

Dear Friends,

Can you believe it's almost Christmas? I certainly can't. Where has this year gone? We say it every year, but time does seem to be going faster and faster. My mum and dad used to say it all the time but I never believed them – now I do!

I always reread the last newsletter before I get started on the next one and I see I was telling you all about the Heritage Open Day here in Aslackby. Well, it was a huge success with 220 visitors over the weekend. Lots of them went away knowing much more about the history of Aslackby but, in my mind even more important, they learned a lot more about our charity and how it supports people affected by dementia. It was a chance for me to get on my soapbox.

There are several things coming up between now and Christmas but I'll leave Danie and Lindsay to tell you all about them including Christmas shopping at Springfields. The money for the coach will be coming out of the Transport Fund. Information for new members, this is a fund of money left to us by one of our supporters who was very keen that people should not be left out of things just because they could no longer drive. Some of this fund will be used to pay for the coach to Wickstead Park – more about that from Danie and Lindsay. We are also able to pay for taxis to get members to and from our events and activities, so please talk to me, Danie or Lindsay or ring us at the office and we can tell you more about it. The money is there to be used. We want as many of you as possible to be able to come along and join in.

From time to time we have asked if anyone you know or maybe even you yourself might want to learn a bit more about how our charity works. This might, we hope, lead to you becoming a trustee or a fundraiser. Dementia Support South Lincs relies entirely on financial support from partners, friends, supporters and our own fundraising. We do not receive any statutory funding from the government, the NHS or the council. We are not part of Alzheimer's Society, Alzheimer's Research UK or Dementia UK which is what a lot of people think so there is no big charity behind us.

We have been lucky enough to receive some funding from The Community Lottery which has paid for Square Hole Club for three years and covers costs until the end of 2024. I am hoping to put in another application to see if we can get funding for all the other activities we do like tai chi, art and singing, not to mention paying our wonderful support workers, Danie and Lindsay. If you think you have any skills and/or fundraising ideas, or if you would

like to know more about what is involved in being a trustee, please give me a ring at the office on my mobile 07867 635611. I'd love to have a chat with you, maybe over a coffee.

Well, that's enough from me. Danie and Lindsay will bring you up to date with lots of fun things happening between now and the end of the year. It feels a bit premature to wish you all a happy Christmas and a healthy New Year but this will be our last newsletter of 2023. Thank you for all your support throughout the last year, especially after losing my dad. I couldn't wish for a better group of friends.

See you soon, Kate x

**Hello everyone, we've got so much going on!**

## **ART FOR ALL**

Art for All as always, a warm and friendly group where there are no expectations and absolutely no judgement. Just a great opportunity to be creative in your own way while chatting amongst new friends. This group is every Monday at Wake House in Bourne from 11am to 1pm. This group is currently full, but we would be very happy to add anybody that is interested to our waiting list. **Our last Art session for the year will be 11<sup>th</sup> December 2023. Just a short note to say that throughout January this group does not run. Start date is 5<sup>th</sup> February 2024. So sorry for any inconvenience.**

## **TAI CHI**

Tai Chi is held every Wednesday at Wake House in Bourne at 2pm to 3pm. Again, another friendly group led by the one and only Mr Ray Pawlet of Kai-Ways. Ray is a very well known in his area of expertise which includes physical, emotional and health wellbeing. Ray has been running our Tai Chi group for over 10 years now and long may he continue. Over December and the new year. **Last Tai Chi is 20<sup>th</sup> December returning on the 3<sup>rd</sup> January 2024.**

## **BOURNE COFFEE MORNING**

Bourne Coffee Morning is held every 3rd Wednesday of the month at Bourne Corn exchange from 10am to midday. Lots of chatter amongst old and new participants, with of course Tea/Coffee and biscuits. We also hold a raffle and information is given to let everybody know what we are getting up to! **Our next coffee morning is 15<sup>th</sup> November 2023. December Coffee Morning will be 20<sup>th</sup> December 2023. Our amazing Hazel and John will not be joining us this time unfortunately so we will miss there unwavering support until next time! January 17<sup>th</sup>, 14<sup>th</sup> February and 20<sup>th</sup> March 2024.**

