September is ...
OLDER PERSONS’ MONTH!

Opportunities
Achievements
Active Lifestyles

What’s going on in Leicester, Leicestershire and Rutland in September 2010
Welcome to Older Persons’ month

The first Older Persons’ Month was in September 2002 and proved to be such a popular and productive initiative that it was agreed to establish this as an annual event.

The theme this year is ‘Opportunities, Achievements, Active Lifestyles’. All of the activities listed in this booklet aim to promote positive messages about later life, to encourage everyone approaching and past retirement age to keep active and healthy, and to give information about services and activities which are available.

Activities and events include the involvement of a wide range of local organisations working together – including the local NHS Primary Care Trusts, Adult Social Care Departments, Local and District Authorities, Voluntary Sector Organisations, Adult Education, Library Services, Emergency Services, Community Groups, local commercial interests and local older people. All are welcome to any of the events listed.

Events are listed in order of occurrence, followed by a listing of regular events and some city events. There is information on the services provided by Age Concern Leicester Shire and Rutland in the centre, and on benefits and concessionary travel. There is also useful additional information about activities such as the Age Concern Big Knit, the MacMillan World’s Biggest Coffee morning, Sport and Leisure, libraries, museums and other services. Much of the information and contacts throughout the book are likely to be of help all year – so do keep it! Any questions – get in touch.

Look through the booklet, think about what interests you, and contact the person listed where needed. Some events require advance booking, but this is stated where it applies. The same people should be able to tell you about other things taking place in your area. Don’t be afraid to call and ask!

To give feedback on what you think about the events and activities you attend, and give any ideas for next year please contact: Liz McGregor 0116 2334243 liz@ccp.org.uk Beaumont Enterprise Centre, Boston Road, Leicester LE4 1HB

THERE IS A WIDE RANGE OF EVENTS AND ACTIVITIES TAKING PLACE IN LEICESTER CITY IN ADDITION TO THOSE LISTED IN THIS BOOK – FOR MORE INFORMATION ON THESE EVENTS PLEASE CONTACT JASMINE MATHARU AT LEICESTER CITY COUNCIL 0116 2526959
### August/September Events

**Thursday 26th August**  
**Older Persons’ Month launch event** - The event will consist of a number of stalls giving information about health issues, and activities  
Organised by: Partnership between NHS, Councils and Voluntary Sector  
At: Age Concern Great Hall at Clarence House on Humberstone Gate.  
Time: 10.30am – 3pm  
Contact: Pam Taylor /Liz McGregor  
Telephone: 0116 2220573/0116 2334243  
Email: liz@ccp.org.uk

**Tuesday 31 August**  
**NHS Leicestershire County and Rutland & University Hospitals of Leicester NHS Trust** - Joint Annual General Meeting and Health Fair  
Organised by: NHS Leicestershire County and Rutland & University Hospitals of Leicester NHS Trust  
At: Loughborough Town Hall  
Time: 3.00pm – 5.00pm AGM 6.00pm – 9.00pm  
Contact: Sabina Esat  
Telephone: 0116 2955866  
Email: Sabina.esat@lcr.nhs.uk

**Wednesday 1st September**  
**Melton Seniors Day including activities, talks & information**  
Organised by: Melton Seniors Forum  
At: Age Concern Melton, Gloucester House  
Time: 10am-2pm  
Contact: Lucie Keeley  
Telephone: 01664 502347  
Email: lkeeley@melton.gov.uk

**Thursday 2nd September**  
**Melton Carers Forum** Presentation from Leicestershire CareOnLine  
Organised by: Carer Development Worker at Voluntary Action Melton  
At: Melton Mowbray Baptist Church Leicester Road Melton Mowbray  
Time: 10.30am– 12.30pm  
Contact: Helen Brocklehurst  
Telephone: 01664 485304  
Email: helenb@voluntaryactionmelton.org.uk

**Saturday and Sunday September 4th and 5th**  
**Mini Art Exhibition**  
Organised by: Active Arts  
At: Glebe Garden Centre Countesthorpe  
Time: 10am to 4pm  
Contact: Patsy Paterson  
Telephone: 0116 2776259  
Email: pat.count@virgin.net

**Saturday and Sunday September 4th and 5th**  
**Skeffington local artists exhibition**  
Organised by: St Thomas’s Church Skeffington  
At: St Thomas’s Church Skeffington  
Time: 10.30am to 4.30pm  
Contact: David Holland  
Telephone: 0116 2596550  
Email: lkeeley@melton.gov.uk

### September Events

**Thursday 2nd September**  
**Leicestershire Local Involvement Network (LINk) “Neurological Services now... and in the future”** - Booking required. No cost  
Organised by: Leicestershire LINk  
At: Parklands Oadby  
Time: 12pm-4.30pm  
Contact: Christine Middleton  
Telephone: 0116 2293048  
Email: christine@ccp.org.uk

**Thursday 2nd September**  
**“At the dogs”** - Join us for an afternoon of dog racing  
Organised by: Age Concern Leicester Shire & Rutland  
At: Clarence House, Humberstone Gate  
Time: 1.30pm – 3.00pm  
Contact: Antony Foster  
Telephone: 0116 2220561  
Email: Antony.foster@ageconcernleics.com

**Saturday and Sunday September 4th and 5th**  
**Skeffington local artists exhibition**  
Organised by: St Thomas’s Church Skeffington  
At: St Thomas’s Church Skeffington  
Time: 10.30am to 4.30pm  
Contact: David Holland  
Telephone: 0116 2596550  
Email: lkeeley@melton.gov.uk

**Monday 6th September**  
**Melton Seniors Forum**  
Organised by: Melton Seniors Forum  
At: Melton Borough Council  
Time: 10am-12pm  
Contact: Lucie Keeley  
Telephone: 01664 502347  
Email: lkeeley@melton.gov.uk
September Events

Monday 6th September

**Leicester Dual Sensory Loss Group.** - The meeting aims to bring older deafblind people together for friendship and support, to share information and to make sure they receive the help they are entitled to.

Organised by: Sense
At: The Salvation Army Centre, South Wigston Leicester
Time: 10am-4pm
Contact: Burt McNeill
Telephone: 07739084111
Email: Burt.mcneill@sense.org.uk

Monday 6th September

**Games Day – Whist, scrabble, dominoes etc**

Organised by: Age Concern Leicester Shire & Rutland
At: Clarence House, Humberstone Gate
Time: 10.00am-3pm
Contact: Antony Foster
Telephone: 0116 2220561
Email: antony.foster@ageconcernleics.com

Monday 6th September

**A talk from the Parkinson's society.** Places are limited please book in advance.

Organised by: South Lodge Care Home and Parkinson's Society
At: South Lodge Care Home, 307 London Road, Stoneygate, Leicester
Time: 10.30am - 11.30am
Contact: Paul Tyler
Telephone: 0116 2748107
Email: sales2.southlodge@signaturesl.co.uk

Monday 6th September

**Dementia Information Event** – your chance to ask service providers and commissioners about dementia.

Organised by: Leicestershire Local Involvement Network
At: Market Harborough Methodist Church
Time: 2pm-4pm
Contact: Kamini Patel
Telephone: 0116 2293029
Email: kamini@ccp.org.uk

Monday 6th September

**Open evening “Chummies night”** - Free coaching and instruction in the game of lawn bowls. All equipment provided & use of facilities available FREE Monday 6.00pm Sept 6th

Organised by: Leicester Bowling Club
At: Leicester Bowling Club Kenwood Rd, off Carisbrooke Rd, Leicester
Time: 6.00pm – 8.00pm
Contact: John Winslow
Telephone: 0116 2403670
Email: john.winslow@live.co.uk

**Tuesday 7th September**

**Art Exhibition**

Organised by: Age Concern Leicester Shire and Rutland
At: Clarence House, Humberstone Gate
Time: 10am – 1pm
Contact: Antony Foster
Telephone: 0116 2220561
Email: antony.foster@ageconcernleics.com

**Wednesday 8th September**

**Older Person's Fun Day** Includes various dance activities from all backgrounds.

Organised by: NHS Leicester City
At: The Emerald Centre, 450 Gipsy Lane, Leicester
Time: 11am-4pm
Contact: Teresa Spilsbury
Telephone: 0116 2769186
Email: getinvolved@leicestercity.nhs.uk

**Wednesday 8th September**

**Indoor Bowling Event**

Organised by: North West Leicestershire Carers Project
At: Barwell Bowling Club
Time: 11.30am – 2pm
Contact: Sarah Hoult-Ellingworth or Bev Cowley
Telephone: 01530 510515
Email: bcowley@mrc.uk.net
Wednesday 8th September
Let’s Talk about health: 60+ and still going strong. A talk on Alzheimer’s and Dementia
Organised by: NHS Leicester City and Leicestershire Partnership NHS Trust
At: St Peters Church, Woodshawe Rise, Braunstone
Time: 6pm – 8pm
Contact: Emma Nichols
Telephone: 0116 2954183
Email: getinvolved@leicestercity.nhs.uk

Thursday 9th September
Caribbean Culture Celebration day. The day is open to all to come along and experience the vibrant and exciting cultures and traditions of the Caribbean.
Organised by: NHS Leicester City and Caribbean Court
At: Caribbean Court, Lincoln Street, Highfields, Leicester
Time: 11.30am – 3.30pm
Contact: Caribbean Court
Telephone: 0116 2512224
Email: getinvolved@leicestercity.nhs.uk

Thursday 9th September
Older Persons’ Information & Safety Event. A free event featuring companies including the Police, Care & Repair, Leicestershire CareOnline, etc. Also featuring a free ‘seated’ exercise session.
Organised by: Community Action Blaby District
At: Blaby Social Centre
Time: 10am – 12pm
Contact: Daniel Essex
Telephone: 0116 2727669 ext. 2253
Email: info@vabd.org.uk

Thursday 9th September
Harborough District Older Persons’ Forum
Organised by: Voluntary Action South Leics
At: Settling Rooms Market Harborough
Time: 11am-1pm
Contact: Maureen O’Malley
Telephone: 01858 439266
Email: momalley@vasl.org.uk

Thursday 9th September
Age Concern Leicester Shire and Rutland Annual General Meeting
Registration essential
Organised by: Age Concern Leicester Shire and Rutland
At: Highpoint Conference Centre, Glenfield Road, Leicester
Time: 2pm – 4pm
Contact: Liza Kozlowski
Telephone: 0116 2992237
Email: liza.kozlowski@ageconcernleics.com

Friday 10th September
Midlands Co-op Event Talks, demonstrations, stalls and free lunch. Opened by Cllr Rory Palmer, Cabinet Lead for Older People
Organised by: Midlands Co-operative
At: Members Relations Centre, Knighton Fields Road, Leicester
Time: 10am till 3pm
Contact: Karen Ball
Telephone: 0116 274 5183

Friday 10th September
Over 50’s Day – Happier, Healthier Living and Learning. A day of activities, therapies and information to stimulate the body and mind. Admission is £1 and lunch can be booked also.
Organised by: Hinckley & Bosworth Older Voices Partnership
At: Hinckley Leisure Centre & The Meeting Centre, Hinckley.
Time: 9.30am – 4.00pm
Contact: Older Voices Partnership
Telephone: 01455 250462 or 01455 633002

Friday 10th September
“Meet a Bobby” Day Community Police Information day
Organised by: Age Concern Leicester Shire & Rutland
At: Clarence House, Humberstone Gate
Time: 11.00am – 3pm
Contact: Antony Foster
Telephone: 0116 2220563
Email: antony.foster@ageconcernleics.com
**September Events**

**Sunday 12th September**
**Rutland Water Bike Ride** – Get in touch to register. Complete 17 or 23 miles at your own pace – bike hire available
Organised by: Age Concern Leicester Shire and Rutland
At: Meet at Whitwell Centre Car Park
Time: 10.30am for 11am start
Contact: John Adcock/ Peter Ralphs
Telephone: 0116 2237343
Email: john.adcock@ageconcernleics.com

**Monday 13th September**
**Wii fitness taster day**
Organised by: Age Concern Leicester Shire & Rutland
At: Clarence House, Humberstone Gate
Time: 10am – 3pm
Contact: Antony Foster
Telephone: 0116 2220561
Email: antony.foster@ageconcernleics.com

