

# South Lincolnshire Blind Society C.I.O. Newsletter

Registered Charity 1182486

Help Line: 01476 592775 Find us on Facebook Web: slbs.uk

# Winter 2019 **Issue 52**

Welcome to the 52<sup>nd</sup> issue of the South Lincolnshire Blind Society Newsletter

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#### Introduction

Hello, everyone and a very Happy New Year to you all and we hope that you have all had a lovely festive break.

We had a very busy December here at the Charity with lots of events.

At the Christmas lunch we shared a lovely Christmas dinner with nearly 100 people from across our area. The event was made special again as Mr Keith Arnott from Lincoln bought his bagpipes in and played Christmas songs which really got everyone in the festive mood.

Our concert in St Wulframs Church raised over £2,000.00 and we were entertained by The Cranwell Military Wives Choir, The Grantham Rock Choir, InVoice, The Grantham Preparatory School Choir, U3A choir and our very own VIP Mr Barry Summerfield singing solo.

If you have access to the internet and use Facebook you will find a video of some of the choirs and one in particular of Barry singing. Barry has been amazed by the response he has received to his singing again this year the post of him singing has been seen by nearly 6,000 people as far away as New Zealand!

Virginia was very busy in the run up to Christmas with her Social'eyes' groups sharing 100s of mince pies and lots of coffee too.

We only have a very small staff team and none of these events and activities would be possible without the continuous support of our incredible volunteers whom we owe a massive debt of gratitude too.

We are immensely proud of all of their efforts, keeping the social and book groups running year in year out, home visiting people who cannot get out to clubs, and in particular to the volunteers who have been helping in the office making sure that all of our service users receive a courtesy call to check all is well.

We are looking forward to 2020 with new vigor and look forward to building on the plans we have for the charity that we started in 2019 that will hopefully set the charity up for a sound future.

We look forward to forging new partnerships working with like minded organisations that can bring benefits to our service users.

You will find enclosed up to date lists of activities that will be running in the first quarter of 2020 and we do hope that you will be able to join us. Very best wishes to you all and many thanks for your valued and continued support for the charity our staff and volunteers,

#### Kind regards

Susan and the SLBS team.

Septe	<u>ember</u>	
1 <sup>st</sup>	£40	Julian Lipman, Honington
2 <sup>nd</sup>	£30	Rona Hallam, Manthorpe
3 <sup>rd</sup>	£20	David Pawson, Boston
<u>Octo</u>	<u>ber</u>	
1 <sup>st</sup>	£40	Graziella Pastore, Heckington Fen
2 <sup>nd</sup>	£30	Charlotte Richards, Grantham
3 <sup>rd</sup>	£20	Sylvia Trenkel, Grantham
Nove	<u>ember</u>	•
1 <sup>st</sup>	£40	Barry Hall, Billinghay
2 <sup>nd</sup>	£30	John Gordon, North Hykeham
$3^{rd}$	£20	Jennifer Chandler, Grantham
Dece	<u>mber</u>	
1 <sup>st</sup>	£85	Susan Lidbetter, Stamford
2 <sup>nd</sup>	£40	Sidney Bowell, Holbeach
3 <sup>rd</sup>	£27.50	David Pawson, Boston

## **Christmas Raffle Winners.**

A huge thank you to those who joined in with our annual Christmas raffle and to those who helped sell tickets. We raised a fantastic grand total of £1655, all of which will be used to continue providing services and support across South Lincolnshire.

Many congratulations to all our winners, our top five winners were;

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    1st prize £100.00 - Keith Arnott, Waddington
    2nd prize £50.00 - Janet Hixon, Holbeach
    3rd prize Christmas Hamper - Mark Atkin, Sutterton
    4th prize Bottle of whiskey - Joan O'Connor, Washingborough
    5th prize Deluxe Christmas Cake - Jane Brisco, Grantham
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Our other winners are Bruce Watson, Sarah Lovelace, Beryl Slater, Doreen Smith, Jenny Christ, Dot Draper.

