

Dear friends,

As I sit here writing to you I'm looking out of the window to a beautiful sunny day. Finally it feels like summer has arrived. What a long wait we've had. Give it to the end of the week and we will be complaining we are too hot – that's the English for you!

Quite a lot has been happening since the last newsletter – not least Dementia Action Week 13<sup>th</sup> to 18<sup>th</sup> May. We invited the community in to our regular weekly art group, Danie and Lindsay attended the virtual Alzheimer's Society conference, The Bourne Lions came to the Bourne coffee morning and presented us with a cheque for £1,800 (a big thank you to them) there was another Operation Repeat session, I did a talk at the end of the week with one of the Deepings Practice GPs organised by the Deepings Lions and then there was our Art for All Exhibition in Wake House.



Remember in the last newsletter I told you I had invited our MP Gareth Davies to come to one of our Dementia Action Week events – well he was one of the 100 or so visitors who came to our Art Exhibition. He sat drinking tea chatting to our members for over an hour and was blown away by the quality of the artwork on display. That week he also wrote an article in the Stamford Mercury about the work we do supporting people living with dementia in his constituency. As you can see it was quite a busy week one way and another.



Square Hole Club reached another milestone on June 13<sup>th</sup> celebrating the club's 11<sup>th</sup> birthday. The Tuneless Choir joined us in the afternoon to help us celebrate and of course there was a very large cake. The Tuneless Choir lead the singing at our Singing for Fun sessions at The Danish Invader in Stamford on the first Thursday every month, if you fancy a good singsong. Everyone is welcome.



Then on June 16th we had the annual Driving Away Dementia car rally in Aslackby. We were lucky to have beautiful sunshine after days and days of rain. 29 amazing cars took part in the rally and the Aslackby ladies served 120 of their world famous afternoon teas. After a gentle stroll around the Vicarage and Manor gardens everyone enjoyed their tea on the Vicarage lawn. DSSL was well represented with 18 of us sharing a lovely afternoon together. Les, David and Francis “drove” in the rally as co-pilots in three very fancy cars – and they didn’t get too lost!



I’m really pleased to be able to tell you that the rally raised £2,172.40 which means, over the last several years, our friends in Aslackby have raised over £11,000 for our charity for which we can’t thank them enough.

Only a few days after the car rally Joni and Sally of JR FIT lead a Summer Solstice Outdoor Yoga & Pilates session in Deeping to raise money for our charity too. A big thank you to them and to Graham for inviting them to hold the session in the grounds of his home, Molecey Mill. It wasn’t easy to count how many people came but we think it was at least 80.



It was a magical evening which raised over £800 for our charity. Another big thank you to everyone who came and supported the event and to Joni and Sally for all their hard work to make it happen.

Lots more exciting things are coming up but I’m going to leave Lindsay and Danie to tell you all about them.

Take care and looking forward to seeing 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 on the First Thursday of each month.

On every session we are joined by the amazing Tuneless Choir who lead us through songs from years gone by amongst others. As always plenty of beverages and biscuits are available.

**DATES: 4<sup>th</sup> July, 1<sup>st</sup> August, 5<sup>th</sup> September, 3<sup>rd</sup> October and 7<sup>th</sup> November.**

**We start at 1300 and finish at 1500. We look forward to seeing you there.**

### DEEPING COFFEE AFTERNOON

We meet at the Deeping Community Centre (off Godsey Lane) on the first Tuesday of each month.

A lovely fun afternoon with new and old friends, we often do a little quiz that's just for fun. Tea, Coffee and biscuits are always available too.

**DATES: 2<sup>nd</sup> July, 6<sup>th</sup> August, 3<sup>rd</sup> September, 1<sup>st</sup> October and 5<sup>th</sup> November.**

**Starts at 13.30 and finishes at 15.30. We look forward to seeing you there.**

### STAMFORD COFFEE MORNING

We meet on the Third Tuesday of each month. Our coffee morning is at Blackstone's Sports and Social Club (Lincoln Road) Again we have lots of fun and laughter amongst new and old friends.

Tea, Coffee and Biscuits are available too.

**DATES: 16<sup>th</sup> July, 20<sup>th</sup> August, 17<sup>th</sup> September, 15<sup>th</sup> October and 19<sup>th</sup> November.**

**Starts 10am and finishes at 1200. We look forward to seeing you there.**

## BOURNE COFFEE MORNING

We meet on the Third Wednesday of each month. Our Coffee Morning is held at Bourne Corn Exchange (Opposite Marks & Spencer). Lots of chatter, Tea, Coffee and Biscuits, a little quiz (just for fun) and a raffle.

**DATES: 17<sup>th</sup> July, 21<sup>st</sup> August, 18<sup>th</sup> September, 16<sup>th</sup> October and 20<sup>th</sup> November.**

**Starts 10am and finishes at 1200. We look forward to seeing you.**

## ART FOR ALL

This group runs every Monday from 11am to 1300 at Wake House in Bourne.

No expectations or judgement. A lovely, relaxed atmosphere amongst everyone. Beverages etc are available also. Please contact us if you would like more information.

## TAI CHI

This group runs every Wednesday at Wake House in Bourne from 1400 to 1530. This group is run by Ray Pawlett of KI-WAYS in Bourne. Ray has been running this group for us for a few years now and is amazing. These sessions can be done standing or sitting. Whatever your need or preference. For more information, please contact us.



Again, just a gentle reminder for you all. We do ask for a donation of £3.00 per person for each of our sessions including our coffee mornings/afternoons. This is to help us cover the costs of room hire and refreshments etc.

## Social Events

### International Bomber Command Centre

We are so excited to be able to offer this amazing trip out to Bomber Command Centre on Friday 19<sup>th</sup> July. We have Coaches of Langtoft providing the transport for the day, they will be

picking up at 9.30am from the Danish Invader in Stamford and then onto Bourne Bus Station for pick up at 10am. For those who will be getting the bus from the Danish Invader in Stamford, you will be able to park there but a donation will be collected by Lindsay, this is then given to the staff at the Danish Invader who at the end of the year, donate all the car parking money to charity. For those collecting the bus at the Bourne Bus Station, you may find that M&S car park is the easiest but unfortunately this is chargeable. Should you wish to come to this event and a taxi is easier to get you to either of the pick up areas, Dementia Support South Lincs will reimburse you however, please make sure you have a receipt.

Upon arrival at the Bomber Command Centre, there will be the opportunity to have a drink in the café, a wander round outside in the grounds or go into The Exhibition Centre. The Exhibition Centre does come with an extra charge that is not included in the price of the event. The price of the event is £18.00, this includes a platter lunch and endless Tea and Coffee! If of course, it is a very hot day, there will be cold drinks on offer as well. Final numbers for this event is the 10<sup>th</sup> July, along with payment and any dietary requirements, including allergies.

We hope that you can join us for Bomber Command Centre, please let us know if you would like to attend on 01778 426756 or let us know at one of our weekly events.

### Harvest Lunch

September will be here before we know it and so we look forward to our next Harvest Lunch at The Sugarmill in Bourne. We hope to have a menu by our next Newsletter and a price for you too but for now put the Harvest Lunch date in your diary Friday 20<sup>th</sup> September at 12.30.

That's all for now for Social Events but one final note, please be assured that there are always support workers available at all the groups and events we do, to offer comfort and support. If you're not able to attend anything that we offer just pop us a phone call or email and we can visit you at home (contact details bottom of newsletter).

Enjoy the lovely weather and we hope to see you all soon.

Love Lindsay and Danie xxx