

Dear friends,

I'm looking back at the last newsletter and see that I was still limping around on crutches when I last wrote to you. Well, I'm pleased to say I'm almost fighting fit again and enjoying being back at work.

Since starting back at work something very exciting has happened - some of you will have heard about it from me already. At the risk of being a bore, and for those of you whom I haven't seen lately, I was invited to represent our charity at a reception at 10, Downing Street on 20<sup>th</sup> March! This was to hear about the launch of the next stage of the Dame Barbara Windsor Dementia Mission and to introduce her husband, Scott Mitchell, as the People's Dementia Champion. People were there from all over the country on behalf of charities, and the research, technology and artificial intelligence worlds.

I can tell you it was a very exciting day and I was honoured to be there telling the great and the good about our little charity and the work we do in South Lincolnshire.

There were several highlights and I'll share a few with you. The first was getting in the taxi at Kings Cross and asking the taxi driver "Can you take me to 10, Downing Street," talking to amongst many others, the Health and Social Care Minister, to Scott Mitchell and inviting him to come up here for a fish and chip lunch with Square Hole Club, but the very best had to be stroking Larry the number 10 cat!!!

Then last week myself and one of the founding members of Square Hole Club met up with the MP for Stamford, Bourne and Grantham, Gareth Davies. He was very impressed to hear about our charity and has offered to help us in any way he can. We invited him to our upcoming Art Exhibition in Wake House during Dementia Action Week (more to follow about that) and to write a letter of support to go with a National Lottery funding application I'm working on.

Well that's enough from me for now. I'll leave Danie and Lindsay to tell you all about things we have planned over the next couple of months. Don't forget, if you are unable to come along and see us at these events, we are happy to do home visits – just ring the office and we will book you in.

Hope to see you soon, Kate x



## Activities coming up

### SINGING FOR FUN

We continue to enjoy our monthly sing-along at the Danish Invader (Saxon function room) in Stamford. This runs the first Thursday of the month. Each session we are joined by the amazing Tuneless Choir who lead us through songs from years ago amongst others. We have tea, coffee and biscuits available.

**DATES: 2<sup>nd</sup> May, 6<sup>th</sup> June, 4<sup>th</sup> July, 1<sup>st</sup> August. Starts at 1300 to 1500 hope to see you there.**

### DEEPING COFFEE AFTERNOON

Deeping Coffee afternoon runs the first Tuesday of the month at Deeping Community Centre (Heritage room) just off Godsey Lane. Tea, coffee and biscuits available along with plenty of chatter and a quiz that is just for fun.

**DATES: 7<sup>th</sup> May, 4<sup>th</sup> June, 2<sup>nd</sup> July, 6<sup>th</sup> August. Starts at 13.30 to 15.30 hope to see you there.**

### STAMFORD COFFEE MORNING

Stamford Coffee Morning runs the third Tuesday of the month at Blackstone's Sports and Social Club just off Lincoln Road in Stamford. Lots of chatter amongst new and old friends. Tea, coffee and biscuits and quiz that is just for fun.

**DATES: 21<sup>st</sup> May, 18<sup>th</sup> June, 16<sup>th</sup> July, 20<sup>th</sup> August. Starts 10am to 1200 Hope to see you there.**

### BOURNE COFFEE MORNING

Bourne Coffee Morning runs the third Wednesday of the month at Bourne Corn Exchange (Opposite Marks and Spencer). Lots of chatter, quiz (just for fun), tea, coffee and biscuits and a raffle.

**DATES: 15<sup>th</sup> May, 19<sup>th</sup> June, 17<sup>th</sup> July, 21<sup>st</sup> August. Starts 10am to 1200 Hope to see you there.**

### ART FOR ALL

This group runs every Monday from 11am to 1300 at Wake House in Bourne. Again, no expectations or judgement. Lots of fun and laughter throughout. This group is currently full but if you are interested just drop us a call and we can add you to the waiting list.

## **TAI CHI**

Tai Chi runs every Wednesday afternoon from 1400 to 15.30 at Wake House in Bourne. This is run by Ray Pawlett of Ki-Ways in Bourne. Relaxed sessions either standing or sitting is fine whatever you prefer.

Just a gentle reminder to you all.. that we do ask for a donation of £3.00 per person for each of our sessions, this is to cover the cost of room hire, refreshments etc.

As always there is always one of your support workers available to offer support and comfort so please do not hesitate to get in touch with us via the phone, email or pop along to one of our groups.

## **Social Events**

Unfortunately, we've been unable to organise a trip this Spring but we've got a summer trip booked for you all that's going to be amazing!

We are heading to the International Bomber Command Centre on the **5<sup>th</sup> July 2024!!** A bus will pick up from Danish Invader in Stamford at 9.30am and again from Bourne Bus Station at 10am to hopefully arrive at 11am in Lincoln at the International Bomber Command Centre. We'll be having lunch at the centre and a wonderful walk around their beautiful gardens.

A charge will incur for this but we haven't got the finer details yet, so please put this date in your diary and we will have another newsletter before this event with all the info 😊

## **Dementia Action Week**

Dementia Action Week begins on the 13<sup>th</sup> May. We will have all of the regular groups that week along with a few extras.

**Monday 13<sup>th</sup> May** – Our normal Art For All group will be running 11-1. Unfortunately the group is full but the group will be finishing off their masterpieces ready for the end of the week.

**Tuesday 14<sup>th</sup> May** – Lindsay and Danie will be attending the Alzheimer's Society Annual Conference (Virtually) so we will be able to feed back to you what we've learnt throughout the month at our other groups.

**Wednesday 15<sup>th</sup> May** – Bourne Coffee Morning at the Bourne Corn Exchange 10-12pm and then Tai Chi with Ray Pawlett (this group is also fully booked).

**Thursday 16<sup>th</sup> May** – Our Art Exhibition opens up to the public!!! We will be displaying the wonderful work our members have produced both this year and last year. The opening hours are Thursday 12.30-5.30pm at Wake House in the Baxter Room.

**Friday 17<sup>th</sup> May** – Art Exhibition is open again from 9am-1pm and then again from 3-6pm at Wake House in the Baxter Room. Operation REPEAT also returns to the Bourne Corn Exchange from 10.30 until 1.30pm. Operation REPEAT discusses doorstep crime and scams and how we can keep ourselves aware of them.

### 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.

### And finally...

Tracy from Bomber Command near Lincoln visited us at Bourne Coffee morning on the 17th April.

She talked all about what happens there as we are planning a coach trip in July. Hazel and John (in the photo) organised the talk.



That's all for now, we look forward to seeing you all soon. Love Danie and Lindsay xx