**Monday 13th September**
**A Mental Health and Wellbeing activity session for all.** (Light snacks available). Please book in advance.
Organised by: NHS Leicester City and South Lodge Care home
At: South Lodge Care Home, 307 London Road, Stoneygate, Leicester
Time: 11am – 12.30pm
Contact: Emma Nichols
Telephone: 0116 2954183
Email: getinvolved@leicester.nhs.uk

**Monday 13th September**
**Melton Carers Support Group**
Organised by: Carer Development Worker at Voluntary Action Melton
At: Melton Country Park Cafe Wymondham Way, Melton Mowbray LE13 1HP
Time: 2pm – 3.30pm
Contact: Helen Brocklehurst
Telephone: 01664 485304
Email: helenb@voluntaryactionmelton.org.uk

**Tuesday 14th September**
**Deaf Awareness Event**
Organised by: Age Concern Leicester Shire & Rutland
At: Clarence House, Humberstone Gate
Time: 10.30am – 12.30pm
Contact: Antony Foster
Telephone: 0116 2220561
Email: antony.foster@ageconcernleics.com

**Tuesday 14th September**
**Talk by Carmel O'Regan – Leicester City of Sanctuary**
Visitors welcome up to twice, entry £2
Organised: Leicester U3A
At: Christchurch, Clarendon Park Road, Leicester
Time: 2.30pm
Contact: Margaret Potter – Secretary
Telephone: 0116 2911814
Email: U3a.leicester@ntlworld.com

**Wednesday 15th September**
**“Sing a Longa- Live a Longer”**
This is an Older Persons’ information event, with lunch provided and an opportunity to join in with a good old fashioned sing-song
Organised by: MRC Community Action: Carers Project, The Stronger Communities Team, & Leicestershire LiNK
At: Moira Miners Welfare, Bath Lane, Moira.
Time: 10am to 2pm
Contact: Chantal or Charlotte
Telephone: 01530 512452
Email: ccorden@mrc.uk.net

**Wednesday 15th September**
**Tea Dance**
Organised by: Age Concern Leicester Shire & Rutland
At: Clarence House, Humberstone Gate
Time: 1.45pm – 3.45 pm
Contact: Antony Foster
Telephone: 0116 2220561
Email: antony.foster@ageconcernleics.com
Thursday 16th September
**Coffee Morning, Cake stall & Raffle** - Raising funds for local charities; The Ibstock Stroke Group & The Community Bus Entrance Charge; £2.00
Organised by: PPP Club ‘Pensioners Get Physical In Pubs’
At: The Crown Public House, Ibstock
Time: 10.00am till 12 noon
Contact: Michelle
Telephone: 01530 273366
Email: rscott-worthington@talk21.com

Thursday 16th September
**Rutland Over Sixties Engagement activities and tea party.** See what is available in Rutland – take part and watch demonstrations. Tea and cakes provided
Organised by: ROSE
At: Rutland Council Chambers, Catmose, Oakham
Time: 2pm-4pm
Contact: Sue Renton
Telephone: 01572 720282
Email: srenton@ruralcc.org.uk

Saturday 18th September
**New Parks Young at Heart event with activity sessions for people over 50.**
Organised by: NHS Leicester City
At: New Parks Leisure Centre, St Oswald’s Road, Leicester
Time: Ring for details
Contact: Michelle Welland
Telephone: 0116 2221071
Email: getinvolved@leicestercity.nhs.uk

Monday 20th September
**Games day – cards, dominoes, scrabble etc.**
Organised by: Age Concern Leicester Shire & Rutland
At: Clarence House, Humberstone Gate
Time: 10am-3pm
Contact: Antony Foster
Telephone: 0116 2220561
Email: antony.foster@ageconcernleics.com

Monday 20th September
**Carers Forum**
Organised by: North West Leicestershire Carers Project
At: The Marlene Reid Centre, Coalville
Time: 10.30am – 12.30pm
Contact: Sarah Hoult-Ellingworth or Bev Cowley
Telephone: 01530 510515
Email: bcowley@mrc.uk.net

Monday 20th September
**A talk from the Alzheimer’s society.** Places are limited please book in advance.
Organised by: South Lodge Care Home and Alzheimer’s society
At: South Lodge Care Home, 307 London Road, Stoneygate, Leicester
Time: 10.30am to 11.30am
Contact: Paul Tyler
Telephone: 0116 2748107
Email: sales2.southlodge@signaturesl.co.uk

Monday 20th September
**“Family Carers in Later Life – issues in health and social care”**
Speakers on health and social care issues that affect carers and their family members. Information stalls, and lunch provided
Organised by: Leicester City Council
At: Age Concern, Clarence House, Humberstone Gate, Leicester
Time: 10.30am-2pm
Contact: Paul Mansfield
Telephone: 0116 2526941

Monday 20th September
**Dementia Information Event** Your chance to ask commissioners (those who purchase services on our behalf) and service providers about dementia
Organised by: Leicestershire LINk
At: John Storer House, Wards End, Loughborough, LE11 3HA
Time: 10am-12pm
Contact: Kamini Patel
Telephone: 0116 229 3029
Email: Kamini@ccp.org.uk

Tuesday 21st September
**Bottesford Carers Support Group**
Organised by: Carer Development Worker at Voluntary Action Melton
At: Bottesford Village Hall, Belvoir Road, Bottesford, NG13 0BG
Time: 10.30am – 12noon
Contact: Helen Brocklehurst
Telephone: 01664 485304
Email: helenb@voluntaryactionmelton.org.uk
Tuesday 21st September
Information on services, advice, and projects for older people, including older patients.
Organised by: Age Concern Leicester Shire and Rutland & Department of Services for Older People, University Hospitals of Leicester
At: Leicester General Hospital – restaurant
Time: 12 noon – 1.30pm
Contact: Emma Spencer
Telephone: 0116 2585384
Email: emma.spencer@uhl-tr.nhs.uk

'Tea at the Ritz' with Craig Radford singing songs from 'The Rat Pack'. Charity event in aid of 'Help for Heroes'. Tickets: £3.00
Organised by: St. Laurence Church Actv-Age Group, Measham
At: St Laurence Church Hall, Measham
Time: 3.00pm till 5.00pm
Contact: Joan Ensor
Telephone: 01530 274660
Email: rscott-worthington@talk21.com

Wednesday 22nd September
Information on services, advice, and projects for older people, including older patients.
Organised by: Age Concern Leicester Shire and Rutland & Department of Services for Older People, University Hospitals of Leicester
At: Leicester Royal Infirmary
Time: 12 noon – 1.30pm
Contact: Emma Spencer
Telephone: 0116 2585384
Email: emma.spencer@uhl-tr.nhs.uk

Older People's Engagement Network Workshop – Lasting Power of Attorney
Organised by: Older People’s Engagement Network (OPEN)
At: Glenfield Parish Council, Stamford Road, Glenfield
Time: 2pm-4pm
Contact: Liz McGregor
Telephone: 0116 2334243
Email: liz@ccp.org.uk

Wednesday 22nd September
Leicester City Council Consultative Forum for Older People
Organised by: Leicester City Council
At: Council Chamber, Town Hall, Town Hall Square, Leicester
Time: 2pm-4pm
Contact: Jasmine Matharu
Telephone: 0116 252 6903
Email: www.leicester.gov.uk/olderpeople

Thursday 23rd September
Senior Citizens Health awareness event. Light refreshments included.
Organised by: NHS Leicester City
At: Belgrave Neighbourhood Centre, Rothley Street, Leicester
Time: 10am – 1pm
Contact: Jit Joshi
Telephone: 0116 2616097
Email: getinvolved@leicestercity.nhs.uk

Thursday 23rd September
“Meet a Bobby” Day Community Police Information day
Organised by: Age Concern Leicester Shire & Rutland
At: Clarence House, Humberstone Gate
Time: 11am – 3pm
Contact: Antony Foster
Telephone: 0116 2220561
Email: antony.foster@ageconcernleics.com

Thursday 23rd September
Information on services, advice, and projects for older people, including older patients.
Organised by: Age Concern Leicester Shire and Rutland & Department of Services for Older People, University Hospitals of Leicester
At: Glenfield Hospital – reception
Time: 12 noon – 1.30pm
Contact: Emma Spencer
Telephone: 0116 2585384
Email: emma.spencer@uhl-tr.nhs.uk
September Events

Thursday 23rd September
Health event for older people and carers. Specialist talks including mental health, exercise sessions, pampering, information on diabetes and arthritis, goody bags
Organised by: NHS Leicestershire County and Rutland
At: Parklands Leisure Centre Oadby
Time: 1.30pm – 4.30pm
Contact: Sabina Esat
Telephone: 0116 2955866
Email: behealthybeheardmembership@leics.nhs.uk

Thursday 23rd September
Information Event and Tea dance to Celebrate Older Persons Month. Come and get information advice.
Organised by: Voluntary Action Charnwood and Age Matters
At: John Storer House, Loughborough
Time: 2pm - 4pm
Contact: Karen Chaimberlain
Telephone: 01509 631750
Email: karen.chaimberlain@voluntaryactioncharnwood.org.uk

Thursday 23rd September
Let’s Talk about health: 60+ and still going strong. A talk on Alzheimer’s and Dementia
Organised by: NHS Leicester City and Leicestershire Partnership NHS Trust
At: The Peepul Centre, Orchardson Avenue, Leicester
Time: 6pm – 8pm
Contact: Emma Nichols
Telephone: 0116 2954183
Email: getinvolved@leicestercity.nhs.uk

Friday 24th September
Saffron Health and Safety event There will be free freebies including easy to use can and bottle openers. Also promotions such as the ‘no cold call zone’ for Saffron and the risks associated with illegal tobacco
Organised by: NHS Leicester City
At: Linwood Centre, Linwood Lane Leicester
Time: 10am – 2pm
Contact: Karen Pickering
Telephone: 0116 2453025
Email: getinvolved@leicestercity.nhs.uk

September Events

Monday 27th September
Wii Fitness taster day
Organised by: Age Concern Leicester Shire & Rutland
At: Clarence House, Humberstone Gate
Time: 10am – 3pm
Contact: Antony Foster
Telephone: 0116 2220561
Email: antony.foster@ageconcernleics.com

Monday 27th September
A Mental Health and Wellbeing activity session for all (Light snacks available). Please book in advance.
Organised by: NHS Leicester City and South Lodge Care Home
At: South Lodge Care Home,307 London Road, Stoneygate, Leicester
Time: 11am – 12.30pm
Contact: Emma Nichols
Telephone: 0116 2954183
Email: getinvolved@leicestercity.nhs.uk

Monday 27th September
Leicester City 50+ Open Network Meeting. Theme: Where were you in the 1940’s? Reminiscing and Listening Event
Organised by: Leicester City Council
At: Ante Room to Council Chamber, Town Hall, Town Hall Square, Leicester
Time: 2pm-4pm
Contact: Jasmine Matharu/Eileen Collier
Telephone: 0116 252 6903

Monday 27th September
Tea Dance
Organised by: Age Concern Leicester Shire & Rutland
At: Uppingham Town Hall
Contact: Wendy Bye
Telephone: 01572 822171

