

# Older Persons' Information Leicestershire and Rutland 2011/2012

Community



Independence



Wellbeing

Friendship

Dignity

Choice

Value

Recognition

Events planned in Leicester,  
Leicestershire and Rutland in 2011.  
Directory of Information and  
Services for Older People.

## Thank you

With thanks to all partner organisations involved in making September Older Persons' Month 2011 a success:

NHS Leicestershire County and Rutland – *particularly for the major funding of the printing of this booklet*  
Communities in Partnership (CiP) – *for co-ordinating the project*  
Leicestershire County Council – *for co-funding the project*  
Age Concern Leicester Shire and Rutland – *particularly for acting as the host for the launch in Leicester*  
NHS Leicester City and Leicester City Council - *for close partnership working*  
University Hospitals of Leicester  
Rutland County Council  
Blaby District Council  
Melton Borough Council  
Charnwood Borough Council  
North West Leicestershire District Council  
Harborough District Council  
Hinckley and Bosworth Borough Council  
Oadby and Wigston Borough Council  
Voluntary Actions in Blaby, Charnwood, North-West Leics,  
South Leicestershire, Hinckley and Bosworth, Melton,  
Oadby and Wigston and Rutland  
The Older People's Engagement Network (OPEN)  
The Co-operative Group (Membership)

The following for their generous support: Kibworth Harcourt Parish Council, Ashby Woulds Parish Council, Fleckney Parish Council, NHS Retirement Fellowship

With special thanks to those who worked on the planning committee and the launch sub-group. Particularly Pam Taylor and her volunteers, Tony Buck, Maggie Boyd, Tricia Cornforth, Clare Harding, Jo Newberry and Kate Faulkner

### Programme Produced by:

**Liz McGregor** – Engagement Officer (Older People)  
Communities in Partnership  
Beaumont Enterprise Centre, Boston Road, Leicester LE1 4HB  
Telephone: 0116 2334243  
Email: [liz@communitiesinpartnership.org.uk](mailto:liz@communitiesinpartnership.org.uk)

## Welcome to Older Persons' Month 2011

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 '**Independence, Wellbeing, Community**'. 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, Adults and Communities Department, Borough and District Councils, Voluntary Sector Organisations, Adult Education, Library Services, Emergency Services, Community Groups, local commercial interests and local older people.

You are welcome to attend any of the events listed.

Events are listed as follows:

- Key events, followed by other events in date order, followed by a section of regular events in day order.
- Activities taking place in libraries across the county.
- Additional information.

There is information on the services provided by Age Concern Leicester Shire and Rutland in the centre pages, 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, 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!

Look through the book, think about what interests you and contact the person listed where needed.

Some events require advance booking, but this is stated where it applies – so please do so. Contacts should be able to tell you about other things taking place in your area at other times. Don't be afraid to call and ask!

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

## Launch and main events

**Wednesday 31 August - 10am - 3pm**

**Older Person's Month launch event** - The event will include a number of information stands and activities including talks and food samples - come and take part.

Organised by: Partnership between statutory and Voluntary Sector  
At: Bassett Street Centre, South Wigston  
Contact: Liz McGregor / Kate Faulkner on 0116 2334243 / 0116 2572674  
Email: liz@communitiesinpartnership.org.uk  
Kate.faulkner@oadby-wigston.gov.uk

**Thursday 1 September - 10am - 3pm**

**Older Person's Month launch event** - The event will include a number of information stands and activities - come and see what Clarence House has to offer - on site cafe available.