#### **Armed Forces Discount Card**

South Kesteven District Council is setting up its own Armed Forces Discount Scheme to support our local armed forces community; serving personnel, reservists, veterans and war widows who live in the South Kesteven district.

This is a significant community, illustrated by the 700+ responses that we received from an initial survey to test peoples experiences and issues.

Our scheme is about a win, win situation for both consumers and local businesses, recognising our significant service community, giving thanks for their service by offering this scheme which in turn benefits local businesses helping to sustain our struggling town centres and bring them new customers. Additionally our scheme is about community integration, and networks, encouraging serving personnel and veterans to trade locally, utilise independents and by doing so spend time in our local towns rather than heading off to larger shopping malls and cities.

This discount card allows Veterans and the Armed Forces Community to have a card that can allow them to receive military discounts.

The South Kesteven Armed Forces Discount Scheme is being set up to support our local armed forces community; serving personnel, reservists, veterans and war widows who live in the South Kesteven district.

If you have a visual impairment you can make an assisted application by calling 01476 406080.

# To apply for a card, please ensure you have a copy of one of the following documents:

- Military ID card
- Defence Discount Service Card
- Certificate of service
- Discharge Papers
- Pension Statement

Current Businesses signed up to the Scheme:

Harrowby Heating & Hardware Supplies Heating & Supplies, Grantham,

Anytime Fitness Fitness Centre, Peterborough

Empire Clothing Gents clothing/Hire, Grantham

Kays of Grantham Ladies clothing, Grantham

Healthy Hearing Hearing Test services, Stamford

Rollaway Food & Drink, Bourne

Cherryholt Mobility, Bourne

Teaspoon Café, Grantham

Robert Holland Funeral Director Funerals, Grantham

Wills & Probate Services Wills & Probate, Market Deeping

SJH Mobile Foot Health, Mobile

Farrow Friends Home Help Services, Grantham

Juice E-Vaporium, Grantham

Grantham Tennis Club, Tennis & Fitness, Grantham

The Biltong Farm, Food & drink, Grantham

The Apple Tap, Bar, Grantham

Street Cars, Taxis, Grantham

House of Colour Tattoos & Piercing, Grantham

Nettl & Redlime, Marketing, Design & Print, Grantham

Hill & Clark, Estate Agents, Bourne

Grantham Taxis, Grantham

Driving Miss Daisy, Driving Services, Stamford/Grantham

KBR Gas Services Ltd, Grantham

The Boutique, Grantham

## North Wales Accessible Holidays

My name is Mr Nigel Garry. I am a registered Blind person and am Volunteer Chairman of North Wales Accessible Holidays for Blind and Visually Impaired. Our organisation are now the proud owners of a 14ft X 42ft Beaumont 6 berth static caravan [I would like to emphasise that bed 5&6 is pull out from settee] located at 9 Harlech Court, Lyons Lido Beach Holiday Park, Bastion Road, Prestatyn North Wales LL19 7EU. In addition to our flagship caravan due to demand outstripping supply it now gives me great pleasure to inform you of our second fully adapted and accessible caravan which is a 12ft X 40ft Windemere 6 berth [Bed 5 & 6 is pull out from settee] located at 90 Chestnut Gardens Lyons Robin Hood Holiday Park Coast Road Rhyl North Wales LL18 3UU.

These caravans are for the use of beneficiaries who are registered blind or partially sighted, to include family, carers and friends.

They have ramp access plus any other conceivable pieces of equipment to ensure our client group have a safe and comfortable holiday. Our facilities are to such a high standard that the only additional luggage you will need is your own personal towels. [The caravans are self catering] Tariffs are £200 Oct to end April & £250 May to end of September per week to help us with maintenance, replacement of invaluable equipment and ground rent. I am sure you will agree these are nominal tariffs that carry a subsidy of between £600 & £650 per week.

