

Reg. charity no: 290874

WELCOME TO THE LATEST EDITION OF OUR NEWSLETTER FOR OLDER PEOPLE IN THE BASINGSTOKE AREA. PLEASE SHARE THIS COPY WITH FRIENDS AND FAMILY. MORE COPIES (INCLUDING LARGE PRINT) CAN BE COLLECTED FROM OUR OFFICE OR CAFÉ.

Thank you for taking a look at the Age Concern newsletter. We hope you find it interesting. We aim to bring a mix of news about Age Concern services & events and about other local groups and activities. You will always find information about Age Concern's activities on the centre pages and a full list of our services on the back page. And don't forget the Age Concern website - www.ageconcernbasingstoke.org.uk. If so far the internet has passed you by, why not book into one of our Computer Learning Centres? You're never too old!

Most Age Concern services are for the over 50s or 60s but our Cafe is open to everyone. You are welcome to bring younger relatives - in fact we sometimes have three generations of the one family. We are happy to reserve a table for small group meetings if required.

Did you know Age Concern has a monthly column in the Gazette Extra (the free paper)? It usually appears on the last Wednesday of the month and is an ideal way to keep up to date between newsletters.

If we can help you or someone you know please get in touch. Sometimes you may need to leave a message but rest assured we will call you back as soon as we are able to. Our jobs do take us out and about but you can usually speak to a member of staff between 9 and 1 weekdays.

SUMMER HOLIDAY

Each year we take a party of local over 60s to a seaside destination.



This year's holiday is from

29th August - 2nd Sept 2011

RUSSELL HOTEL, WEYMOUTH

Breakfast & evening meal, travel by coach from Basingstoke, local trips & travel insurance

£249 per person

Participants must be self-caring. At the time of writing we still have some availability. For information please call Tracey at Age Concern on 01256 423874.

INFORMATION DAY

Wednesday 23rd March
Church Cottage, 10.30 - 1

Pop in for Information & Advice from Age Concern & other organisations supporting local older people. See page 5 for more about this event.....




PLANT SALE

Wednesday 25th May
Church Cottage, 10 - 2

High quality bedding plants & perennials.

Refreshments available from 10.30 to 1.

NB. No parking

KEEP IN TOUCH!

If you receive the newsletter on behalf of a social group or local organisation please let us know if your contact person or contact details change. Email or call Tracey - see details below left.

Many thanks.

Newsletter produced by Age Concern Hampshire in Basingstoke.

The Orchard, White Hart Lane, Basingstoke, RG21 4AF.

Telephone: 01256 423874 (open 9 - 1, answerphone available)

Email: tracey@ageconcernbasingstoke.org.uk

Website: www.ageconcernbasingstoke.org.uk



Assisted by
**Basingstoke
and Deane**



Supported by
**Hampshire
County Council**



Are you looking for an NHS dentist?

Surprisingly there are currently over 50 dental practices in Hampshire accepting new NHS patients. The Hampshire Dental Helpline has up to date details of all dental practices and can tell you which have spaces.

Just visit the website:

www.hampshiredentalhelpline.nhs.uk
or ring the helpline - 0845 050 8345

A message from

HCC INFORMATION CENTRE

(previously beside the library)

Information Officers are now based in the new DISCOVERY CENTRE. Our work is changing and we will be spending more time supporting groups and events in the community. If you see us in the Discovery Centre, do say hello.

Requests for information or NHS hearing aid batteries can be made at the main enquiry desk. Clinics for sight and hearing loss have also moved to the Discovery Centre. Staff will be on hand to point you in the right direction.

Requests for services from Hampshire County Council can be made by calling 0845 603 5638 or by e-mail to info@hants.gov.uk

Bookings with Morton's Coach Travel can be made with Shopmobility who are located in Lower Church Street, near the foot bridge over Timberlake Road. Or 'phone 01256 350142.

THE HAMPSHIRE BOBBY TRUST

Registered Charity Number 1077238

Are you over 60?

Worried about your home security?

Have you had your keys stolen or your locks damaged?

Do you need door chains, spy holes, bolts or window locks fitted?

Call the BOBBY Team - 02392 899056

ARE YOU IN THE MONEY?

Did you know you can check if you have won a PREMIUM BONDS prize online?

Prize-winners are usually notified automatically but thousands of prizes go unclaimed because premium bond holders have not notified their change of address.

