

Dear friends,

Newsletter time again. I'd like to be able to say Happy Spring but looking out of my kitchen window it's grey and wet – I should have been writing this earlier in the week when it was warm and sunny. It surely can't be long now until the weather settles down and we can do away with our winter woollies!

So, what's coming up as we move into May? Danie will set out more further down especially a couple of things we are planning during the Alzheimer's Society's Dementia Action Week. This is one week in the year when there is usually a lot of awareness raising in the media so we will do our best to let people in our area know what kind of support is available to them. Also, at the end of the week Danie will be going to the very posh Alzheimer's Society Conference in London. She will be flying the flag for our charity and letting the great and the good know what we are doing together in our little corner of south Lincolnshire. Go Danie!

Not long now until the King's Coronation. You are all invited to join us at Singing for Fun on Thursday 4th May between 1 and 3 at The Danish Invader in Stamford. We will celebrate with a royal singalong and, of course, cake. We hope you'll be able to come. Then on the 15th May Retail Therapy and a pub lunch and on the 17th The Bourne Roadshow. More information below from Danie.

Moving along in to June and July – this year our supporters in Aslackby will not be holding the annual Car Rally. We are very grateful to them for raising, I think, more than £10,000 over the last seven or eight years. They promise to bring the rally back to life in 2024.

In July we have the Deepings Charity Ball and once again DSSL is the committee's chosen charity. The ball will be in Deeping on Saturday 1st July and we will give you more details as we get them. This is another great occasion, not only to raise money for our charity, but to reach a very different crowd of people and let them know about our charity and how it helps local people.

Once again, can I give a plug for trustees and volunteers. We couldn't operate without both and we are always hoping more people will come forward. If you know anyone who might be interested please could you get them to give me a ring on 07867 635611. Thanks with fingers crossed.

Finally from me, you will have been following the story of my mum and dad who came to visit me the first week of the dreaded lockdown and were never able to go back to London. My mum died back in 2021 but my dad hung on enjoying, as best he could, a new

life in the country – quite a culture shock after living his whole life in London. Sadly he didn't make it to his 100th birthday on 2nd May but he was finally laid to rest, back in London, earlier this week. I will be celebrating his very long life with an "I nearly made it to 100" afternoon tea next week with lots of cake and very sweet tea (his favourites). Thank you for all your thoughts and prayers over the last few months which have meant a lot to me and my family.

Kate X

Bourne Coffee Morning

We've been really busy lately at the coffee morning, and it is lovely to see you all. We continue to meet at the **Bourne Corn Exchange** on the third Wednesday of the month, **10am - midday**. The next few sessions are as follows: **17th May, 21st June, 19th July, 16th August**.

The 17th May will be a slightly different Coffee Morning to the normal. We will be having a Roadshow as well as our coffee morning. The Roadshow will consist of other organisations, charities and hopefully some health care professionals too, who will be there to talk to lots of you about what they do and how they might be able to help you.

Hope to see you there soon!

Stamford Coffee Morning

Stamford coffee morning continues to be a big a success with lots of you attending and creating a fantastic atmosphere and forming friendships. We meet at **Blackstone's** on the third Tuesday of the month **10am - midday**.

Our next few meetings are: **16th May, 20th June, 18th July, 15th August**.

We look forward to seeing you there.

Deeping Coffee Afternoon

The Deeping group continues to grow from strength to strength, with lots of new faces most months. The first **Tuesday** of the month in the afternoon (**1.30-3.30pm**), seems to work really well and has now become our new norm. We meet at the Deepings Community Centre and the next few dates for this are as follows: **2nd May, 6th June, 4th July, 1st August**. I hope you can join us on these dates and as always drinks and biscuits are provided.

Singing For Fun

Singing For Fun continues to be very successful with lots of you in attendance and several new faces over the past couple of months too, with the fabulous Tuneless Choir (Kenny and Linda) leading our sessions. A big thank you to them for providing the music, the props and providing a great atmosphere for everyone attending.

The group has become quite large so we continue to use the Function Room at the **Danish Invader** and we meet every month on the **1st Thursday** of the month **1-3pm**. The next few dates for your diary are: **4th May, 1st June, 6th July, 3rd August**.

Art For All

Art For All is still fully booked but this group is full of fun and laughter with maybe some art work being completed! Such a lovely atmosphere of chatter, jokes and of course BISCUITS!! We meet at **Wake House** and runs from **11am to 1pm** every **Monday**. I do have a waiting list in place so if you would like to attend, I will put your name down and when a place becomes available, I'll be in touch with you. Art has now **stopped** for the month of **May** due to all the Bank Holidays and Wake House unfortunately being closed on Bank Holidays. We will restart on the **5th June**.

Tai Chi

Tai Chi is run by Ray Pawlett from Ki-ways who has been running our classes for us for 10 years now and we are very grateful to him for running such a great class. Unfortunately, this class is also at full capacity and again, a waiting list has started. If this is something you are interested in, please get in touch and I will add your name to the list and as soon as we have an opening, I will call you and invite you to attend a session. These classes run from **Wake House** every **Wednesday 1-2pm**.

Social Events

Our next social event of the year is the **15th May** at **Springfield's**. We have been very fortunate to have been given some money to use as a transport fund. This means that for this event we will be using Coaches of Langtoft to take us to **Springfield's**. The bus will be collecting from **The Danish Invader & Bourne Bus Station**. The bus will leave from **The Danish Invader** at **10am** and will leave **Bourne Bus Station** at **10.30**. We will arrive at **Springfield's** for **11am** and will depart **Springfield's** at **3pm**. If you would like to attend, please call the office on 01778 426756 or speak to Danie or Lindsay at one of the groups. Places are limited so please book in, to avoid disappointment.

If you are collecting from **The Danish Invader**, please note that you can part in their car park but a donation to the pub is required, as any donations collected are split between the charities that they support. The donation will need to be paid upon returning to your car after **Springfield's**.

If the Springfield trip goes well using the bus service, we have other ideas in the pipeline for Christmas time so keep your eyes peeled for these up-and-coming events.

Just a side note, we would like to thank you for being so understanding regarding the donation increase at each event. We are aware it is a 50% increase but we are incredibly grateful as the rising cost of rent for rooms etc has meant that we have had to put the price up for a £2 donation to £3 per person. It wasn't a decision we came to lightly but one unfortunately we have had to make. If you feel that you aren't able to attend groups due to the price increase, please speak to myself, Kate or Lindsay. We would hate for you to miss out on attending due to this.

That's all from me for now, sorry it's long winded but hope to see you at some of our regular events and of course, our special outing.

Take care and enjoy the sunshine.

Danie, Lindsay xxx