Tuesday 28th September
Line Dancing
Organised by: Age Concern Leicester Shire & Rutland
At: Victoria Hall, Oakham
Time: 10am – 11:30am
Contact: Sue Bamby
Telephone: 01572 770324
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Details</th>
</tr>
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<tbody>
<tr>
<td>Tuesday 28th September</td>
<td>Tai chi</td>
<td>Organised by: Age Concern Leicester Shire &amp; Rutland</td>
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<tr>
<td></td>
<td>At: All Saints Church Hall, Oakham</td>
<td>Time: 1:30pm – 2:30pm</td>
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<td></td>
<td>Contact: Sue Bamber</td>
<td>Telephone: 01572 770324</td>
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<tr>
<td>Tuesday 28th September</td>
<td>Croquet</td>
<td>Organised by: Oakham Cricket Club</td>
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<td></td>
<td>At: Oakham Cricket Club</td>
<td>Time: 2pm - 4pm</td>
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<td></td>
<td>Contact: Peter</td>
<td>Telephone: 01572 723786</td>
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<tr>
<td>Tuesday 28th September</td>
<td>Talk on Long Term Care planning</td>
<td>Refreshments will be provided</td>
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<td></td>
<td>Organised by: Whetstone Baptist Church</td>
<td>At: Whetstone Baptist Church Hall</td>
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<td></td>
<td>Time: 2pm-4pm</td>
<td>Contact: Liz McGregor</td>
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<td></td>
<td>Telephone: 0116 2334243</td>
<td>Email: <a href="mailto:liz@ccp.org.uk">liz@ccp.org.uk</a></td>
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<tr>
<td>Wednesday 29th September</td>
<td>Senior Citizens' Day</td>
<td>this year’s theme is intergenerational and is entitled ‘Young at Heart Meet Young in Years’</td>
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<td></td>
<td>Organised by: Oadby &amp; Wigston Senior Citizens Action Group</td>
<td>At: Parklands Leisure Centre, Oadby</td>
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<td></td>
<td>Time: 10am – 4pm</td>
<td>Contact: Kate Faulkner</td>
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<td></td>
<td>Telephone: 0116 2572674</td>
<td>Email: <a href="mailto:kate.faulkner@oadby-wigston.gov.uk">kate.faulkner@oadby-wigston.gov.uk</a></td>
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<tr>
<td>Thursday 30th September</td>
<td>Happy Hearts Day</td>
<td>Organised by: NWL Council</td>
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<td></td>
<td>At: Hermitage Leisure Centre</td>
<td>Time: 10am-4pm</td>
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<td></td>
<td>Contact: Andrew Harris</td>
<td>Telephone: 01530 454606</td>
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<td></td>
<td>Email: <a href="mailto:andy.harris@nwleicestershire.gov.uk">andy.harris@nwleicestershire.gov.uk</a></td>
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<tr>
<td>Thursday 30th September</td>
<td>Keep Fit</td>
<td>Organised by: Age Concern Leicester Shire &amp; Rutland</td>
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<td></td>
<td>At: Catmose Club, South St, Oakham</td>
<td>Time: 10am – 11am</td>
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<td>Contact: Age Concern Oakham</td>
<td>Telephone: 01572 770324</td>
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<tr>
<td>Thursday 30th September</td>
<td>Chair based exercise</td>
<td>Organised by: Rutland County Council</td>
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<td>At: St Ann &amp; St Johns, South St, Oakham</td>
<td>Time: 10.45am – 11.45am</td>
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<td>Contact: Physical Activity Officer</td>
<td>Telephone: 01572 720936</td>
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<tr>
<td>Thursday 30th September</td>
<td>Health Promotion Day</td>
<td>Cost FREE</td>
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<td>Organised by: Active Together, Charnwood</td>
<td>At: Birstall Village Hall</td>
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<td></td>
<td>Time: 1pm – 4pm</td>
<td>Contact: Jo Grant</td>
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<td></td>
<td>Telephone: 01509 632534</td>
<td>Email: <a href="mailto:Jo.grant@charnwood.gov.uk">Jo.grant@charnwood.gov.uk</a></td>
</tr>
<tr>
<td>Thursday 30th September</td>
<td>Indoor Bowls</td>
<td>Organised by: Age Concern Leicester Shire &amp; Rutland</td>
</tr>
<tr>
<td></td>
<td>At: Uppingham Town Hall</td>
<td>Time: 1.30pm – 3.30pm</td>
</tr>
<tr>
<td></td>
<td>Contact: Wendy Bye</td>
<td>Telephone: 01572 822171</td>
</tr>
<tr>
<td>Thursday 30th September</td>
<td>UHL and NHS Leicester City AGM</td>
<td>Organised by: University Hospitals of Leicester and NHS Leicester City</td>
</tr>
<tr>
<td></td>
<td>At: Tigers Ground, Aylestone Road, Leicester</td>
<td>Time: Ring for details</td>
</tr>
<tr>
<td></td>
<td>Contact: Melanie Shilton</td>
<td>Telephone: 0116 2954180</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:getinvolved@leicestercity.nhs.uk">getinvolved@leicestercity.nhs.uk</a></td>
<td></td>
</tr>
</tbody>
</table>
September Events

Thursday 30th September
UHL and NHS Leicester City AGM
Organised by: University Hospitals of Leicester and NHS Leicester City
At: Tigers Ground, Aylestone Road, Leicester
Time: Ring for details
Contact: Melanie Shilton
Telephone: 0116 2954180
Email: getinvolved@leicestercity.nhs.uk

Friday 1st October
50+ New Age Kurling Tournament – paired teams or individual entry. £1 per entry all proceeds to Age Concern
Organised by: Blaby District Council
At: Sports Hall, Enderby Leisure Centre
Time: 10.00am – 12noon
Contact: Claire Dexter / Darren Farish
Telephone: 0116 2727703
Email: cld@blaby.gov.uk

Tuesday 5th October
Ibstock Carers Group
Organised by: North West Leicestershire Carers Project
At: Wesleyan Reform Church, Ibstock
Time: 12.30pm – 1.30pm
Contact: Sarah Hoult-Ellingworth or Bev Cowley
Telephone: 01530 510515
Email: bcowley@mrc.uk.net

Saturday 9th October 2010
Vista’s Don’t turn a blind eye to sight loss.
Focus on health and wellbeing including stands and Vista’s Aids to Daily Living shop and Assistive technology
Organised by: Vista
At: The All Nations Centre, Frog Island, Leicester,
Time: 10:30am - 2:45pm
Contact: Karen Eyres
Telephone: 0116 2498816
Email: karen.eyres@vistablind.org.uk

Regular Events - Items taking place throughout the month

Various
‘Wii-tirement’ sessions, yoga and other activities
Organised by: Active Together – Harborough
At: Harborough District venues
Time: Various
Contact: Zoe Calder
Telephone: 01858 828282
Email: activetogether@harborough.gov.uk

Throughout the month
Will writing promotion
Organised by: Age Concern Leicester Shire & Rutland
At: Contact for more information
Time: Ongoing
Contact: Reception
Telephone: 0116 2992233
Email: enquiries@ageconcernleics.com

Throughout the month
‘Sloppy Slippers’ Slipper exchange Help prevent falls and get a free pair of slippers over a coffee! Ring to find out more!!
Organised by: NHS, Age Concern, CCP and Leicestershire LINk
At: Venues around Leicestershire and Rutland
Time: Various
Contact: Liz McGregor
Telephone: 0116 2334243
Email: liz@ccp.org.uk

All through September
A month long programme of taster activities and events for you to enjoy during September and beyond
Organised by: Voluntary Action Charnwood
At: John Storer House, Loughborough
Time: Various
Contact: Karen Chamberlain or Wendy Smith
Telephone: 01509 631750
Email: karen.chamberlain@voluntaryactioncharnwood.org.uk

2nd Monday every month
Indoor Bowls
Organised by: Age Concern Lutterworth & District
At: Town Hall Lutterworth
Time: 10.30am – 11.30am
Contact: Alison / Martin
Telephone: 01455 557116
Email: aclutterworth@tiscali.co.uk
Regular Events - Items taking place throughout the month

**Regular Events - Items taking place throughout the month**

**Mondays, Tuesdays Throughout September**
**Tea Dances. Come along for a relaxed couple of hours of dancing - enjoy dancing to the classics!**
Organised by: Age Concern Leicester Shire and Rutland
At: Wood Street, Earl Shilton
Time: 1:45-3:45pm
Contact: Carole Woodward, Centre Manager
Telephone: 01455 847666

**Tuesday 7, 14, 21 & 28 September**
**Age Concern Leicester Shire & Rutland Drop-in Coffee Morning**
Organised: Age Concern Leicester Shire and Rutland
At: Coalville Library
Time: 10am – 12 noon
Contact: Anne Davis
Telephone: 01530 833000
Email: anne.davis@ageconcernleics.com

**Tuesday 7, 14, 21 & 28 September**
**Age Concern Leicester Shire & Rutland Drop-in Coffee Morning**
Organised: Age Concern Leicester Shire and Rutland
At: Wood Street, Earl Shilton
Time: 1:45-3:45pm
Contact: Carole Woodward, Centre Manager
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Telephone: 01530 833000
Email: anne.davis@ageconcernleics.com

**Tuesdays Other activities on other days.**

**Knit and Natter**
Organised by: Age Concern Leicester Shire and Rutland
At: Age Concern Senior Citizens Centre, Kings Walk, Earl Shilton
Time: 13.30pm – 4pm Tuesdays Various
Contact: Carole Woodward, Centre Manager
Telephone: 01455 847666
Email: earlshilton@ageconcernleics.com

**Various**

**1st Tuesday every Month**
**Bingo**
Organised by: Age Concern Lutterworth & District
At: Cricket Pavilion, Coventry Rd, Lutterworth
Time: 2pm – 4pm
Contact: Alison / Martin
Telephone: 01455 557116
Email: aclutterworth@tiscali.co.uk

**Various**

**1st Tuesday every Month**
**Bingo**
Organised by: Age Concern Lutterworth & District
At: Cricket Pavilion, Coventry Rd, Lutterworth
Time: 2pm – 4pm
Contact: Alison / Martin
Telephone: 01455 557116
Email: aclutterworth@tiscali.co.uk

**Other activities on other days**

**Pub and club activities - Pool, darts, dominoes, cards. To include tea and coffee**
Organised by: Age Concern Leicester Shire and Rutland
At: Age Concern Senior Citizens Centre, Kings Walk, Earl Shilton
Time: 2pm – 4.30pm Tuesdays Various
Contact: Carole Woodward Centre Manager
Telephone: 01455 847666
Email: earlshilton@ageconcernleics.com

**Every Wednesday throughout September**
**60+ Keep fit** A gentle exercise class with a chance to try both seated and gentle standing exercises
Organised by: Julia Pittatham
At: The ‘Stute’, Station Road, Earl Shilton
Time: 10:30am – 11:15am
Contact: Julia Pittatham
Telephone: 01455 457696

**Every Wednesday in September: 1st, 8th, 15th, 22nd, 29th**
**Coffee Morning, everyone welcome for a coffee and a natter, complimentary refreshments are served**
Organised by: South Lodge Care Home
At: South Lodge Care Home, 307 London Road, Stoneygate, Leicester
Time: 11am – 12pm
Contact: Paul Tyler
Telephone: 0116 2748107
Email: sales2.southlodge@signaturesl.co.uk

**Every Thursday**
**Let’s Walk Groby - Walking in a group is a great way to start walking and to stay motivated. You’ll make new friends and discover new places to walk in your neighbourhood**
Organised by: Leicestershire County & Rutland Community Health Services
At: Groby Village Hall, Groby, Leics
Time: 9.45am
Contact: Hazel Hickson
Telephone: 0116 2312205
Email: Hazel.hickson@lcrchs.nhs.uk
Regular Events - Items taking place throughout the month

Every Thursday
Thursday Club – Line dancing upstairs and board games (Scrabble) downstairs
Organised by: Age Concern Lutterworth & District
At: Town Hall, Lutterworth
Time: 2pm
Contact: Alison / Martin
Telephone: 01455 557116
Email: aclutterworth@tiscali.co.uk

Thursdays throughout September
Fitness fun for the 50+
A fun exercise session aimed at the 50+
Organised by: KT Fitness
At: Hinckley Methodist Church
Time: 10am-11am
Contact: Katie King
Telephone: 01455 619166
07950 479 707
Email: Kt_fitness@yahoo.co.uk

Fridays throughout September
Chair Based Exercise - A gentle exercise class based around seated exercise
Organised by: Sport in Desford
At: Sport in Desford
Time: 10.30am - 11.30am
Contact: Alison / Martin
Telephone: 01455 557116

Every Friday
Exercise Class – SEATED Gentle exercise to music to help improve mobility and improve quality of life.
Organised by: Age Concern Lutterworth & District
At: Town Hall, Lutterworth
Time: 2.00pm – 2.45pm
Contact: Claire Dexter / Darren Farish
Telephone: 0116 2727703
Email: cld@blaby.gov.uk

Every Friday
Seated Exercise – Gentle Exercise Class (£1.50)
Organised by: Blaby District Council
At: Blaby & District Social Centre, Hospital Lane, Blaby
Time: 2.00pm – 2.45pm
Contact: Claire Dexter / Darren Farish
Telephone: 0116 2727703
Email: cld@blaby.gov.uk

Additional Information

U3A
U3A is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment. It consists of local U3As all over the UK which are run entirely by volunteers. Local U3As draw upon the knowledge, experience and skills of their own members to organise and provide activities and interest groups on a myriad of subjects from Art to Zen and everything imaginable in between. There are about 20 U3As in Leicestershire and Rutland alone. There you will find a friendly welcome, good company, and interesting people. You can find your nearest one at www.u3a.org.uk, or phone the coordinator on 0116 2911814

Activities organised by the Midlands Co-operative Society
The Midlands Co-operative Society runs a membership scheme, and members can enjoy lots of benefits including meeting other members through their varied programme of activities and having a say in the running of the Society. The programme has a wide range of educational, social, cultural and leisure activities and new ideas are always welcome. Find out what’s on near you!