If you need any further information & advice please do not hesitate to contact us. Take a look at our website

https://www.northwalesaccessibleholidaysforblindandvisuallyimpaired.org/ or our charities facebook page.

Yours Sincerely Nigel Garry Volunteer Chairman

#### **Awareness/Fundraising Days**

A huge thank you to everyone who has helped at our fundraising events during the last year. Our total for the whole year of 2019 is an amazing £2332.28.

As an independent charity raising funds is a big part of our work. Equally important is the role of promoting the services the charity provides to people who may be struggling with sight issues and don't know where to turn.

We are extremely grateful for those who have volunteered to help us to promote our services and help raise awareness. Thank you – you are amazing!

If you would like to know more about how you can join our team of brilliant ambassadors please give call the help-line to add your name to our list. We are busy booking dates for 2020, so please let us know if you may be able to help us in the future.

Thank You.

'Be My Eyes' – phone app allows volunteers to be eyes of visually impaired.

Be My Eyes, the award-winning app that has eased the lives of 113,000 blind people in 150 countries, is so successful it has more volunteers than it knows what to do with!

The idea is simple: a blind or visually impaired person needs help with a task. They make a live video call to a sighted volunteer, who can tell them if the milk has expired, check the label on their medication or help them find the cash they have dropped on the floor.

A number of volunteers are contacted at once in case people are busy. In addition, because there are volunteers in many time zones, there will almost certainly be someone to assist a user, even in the middle of the night.

'Tasks that the app has been able to help with have ranged from guiding someone out of a tunnel to checking a bride's gown before she walked down the aisle.'

For more information on how it works and to get signed up visit <a href="https://www.bemyeyes.com/">https://www.bemyeyes.com/</a>. Available on Android and IOS.

# PRELOVED EQUIPMENT – Looking for New Homes!

- 1)Reading machine Clear View + Optelec HD Compactable
- 2) Explore 5 Handheld Electronic magnifier
- 3)Stander EZ fold n go rollator walker with a seat and carry bag at the front.

If you are interested in any of our preloved equipment please give us a call on 01476 592775 and we can arrange viewing of the equipment.

# **Guide Connect – computing without the complications!**

Dolphin have released a brand new edition of Guide called Guide Connect. Described as "simple talking technology for sight loss" Guide Connect enables anyone to easily send emails, listen to books and newspapers, or play their favourite radio station.

Just like Guide, Guide Connect is perfect for anyone who is not confident with technology. If the idea of using a computer makes you feel apprehensive, and using your TV remote is your technology limit, then Guide Connect might just be the solution you're looking for.

Whether you add Guide Connect to your computer, or choose the TV or tablet solution, using Guide Connect is always intuitive and super-easy.

Simple step-by-step talking menus, large high contrast buttons and the human sounding voices mean that you never feel lost or confused. If you're not a natural typist, you can dictate your emails and documents to Guide Connect. And moving around Guide Connect's menus could not be simpler, with the handy remote control or with your fingers on the touch screen. Plus there are no complicated touchscreen gestures, which you might have experienced with an iPad.

So what can you do with Guide Connect? Browse the web, scan and read your post, write and print documents, send and receive email, listen to audio books and newspapers, tune into your favourite radio station and plan your diary. And if you have a quick question, you can ask Guide Connect to search the internet "Alexa-style".

Everyone that chooses Guide Connect receives 2 hours of free telephone training, and Dolphin's support team are available via phone when you need them.

If you fancy trying Guide Connect, you can download a free 30-day trial from the Dolphin website at <a href="www.YourDolphin.com/GuideConnect">www.YourDolphin.com/GuideConnect</a> or to receive a free trial CD call our helpline 01476 592775 and we will post you a copy.

#### Tips & Tricks from our readers!

#### Money

If going shopping cut down on the number of coins taken. For example, just take 50p, £1 and £2 coins that are readily identified by feel (shape & size).

