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Here we are again – are you ready for our newsletter for August/September 2016.



General News: Where does the time go when you are having fun? And that is what we do at the Day Centre – we have fun. Some days we have as many as 27 people in for a day of activities. Many new members have joined us and they have been made to feel most welcome

by the “old hands”. Janet Oakley our Outsource Co-ordinator has been doing a great job getting out there to meet people who are lonely and in need of social interaction.



Annual Christmas Tea Party. The annual Christmas tea party is scheduled to take place on the 10th December at Colleton school again this year. The format will be the same as last year, but sadly we were unable to secure a sponsor for the hampers, so we won't have any to give out! But the tea party is going ahead, thanks once again to the generosity of the David Brownlow Charitable Foundation who are sponsoring the actual tea and goodies. The entertainment this year will be Elvis, so get your blue suede shoes out and be ready to Rock 'n Roll. Invitations will be in the post soon, so let us have your replies quickly as you can only accommodate 130 people and we will have to say no to people who are late in replying.

Drivers: This request is a standard request in every newsletter – we still need 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 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!



Member News: We had the Stroke Association in for a day during September to do blood pressure testing. A team of volunteers arrived with all their equipment and spent the day doing blood pressure tests for all the members

and staff. This was an important exercise as high blood pressure is often an early warning sign for a possible stroke. Happily nobody was under any threat due to high BP.



We also had plenty of entertainment during the two months, our regular Pets as Therapy friend, Hattie, was in on a regular basis to cheer our members up and to try and sneak a biscuit from the unsuspecting! We had Carol and her fantastic bells, Harry Goff singing popular songs, Matt

Wallis on his key board and guitar, Hanna with her dancing and singing, and Mandy with her singing and flowers, Jim Allgrove was also in with his guitar. Singing and dancing are good for people and we encourage participation as much as possible, we have even had people with limited mobility up and dancing – that's what music does to people!



Outreach Programme. As mentioned previously, Janet is doing a great job meeting people in the community encouraging them to keep active. Whilst we cannot accommodate everybody she can often signpost them to organisations

and clubs that people may be interested in. We do believe in the mantra of providing *friendship and care*. Many people consider us an active social club rather than a Day Care centre!

Sunday Club. Our Sunday Club continues to be very popular, and if you know of anybody that is lonely on a Sunday afternoon, please let them know to contact us, they will be most welcome to come along and enjoy an afternoon with like-minded people. 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 goes towards covering costs. If you want to join us please give us a call beforehand and confirm that you will be attending.

Fund Raising: We have succeeded in replacing our old heating boiler in the Day Centre – hooray! We had a wonderful response to our fund raising efforts and a big thank you to all the people in the community who



contributed. A special thank you to Wesley Williams of W Williams Plumbing and Heating who did a fantastic deal for us and didn't even charge us for the installation. This type

of charitable contribution goes a long way to helping us meet our commitments to our members – Thanks Wesley and everybody involved

Carer's Coffee Mornings. These now start at 10.00am on



Thursday mornings. Please join us, it is informal and relaxed – you don't need to be formally introduced. The next coffee mornings are on the 13th and 27th October and 10th and 24th November. Please come along and join this group for some great ideas and conversation.

Quote: “I have left orders to be awakened at any time in case of a national emergency, even if I'm in a cabinet meeting” (quote by Ronald Reagan)



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!