The new term starts on 13th September. The following activities will be available around the county:

Watercolour painting (different levels), lace making, soft furnishings, calligraphy, creative sugarcraft, Spanish, decoupage, French, yoga, tea dances, art groups, ladies social groups, camera clubs, choirs, a band, bowls, a drama group and a wine circle.

Activities take place in one or more of the following areas: Lutterworth, Leicester, Market Harborough, Melton Mowbray, Coalville, Evington, Glenfield, Groby, Ibstock, Birstall, Newbold Verdon, Oakham, Ratby, Thurcaston and Braunstone

To find out more about the activities which take place throughout the week mornings, afternoons and evenings, contact the Membership office (membership costs a minimum of only £1), at the Member Relations Centre, Knighton Field Road East, Leicester, LE2 6DZ Tel: 0116 2745183 e-mail: leicester.members@midlandsco-op.co.uk
World’s Biggest Coffee Morning is one of the biggest fundraising events in the UK, with an estimated 2 million people raising their mugs for Macmillan last year.

This year’s event takes place on Friday 24th September (or choose a date that suits you) and with your help we aim to raise over £8 million for people affected by cancer.

It’s not all about coffee...if you’re not a coffee drinker, or you’d prefer a healthier tipple then why not substitute coffee for herbal tea, fruit juice or water, or if you’re feeling adventurous, impress your guests with delicious smoothies!

To register for your World’s Biggest Coffee Morning pack, or to find out about events in your area, call us now on 0845 602 1246 or register online at www.macmillan.org.uk/coffee.

18th September to 3rd October
Leicester and Leicestershire Food Fortnight - Taste LeicesterSHIRE will be celebrating British Food Fortnight, from 18th September – 3rd October.

A feast of food and drink events will take place across Leicester and Leicestershire to celebrate the unique heritage of the region’s food and drink and whet your appetite for local produce.

Events including farmers markets, tastings, food fairs, beer festivals, baking demonstrations, tea dances etc will be running. Culminating with the annual East Midlands Food and Drink Festival at Brooksby Hall on 2nd – 3rd October.

For more information on individual events see the website www.goleicestershire.com/foodfestival or contact Matthew Kempson (Rural Partnerships Manager, LCC) 0116 305 6179
Information and advice

Out of Hours

Contact your usual GP practice if you need to be seen out of hours, and you will hear a recorded message with what to do. Otherwise contact NHS Direct on 0845 4567

NHS Health Trust websites:

www.lcr.nhs.uk  NHS Leicestershire County and Rutland
www.leicestercity.nhs.uk  NHS Leicester City
www.leicspt.nhs.uk  Leicestershire Partnership Trust (Mental Health)
www.uhl-tr.nhs.uk  University Hospitals of Leicester

County Council Service Shops and Help Points provide local information on Council services and can provide advice where appropriate. Members of the public who wish to help themselves can obtain information from the County Council Website. There are currently 6 Connect Service Shops in Leicestershire. Each has trained knowledgeable staff to help you. Service Shops are run jointly with the local Borough or District Service and aim to provide “one-stop” access to any Council Service. There are 61 Connect Help Points based around Leicestershire. These are intended as a self-help service for members of the public, although staff are available for assistance if needed.

Leicestershire County Council website:  www.leics.gov.uk
Leicester City Council website:  www.leicester.gov.uk
Rutland County Council website:  www.rutland.gov.uk

Citizens Advice Bureaux – see Telephone Directory for your local office or look on www.citizensadvice.org.uk. The Citizens Advice service helps people resolve their legal, money and other problems by providing free, independent and confidential advice.

Voluntary Action Offices (see overleaf for contact details) If you are interested in volunteering, or need support in setting up a local group or advice in getting funding for an existing group, get in touch. You can also visit your local office for information.

Libraries hold a vast amount of information – also free internet access for those who do not have a computer at home – you don’t always have to book, but it is advisable. The library staff are very helpful. Do use your local library – it’s free.

Age Concern Insurance Services

The Age UK Group offer a range of products and services for the over 50s including:

Home Insurance
Car Insurance
Personal Alarms
Funeral Plans
Motor Breakdown Services

For more information call us on the number below or pop in to have a face to face chat:

Age Concern Insurance Services Ltd
49 Market Street
Leicester, LE1 6DN  0116 251 1474
Home Help Service

Providing help and support to people in their own homes. Whether you need help at home for an hour a day or several hours a day, our team is available to ensure that the support you need is provided and at a time when you need it.

Support we can offer includes:

- Cleaning
- Food Preparation
- Laundry
- Shopping
- Escorting to appointments
- Respite Care
- Social Outings

☎ 0116 299 2266

Advocacy Service for Care Home Residents

Helps older people and their carer's when they are considering long term care.

We all face problems and difficult choices in our lives and sometimes need the support of others to help us deal with them. We might call on friends to give us much support or to help us find it elsewhere.

Residents of Residential and Nursing Homes are often cut off from the wider community. They may know what they want but have difficulty making others understand and sometimes are unable to express their views or make their wishes known. They feel that no-one listens. It could be they might need and want the support of an advocate.

The service is free, confidential and for older people living in care homes.

A trained and independent person could help support you to express your views.

They could help you obtain information to make choices or decisions and secure your rights.

Residential and Nursing Care Services

- Helping older people and their carers when they are considering long term care
- Support for residents in care homes to secure their rights to services and benefits and obtain information to make choices or decisions
- We can offer free confidential advice with such issues as:
  - Choosing a home
  - Alternatives to a care home
  - Social Service Assessments
  - Who will pay for care.
  - The rules affecting property and savings
  - State Benefits

This independent and impartial advice can be accessed by telephone or an appointment at Lansdowne House or a visit in your own home could be arranged.

Handyman Service

- House Maintenance
- Basic Decorating
- Home Security and Safety
- Basic Gardening Work
- Speedy Response
- Quality Service
- Competitive Rates

From people who care and whom you can trust

☎ 0116 299 2254
Other services Age Concern run in Leicestershire and Rutland

Age Concern Leicester Shire and Rutland provides a wide variety of services for people aged over 50 plus.

Such as:

* Neighbourhood Care Schemes
* Home Help / Respite Service
* Lunch Clubs and other social activities
* Day Care Services
* Carer Support
* Care Plans
* Residential and Nursing Homes Advisory Service
* Advocacy
* Mental Health Service
* Information and Advice Service
* Asian/Minority Ethnic Services
* Lifelong Learning
* Insurance Services
* GoodLife / Healthy Living Project

Please call for more information

📞 0116 299 2233

Age Concern Leicester Shire & Rutland
Lansdowne House
113 Princess Road East
Leicester LE1 7LA
Tel: 0116 2992233 - Main Switchboard
enquiries@ageconcernleics.com
www.ageconcernleics.com
Charity No 250837

Voluntary Actions (formerly Councils for Voluntary Service) in Leicester, Leicestershire and Rutland

COMMUNITY ACTION BLABY DISTRICT
The Pavilion
Sportsfield Lane
Huncote
Leicester
LE9 3BN
Tel: 0116 2727669
Fax: 0116 2727628
e-mail: info@cabd.org.uk
Chief Executive: Andrew Ingles

VOLUNTARY ACTION CHARNWOD
John Storer House
Ward's End
Loughborough
Leics, LE11 3HA
Tel: 01509 631750
Fax: 01509 631751
e-mail: enquiries@voluntaryactioncharnwood.org.uk
Chief Executive: Neil Lambert

MARLENE REID CENTRE COMMUNITY ACTION (MRCCA)
Marlene Reid Centre
85 Belvoir Road
Coalville
Leics, LE67 3PH
Tel: 01530 510515
Fax: 01530 814832
e-mail: mail@mrc.uk.net
Director: Dave Ahlquist

VOLUNTARY ACTION SOUTH LEICS
The Settling Rooms
St Marys Place
Springfield
Market Harborough
Leics, LE16 7DR
Tel: 01858 433232
Fax: 01858 461617
e-mail: admin@vasl.org.uk
Chief Executive: Joanna Hamilton
Direct Line: 01858 439268

VOLUNTARY ACTION HINCKLEY & BOSWORTH
12 Waterloo Road
Hinckley
Leics, LE10 0QJ
Tel/Fax: 01455 633002
e-mail: enquiries@vahb.org.uk
Chief Officer: Howard Crane

VOLUNTARY ACTION LEICESTERSHIRE
Leicester Active Community Centre
9 Newarke Street
Leicester
LE1 6SN
Tel: 0116 2580666
Fax: 0116 2575059
e-mail: info@valonline.org.uk
Director: Kevan Liles

VOLUNTARY ACTION MELTON
34 Asfordby Road
Melton Mowbray
Leics, LE13 0HR
Tel: 01664 483043
Fax: 01664 482678
e-mail: admin@voluntaryactionmelton.org.uk
Chief Officer: Kathy McKinley (d/l 01664 485305)

OADBY & WIGSTON COMMUNITY ACTION
132a Station Road
Wigston
Leics, LE18 2DR
Tel: 0116 2810026
Fax: 0116 2880508
e-mail: admin@owcommunityaction.org.uk
Director: Alyson Oliver

VOLUNTARY ACTION RUTLAND
The Rutland Centre
Rear of Rutland College
Barleythorpe Road
Oakham
Rutland, LE15 6AH
Tel/Fax: 01572 722622
e-mail: enquiries@varutland.org.uk
Chief Officer: Lindsay Henshaw-Dann
ATTENDANCE ALLOWANCE IF YOU ARE OVER 65

- Do you struggle to get about either inside or outside your home?
- Do you need help to carry out daily tasks?

Then you could be entitled to extra money called Attendance Allowance

This is not means tested and will not affect any other benefit your receive.

For free advice or contact the Benefit Enquiry Line on 0800 88 22 00

OR Complete the attached form and send it free post and someone from The Pension Service Team will contact you shortly.

COUNCIL TAX - 50% OF THE OVER 60'S PAY TOO MUCH

If you have less than £16,000 in savings and are on a relatively low income ask to have yours checked. If you already receive a 25% discount for living on your own, you could still qualify for more. (Those of guaranteed pension credit the £16,000 limit does not apply)

Have details of your household’s income and savings handy and contact your Local District Council or check it yourself on any of the district councils’ website – benefits calculator.

Blaby District 0116 2750555
Charnwood Borough 01509 634567
Hinckley & Bosworth 01455 238141
Melton Borough 01664 502502
North West Leicester 01530 454545
Oadby & Wigston 0116 2888961
Harborough & District 01858 828828
Leicestershire’s Must See Museums

Leicestershire is steeped in history and has an abundance of excellent museums that showcase the county’s rich heritage, including Bosworth Battlefield Heritage Centre and County Park and Snibston Discovery Museum - both offer visitors of all ages an interesting and engaging experience. Donington le Heath Manor House, Charnwood museum, Melton Carnegie museum and Harborough museum are unique community museums and have free entry. Whatever your interest, there’s something for everyone including local history, transport, family history, science and industry to windmills and fashion.

The museums have a changing program of events, activities and exhibitions – September highlights include The Battle of Naseby and Paper Memories exhibitions, guided walks, talks, living history events and Snibston’s annual FREE Miner’s Gala on Saturday 11th September.

For more information about the County’s museums and any events, visit www.leics.gov.uk/museums, call 0116 305 6988 or see the Museum’s Guide for Leicester, Leicestershire and Rutland for details of over 50 local museums to explore. Copies available from local libraries, museums and local T ourist Information Centres, by calling the number above, emailing eventsguide@leics.gov.uk or viewing/requesting online at www.leics.gov.uk/museumsguide

For a full list of events and activities in county museums and libraries see the Leicestershire Events Guide available as above or online at www.leics.gov.uk/eventsguide

The FREE Leicestershire Countryside Guide details lots of great outdoor places to walk, relax and enjoy nature. Copies available as above or online at www.leics.gov.uk/countrysideguide

Additional Information

Leicestershire’s Must See Museums

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ATTENDANCE ALLOWANCE

If you are over 65 and can answer YES to ANY of these questions you may be entitled to claim Attendance Allowance worth £47.80* (lower rate) or £71.40* (higher rate) per week. Qualifying for this benefit is solely down to need, your savings or income does not affect payments.