Simply visit www.nsandi.com
& type in your holder number to check.

BASINGSTOKE SEQUENCE DANCE CLUB

Meets Mondays 7.45pm to 10.15pm

St Michaels Church Cottage
Church Square, Basingstoke

Anyone who enjoys dancing is welcome.

The first night is free, then just £2 a week.

We also organise a Saturday dance once a month (hall hire permitting). Next dates - 12th March & 9th April.



For more details please contact the Club Secretary, Bernard, on 01256 411440.

OVER 55s FORUM TRIPS 2011



18th March - Duxford Air Museum, £23.75 (Entrance fee & Coach)

11th April - Chelsea Royal Hospital, £12.75/£14.75 (Guided tour & coach)

19th May - London, Do As You Please trip £10.75 /£12.75

18th June - Lyme Regis, Do As You Please trip £12.50/£14.50

Prices differ for members/non-members.

Trips being planned include Waverley Paddle Steamer around the Isle of Wight; Billy Elliott Show, London and a second BBC Studio Tour.

All over 55s are most welcome to attend an Over 55's Forum meeting with a view to joining.

Next dates - 13th April, 8th June

Carnival Hall, Basingstoke. 10am to 1pm

Hampshire County Council Sensory Team are now at Basingstoke Discovery Centre.



If you have a sight or hearing loss and want to find out what support and information is available, please make an appointment to speak to an advisor. Clinics are available as follows:

SIGHT LOSS

Wednesdays 10am -12pm
booked appointments

HEARING LOSS

Mondays & Thursdays 9am - 1pm
booked appointments

Thursdays 9am - 12pm

A member of the Audiology team from North Hampshire Hospital is available on a drop-in basis for re-tubing/batteries etc.

For appointments telephone 01420 545652

Changes to concessionary fares scheme

As you are probably aware the management of this scheme has moved to Hampshire County Council which will mean a change for Basingstoke & Deane residents.

Anyone who had travel tokens last year should already have received a letter explaining the changes. Bus pass holders will receive a letter in early March.

For queries about concessionary travel:

Tel: 0845 045 8355

email: concessionary.fares@hants.gov.uk

www.hants.gov.uk/concessionary-travel

CARING SUPPORT SERVICE

Are you a caring person looking for a way to earn a small amount of extra money?

Could you provide a little bit of help to support someone with everyday activities so they can stay independent in their own home? This may be someone with a disability, an older person, or a person with a long term health condition.

This service covers Basingstoke & surrounding areas. You could work on a weekly, 2 weekly, monthly or single request basis. You won't be providing personal care, but will need to be flexible to undertake a range of tasks to meet someone's needs.

To find out more please contact:

Wendy Gannon at Carers Together

Tel: 01256 353290

Mobile: 07921 700497

Email: wendy.gannon@carerstogether.org.uk

Have you ever thought of trying your hand at bowls? If the answer is yes but you don't know how to get started

HOWARD PARK BOWLS CLUB can help.

All standards are welcome. We can supply equipment & give practical help to learn the game. Membership is a modest £45 a season and entitles you to play as much as you want from May to Sept, midday until dusk.

The club (in Russell Howard Park, South Ham) is run by the members and offers competitive and social bowls - enjoyable, healthy exercise in a relaxed atmosphere where you can make new friends.

If you interested please contact:

Bill or Sue Ray on 01256 461597



FALSE CLAIMS OF BIG WINS



Don't be taken for a ride by false claims of money wins and holiday prizes.

Telephone calls and letters advising you have 'won' will cost you a lot of money. That's the aim, to lure you into sending money to claim a fictitious prize. Email, letter, text and 'phone call scams come from all directions – England, The Netherlands, Canada, USA & China where postage is cheap.

- Mrs J, 84, lost £45,000 over 2 years and still thinks the man on the 'phone is her friend.
- Mr G from Basingstoke was called about a 'fantastic' investment opportunity and lost over £200,000 applying for worthless shares.
- Mr & Mrs H in Andover were told they had won the el gordo lottery and lost £5000.
- Mrs T in Havant was convinced by a caller that she had won £175,000 through 'World Wide Winners' and lost £7000.

Hampshire County Council Trading Standards urges you to take care. If in doubt don't reply - bin it, delete it or hang up.