As for 'paper' money there are three common notes of £5, £10 and £20 denominations.

The £5 and £10 are now both made from a polymer material and are easy to distinguish from the paper £20 note by feel. The £5 note is the smaller of the polymer notes and the £10 note has two clusters of raised dots in the top left hand corner.

The new polymer £20 note is released on 20<sup>th</sup> February 2020 and will have tactile identification. On the front of the note which has raised print there will be three clusters of raised dots in the top left hand corner.

## **Postage Stamps**

Books of postage stamps have the back page slightly longer than the front page, they also have a small indentation at the top of the back page. If there is one indentation then the book has first class stamps in it, if there are two indentations then the book has second class stamps in it.

#### **New Year, New Date – Top Tip**

As our new year is 2020 people are being warned about writing the complete year date on cheques and documents. In previous years many of us would have written the date as 01/01/19 which was safe but if we start to write the new year date as 01/01/20 it leaves an opportunity for anyone to add previous year dates on the end to make 01/01/2018/19. The advice being given is to always write the new year date as 01/01/2020 so nothing can be added at the end and all cheques and documents will be secure with the correct current date.

## **International Leo Youth Camp Club**

We are Lena Nebe and Eileen Meyer from the International Leo Youth Camp Club. Every other year we organize a two-week summer camp with 20 visually impaired or blind youth between 18 and 25 years from all over Europe. Our upcoming camp will take place between 9th August to 21th August 2020. We will be accommodated in a youth hostel in Scharbeutz in Northern Germany. During the two weeks we will participate in fun excursions and activities to several places near the camp base. Accommodation, food, excursions and activities will be sponsored by regional Lions Clubs.

The young people, who would like to participate, can send us an email (<u>international.leoyouthcamp@gmail.com</u>) and we will provide more information and the application form.

We are looking forward to an exciting camp and making new international friends!

Kind regards Lena Nebe and Eileen Meyer PS: You can also find us on Facebook: https://www.facebook.com/blindencamp/

## **News from North Hykeham.**

4<sup>th</sup> September. Marcus Stead – High Street then & Now. Dee welcomed us all back after our summer break. Dee also welcomed back Michael who had suffered a fall, which broke his hip he was also, told he had Myopia. The Vine Religious Group, who meet at the Communal room on Millers Road in Waddington, raised £105 for the club at their coffee morning. A very kind gesture.

Our speaker today was Markus Stead, he told us about the different shops and buildings along the upper High Street and Silver Street. Some of which are not there, this brought back many memories to us all.

18<sup>th</sup> September. Derek Taylor – Poems & Stories.

The usual introduction and then Dee read out the members who were missing, quite a lot.

Dee then introduced our speaker, Derek Taylor. He told us of some stories about his great Grandfather, on his father's side and his Grandmother on his mother's side, she came from London and was related to Colliers the gent out fitters and the Schneider's an Austrian family that sponsored the famous air race before the Second World War it ended in 1938. He told us some poems, some funny and one or two that were very sad about WW2. A very interesting afternoon.

2<sup>nd</sup> October. Harvest Festival.

Today was our Harvest Festival, with a service given by Father Peter. Dee read out the members missing, quite a lot today she also welcomed a new member Helen and told us of the sad passing of Betty.

We had two hymns. We plough the fields and Come all ye thankful people. Maureen played the piano for us.

For the harvest festival we all bring something, they are placed on a table and each article has a playing card placed against it and we can buy another card and this is what you get as a prize. 16<sup>th</sup> October. Nicki Dillon – Q & A.

We had a few missing today, including Dee and our speaker, both feeling under the weather so instead we had a quiz!

Gail stood in for Dee and did a quiz based on towns and cities in the UK and Ireland. We had 15 questions, then a break where we had an M&S chocolate truffle and then another 15 questions. There were 4 teams that won with 26 questions correct.

