

## Newsletter July 2026

- This morning our entertainment is Steve and Julie.
- **Buddies sensory stroll**, after the meeting, will be led by Ann, David and Denise. A chance to get some fresh air and exercise after last week's heatwave!
- Happy Birthday this month to Brian Herrick, Pat Mellows, Iris Mallen, Joan Borman, Mally Westerham, Rob Prentice, Roy Goldsby, Richard Howgate, Jill Lowery, Chris Potter and Sue Downs.  
Thank you to **Brian Herrick** for the cake today !
- We are very sad to announce the death of Allen Clayton. We send our deepest condolences to his wife, Cherie and daughter Chrissie. Allen was very much looking forward to celebrating his 72<sup>nd</sup> wedding anniversary on the 24<sup>th</sup> July with us all at Buddies.
- The **Lions Message in a Bottle** is a free emergency scheme that lets you keep essential personal and medical details in a standard plastic bottle, which is kept in your fridge. Emergency services are trained to look in the fridge to quickly access vital medical information. We have plenty in stock.
- Last month, Louise from Age UK, spoke to us about scams. To help prevent phone scams, Age UK have **Call Blockers** or you can contact the **Telephone Preference Service (TPS)**.
- We have an extra meeting on **Thursday 30<sup>th</sup> July**, a special Animal visit, including Giant Snails, Guinea Pigs, Tortoise, Bearded Dragon and much more. Make sure you get your **ticket from Maureen**.
- On Thursday July 16<sup>th</sup> we have a short presentation from Sharon Hall, **Lincolnshire Police Fraud Protection Officer**. This will be followed by our entertainment, Dick Ryman.
- Next month on the 6<sup>th</sup>, we have a short presentation from Elaine, Age UK, their **Digital Champion** followed by our entertainment, Nigel and Teri, and on the 20<sup>th</sup> we have a short presentation from Julieann, **Adult Care and Community Wellbeing Front Door Team** followed by our entertainment, David St Paul.
- Thought for the month  
**In summer, my favourite outdoor activity is going back inside.**