- Do you need help to get out of bed or out of a chair? YES NO
- Do you need help with dressing (e.g. buttons, zips, and socks)? YES NO
- Do you need help to have a bath or shower? YES NO
- Do you need to have your food cut up for you? YES NO
- Do you use a wheelchair? YES NO
- Are you forgetful and need to be reminded of things? YES NO
- Do you need help to take your medication? YES NO
- Are you at risks of falls? YES NO
- Do you have blackouts or fits? YES NO
- Are you severely visually impaired? YES NO
- Do you need help with communicating (e.g. due to deafness/speech/confusion)? YES NO

If you are 60-65 and you can answer YES to any of these questions you may be entitled to claim Disability Living Allowance. Please complete the form and return to us.

Name: ____________________________
Address: ____________________________ Tel No: ____________________________
Date of Birth: ____________________________ National Insurance No: ____________________________
Best time to ring: ____________________________ Best time to visit: ____________________________
Relative/Friends Name: ____________________________ Tel No: ____________________________

Someone from the Pension Service team will contact you shortly

Please send your completed form in an envelope to:
FREEPOST PLUS - RRJR-CRTT-UHKY-JOBCENTRE PLUS, LEICESTER BDC, ST STEPHENS STREET, BIRMINGHAM B99 1AA

*2010/11 rates apply
Over 50 and having problems using your mobile phone? Then ask a member of the library staff to book you on a one-to-one session. It’s informal and offers you basic knowledge of your phone.

- The library is FREE and easy to join, offers FREE book loans, including latest bestsellers, FREE Internet access, large print books, talking books, films and music to hire and has special equipment e.g. magnifiers, induction loops in many libraries. Some have specially adapted computers for disabled use.
- Concessions for paid-for services are available for people with arthritis, visual impairment or physical disability. Many libraries hold regular coffee mornings, run reading groups and other special events, for example, FREE health checks in September.
- All libraries stock a wide range of books and information on general and specific health issues; more extensive health and wellbeing services are available at Oadby, Coalville, Melton Mowbray, Loughborough and Hinckley libraries.

For more information about library services call into your local library, call 0116 305 6988, e-mail libraries@leics.gov.uk or see online at www.leics.gov.uk/libraries

### Activities taking place in libraries across the County in September......

<table>
<thead>
<tr>
<th>Event</th>
<th>Organised by</th>
<th>At</th>
<th>Date</th>
<th>Time</th>
<th>Contact</th>
<th>Tel</th>
<th>Email</th>
</tr>
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<td>Over 50 and having problems using your mobile phone? Then ask a member of the library staff to book you on a one-to-one session. It’s informal and offers you basic knowledge of your phone.</td>
<td>Leicestershire Library Services</td>
<td>Brite Centre Library, Braunstone Avenue, Leicester</td>
<td>Every day in September</td>
<td>By appointment</td>
<td>Library, Brite Centre</td>
<td>0116 2292591</td>
<td></td>
</tr>
<tr>
<td>Health Checks- part of a week long ‘Know your numbers’ campaign. Health checks will be taking place every day in the library.</td>
<td>Leicestershire Library Services</td>
<td>Melton Library</td>
<td>Mon 13th to Fri 17th September</td>
<td>TBC</td>
<td>Liz Ashbridge</td>
<td>01664 502389</td>
<td></td>
</tr>
<tr>
<td>FREE Health Checks Get a FREE MOT for your body by Health Professionals.</td>
<td>Leicestershire Library Services</td>
<td>Birstall Library</td>
<td>Thur 2nd September</td>
<td>10am-1pm</td>
<td>Birstall Library</td>
<td>0116 3058756</td>
<td><a href="mailto:Birstalllibrary@leics.gov.uk">Birstalllibrary@leics.gov.uk</a></td>
</tr>
<tr>
<td>FREE Health Checks Get a FREE MOT for your body by Health Professionals.</td>
<td>Leicestershire Library Services</td>
<td>Loughborough Library</td>
<td>Thu 2nd September</td>
<td>10am-1pm</td>
<td>The library</td>
<td>0116 3052420</td>
<td><a href="mailto:loughboroughlibrary@leics.gov.uk">loughboroughlibrary@leics.gov.uk</a></td>
</tr>
</tbody>
</table>

Leicestershire County Council Library Service

- There are 54 libraries located across the county plus six mobile libraries that make fortnightly visits to villages and communities without a local static library. A home library service is also available for residents who aren’t able to get to their local library.
- The library is FREE and easy to join, offers FREE book loans, including latest bestsellers, FREE Internet access, large print books, talking books, films and music to hire and has special equipment e.g. magnifiers, induction loops in many libraries. Some have specially adapted computers for disabled use.
- Concessions for paid-for services are available for people with arthritis, visual impairment or physical disability. Many libraries hold regular coffee mornings, run reading groups and other special events, for example, FREE health checks in September.
- All libraries stock a wide range of books and information on general and specific health issues; more extensive health and wellbeing services are available at Oadby, Coalville, Melton Mowbray, Loughborough and Hinckley libraries.

For more information about library services call into your local library, call 0116 305 6988, e-mail libraries@leics.gov.uk or see online at www.leics.gov.uk/libraries

### Additional Information

- There are 54 libraries located across the county plus six mobile libraries that make fortnightly visits to villages and communities without a local static library. A home library service is also available for residents who aren’t able to get to their local library.
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### Activities taking place in libraries across the County in September......

<table>
<thead>
<tr>
<th>Event</th>
<th>Organised by</th>
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<th>Date</th>
<th>Time</th>
<th>Contact</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Over 50 and having problems using your mobile phone? Then ask a member of the library staff to book you on a one-to-one session. It’s informal and offers you basic knowledge of your phone.</td>
<td>Leicestershire Library Services</td>
<td>Brite Centre Library, Braunstone Avenue, Leicester</td>
<td>Every day in September</td>
<td>By appointment</td>
<td>Library, Brite Centre</td>
<td>0116 2292591</td>
<td></td>
</tr>
<tr>
<td>Health Checks- part of a week long ‘Know your numbers’ campaign. Health checks will be taking place every day in the library.</td>
<td>Leicestershire Library Services</td>
<td>Melton Library</td>
<td>Mon 13th to Fri 17th September</td>
<td>TBC</td>
<td>Liz Ashbridge</td>
<td>01664 502389</td>
<td></td>
</tr>
<tr>
<td>FREE Health Checks Get a FREE MOT for your body by Health Professionals.</td>
<td>Leicestershire Library Services</td>
<td>Birstall Library</td>
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<td>10am-1pm</td>
<td>Birstall Library</td>
<td>0116 3058756</td>
<td><a href="mailto:Birstalllibrary@leics.gov.uk">Birstalllibrary@leics.gov.uk</a></td>
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<td>Leicestershire Library Services</td>
<td>Loughborough Library</td>
<td>Thu 2nd September</td>
<td>10am-1pm</td>
<td>The library</td>
<td>0116 3052420</td>
<td><a href="mailto:loughboroughlibrary@leics.gov.uk">loughboroughlibrary@leics.gov.uk</a></td>
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### Activities taking place in libraries across the County in September......

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</thead>
<tbody>
<tr>
<td>Healthy Living at your library – free health checks, advice and activities</td>
<td>Leicestershire Library Services</td>
<td>Coalville Library</td>
<td>Tuesday 7th September</td>
<td>10am – 1pm</td>
<td>Coalville Library</td>
<td>0116 3053565</td>
<td><a href="mailto:coalvillelibrary@leics.gov.uk">coalvillelibrary@leics.gov.uk</a></td>
</tr>
<tr>
<td>Advice and Information Morning</td>
<td>Leicestershire Library Services</td>
<td>Great Glen Library</td>
<td>Tuesday 7th September</td>
<td>10am -11.30am</td>
<td>Sally White</td>
<td>0116 3058763</td>
<td><a href="mailto:sally.white@leics.gov.uk">sally.white@leics.gov.uk</a></td>
</tr>
<tr>
<td>FREE Health Checks Get a FREE MOT for your body by Health Professionals.</td>
<td>Leicestershire Library Services</td>
<td>Syston Library</td>
<td>Thursday 9th September</td>
<td>10am-1pm</td>
<td>Syston Library</td>
<td>0116 3053500</td>
<td><a href="mailto:systonlibrary@leics.gov.uk">systonlibrary@leics.gov.uk</a></td>
</tr>
<tr>
<td>FREE Health Checks Get a MOT for your body FREE by Health Professionals.</td>
<td>Leicestershire Library Services</td>
<td>Mountsorrel Library</td>
<td>Monday 13th September</td>
<td>2pm-5pm</td>
<td>The Library</td>
<td>0116 3055892</td>
<td><a href="mailto:mountsorrellibrary@leics.gov.uk">mountsorrellibrary@leics.gov.uk</a></td>
</tr>
<tr>
<td>Active Ageing Day. Light or seated exercise, Health check and information</td>
<td>Leicestershire Library Services</td>
<td>Wigston Library</td>
<td>Tuesday 14th September</td>
<td>10am -2pm</td>
<td>Vinod Ghadiai</td>
<td>0116 3053689</td>
<td><a href="mailto:vinod.k.ghadiali@leics.gov.uk">vinod.k.ghadiali@leics.gov.uk</a></td>
</tr>
<tr>
<td>Healthy Living at your library – free health checks, advice and activities</td>
<td>Leicestershire Library Services</td>
<td>Melton Library</td>
<td>Tuesday 14th September</td>
<td>10am-2pm</td>
<td>Melton Library</td>
<td>0116 3053646</td>
<td><a href="mailto:meltonmowbraylibrary@leics.gov.uk">meltonmowbraylibrary@leics.gov.uk</a></td>
</tr>
<tr>
<td>Healthy Living at your library – free health checks, advice and activities</td>
<td>Leicestershire Library Services</td>
<td>Loughborough Library</td>
<td>Friday 24th September</td>
<td>10am-1pm</td>
<td>The Library</td>
<td>0116 3052420</td>
<td><a href="mailto:loughboroughlibrary@leics.gov.uk">loughboroughlibrary@leics.gov.uk</a></td>
</tr>
<tr>
<td>Healthy Living at your library – free health checks, advice and activities</td>
<td>Leicestershire Library Services</td>
<td>Oadby Library</td>
<td>Monday 27th September</td>
<td>10am - 2pm</td>
<td>Oadby Library</td>
<td>0116 3058763</td>
<td><a href="mailto:Kim.wallis@leics.gov.uk">Kim.wallis@leics.gov.uk</a></td>
</tr>
<tr>
<td>Healthy Living at your library – free health checks, advice and activities</td>
<td>Leicestershire Library Services</td>
<td>Hinckley Library</td>
<td>Thursday 30th September</td>
<td>10.30am - 4.30pm</td>
<td>Hinckley Library</td>
<td>0116 3052500</td>
<td><a href="mailto:hinckleylibrary@leics.gov.uk">hinckleylibrary@leics.gov.uk</a></td>
</tr>
<tr>
<td>Age Concern Leicester Shire &amp; Rutland Drop-in Coffee Morning</td>
<td>Age Concern Leicester Shire and Rutland</td>
<td>Coalville Library</td>
<td>Tuesday 7,14,21 &amp; 28 September</td>
<td>10am -12 noon</td>
<td>Anne Davis</td>
<td>01530 833000</td>
<td><a href="mailto:anne.davis@ageconcernleics.com">anne.davis@ageconcernleics.com</a></td>
</tr>
</tbody>
</table>
Leicestershire Community Forums

There are 27 Community Forums, covering the whole of Leicestershire. These forums will play an important role in ensuring that services provided in your area match the needs of your local community.

