

## Newsletter June 2024

- This morning's entertainment is the singer, Jill Williams. After today's meeting, Ann, David and Denise will be leading the Buddies Sensory Stroll, a 30 minute walk around the village. Exercise is good for you both physically and mentally.
- Happy Birthday this month to Brian Rose, June Willows, Audrey Boyle, John Borman, Dave Keen, Chris Dawkins and June Gauke.
- Looking for a fun time? Why not try dementia friendly golf at Millfield Golf, Loughterton. Have a go on the pitch and putt course, or just have a go at putting. The sessions last for 2 hours, first one free , then it's £20 a time. They take place every Wednesday 11.00 – 1.00pm. It gives the chance for the carer to have some free time, or enjoy a cuppa with others. Interested – contact Graham on 07926 252482.
- **Beware of Door Step Scams**, top 5 tips – Use a door chain to check who is calling, Don't trade on the doorstep, ask a trusted friend or family member for advice on reputable traders , display a "No Cold Calling" sticker outside your door, always report any suspicious activity. **See our poster on the notice board.**
- Thursday 20<sup>th</sup> June, we have a new act, Barry Bray & 4 piece band.
- Next month on Thursday 4<sup>th</sup> July, it's singing duo, Nigel and Teri. After the meeting come and join us at Heather and Mike's Tea Party, at Eastend Farm, just down the road from here, raising money for Buddies. On the 18<sup>th</sup> we have a short presentation from **Lincolnshire Police about their Smart Wristbands**, followed by singer Steve Barclay.
- Thought for the month

**Today is a great day to smile and be happy.**