See if you can name the place. Some of the questions were;

- 1. A fruit Cake
- 2. A Ball Sport
- 3. Entrance for a sheep
- 4. An Old Car
- 5. A bottle stopper.

#### The answers?

- 1. Dundee
- 2. Rugby
- 3. Ramsgate
- 4. Bangor
- 5. Cork

30th October. Sensory Services.

13<sup>th</sup> November. Christmas Lunch at the Bentley.

We had our Christmas Lunch at the Bentley, the menu was turkey, beef wellington, salmon and a vegetarian option, all with seasonal veg. Pudding options were Christmas Pudding or cheesecake with tea or coffee.

27th November. Social with cakes.

Dee welcomed back two members that had not been well for a while, Mary and Alan. We then tucked into either a lemon drizzle cake or a Victoria sponge with raspberry jam filling. Both were very nice and made by Joyce one of our members and there was plenty to go round again. All this food made me hungry!

12th December. Buffet and Carols.

Several members missing today, one member had a 90<sup>th</sup> birthday and several more have their birthdays over the next few days as we break for Christmas and the New Year, we will be back on the 8<sup>th</sup> January.

More food! We had a buffet; sandwiches, quiche, pizza, 3 different cakes, with tea or coffee.

Well done to the helpers and our thanks must go to Dee our Chair for all the hard work she does for the club.

Well that is all for this year, see you in 2020!

## Stamford Social'eyes' - Change of Venue

Our regular Stamford Social'eyes' group is changing venue. Our next group will be on Friday 21<sup>st</sup> February from 12.30pm until 2.30pm. The new venue is Community Room, Essex Road, Stamford, PE9 1LU. If you are interested in joining us please call our office on 01476 592775.

## **Forthcoming Events**

Month	Venue and Activity	
January		
Thursday 9th	Grantham Socialeyes 10am – 12pm	
	14 Finkin Street, Grantham, NG31 6QZ	
Tuesday 14th	Grantham Book Group 10am – 11am	
	14 Finkin Street, Grantham, NG31 6QZ	
Thursday 16th	Grantham Socialeyes 10am – 12pm	
	14 Finkin Street, Grantham, NG31 6QZ. Guest –	
	Belvoir Castle	
Monday 20th	SLBS Swim Club. Call 01476 592775 for details.	
Monday 20th	Spalding Socialeyes club 12pm – 2pm	
	Hayley Stewart Football Grounds, Spalding,	
	PE11 1DA.	
Tuesday 21st	Grantham Craft Club 10am – 12pm	
	14 Finkin Street, Grantham, NG31 6QZ	
Tuesday 21st	Knitting Lentils Poetry Group 1.30pm.	
	14 Finkin Street, Grantham, NG31 6QZ	
Wednesday 22nd	Boston Socialeyes, 10am – 12pm	
	The Len Medlock Voluntary Centre, St Georges	