Leicestershire Community Forums

<table>
<thead>
<tr>
<th>Event</th>
<th>Venue</th>
<th>Date</th>
<th>Time</th>
<th>Contact</th>
<th>Tel</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blaby South Community Forum</td>
<td>Sharnford Evergreen Village Hall</td>
<td>Wed 8th Sept</td>
<td>7pm</td>
<td>Victoria Bowers</td>
<td>0116 3058169</td>
<td><a href="mailto:victoria.bowers@leics.gov.uk">victoria.bowers@leics.gov.uk</a></td>
</tr>
<tr>
<td>Broughton Astley Community Forum</td>
<td>Venue tbc</td>
<td>Wed 8th Sept</td>
<td>7-9pm</td>
<td>Rachael Abbott</td>
<td>01858 821228</td>
<td><a href="mailto:r.abbott@harborough.gov.uk">r.abbott@harborough.gov.uk</a></td>
</tr>
<tr>
<td>Markfield, Ratby &amp; Groby Community Forum</td>
<td>Ratby Methodist Church tbc</td>
<td>Thu 9 Sept</td>
<td>7-9pm</td>
<td>Sabrina Malik</td>
<td>0116 3055951</td>
<td><a href="mailto:sabrina.malik@leics.gov.uk">sabrina.malik@leics.gov.uk</a></td>
</tr>
<tr>
<td>Rural West Community Forum</td>
<td>Venue tbc</td>
<td>Tue 14th Sept</td>
<td>7-9pm</td>
<td>Rachael Abbott</td>
<td>01858 821228</td>
<td><a href="mailto:r.abbott@harborough.gov.uk">r.abbott@harborough.gov.uk</a></td>
</tr>
<tr>
<td>Quorn, Barrow, Sileby and the Wolds Area Forum</td>
<td>Redlands Community Primary School, King Street, Sileby</td>
<td>Wed 15th Sept</td>
<td>7-9pm</td>
<td>Richard Downing</td>
<td>0116 3055823</td>
<td><a href="mailto:richard.downing@leics.gov.uk">richard.downing@leics.gov.uk</a></td>
</tr>
<tr>
<td>Shepshed and Hathern Area Forum</td>
<td>Shepshed High School</td>
<td>Mon 20th Sept</td>
<td>7-9pm</td>
<td>Richard Downing</td>
<td>0116 3055823</td>
<td><a href="mailto:richard.downing@leics.gov.uk">richard.downing@leics.gov.uk</a></td>
</tr>
<tr>
<td>Rural East Community Forum</td>
<td>Venue tbc</td>
<td>Tue 21st Sept</td>
<td>7-9pm</td>
<td>Rachael Abbott</td>
<td>01858 821228</td>
<td><a href="mailto:r.abbott@harborough.gov.uk">r.abbott@harborough.gov.uk</a></td>
</tr>
<tr>
<td>Lutterworth Community Forum</td>
<td>Venue tbc</td>
<td>Wed 22nd Sept</td>
<td>7-9pm</td>
<td>Rachael Abbott</td>
<td>01858 821228</td>
<td><a href="mailto:r.abbott@harborough.gov.uk">r.abbott@harborough.gov.uk</a></td>
</tr>
<tr>
<td>Melton West Community Forum</td>
<td>Somerby Village Hall</td>
<td>Thu 23rd Sept</td>
<td>7-9pm</td>
<td>Richard Downing</td>
<td>0116 3055823</td>
<td><a href="mailto:richard.downing@leics.gov.uk">richard.downing@leics.gov.uk</a></td>
</tr>
<tr>
<td>Blaby Central Community Forum</td>
<td>Glen Parva War Memorial Hall</td>
<td>Mon 27th Sept</td>
<td>6:30pm</td>
<td>Victoria Bowers</td>
<td>0116 3058169</td>
<td><a href="mailto:victoria.bowers@leics.gov.uk">victoria.bowers@leics.gov.uk</a></td>
</tr>
<tr>
<td>Loughborough East Area Forum</td>
<td>Limehurst High School</td>
<td>Mon 27th Sept</td>
<td>6.30- 8.30pm</td>
<td>Richard Downing</td>
<td>0116 3055823</td>
<td><a href="mailto:richard.downing@leics.gov.uk">richard.downing@leics.gov.uk</a></td>
</tr>
<tr>
<td>Market Harborough Community Forum</td>
<td>Venue tbc</td>
<td>Wed 29th Sept</td>
<td>7-9pm</td>
<td>Rachael Abbott</td>
<td>01858 821228</td>
<td><a href="mailto:r.abbott@harborough.gov.uk">r.abbott@harborough.gov.uk</a></td>
</tr>
<tr>
<td>Belvoir Community Forum</td>
<td>Long Clawson Village Hall</td>
<td>Wed 29th Sept</td>
<td>7-9pm</td>
<td>Richard Downing</td>
<td>0116 3055823</td>
<td><a href="mailto:richard.downing@leics.gov.uk">richard.downing@leics.gov.uk</a></td>
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Be Nifty Over Fifty! 27th September – 3rd October 2010

In order to celebrate Active Ageing, there will be a number of activities taking place to encourage those aged 50+ to become more active! From walking and kurling to seated aerobics and Wii fun, there is an activity for all to enjoy.

For more information contact the Physical Activity Team on 01509 564870 or visit www.lrspor.org.uk

Rutland Active Ageing Activities

A number of activities will be taking place throughout September and beyond in Rutland throughout the month including health walks, chair based exercise, indoor bowls, a tea dance, ballroom dancing for beginners, line dancing, tai chi, croquet, keep fit and old time and sequence dancing. To find out more, contact your local Age Concern, or the Physical Activity and Volunteer Development Officer Rich Kerr on 01572 720396

Leicestershire

**Blaby District** – Enderby Leisure Centre 0116 2861842

**Hinckley & Bosworth** – Hinckley Leisure Centre 01455 238141

**Charnwood** – Loughborough Leisure Centre 01509 611080
South Charnwood Swimming Pool 0116 2640057

**Harborough District** – Harborough Leisure Centre 01858 410115
Lutterworth Sports Centre 01455 200800

**Melton** – Waterfield Leisure Centre, Melton Mowbray 01664 563550

**Oadby & Wigston** – Oadby Swimming Pool 0116 2710386
Wigston Swimming Pool 0116 2881758

**North West Leics** – Hood Park Leisure Centre & Hermitage Leisure Centre 01530 454545

**Leicester City** – Aylestone Leisure Centre 0116 2333040
Braunstone Leisure Centre 0116 2293229
Cossington Street Sports Centre 0116 2330360
Evington Leisure Centre 0116 2995575
Knighton Tennis Centre 0116 2708696
Leicester Leys Leisure Centre 0116 233070
New Parks Leisure Centre 0116 233080
Spence Street Sports Centre 0116 2995584

Additional Information

Swimming and Getting Active

There are a wide range of activities taking place all year round at Leisure Centres around Leicestershire and Rutland. There is always an opportunity to try something new. Just get in touch and find out what is available at your local centre. Contact details below. Ask for an activity guide to be sent, or pick one up.

**Leicestershire**

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Evington Leisure Centre 0116 2995575
Knighton Tennis Centre 0116 2708696
Leicester Leys Leisure Centre 0116 233070
New Parks Leisure Centre 0116 233080
Spence Street Sports Centre 0116 2995584
Leicester City Walks

There are many opportunities for joining organised walks in Leicester City as follows (LCC – Leicester City Council):

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</thead>
<tbody>
<tr>
<td>Braunstone Park Walking Group</td>
<td>LCC</td>
<td>Braunstone Park</td>
<td>Every Monday</td>
<td>10.30am</td>
<td>Anita Robinson</td>
<td>0116 2548467</td>
</tr>
<tr>
<td>New Parks Footsteps</td>
<td>LCC</td>
<td>Meet at New Parks Library</td>
<td>First Tuesday each month</td>
<td>10am</td>
<td>Dennis</td>
<td>0116 2321273</td>
</tr>
<tr>
<td>Weekly Local History Group</td>
<td>LCC</td>
<td>The Brite Centre Library, Braunstone Avenue, Leicester</td>
<td>Every Tuesday in September</td>
<td>10am – 12 noon</td>
<td>0116 29954</td>
<td></td>
</tr>
<tr>
<td>Spinney Hill Park Walking Group</td>
<td>LCC</td>
<td>Meet at Park Lodge entrance</td>
<td>Every Tuesday</td>
<td>10.30am</td>
<td>Penny Brown</td>
<td>0116 2739992</td>
</tr>
<tr>
<td>Belgrave Walking Group</td>
<td>LCC</td>
<td>Meet at Belgrave Library, Cossington St</td>
<td>Every Wednesday</td>
<td>10.30am</td>
<td>Philip Brown</td>
<td>0116 2293663</td>
</tr>
<tr>
<td>Highcross Upper Mall Walk</td>
<td>LCC</td>
<td>Meet at Customer Services Desk</td>
<td>4th September</td>
<td>10am</td>
<td>Sharon Mann</td>
<td>0116 2232117</td>
</tr>
<tr>
<td>“Walk and Talk” in Abbey Park. History of Abbey Park. Followed by tea at the education centre. Meet in Education Centre in the middle of the Flower Gardens</td>
<td>LCC</td>
<td>Abbey Park, Abbey Park Road, Leicester LE4 5AQ</td>
<td>6th September</td>
<td>10.45-2pm</td>
<td>Denise or Joy</td>
<td>0116 2221000</td>
</tr>
<tr>
<td>Abbey Park – “Tree Trail and Breathing Spaces”. Walk in Abbey Park followed by tea at Education Centre. Meet in the Education Centre in the middle of the Flower Gardens</td>
<td>LCC</td>
<td>Abbey Park, Abbey Park Road, Leicester LE4 5AQ</td>
<td>13th September</td>
<td>10.45am-2pm</td>
<td>Denise or Joy</td>
<td>0116 2221000</td>
</tr>
<tr>
<td>The Curve Theatre Walk and Talk with Artistic Director and Chief Executive</td>
<td>LCC</td>
<td>Curve Theatre</td>
<td>15th September</td>
<td>2pm</td>
<td>Dipak</td>
<td>0116 2423568</td>
</tr>
</tbody>
</table>
### Activities taking place in Leicester City Libraries

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</thead>
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<td>Weekly Local History Group</td>
<td>LCC</td>
<td>The Brite Centre Library, Braunstone Avenue, Leicester.</td>
<td>Every Tuesday</td>
<td>10am – 12 noon</td>
<td>0116 2995476</td>
</tr>
<tr>
<td>Weekly 55+ Library Club – Feel well and healthy session</td>
<td>LCC</td>
<td>St Barnabas Library, French Road, Leicester LE5 4AH</td>
<td>Every Wednesday</td>
<td>11am-11.40am</td>
<td>0116 2995450</td>
</tr>
<tr>
<td>Weekly 55+ Tea/Coffee morning</td>
<td>LCC</td>
<td>Aylestone Library, Richmond Road, Leicester LE2 8BB</td>
<td>Every Thursday</td>
<td>10.30am-12 noon</td>
<td>0116 2832540</td>
</tr>
<tr>
<td>Reading Group – with Author Jean “Binta” Breeze will be talking about her work and own reading.</td>
<td>LCC</td>
<td>Westcotes Library, Narborough Road, Leicester LE3 0BQ</td>
<td>Wednesday</td>
<td>1pm-3pm</td>
<td>0116 2995510</td>
</tr>
<tr>
<td>Creative Writing Session – Join the Libraries’ Book Doctor and Poet, Alison Dunne</td>
<td>LCC</td>
<td>Evington Library, 200 Evington Lane, Leicester. LE5 6DH</td>
<td>Thursday</td>
<td>2pm-4pm</td>
<td>0116 2211286</td>
</tr>
<tr>
<td>Coffee morning and discussion group</td>
<td>LCC</td>
<td>Fosse Centre Library, Mantle Road, Leicester. LE3 5HG</td>
<td>Friday</td>
<td>11am – 12 noon</td>
<td>0116 2254995</td>
</tr>
<tr>
<td>Older Person's Coffee Morning – drop in for a cuppa &amp; chat</td>
<td>LCC</td>
<td>Southfields Library, Saffron Lane. LE2 6QS</td>
<td>Tuesday</td>
<td>10.30am-12 noon</td>
<td>0116 2995480</td>
</tr>
<tr>
<td>Enjoy Poems – Bring a poem you love to share and listen to other people’s choices.</td>
<td>LCC</td>
<td>Belgrave Library, Cossington Street. Leicester LE4 6JD</td>
<td>Wednesday</td>
<td>11am-1pm</td>
<td>0116 2995503</td>
</tr>
<tr>
<td>Talk from Philip French, Curator for Leicester History looking at Leicester’s industries in the 19th and 20th centuries focussing on the hosiery, boot industries.</td>
<td>LCC</td>
<td>Central Lending Library, Belvoir St, Leicester. LE1 6QL</td>
<td>Wednesday</td>
<td>2pm-3pm</td>
<td>0116 2995430</td>
</tr>
</tbody>
</table>
Activities taking place in Leicester City Libraries

