**Newsletter July 2024**

**Buddies, winners of the Lincolnshire County Council Good Citizen - Community Group of the Year 2024 !**

* This morning’s entertainment is singing duo, Nigel and Teri. After the meeting Ann, Denise and David will be leading the Buddies Sensory Stroll around the village. A chance to take some fresh air and exercise.
* Please, if you are able to, join us afterwards at East End Farm for some light refreshments, hosted by Heather and Mike, raising money for Buddies.
* Happy Birthday this month to Pat Mellows, Brian Herrick, Christine Robinson, Barbara Forrest, Iris Mallen, Anne Shafren, Joan Borman, Derek Underwood, and our photographer Chris Potter.
* **Thursday July 25th** we have arranged **Afternoon Tea** at the Rugby Club, Lodge Lane, Nettleham. The doors open at 11.45 for 12.00 , finish at 2.00pm. This is a free event, if you would like to go please see Maureen or Ruth for your tickets.
* Tip of the month – Having a tough day? Evidence shows music can help reduce agitation, anxiety and depression. It may not be a magic wand, but using music can make a difference. Tune in to m4d Radio on line, or Boom Radio playing hits from the 50’s, 60’s and 70’s. It helps to singalong to those records you remember.
* **Wednesday 10th July**, find out about specialist dementia support in your area. The NHS Lincolnshire Partnership say **“join us for a cuppa and conversation about the specialist dementia support we provide for you, or someone you care for.” The event is at Chambers Room, North Hykeham Town Council, Fen lane , Lincoln LN6 8UZ from 1.30pm to 4.00pm.** See poster on notice board**.**
* Thursday 18th July we have a short presentation from our Police Community Support Officer, Denise Carter, about their Smart Wristbands. This will be followed by singer Steve Barclay. Steve is a well known comedy, entertainer, panto dame and proud member of the Grand Order of Water Rats. Not to be missed!
* Next month on Thursday August 1st we have the popular Belinda Hay and on the 15th it’s singer Dick Ryman, another favourite of ours.
* Thought for the month

**Being happy is the greatest form of success.**