Contact Consumer Direct on 0845 404 0506 for advice; report a scam at www.consumerdirect.gov.uk/scams or call Age Concern for a Scambuster guide.

★ Free event celebrating 100 years of

★ INTERNATIONAL WOMEN'S DAY

★ Tuesday 8th March, 10am - 3pm

★ Basingstoke College of Technology

★ North Side, Worting Road, Basingstoke, RG21 8TN

★ Pampering sessions, children's activities,

★ refreshments including pancakes from

★ around the world. Talks & demonstrations

★ All this and more.....FOR FREE!

★ All ages welcome. For transport Tel: 423816

Rotary Club of Basingstoke

GARDEN & CRAFT FESTIVAL

Milestones Museum

24th April 2011, 10am to 4pm

Bedding plants, shrubs. Gardening experts, free advice. Craft stands - jewellery, glassware, handbags, wood carving and much more.

£4.00 in aid of local charities

Free car parking

Summertime Special

Following last year's successful show - join us for another stroll down memory lane!

Saturday 30th July 2011

Haymarket Theatre, Basingstoke
matinee & evening shows

A music & laughter show guaranteed to put a smile on your face and a song in your heart!

Sing along to favourite songs from the 40's, 50's, 60's, musicals & much more.



Ticket price kept at £10

Tel: 01256 844244 (Box office)

Or visit www.anvilarts.org.uk

Proceeds to Age Concern Hampshire in Basingstoke



Would you like to get out once a week and make new friends who live in your local area?

Our social groups each have one or two spaces available. Come along and join in with quizzes, games, chair exercises and of course a chat and cuppa with other older people.

Contact Bev on 01256 423874 for more information or look on our website www.ageconcernbasingstoke.org.uk.

The waiting lists for our COMPUTER LEARNING CENTRES are not too long so please ring if you would like to join the government's 'Race on-line' and be computer literate by 2012.

We offer 1-2-1 tuition at a pace to suit you and request a donation of £4 per session.

Contact Bev on 01256 423874.

Do you wish you were fitter? Why not try our friendly exercise class for over the 50s?

EVERGREEN EXERCISE

St Michael's Church Cottage

Tuesdays, 11am - £3.50 a week.

No parking on site.

For more information call 01256 423874.

If a seated exercise class would suit you better please let us know. We are considering starting such a class if there is sufficient interest.

EVERGREEN EXERCISE for over 50s is also offered by the Active Life Centre, Houndmills.

".... focusing on low impact aerobic exercise to music, using bands, resistance balls, chair or floor-based exercises, to develop and improve co-ordination, strength, mobility and balance."

No experience necessary, all levels welcome.

Mondays 11am, £3 Thursdays 10.30am, £4



At the CAFE this Spring.....

CRAFT ACTIVITIES - from 9th March

A chance to try various different projects. See in Cafe for further dates.

SAINSBURYS FOOD TASTING - 6th April

Following the successful Christmas food tasting, Sainsbury's staff will be returning with some Easter goodies for customers to try.

EASTER TOMBOLA - 6th & 13th April

A fun opportunity to win a variety of prizes and help Age Concern raise funds.

Cafe open Wednesdays, 10.30am - 1pm

Church Cottage, Basingstoke.

Low prices, friendly atmosphere.

All ages welcome. No parking.



FUNDRAISING EVENTS

After two successful events, we are taking a break from our DINNER DANCE this year. The event (or something similar) will return in 2012. But, you will be able to stretch your brain again at a second QUIZ on Saturday 22nd October at the usual venue - Church Cottage.

More details will follow nearer the time but you might like to reserve the date in your diary for this very popular event now!

We have also set the date for our CHRISTMAS BAZAAR - Saturday 19th November.

TRAVEL TOKENS

Will you still have some of your TRAVEL TOKENS left at the end of March?

Age Concern can make use of any unused tokens. Please take them to our Café (Church Cottage, Wednesdays 10.30-1) or The Orchard, White Hart Lane (labelled Age Concern).



Your support is very much appreciated.



We would like to invite you to a
SUMMER TEA DANCE

on Thursday 28th July

Aldworth Science College, South Ham

Tickets are once again only £4 and include afternoon tea and all refreshments.

Even if you don't dance, come along and enjoy a traditional gentle afternoon with us and a lovely tea as well!

Contact Bev on 01256 423874 for more information and to reserve a ticket.

