

## Newsletter August 2024

- This morning's entertainment is Belinda Hay. After the meeting Ann, David and Denise will be leading the Buddies Sensory Stroll around the village. A chance to enjoy the fresh air and take some exercise with your friends.
- Happy Birthday this month to Fiona Cunliffe, Brenda Mumby, Dirk Lee, Pauline Stainton, Rose Foster, John Hoath, David Lee, Ron Pearson, Ted Perks, Joanna Norval, Janet Cleaver and Maggie Norris.

- Heather's Garden Party, last month, which some of you came to, raised £1194.00 for Buddies!!

- **Please note if you have tickets for any of our free events and you are unable to go, please let us know as soon as possible, otherwise we may have to pay for your non-attendance.**

**Thursday 8<sup>th</sup> August – lunch at Pennells Garden Centre**, meet at 11.30 for lunch at 12.00 midday. This is a free event ( £1 each for the tip ). If you want to attend please make sure your name is on the list.

**Thursday 12<sup>th</sup> September - Fish and Chips** at the Elite Restaurant, Tritton Road. Meet at 11.45am at the restaurant. This is a free event ( £1 each for the tip ) Tickets will be available at our meeting on 15<sup>th</sup> August.

- Kelly from Age UK is here today, if you have any questions or need any advice please see her.
- There is a free and confidential Talking Therapies service available. Please see the notice board for further details.
- Have you got one of the Message in a Wallet ? This is similar to the Message in a Bottle, which enables you to put your contact details and your medical needs information etc, in the wallet and keep it in your handbag or wallet or purse. The advantage of this is if you are away from home and in need of urgent medical treatment your details are readily available to you.
- Thursday 15<sup>th</sup> August we have Dick Ryman as our entertainment, Thursday 5<sup>th</sup> September it's John Grant and on the 19<sup>th</sup> it will be David St Paul.
- Thought for the month –  
**A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.**