

Newsletter October 2026

- This morning we are celebrating Lincolnshire Day, with Lincolnshire sausage rolls and a gift of plum bread. Our entertainment is Nigel & Teri.
- **Buddies Sensory Stroll** after the meeting will be led by Ann, David and Denise. Remember, physical exercise is an important part of a healthy lifestyle. Take this opportunity with your friends to enjoy the fresh air and a short walk around the village.
- Happy birthday this month to Jaqueline Fox, Peter Boyle, Michelle Hunter, Allan Chapman, Rosemary Chapman, Becki Mann, Julie Stocks, John Clayton, Fiona Godsby, Paul Carter and Colin Rowbottom.
- **Thursday 12th November – Tolly's Afternoon Tea at Lincoln Rugby Club**, in Nettleham, LN2 2RS, at 12.00noon. Doors open at 11.30. This is a free event to members, (£1 tip please), generously sponsored by Rachel and David Tollerton. Each year they hold a spooky Halloween extravaganza and donate the monies raised to Buddies. If you would like to attend the Afternoon Tea, please see Maureen for tickets.
- On Thursday 15th October there will be a short presentation on everyday technology by Phil Clayton, Adult Care Innovation Officer at Lincolnshire County Council. Phil will be available during the meeting to give advice to members on an individual basis. Our entertainment will be Dick Ryman.
- Next month our entertainment will be David St Paul on the 5th November and on the 19th we will have a short presentation from Jane White on "Better Housing", giving advice on energy needs, followed by Nigel & Teri.
- Thank you to our sponsors last month, family and friends of the late Tom Howell, family and friends of the late Kenneth Sutherland, David Burghardt's Bake Off, Gary Rook, Lincoln Lions, Red Rock Partnership and PayPal.
- We are very proud to tell you Buddies Dementia Café have been shortlisted for the Carers UK Community Group of the Year Award, a nationwide competition.
- Thought for the Month: Love is the best investment - the more you give, the more you get in return.