	Road, Boston, PE21 8YB. Guest – Wiltshire
Thurse day: 00:-d	Farm Foods.
Thursday 23rd	Grantham Socialeyes 10am – 12pm
Tura a day ( 00th	14 Finkin Street, Grantham, NG31 6QZ
Tuesday 28th	Boston Lunch Club 12.30pm – 2.30pm
	Queen of spades, Wellington Road, Boston, PE21 0NX
	Please call the help-line to book a place and
	menu choices a week in advance
Thursday 30th	Grantham Socialeyes 10am – 12pm
linaroday ootii	14 Finkin Street, Grantham, NG31 6QZ. Guest –
	Mike Jackson talk about Walter Lee,
	photographer
February	
Monday 3 <sup>rd</sup>	Spalding All Day Socialeyes Club 10am – 3pm
	Hayley Stewart Football Grounds, Spalding,
	PE11 1DA
Monday 3rd	SLBS Swim Club. Call 01476 592775 for details
Tuesday 4th	Grantham Book Group 10am – 11am
TI I OU	14 Finkin Street, Grantham, NG31 6QZ
Thursday 6th	Grantham Socialeyes 10am – 12pm Guest –
	Amanda Payne, talk on sailing
Wodnosday 12th	14 Finkin Street, Grantham, NG31 6QZ
Wednesday 12th	Boston Socialeyes, 10am – 12pm The Len Medlock Voluntary Centre, St Georges
	Road, Boston, PE21 8YB. Guest – Sensory
	Traveller
Thursday 13th	Grantham Socialeyes 10am – 12pm Quiz Day
, ,	14 Finkin Street, Grantham, NG31 6QZ
Monday 17th	Spalding Socialeyes club 12pm – 2pm
	Hayley Stewart Football Grounds, Spalding,
	PE11 1DA.
Monday 17th	SLBS Swim Club. Call 01476 592775 for details
Tuesday 18th	Grantham Craft Club 10am – 12pm
Tuesday 404	14 Finkin Street, Grantham, NG31 6QZ
Tuesday 18th	Knitting Lentils Poetry Group 1.30pm.
Thursday 20th	14 Finkin Street, Grantham, NG31 6QZ
Thursday 20th	Grantham Socialeyes 10am – 12pm Guest – Belton House Servants Talk
	14 Finkin Street, Grantham, NG31 6QZ
	17 I IIIMII Olicel, Giailliaili, NGJI UQZ

Friday 21st	Stamford Socialeyes Club. 12.30pm – 2.30pm. The Community Room, Essex Road, Stamford, PE9 1LU	
Tuesday 25th	Boston Lunch Club 12.30pm – 2.30pm Queen of spades, Wellington Road, Boston, PE21 0NX Please call the help-line to book a place and menu choices a week in advance	
Wednesday 26th	Boston Socialeyes, 10am – 12pm The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB	
Thursday 27th	Grantham Socialeyes 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ	
March		
Monday 2nd	Spalding All Day Socialeyes Club 10am – 3pm Hayley Stewart Football Grounds, Spalding, PE11 1DA	
Monday 2nd	SLBS Swim Club. Call 01476 592775 for details	
Tuesday 3rd	Grantham Book Group 10am – 11am 14 Finkin Street, Grantham, NG31 6QZ	
Thursday 5th	Grantham Socialeyes 10am – 12pm Guest – Jack O'Dell, Native Birds 14 Finkin Street, Grantham, NG31 6QZ	
Wednesday 11th	Boston Socialeyes, 10am – 12pm The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB. Guest – Professional Vision Services	
Thursday 12th	Grantham Socialeyes 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ	
Monday 16th	Spalding Socialeyes club 12pm – 2pm Hayley Stewart Football Grounds, Spalding, PE11 1DA	
Monday 16th	SLBS Swim club. Call 01476 592775 for details	
Tuesday 17th	Grantham Craft Club 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ	
Tuesday 17th	Knitting Lentils Poetry Group 1.30pm. 14 Finkin Street, Grantham, NG31 6QZ	
Thursday 19th	Grantham Socialeyes 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ	

Friday 20th	Stamford Socialeyes Club. 12.30pm – 2.30pm. The Community Room, Essex Road, Stamford, PE9 1LU	
Thursday 26th	Grantham Socialeyes 10am – 12pm Guest – Wellbeing Services 14 Finkin Street, Grantham, NG31 6QZ	
Monday 30th	SLBS Swim club. Call 01476 592775 for details	
Tuesday 31st	Boston Lunch Club 12.30pm – 2.30pm Queen of spades, Wellington Road, Boston, PE21 0NX	
	Please call the help-line to book a place and menu choices a week in advance	
April		
Thursday 2nd	Grantham Socialeyes 10am – 12pm 14 Finkin Street, Grantham, NG31 6QZ	
Monday 6 <sup>th</sup>	Spalding All Day Socialeyes Club 10am – 3pm Hayley Stewart Football Grounds, Spalding, PE11 1DA	
Tuesday 7th	Grantham Book Group 10am – 11am 14 Finkin Street, Grantham, NG31 6QZ	
Wednesday 8th	Boston Socialeyes, 10am – 12pm The Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB	
Thursday 9th	Grantham Socialeyes 10am – 12pm. Easter quiz and Hot Cross Buns 14 Finkin Street, Grantham, NG31 6QZ	
Thursday 16 <sup>th</sup>	Grantham Socialeyes 10am – 12pm Guest – Sensory Traveller 14 Finkin Street, Grantham, NG31 6QZ	
Friday 17th	Stamford Socialeyes Club.12.30pm – 2.30pm. The Community Room, Essex Road, Stamford, PE9 1LU	