<table>
<thead>
<tr>
<th>Event</th>
<th>Organised by</th>
<th>At</th>
<th>Date</th>
<th>Time</th>
<th>Tel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exhibition on Islamic Seals – Talk by an expert from the British Library</td>
<td>LCC</td>
<td>Highfields Library, 98 Melbourne Road, Leicester LE2 0DS</td>
<td>Thursday 16th September</td>
<td>5pm-6.30pm</td>
<td>0116 2995494</td>
</tr>
<tr>
<td>Remember when it used to be in Black &amp; White – join members of the New Parks Community and the Book Doctor for a fond look at the old days.</td>
<td>LCC</td>
<td>New Parks Centre Library, 321 Aikman Avenue, Leicester. LE3 9PW</td>
<td>Thursday 16th September</td>
<td>1pm-2.30-pm</td>
<td>0116 2298200</td>
</tr>
<tr>
<td>Creative Writing Session - Join the Libraries’ Bookdoctor &amp; poet Alison Dunne at the library</td>
<td>LCC</td>
<td>Knighton Library, Clarendon Park Road, Leicester LE2 3J</td>
<td>Tuesday 21st September</td>
<td>2pm – 4pm</td>
<td>0116 2995477</td>
</tr>
<tr>
<td>Senior Eye Citizen Reporter Drop in – meet the volunteers who are reporting on older people’s issues. Find out more about citizen reporting.</td>
<td>LCC</td>
<td>Central Lending Library, Belvoir Street, Leicester LE1 6QL Opposite Fenwicks</td>
<td>Wednesday 22nd September</td>
<td>2pm-4pm</td>
<td>0116 2995402</td>
</tr>
<tr>
<td>Older Persons’ Tea Party, Come along to this tea party, meet new friends, share stories and have fun!</td>
<td>LCC</td>
<td>Highfields Library, 98 Melbourne Road, Leicester LE2 0DS</td>
<td>Thursday 23rd September</td>
<td>2pm-4pm</td>
<td>0116 2535494</td>
</tr>
<tr>
<td>Coffee morning with the Book doctor – lighthearted session sharing lots of reading recommendations. Bring yours! All welcome. Please book</td>
<td>LCC</td>
<td>Westcotes Library, Narborough Road, Leicester LE3 0BQ</td>
<td>Thursday 23rd September</td>
<td>10.30am-12 noon</td>
<td>0116 2995510</td>
</tr>
<tr>
<td>Creative Writing Session – Join the libraries book doctor and poet, Alison Dunne at the library</td>
<td>LCC</td>
<td>Central Lending Library, Belvoir Street, Leicester. Opposite Fenwicks</td>
<td>Thursday 30th September</td>
<td>2pm-4pm</td>
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</tr>
</tbody>
</table>
## Events in Leicester City Museums

<table>
<thead>
<tr>
<th>Event</th>
<th>Organised by</th>
<th>At</th>
<th>Date</th>
<th>Time</th>
<th>Tel</th>
</tr>
</thead>
<tbody>
<tr>
<td>Booked Tours of New Walk Museum</td>
<td>LCC</td>
<td>New Walk Museum. 53 New Walk, Leicester LE1 7EA</td>
<td>Every Wednesday in September</td>
<td>2pm</td>
<td>0116 2254919</td>
</tr>
<tr>
<td>Jenny Grevatte “A Painter’s Progress” Exhibition of the drawings and sketchbooks of this nationally recognised artist</td>
<td>LCC</td>
<td>New Walk Museum. 53 New Walk, Leicester LE1 7EA</td>
<td>Until 26th September</td>
<td>Normal opening time</td>
<td>0116 2254919</td>
</tr>
<tr>
<td>Leicester and Leicestershire Photographic Society 125th Anniversary Exhibition</td>
<td>LCC</td>
<td>New Walk Museum. 53 New Walk, Leicester LE1 7EA</td>
<td>Until 5th September</td>
<td>Normal opening hours</td>
<td>0116 2254919</td>
</tr>
<tr>
<td>Leicester International Music Festival</td>
<td>LCC</td>
<td>New Walk Museum. 53 New Walk, Leicester LE1 7EA and Leicester Cathedral, 21 St Martin's, Leicester LE1 5DE</td>
<td>16th-19th September</td>
<td>New Walk Museum Leicester Cathedral</td>
<td>0116 2254931 0116 2487470</td>
</tr>
<tr>
<td>Water colour taster/ have a go</td>
<td>LCC</td>
<td>New Walk Museum. 53 New Walk, Leicester LE1 7EA</td>
<td>21st September</td>
<td>Throughout the day</td>
<td>0116 2254919</td>
</tr>
<tr>
<td>The Underwear Talk – Curatorial talk by Jane May. Very informative, very amusing garments to look at. Free to over 60’s in September</td>
<td>LCC</td>
<td>New Walk Museum. 53 New Walk, Leicester LE1 7EA</td>
<td>21st September</td>
<td>2.30pm-4pm</td>
<td>0116 2254919</td>
</tr>
<tr>
<td>Craft taster in art / have a go. Make something from recycled bits and pieces but beautiful. Taster session with professional tutor. Free to over 60’s in September</td>
<td>LCC</td>
<td>New Walk Museum. 53 New Walk, Leicester LE1 7EA</td>
<td>28th September</td>
<td>Throughout the day</td>
<td>0116 2254919</td>
</tr>
</tbody>
</table>
You’re encouraged to Step out, get active, and see more. Walking is fun and a good way to get around. You can do it anytime and anywhere. Experts say, it’s almost perfect exercise; and being outdoors is especially good for you. The first day of walking week offers a wide range of taster walks around the city and county. A diverse selection of further walks are available throughout the rest of the nine days. During the 2009 Walking Week some people enjoyed the challenge of going on a walk somewhere every day.

The full programmes will be available in August from libraries, main museums, and Tourist Information Centre. Full details will also included on the web. Watch for details or request a printed programme online at [www.leics.gov.uk/walkingweek](http://www.leics.gov.uk/walkingweek) or order it by phoning 0116 305 8160

Leicestershire Walking Week 4th to 12th September 2010

<table>
<thead>
<tr>
<th>Event</th>
<th>Organised by</th>
<th>At</th>
<th>Date</th>
<th>Time</th>
<th>Contact</th>
<th>Tel</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let’s Walk Groby Walking in a group is a great way to start walking and to stay motivated. You’ll make new friends and discover new places to walk in your neighbourhood</td>
<td>Leicestershire County &amp; Rutland Community Health Services</td>
<td>Groby Village Hall, Groby</td>
<td>Every Thursday</td>
<td>9.45am</td>
<td>Hazel Hickson</td>
<td>0116 2312205</td>
<td><a href="mailto:Hazel.hickson@lcrchs.nhs.uk">Hazel.hickson@lcrchs.nhs.uk</a></td>
</tr>
<tr>
<td>Walking week launch walk- a leisurely walk around the beautiful country park</td>
<td>Melton Borough Council</td>
<td>Melton Country Park</td>
<td>Saturday 4th September</td>
<td>10am</td>
<td>Liz Ashbridge</td>
<td>01664 502389</td>
<td><a href="mailto:eashbridge@melton.gov.uk">eashbridge@melton.gov.uk</a></td>
</tr>
<tr>
<td>Nordic Walking in and around Desford. Come and give this popular form of walking a try at our taster class. Led by a qualified instructor.</td>
<td>Hinckley and Bosworth Active Together team. Age Concern Leicester Shire and Rutland</td>
<td>Sport in Desford Meet at St James Centre / Meadow Lane Car Park</td>
<td>Saturday 4th September</td>
<td>10am – 11am</td>
<td>Graeme Chilvers</td>
<td>01455255678</td>
<td><a href="mailto:Graham.chilvers@hinchley-bosworth.gov.uk">Graham.chilvers@hinchley-bosworth.gov.uk</a></td>
</tr>
<tr>
<td>Walk in Birstall Watermead Country Park – see article at end</td>
<td>Leicestershire Library Services</td>
<td>Coalville Library</td>
<td>Tuesday 7th September</td>
<td>10am – 1pm</td>
<td>Coalville Library</td>
<td>0116 3053565</td>
<td><a href="mailto:coalvillelibrary@leics.gov.uk">coalvillelibrary@leics.gov.uk</a></td>
</tr>
<tr>
<td>Healthy Living at your library – free health checks, advice and activities</td>
<td>Melton Borough Council</td>
<td>Melton Country Park</td>
<td>Thursday 9th September</td>
<td>1.15pm</td>
<td>Liz Ashbridge</td>
<td>01664 502389</td>
<td><a href="mailto:eashbridge@melton.gov.uk">eashbridge@melton.gov.uk</a></td>
</tr>
<tr>
<td>Senior walk</td>
<td>Melton Borough Council</td>
<td>Melton Country Park</td>
<td>Friday 10th September</td>
<td>2pm &amp; 6pm</td>
<td>Liz Ashbridge</td>
<td>01664 502389</td>
<td><a href="mailto:eashbridge@melton.gov.uk">eashbridge@melton.gov.uk</a></td>
</tr>
<tr>
<td>Historical Walk around Melton Mowbray</td>
<td>Melton Borough Council</td>
<td>Meet at St Mary’s church</td>
<td>Sunday 12th September</td>
<td>10.30am</td>
<td>John Adcock/Peter Ralphs</td>
<td>0116 2237343</td>
<td><a href="mailto:john.adcock@ageconcernleics.com">john.adcock@ageconcernleics.com</a></td>
</tr>
<tr>
<td>Rutland Water Bike Ride – Get in touch to register. Complete 17 or 23 miles at your own pace – bike hire available</td>
<td>Leicestershire Library Services</td>
<td>Meet at Whitwell Centre Car Park LE15 8BL</td>
<td>Sunday 12th September</td>
<td>9 am</td>
<td>John Adcock/Peter Ralphs</td>
<td>0116 2237343</td>
<td><a href="mailto:peter.ralphs@ageconcernleics.com">peter.ralphs@ageconcernleics.com</a></td>
</tr>
<tr>
<td>Level 1 Walk Approx 3 Miles. Meet at the Car Park, North Street, Barrow Upon Soar Cost FREE</td>
<td>Active Together, Charnwood</td>
<td>Barrow Upon Soar</td>
<td>Monday 27th September</td>
<td>10 am</td>
<td>Helen Smith</td>
<td>01509 632534</td>
<td><a href="mailto:Helen.smith@charnwood.gov.uk">Helen.smith@charnwood.gov.uk</a></td>
</tr>
<tr>
<td>Rutland Walk</td>
<td>Age Concern Leicester Shire and Rutland</td>
<td>Meet at the Fox and Hounds Exton</td>
<td>Thursday 30th September</td>
<td>10am</td>
<td>John Adcock/Peter Ralphs</td>
<td>0116 2237343</td>
<td><a href="mailto:john.adcock@ageconcernleics.com">john.adcock@ageconcernleics.com</a></td>
</tr>
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</table>
Age Concern Walks - More Walkers (and Non-Walkers) Needed!

Last year we raised a superb £6,500, but we need to make this year even more successful for the frail and needy older local people who rely on us. The money makes a real difference to the services which Age Concern Leicester Shire & Rutland is able to provide. Three successful walks took place at different venues in June but two further opportunities arise during Older Persons’ Month. Please join us if you can at:

- Birstall Watermead Country Park - meet at St James Centre 10.30am or Meadow Lane Car Park 11am Sunday 5th September
- Rutland (4 miles) – meet at the Fox and Hounds, Exton 10am Thursday 30th September

If getting sponsors is difficult, please still come along with all the family and consider making a donation.

Any queries, please call 0116 2237344.

Bargain Wills

Around twenty five firms of local Solicitors have agreed to reduce their Will Writing charges to £35+VAT for a single uncomplicated Will – a huge reduction of around £100 with no strings attached. In earlier years, however, some people have chosen to recognise needy local older people by leaving a legacy to the charity or making a donation.