Our FOOT CLINICS are once again full in most areas but a couple of spaces are available in Oakley and Winklebury.

If you live in one of these areas and would like to see a professional chiropodist for toe nail cutting and foot health check then please ring Bev on 01256 423874. The cost is £13.50.

Thank you to everyone who came along to our Volunteer Recruitment Event in January.

We had an excellent response and have been able to take on several new volunteers for different services. In fact we had more offers than we could accommodate.

As always we would like to thank our existing team of volunteers (over 100 of them!) who are a fantastic support week in week out.

We couldn't run our services without them!

We would also like to thank all FRIENDS OF AGE CONCERN Hampshire in Basingstoke for their support during 2010-11.....

Mrs S Bashford, Mr D & Mrs M Bell, Mrs H Belsham, Mrs Z Betty, Mr R Camfield, Mr G Church, Mr N & Mrs J Clark, Mrs B Creese, Mrs K E Denne, Mrs M D'Santos, Mrs A Dudley, Mrs E Henderson, Mrs T Herbert, Mr K Hilson, Mrs D Hines, Mr J Goodenough, Mr J & Mrs H Gray, Mr E R Jeffery, Mr R Kerridge, Mr S & Mrs P Kirrage, Mrs G Lawrence, Mr & Mrs D Lee, Mrs J Metzger, Ms E Moloney, Mrs M Morgans, Mrs S Morris, Mrs E New, Mrs R O'Reilly, Mr J & Mrs V Peacock, Mrs E Pegler, Mrs I Pledsted, Mr G & Mrs A Plummer, The Countess of Portsmouth, Mrs E Poulter, Mr & Mrs P Rowe, Mrs S Rowland, Mrs E Shears, Mrs M Spencer, Mr R Smith, Mr F & Mrs M Soden, Mrs A Stunt, Mrs D Tedder, Mrs N M Took, Mr G P Turner, Mrs L Vass, Mr P P & Mrs M E Walker, Mr A & Mrs P L White, Mrs J Woodage, Mrs P Wright, Mr P & Mrs P Watts, Mr J & Mrs C M West, Mrs M Wilson, Mr B & Mrs R Wiseman.

List as at 15th February 2011

A date for your diary!

Come to our one-stop information shop!

INFORMATION DAY

23rd March, 10.30-1, Church Cottage

At the time of printing we can confirm the following organisations will be attending:

Barchester Care Homes..... Over 55s Forum
Gas Safe Hampshire County Council
Echoes Community CarePoliceThrive
Hampshire Health Centre - BP testing
ShopmobilitySouthern Mobility Services
Everyone welcome but we can't offer parking.



CAN WE HELP?

Age Concern Hampshire in Basingstoke's **INFORMATION & ADVICE SERVICE** can help with a range of issues affecting older people and their families.

The service is available from 9 to 1 Monday to Friday on 01256 423874 and also at the Age Concern Cafe, Church Cottage, Basingstoke on alternate Wednesdays from 10.30 to 12. Please call for the next date.

The service is confidential and has the Community Legal Service Quality Mark.

We will always do our best to help and if we can't help ourselves, can usually point you in the right direction!



POLICE BEAT SURGERIES

Meet local officers informally over a cuppa to discuss any crime & safety concerns.

AGE CONCERN CAFÉ

St. Michael's Church Cottage, Basingstoke

10.30am - 1pm, Wednesdays

23rd March, 20th April & 18th May

Everyone welcome. No parking on site.

We are working on a Database which will make it much easier to keep in touch with customers and to retrieve customer details quickly when they contact us.

The database will also help us keep customers informed about Age Concern products and local services if they wish. The next time you speak to a member of staff please let them know if you would like to receive occasional mailings from Age Concern and we will amend our records accordingly. Thank you.



Fancy a cuppa?

If on a Wednesday you want a treat
A cup of tea and nice people to meet
The Age Concern Café is the place to go
For information and things to know
They're very helpful and kind
So its something to keep in mind!

If you are lonely and feeling blue
And you don't know what to do
There is a place where you can come
For a cup of tea and a bun
They tell you things you want to know
And places where to go
So pop in on a Wednesday morning
A cup of tea is very warming



Thanks to customer June Turner who wrote this at the Café.

Have you had a stroke?

Are there things you want to be able to do again? Do you want to find out how gardening might help?



