

Newsletter February 2024

- This morning's entertainment is singer Ian Tumilty. We have a short presentation first from Karen and Louise, Social Prescribing Link Workers. After the meeting today, there is the Buddies Sensory Stroll, a 30 minute walk around our lovely village. Remember walking is good for your health and wellbeing.
- Happy Birthday this month to Philip Peet, Keith Orley, Janet Rose, Dorothy Edwards, Alan Jesson, Keith Meddings, Julie Douglas, Michelle Nielson, Joan Chester, Jill Guest, Veronica Hagues and Kathy Davey.
- We are very sad to tell you that our volunteer Les George, has sadly passed away. Les was a great help to many of you and will be sorely missed by everyone here at Buddies. We send our deepest condolences to his wife Jane, and family.
- We are very sad to announce the death of Ron Smith. Our thoughts and deep sympathy go to Ron's wife Margaret, and family.
- One of our members, Jim, has kindly brought along a collection of CD's displayed in the main foyer. Help yourself – they are free.
- **Thursday 14th March**, fish and chip lunch at the Elite Restaurant, Tritton Road. This is a free event. If you would like to go, make sure you see Ruth for tickets.
- Tip of the month – **Have you registered with Carers First?** It is important, if you are the main carer at home, to speak to them, they can give you lots of advice.
- We have the Hidden Disability Lanyards, Message in a Bottle, Message in a Wallet, Radar Keys and Mediband ID Wrist Bands, all free of charge.....please see reception.
- On the 15th February, **Buddy the Owl** with his keeper Julie, from the Wildline Wildlife Sanctuary, is coming to see us, followed by singer Jill Williams.
- Next month on the 7th March it's the popular singing duo Nigel and Teri, on the 21st it's the return of David St Paul.
- Thought for the month –

Age is an issue of mind over matter. If you don't mind it doesn't matter.
Mark Twain