# **Regular Social clubs**

Our very valuable volunteers support all of our social groups and we are extremely grateful for their time and commitment. If you have not joined one yet give us a call on our help-line and we will arrange an introduction. All the clubs offer companionship activities such as quizzes, outings and guest speakers, etc. You will receive a very warm welcome.

# Regular social clubs.

Area and Activity	Frequency and Time	
Grantham Wednesday Club	Fortnightly 2pm - 4pm	
Harrowby Lane Methodist Church, Grantham, NG31 9LN		
Grantham Target Shooting Club	Fridays 7pm – 9.30pm	
Harrowby Lane Methodist Church, Grantham,	NG31 9LN	
Grantham Swim Club	Fortnightly 12pm - 2pm	
Belton Woods Hotel, Belton, Grantham, NG32	2LN	
Grantham Socialeyes	Thursdays 10am - 12pm	
14 Finkin Street, Grantham, NG31 6QZ		
Grantham Craft Club	3 <sup>rd</sup> Tuesday 10am - 12pm	
14 Finkin Street, Grantham, NG31 6QZ		
Grantham Book Club	1 <sup>st</sup> Tuesday 10am - 11am	
14 Finkin Street, Grantham, NG31 6QZ		
Spalding All Day Club	3 <sup>rd</sup> Monday 12pm - 2pm	
Hayley Stewart Football Ground, Spalding, PE	12 1DA	
Bourne Social Club	Wednesdays (except 1 <sup>st</sup> ) 2pm - 4pm	
Manor Court, West Street, Bourne, PE11 9PP		
Stamford Socialeyes	3 <sup>rd</sup> Friday 12.30pm – 2.30pm	
The Community Room, Essex Road, Stamford, PE9 1LU		
Boston Luncheon Club	Last Tuesday 12.30 – 2.30pm	
Queen of Spades, Willington Road, Boston, PE21 0NX		

Boston Socialeyes Alternate Wednesdays

10am - 12pm

Len Medlock Voluntary Centre, St Georges Road, Boston, PE21 8YB

North Hykeham Social Club Wednesday Fortnightly

2pm - 4pm

Methodist Church, 3 Chapel Lane, North Hykeham, LN6 9QZ

## Here to Help

If you need support, advice or information, please call our help-line on **01476 592775** which is open Tuesday to Friday 9am to 5pm. YOU ARE WELCOME to visit our Resource Centre at 14 Finkin Street, Grantham, NG31 6QZ, which is open Tuesday to Friday from 9am to 4pm.

#### We are:

Susan Swinburn Chief Executive

Virginia Richardson Community Support Worker/SIO

Kirsty Smith Services Administrator
Ciara Atkinson Office Administrator

Mrs Marie Scoffield Administration Assistant

#### **DISCLAIMER**

We try to ensure that all the information provided in this newsletter is accurate. Where benefits, concessions, etc., are mentioned it is your responsibility to make enquiries as each case is judged individually. Service providers and products are featured from time to time for information purposes; again, you should make enquires as to their suitability. Receiving this newsletter does not oblige you to act on any of the information contained herein.