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**Hello again and welcome to our newsletter for April and May 2016.**



off as if it was an everyday occurrence.

**General News:** We are becoming so well known in the Village – a racing pigeon walked in on Thursday the 5<sup>th</sup> to join the lunch club. It did look a bit lost and confused and allowed us to pick it up without a fight, once outside flew down to the ground and then just walked



Did you enjoy the Queen's 90<sup>th</sup> birthday? The Day Centre looked quite festive with bunting hanging outside the building and flags inside – we had the TV on and everybody joined in with the celebrations, it was a good day.

You may be interested to know that the Day Centre has had a refreshing lift – Ricky, our handyman has been very busy painting the interior and fixing things all over the place, the garden is getting proper care and the place is looking just great, which is nice as we are getting busier all the time and are getting close to capacity



members free of charge doesn't affect your insurance in any way as legislation allows for it - provided you inform your insurers, and we pay you mileage rates, so your costs are covered as well. All we need is some of your time!

**Drivers:** We are still looking for volunteer drivers to get members to and from the day centre. If you can help please give Debs or Gordon a call on **0118 934 4040**. Driving our



### Member News:

Matt Allwright did a Rogue Traders session on the 16<sup>th</sup> March at the Day Centre, which went down very well as scams seem to be on the increase.

Normally scams are unexpected and a surprise, which is why they succeed – the stories they tell, can be very convincing, so be careful. Never give out personal information on the phone; it could be somebody trying to steal from you. Matt says *"If something comes out of the blue, it's not for you"*. Wise words indeed, so please take heed and don't be careless with any bank or personal details.

On the entertainment front, we have had Jim Allgrove on his Mandolin, Harry Goff with his selection of songs and sing along sessions with Hanna. We have also had Julia George with fun and singing, Frantic Theatre with their one man act and Rob with his chocolate sale in time for

Easter, we also had Wiltshire Farm foods giving a food and cooking demo.

National Dementia week this year starts on the 15<sup>th</sup> May, we have been working with the Twyford Village Partnership and have arranged a lot of activities to help make people more aware of and understand Dementia and how they can help people living with Dementia.

A schedule of events will be published in the next RG10 Magazine, but if anybody wants to find out what is going on, they can give us a call at the Day Centre as we have the information in the office. Topics covered will be about Contended Dementia, How to recognise signs of Dementia, Activities for people with dementia, and a Bake-off Contest at the Day Centre.



**Outreach Programme.** We have reached out to a number of people during February and March, many people have not heard of us and if they have, don't understand what it is we offer to the elderly people in our community. Apart from offering our

Day Centre as a nice friendly place to come and have fun and make new friends, we also help people with form filling. This service is free of charge to members and we have helped a number of people recently, especially with getting their Attendance Allowance approved – so if you are not sure, call us and we will advise.

**Sunday Club.** Club dates are 17<sup>th</sup> April, 15<sup>th</sup> May, and 19<sup>th</sup> June - please make a note of these dates as the Sunday club is great for beating the Sunday afternoon blues – there is no charge for the club, although you may want to make a donation, which does go towards covering costs. We show a movie after having had a cuppa and it is a lovely relaxing time for all to be with a few friends. .



**Carer's Coffee Mornings.** Starting at 10.00am. Please join us, it is informal and relaxed – you don't need to be formally introduced. We have Carer's Coffee mornings scheduled for the 14<sup>th</sup> and 28<sup>th</sup> April and 12<sup>th</sup> and 26<sup>th</sup> May. Please come along and join this group for some great ideas and conversation.



If you don't want to receive this newsletter, please let us know and we can simply take you off the mailing list. But we really don't want to lose touch with you, so please stay with us!