## **STAMFORD COFFEE MORNING**

Stamford Coffee Morning is held every 3<sup>rd</sup> Tuesday of the month at Blackstone's Sports and Social Club from 10am to midday. Again, another chance to get together with new and old friends along with lots of Tea/coffee and biscuits. Lots of fun and laughter. Feel free to pop down and join us we would love to meet you and if you need any advice Danie and Lindsay our support workers are on hand to help. **December meeting will be Tuesday 19<sup>th</sup> January, Tuesday 13<sup>th</sup> February and 19<sup>th</sup> March 2024.**

## **DEEPING COFFEE AFTERNOON**

Deeping Coffee Afternoon is held on the 1<sup>st</sup> Tuesday of the month at the Deeping Community Centre from 1.30 to 3.30pm. A great way to catch up on what we are up to and to meet new friends or even have a chat with Danie or Lindsay our support workers who are also there to help and advice you. Tea/Coffee and plenty of biscuits. Come along we would love to meet you. **December Meeting will be Tuesday 5<sup>th</sup>. There will NOT be a meeting in January however you are welcome to join us at either of our meetings in Bourne or Stamford. Next meeting will be Tuesday 6<sup>th</sup> February 2024.**

## SINGING FOR FUN

Singing for Fun is an extremely popular group. This group is held at the Danish Invader in Stamford. It is on the 1<sup>st</sup> Thursday of the month from 1pm to 3pm. Kenny and Sue of the Tuneless Choir lead the way throughout. We sing just for fun no expectations, just fun and laughter. Come along and give it a try you won't be disappointed. **Dates for the diary: - 4<sup>th</sup>, January 1<sup>st</sup> February and 7<sup>th</sup> March 2024.**

**OPERATION REPEAT**, will be back again at the Bourne Corn Exchange, discussing everything SCAM related. This time we will be joined by other organisations who may visit vulnerable people such as Evergreen Care Trust, Carer Sitter Service, to name a few. This event is for anyone who may have missed Reg Burrell when he came to talk to us at our Coffee Mornings. This will be held at the Bourne Corn Exchange on the 17<sup>th</sup> November, you can arrive from 10am and the presentation will start at 10.30am. If you would like to attend, please could you call the office on 01778 426756 or you can tell us at any of our other groups.

## Social Events

**Springfield's** - It is with great sadness that we have had to cancel this event due to lack of interest, only 11 people signed up and we had a 52 seater coach booked. We're sorry to those of you who booked but unfortunately, it is no longer feasible. We are sorry to have you let you down.

**Wicksteed Park Christmas Show** will be on the 6<sup>th</sup> December, this consists of a two-course lunch and a show at just £38 per person. We will again be going by coach to Wicksteed Park and there will be no charge for the bus.

The bus will leave Bourne at 9.30, then collect from Stamford at 10am before heading to Wicksteed Park. Lunch will be served at midday followed by a show at 13.30.

Thank you for all the interest we have received for this event but unfortunately, we are now **FULLY BOOKED!**





**Christmas Lunch** at The Sugarmill, will take place on the 15<sup>th</sup> December from 12.30 arrival for a 1pm lunch. The menu is as follows:

**Mains:** Traditional Roast Turkey, Grilled Hake or a Spinach and Butternut Squash Tart.

**Puddings:** Christmas Pudding, St. Clement's Tart, Sticky Toffee Pudding.

This fabulous 2 course meal, is £20 per person, this includes a tip for the staff at The Sugarmill, who work so hard to ensure our food is piping hot and the atmosphere is amazing!

If you would like to attend, please get in touch with us and let us know your menu choice, along with payment. Final numbers are needed by 30<sup>th</sup> November!

### Wake House Car Park

Just a reminder to say if you are attending one of our sessions at Wake House, you must submit your car registration number into an electronic device which is located near the Kitchen in the main building of Wake House. This is to ensure that you do not receive a £100 fine! Please do not let this put you off as Kate, Danie and Lindsay are always around to help you do this.

One final note, we close for Christmas on Thursday 21<sup>st</sup> December and return to the office on the 3<sup>rd</sup> January 2024. All messages, emails etc. will be responded to on our return to work. We would like to take this opportunity to wish you all a very Merry Christmas and best wishes for the New Year,

Lots of Love,

Kate, Danie and Lindsay xxxx