Come to a taster session of our free **Life after Stroke** gardening activity programme at your local Stroke Club or Thrive's Trunkwell Garden Project near Reading.

Twelve week programmes run all year round, including seasonal activities. Sessions are run by a qualified horticultural therapist in a relaxing and friendly environment.

Thrive has helped hundreds of stroke survivors rebuild their confidence and abilities by providing a range of gardening activities tailored to their individual needs.

To find out more contact Helen Crichton at Thrive on 0118 988 4844 or speak to your local Stroke Club co-ordinator for more information.

The **Life after Stroke** programme is funded by The John Ellerman Foundation.



Would you like to contribute to the next Age Concern newsletter? We welcome letters, poems, recipes etc from readers as well as suggestions for articles. We would love to hear from you.

Call Tracey on 01256 423874 or email: tracey@ageconcernbasingstoke.org.uk

READER'S RECIPE - Coconut & Cherry Cake

- 2oz desiccated coconut
- 3 tablespoons milk
- 6 oz cherries
- 4oz SR flour, 2 oz plain flour
- 4 oz margarine
- 4 oz caster sugar
- 2 large eggs beaten



Soak coconut in milk for one hour. Sieve flours together. Grease & line a 6" cake tin. Beat the margarine & sugar together. Add eggs & flour alternately. When well mixed, add coconut & cherries. Stir well and turn into tin. Bake at gas mark 3 for 1 1/4 to 1 1/2 hours or until a knife comes out clean.

The BASINGSTOKE DISCOVERY CENTRE (the refurbished library) now has a Changing Places Toilet.

Standard accessible toilets meet the needs of some people who have a disability, and the Discovery Centre's public toilet is accessible but some people need personal assistance to use the toilet and without specially designed facilities simply cannot go out and about in the community.

Additionally the Changing Places Toilet has:

- height adjustable adult changing bench
- tracking hoist system - users need to bring their own sling to fit to the hoist
- lots of space for disabled person & carers
- space each side of the toilet
- large disposal bin
- RADAR key access

Some facts about PROSTATE CANCER

Prostate cancer is the most common cancer in men - in the UK 35,000 are diagnosed annually.

Despite improved diagnosis, the UK annual death rate is around 10,000. If caught when confined to the prostate there is a much wider choice of treatment and it is generally curable so early detection is vital. Once the cancer has spread the prognosis is often not so good.

The message is to see your doctor if you have any symptoms such as pain urinating, frequent night-time visits to the toilet or a delay when you go.

For further information and support contact The Prostate Cancer Charity on 0800 074 8383 See their website www.prostate-cancer.org.uk or email helpline@prostate-cancer.org.uk

CRIME PREVENTION ADVICE - GARAGES & SHEDS

The Police have made us aware of a number of break-ins into sheds and garages in the area recently. To reduce the risk to your property, follow these simple precautions:

- Consider fitting an alarm - most DIY stores have suitable battery operated versions.
- Mark property kept in a garage or shed to aid identification if it is stolen and subsequently recovered. Keep a list of property with photos if possible.
- Fit a strong lock, padlock, door hinges and/or security device such as a Garage Defender.
- Make sure items kept in the garage or shed are secure – large items can be padlocked together or sink a post into the floor and padlock any items to it.
- Always remember to lock your garage or shed after use.
- Consider other forms of storage rather than storing valuable items in a garage or shed.
- If your garage or shed is not in regular use, visit regularly to check for signs of damage or ask someone to keep an eye on it.
- Keep property & fencing in good repair and ensure foliage is trimmed.
- Check with your insurers that you have cover for items stored in the garage or shed.

**To report suspicious activity to the Police call 101
or Crimestoppers on 0800 555 111. In an emergency dial 999.**

For further advice please contact your local Safer Neighbourhoods Team or visit www.hampshire.police.uk and type in your postcode to find the local policing pages.



CENSUS DAY - Sunday 27th March

Census questionnaires will start arriving by post in early March. The aim is to count the entire population, asking everyone the same questions on the same day and to thereby map the characteristics of the population.

The Office of National Statistics recognises some people will require assistance and has worked with many national organisations to develop accessibility tools such as Braille guidance, large print questionnaires, British Sign Language DVDs and audio CDs and tapes. Guidance is also available in more than 50 languages.

