
- **Thursday 8<sup>th</sup> June, trip to the Woodside Wildlife Park**, Newball, Near Langworth, Lincoln, LN3 5DQ. Tel. 01522 754280. The trip includes free entry to the park and refreshments. Meet there at 10.30am.
- IMP Healthcare are running a community event on Wednesday 7<sup>th</sup> June, here in the village hall , between 11.00am and 3.00pm – the topic is **Community Falls Prevention Event**. The aim is to share tips and advice to help you stay active, safe and reduce the risk of falling at home.
- Please check out our desk in reception for up to date leaflets which may be of help to you.
- Have you thought about registering with **Join Dementia Research** ? Further details can be found on their web site [www.joindementiaresearch.nihr.ac.uk](http://www.joindementiaresearch.nihr.ac.uk)
- Lincolnshire County Council in partnership with NRS Healthcare can provide technology enabled care services – see notice board.
- Thursday 15<sup>th</sup> , we have Adele with Exercise to Music.
- Next month on Thursday 6<sup>th</sup> July it's the Lincoln Ukulele Band and on the 20<sup>th</sup> we have the popular singer John Grant.
- Thought for the month –

**A little progress each day adds up to big results**