The offer is available from 1st September until 31st October. Last year, hundreds of people took advantage of this superb, low cost deal and received invaluable advice and the necessary protection afforded by properly drawn up wills.

Commenting the Executive Director of Age Concern Leicester Shire and Rutland, Mr Anthony Donovan said, “Most people appreciate that it is extremely important to make a Will, but either never get round to it or continue to put it off on the basis that they are too young and it is something that they will do when they are much older. Unfortunately 7 out of 10 people die without sorting it out, in spite of the clear benefits. By making a Will you take the pressure off those nearest and dearest to you who will receive your money and property, rather than it being left to the rules of law to decide.”

“Even if you have made a will, perhaps it was so long ago that it is time to consider whether it needs revising. Don’t miss this opportunity to put matters straight! Ring 0116 2992233.”

ARE YOU A KNITTER OR DO YOU KNOW ONE? WE NEED YOUR HELP TO RAISE MONEY FOR LOCAL OLDER PEOPLE

Age Concern Leicester Shire & Rutland, Innocent, Boots and Sainsbury’s are calling for all knitters to join in The Big Knit this year to raise much-needed funds to help keep older people warm and healthy this coming winter.

The local Age Concern has pledged to make 25,000 little hats and needs your help to achieve this challenging total which will assist its winter warmth campaign. People across the UK will be supporting the 2010 Big Knit campaign by knitting the little woollen hats to sit on Innocent Smoothie® bottles in November in Boots and Sainsbury stores nationwide.

Knitters can get a simple knitting pattern from Clarence House (Humberstone Gate) and Lansdowne House (113 Princess Road East), by post or online at www.ageconcernleics.com. If you don't fancy knitting yourself, wool and needles can be donated to Age Concern Centres. For more information on the Big Knit contact Age Concern Leicester Shire & Rutland on 0116 2237344.

Please arrange for your knitted hats to reach Age Concern Leicester Shire & Rutland (Ref: BDM), Lansdowne House, 113 Princess Road East, Leicester, LE1 7LA by the end of September. Happy knitting!

Patient Advice and Liaison Service (PALS)

The Patient Advice and Liaison Service (PALS) is a customer care service that provides support, information and advice about NHS services for people living in Leicestershire County and Rutland.

PALS can

- Provide advice and support to patients, their families and carers
- Listen and respond to your concerns, suggestions compliments or queries
- Help sort out your problems quickly on your behalf
- Provide you with information on local NHS services and support groups
- Put you in contact with the right person to help you

You can raise problems or concerns with PALS. We will act quickly and try to resolve the problem on an informal basis before it becomes more serious.

Contacting PALS:
You can contact us on either 01455 441971 or 01509 564444
You can e-mail us at pals@lcr.nhs.uk
You can text your enquiry to 07747 006 980
Leicestershire LINk (Local Involvement Network)

Ever wanted to give your views about Health or Social Care services in Leicestershire, offer an opinion on how things could be improved, or talk about an experience you might have had – good or bad? Well, now you have the opportunity. Leicestershire’s Local Involvement Network (LINk) is an independent network for local people and voluntary organisations. The role of the LINk is to find out what people in the County think about health and social care service, and to work closely with the Local Council, NHS Trusts and Hospitals to create lasting improvements.

Getting involved with the LINk, will give you an opportunity to improve health and social care provision in Leicestershire and influence how services are run. It’s easy to get involved, and anyone can. There are lots of different ways to be part of the LINk, from responding to an occasional survey, representing the LINk on an NHS Planning Group, working on a short-term project or meeting commissioners and planners of services. You can give as much or as little time as you wish. All are welcome and it’s FREE!

What does the LINk do?
The LINk has certain powers – such as being able to make visits to health and social care services to see them in action. Leicestershire LINk has the power to take matters to a higher level and get a response.

How does the Leicestershire LINk do this?
- By involving you in decision making.
- By keeping you informed by newsletter, emails and our website.
- By inviting you to workshops, conferences and training events.
- By letting you know about proposed changes to services.
- By using your skills, experience and knowledge.

LINk values members’ time and commitment. Travel and care expenses can be paid. If you would like to join the LINk, please email your contact details to info@leicestershirelink.org.uk or write to: Leicestershire LINk
CVS Community Partnership
Beaumont Enterprise Centre
Boston Road
LEICESTER
LE4 1HB
Tel: 0116 229 3103
Find out more about the LINk at: www.leicestershirelink.org.uk

KNOW YOUR NUMBERS! WEEK - 13-19 SEPTEMBER 2010

This September UK charity the Blood Pressure Association will once again be taking free and convenient blood pressure testing out onto the UK’s high streets during its flagship annual event - Know your Numbers! Week.

Know your Numbers! Week is the nation’s biggest annual blood pressure testing event, this year taking place 13-19 September. In 2009, over 100,000 people across the UK had a free blood pressure test.

Do you Know your Numbers?
- One in three adults (16 million) in the UK has high blood pressure. High blood pressure causes 60 per cent of strokes and 40 per cent of heart attacks. It is also a risk factor for heart disease, kidney disease, and vascular dementia.
- High blood pressure is a ‘silent killer’. High blood pressure is a symptomless condition so one in three people don’t even know they have it.
- Once diagnosed the condition can be very successfully managed through taking medicines or making lifestyle changes – the first step on the road to good heart health is a blood pressure test.

Get a free blood pressure check!
- Thousands of ‘pressure stations’ in supermarkets, pharmacies, health centres, workplaces and health clubs nationwide will be offering free blood pressure tests and information.
- Vital statistics - Know your Numbers! Week aims to encourage as many people as possible to get their blood pressure checked so they get to know their blood pressure numbers in the same was as they know their height and weight.

From the beginning of September, you can find out where your nearest ‘Pressure Station’ is located during Know your Numbers! Week (13-19 September) by visiting www.bpassoc.org.uk/kyn or calling 020 8772 4994.

‘During last year’s Know your Numbers! Week nearly 40 per cent of people who were tested in Leicestershire and Rutland were found to have a high blood pressure reading.’
YOUR LOCAL NHS EXPLAINED

**NHS Leicester City** is responsible for buying health services on behalf of the people of Leicester.

- The range of services includes emergency and acute care, GPs, rehabilitation and therapies, mental-health care, ophthalmic, pharmacy, and dentistry.
- More than half of our money goes on hospital services. Most of these are provided by University Hospitals of Leicester NHS Trust at Glenfield Hospital, Leicester General Hospital and Leicester Royal Infirmary.

**NHS Leicestershire County and Rutland** is responsible for buying health services on behalf of the people of Leicestershire County and Rutland. These include doctors, dentists, optometrists, community hospitals and mental health services.

**Be healthy Be heard membership**

**NHS Leicestershire County and Rutland** are aiming to make this area the healthiest place to live in the UK. With your help as a member; we can make this happen.

**Leicestershire Partnership NHS Trust** is here to provide the highest quality care possible in mental health and learning disabilities services. The Trust provides services in the Leicester, Leicestershire and Rutland area.

- They provide services in over 100 locations across the city and counties, as well as in people’s own homes and most GP surgeries.
- They also have community teams which specialise in providing services and support for older people who are experiencing mental health difficulties such as dementia type illnesses.

**East Midlands Ambulance Service (EMAS)** is committed to providing all our patients with access to high quality clinical care and services to ensure the best experience and clinical outcome.

East Midlands Ambulance Service responds to over 550,000 emergency calls every year and provides over 5,000 NHS patient transport journeys for non-emergency patients to and from routine hospital appointments.

**BECOME A MEMBER of any or all of these**

You will get offers and incentives to improve your health, information on healthy living activities and facilities in your local area, information on healthy living courses and activities, and advice and support on healthy living and it’s **FREE TO JOIN!**

- Opportunities to have your say on how NHS services are provided in your area
- Information on NHS services that you are interested in
- A chance to use your experiences of health care to give your views and opinions on services
- Information on other parts of the NHS to help you understand how we all work together

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You can join online, by phone or text: [www.nhsleicestershire.org](http://www.nhsleicestershire.org)
Tel: 0116 295 4151 or text healthy to 81025 and quote older persons month.

**NHS RETIREMENT FELLOWSHIP** – For those who have retired from the NHS

The fellowship provides continuing friendship with your retired colleagues, places to go such as days out, holidays and theatre visits. It also has a support service if you are unwell, hospitalised or housebound and a benevolent fund if the need arises.

Why not come along and join our friendly group, see some familiar faces and make some new friends. The Leicester branch meets the **first Tuesday of every month at the Sports and Social Club of the Leicester General Hospital**.

We meet from 2pm to 4pm. We begin with a short business meeting where everyone is brought up to date with coming events, news of sick members and intended outings including holidays. This is followed by visiting guest speakers with many and varied subjects. After the talk there is the opportunity to catch up with friends over a free cup of tea or coffee. Yearly subscription to the Fellowship is only £5.00.

Between the monthly meetings we have a games afternoon which is very popular, and again held in the Sports and Social Club, with Scrabble and a variety of games. There is a lot of chatter and a fair amount of cheating but the whole idea is to get together and have fun. We would love you to come and join us. Make that call and join.  **Sue Staples 07756818095**
**OPEN (Older People’s Engagement Network) for Leicestershire and Rutland**

OPEN is a network of older people from across the county who act as a ‘communications’ channel, engaging with organisations that provide services for older people throughout Leicestershire, in order to inform and improve local services.

Most members belong to other local groups and networks so they are able to take information back to their localities, and raise issues from their localities, making two way communication possible and involving the views of a much wider range of older people.

Meetings are held every three months in Glenfield, and travel costs are paid to those who attend.

**Leicestershire and Rutland Consumer Panel**

Some people want to be involved in matters that interest them, but they don’t want to go to meetings. The Consumer Panel is a postal network of older people across Leicestershire and Rutland.

Panel members receive a mailing about six times a year. There are surveys, opportunities to comment on leaflets and take part in consultations on issues concerning older people, and members are also kept informed with what is happening by receiving information which is current and relevant.

Panel members respond by using a FREEPOST reply service, and only need to take part on matters of personal interest.

If you would be interested in finding out more about either of the above opportunities, please contact Liz McGregor, Engagement Officer (Older People) at CCP, Beaumont Enterprise Centre, Boston Road, Leicester LE4 1HB, ring 0116 2334243 or e-mail Liz at liz@ccp.org.uk

You can meet new people, or hear about new developments and contribute as little or as much as you like. Do get in touch to find out more.

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**OPEN**

Care & Repair are the designated Home Improvement Agency for residents of Leicester City, Blaby, North West Leicestershire and Hinckley and Bosworth.

We are a not for profit organisation, organising essential home repairs and maintenance for homeowners and private tenants, who are aged 60 years and over.

We usually visit at home and carry out an assessment, to establish what needs to be done, whether there may be financial help to pay for the work, and advise clients if there are other services available to them, that they may not be aware of.

We can organise repairs ranging from very minor work on our Handyperson scheme, right up to major renovation projects.

For specific information on what is available for you, in your area please call;

(0116) 2541121. info@carerepairleic.org.uk For Leicester City and Blaby

(01530) 510031. info@carerepair.org.uk For North West Leicestershire and Hinckley & Bosworth

**Leicester Association for Recuperation and Care (ARC Leicester)**

Providing Convalescence, Respite, Complementary Therapies and Grants. There are traditional breaks, short and mid-week breaks, spa breaks, well-being and relaxation breaks, and retreats. ARC have a therapy centre offering a wide selection of complementary therapies, all aimed at those convalescing and to help improve both physical and well-being. There are also classes (eg yoga and pilates), and consideration is given for financial assistance for those rehabilitating from relevant medical conditions.

If you would like to find out more about the services provided by this charity, please call their office for more information on 0116 2620617. www.aricleicester.org

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Helping me, helping you
Your link to support and advice for older people and those who care about them

- Health Concerns
- Money Matters
- Welfare Benefits
- Housing & Property
- Residential & Nursing Care

access4age

Help is here

- Social Care
- Your Rights
- Local Services
- Family & Personal Matters
- Leisure & Social Activities

0800 622 65 65  www.access4age.org

Landlines free, mobile networks may vary.

In partnership with www.leicestershirevillages.com

AGE Concern
Leicestershire County Council
Leicester Shire & Rutland
Citizens Advice Bureau
Leicestershire County and Rutland
Care & Repair (Leicester) Ltd