These tools are available on request from the

helpline - 300 0201 101

or website www.census.gov.uk

A team of 35000 collectors will give doorstep assistance to those who do not return their questionnaire promptly. It is also possible to pre-book an appointment for help. If you know someone who needs help, please let them know.

Personal information is kept confidential; it is not shared with the local council or other government departments. With your help we can help tomorrow take shape.



NEXT STEP.....

is a social support group for bereaved people who feel they are ready to start moving on, by meeting others in a similar situation, sharing their experiences and regaining their confidence in a friendly environment.

We meet on the first three Wednesdays of the month, chat over tea and participate in games, quizzes and raffles. We are looking forward to visiting speakers and the occasional outing in the coming year. If you feel this might be for you, to help you make that first step back into the outside world, ring 01256 780095 for more information - and a warm welcome!



Do you enjoy knitting? Then you might like to **KNIT & KNATTER**

The group meets on alternate Mondays 10am-12 & Wednesdays 4– 6pm at **BASINGSTOKE DISCOVERY CENTRE.**

Everyone is welcome - just go along with your current knitting project. Join other enthusiastic knitters - exchange tips, learn new techniques & make new friends. Please bring your own needles & wool.

March - 9th, 14th, 23rd, 28th

April - 6th, 11th, 20th

May - 4th, 9th, 18th, 23rd



**Gardening
for the
over 50s Club**

Mondays 1:30-3:30 pm
Four Lanes Room
Viabes Craft Centre

**Grant aided with
small membership fee
to cover refreshments.**

**phone the Office
473634
if interested**

USEFUL 'PHONE NUMBERS

Adult Services 0845 603 5630
Basingstoke & Deane Borough
Council 01256 844844
Carers Together 01256 353290
Community Furniture Project
01256 320700
Consumer Direct 0845 404 0506
Dial a Ride 01256 462101
NHS Direct 0845 4647
Pension Credit Application Line
0800 99 1234
Police 0845 045 4545
Shopmobility 01256 476066
Winter Fuel Payments Helpline
08459 151515

AGE Hampshire in
Concern Basingstoke
The Orchard,
White Hart Lane,
Basingstoke
RG21 4AF
Tel: 01256 423874
Open: 9am to 1pm
(or by appointment)
Please call for
information about
our local services:

- Activity Centres
- Annual Holiday
- Café at Church Cottage
(Wednesdays 10.30-1)
- Computer Learning Centres
- Exercise & Yoga
- Foot Clinics
- Funeral Plans
- Home, Motor & Travel Insurance*
- Information & Advice
- Motor Breakdown*
- Pendant Alarms (Aidcall)
- Tea & Company at the Cafe
- Volunteering opportunities


**Home, Car & Travel Insurance provided by Fortis Insurance Ltd (soon to be known as Ageas Insurance). Motor Breakdown provided by Europ Assistance Holdings Limited*

See front page for website & email.

DIARY DATES

Sat 26th March	Quiz evening, Church Cottage
Wed 25th May	Plant Sale, Church Cottage, 10 - 2
Sat 30th July	Summertime Special, The Haymarket
Mon 29th Aug	Holiday to Weymouth
Tues 11th October	Age Concern Hampshire AGM
Sat 22nd October	Quiz evening, Church Cottage
Sat 19th Nov	Christmas Bazaar, Church Cottage

For further information on events please call 01256 423874.



LET'S TALK GAS SAFETY

Gas Safe register would like to thank Age Concern Hampshire in Basingstoke for their support and advice when putting together leaflets and posters for our latest campaign 'Lets talk gas safety'. It is really important all our material is suitable for the target audience and, as the aim of the campaign is to take the gas safety message to the over 65's, who better to ask than our local and very helpful Age Concern!


Gas Safe Register runs the official list of qualified gas engineers who can legally and safely work on gas appliances.

Call free on 0800 408 5500 or visit www.GasSafeRegister.co.uk

Wednesday 23rd March – we are attending the Age Concern Information Day at Church Cottage to offer advice on gas safety.

Wednesday 18th May - we will return to the Café at Church Cottage for more gas safety information plus a raffle & word search. Don't miss the opportunity to win a Carbon Monoxide Detector.

Wanted for the Cafe - Do you have any CDs you no longer use that would be suitable for background music? Please call Tracey on 01256 423874 or pop into the Cafe.



Our publication dates are changing! The next issue will be early May then August, November & February. The newsletter will be available as usual from the Cafe and Age Concern office.

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