Organised by: Partnership between Age Concern Leicester Shire & Rutland, NHS, Councils and Voluntary Sector  
At: Age Concern, Clarence House, Humberstone Gate, Leicester  
Contact: Liz McGregor / Antony Foster on 0116 2334243 / 0116 2992233  
Email: liz@communitiesinpartnership.org.uk  
antony.foster@ageconcernleics.com

**Friday 2 September - 10am - 4pm**

**Melton Seniors Day - Activities and information**

Organised by: Melton Seniors Forum  
At: Royal British Legion Club, Keswick House, Thorpe End, Melton Mowbray LE13 1RB  
Contact: Lucie Keeley on 01664 502347  
Email: lkeeley@melton.gov.uk

**Monday 5 September - 2pm**

**Blaby District Older People's Forum** - With a guest speaker from The Cinnamon Trust - an organisation providing a free service working for elderly people and their pets. The Older People's forum is open to anyone living in the district to bring together older people to express their views on issues relating to their health and well being and the range of services available to them and meets four times a year

Organised by: Community Action Blaby District  
At: The Council Chamber, Blaby District Council, Desford Road, Narborough, Leicester. LE19 2EP  
Contact: Darren Walker on 0116 2727699 or Jill Blackwell on 0116 2781128  
Email: darren@cabd.org.uk

## Launch and main events

**Thursday 8 September - 10am - 3pm**

**Older Person's Month launch event** - The event will include a number of information stands and activities, featuring the **Solomon Theatre Group performing 10.15am and 2pm**

Organised by: Partnership between NHS, Councils and Voluntary Sector  
At: Loughborough Town Hall  
Contact: Liz McGregor on 0116 2334243  
Email: liz@communitiesinpartnership.org.uk

**Thursday 8 September - 1pm - 4pm**

**ROSE 'Make & Mend' Tea Party** - A celebration of traditional crafts, techniques and local food and drink.

Organised by: ROSE (Rutland Over Sixties Engagement) / Voluntary Action Rutland  
At: Voluntary Action Rutland Lands End Way, Oakham, LE15 6RB  
Contact: Neil Moverley on 01572 722622  
Email: cdo@varutland.org.uk

**Friday 9 September - 10am - 4pm**

**Fit for the Future** - Hinckley Over 50s Day - New Venues, New Experiences, New Challenges, New Activities, New You! Includes Dance, Exercise, Hobbies, Crafts, Talks and Therapies. Information and Advice.

**BOOKING REQUIRED**

Organised by: Hinckley and Bosworth Older Voices Partnership  
At: The Atkins Building and The Concordia Theatre  
Contact: Sandra Baxter on 01530 833000  
Email: sandra.baxter@ageconcernleics.com

**Monday 12 September - 6.15pm - 7.30pm**

**Hawthorn Centre's Carer Support Group** - Information session on understanding and managing behaviour that challenges us when caring for someone with Dementia, memory problems and other mental health problems.

Organised by: Lisa Goodman Age UK / North West Leicestershire CMHT  
At: The Hawthorn Centre, next to Coalville Hospital  
Contact: Lisa Goodman on 01530 453800

**Tuesday 20 September - 11am - 3pm**

**Voluntary Action South Leicestershire Older Person Information Fayre** - All Welcome.

Organised by: Voluntary Action South Leicestershire  
At: Methodist Church, Northampton Road, Market Harborough  
Contact: Maureen O'Malley / Joanne March on 01858 433232  
Email: jmarch@vasl.org.uk

## Launch and main events

**Thursday 22 September - 9.30am - 4.30pm**

**'Young at Heart' Day** - Whole day dedicated to senior citizens of the borough to take part in exercise, activities, craft sessions, entertainment, lunch and tea. **BOOKING REQUIRED**

Organised by: Oadby & Wigston Borough Council Pensioners Action Group

At: Parklands Leisure Centre, Oadby, Leicester

Contact: Kate Faulkner on 0116 2572674

Email: Kate.faulkner@oadby-wigston.gov.uk

**Monday 26 September - 2.30pm - 3.30pm**

**Housing Listening Event** - Come along and hear about housing options in later life and take part in discussions on future options.

Organised by: OPEN (Older People's Engagement Network)

At: Bartholomews Church Hall, Kirby Muxloe

Contact: Liz McGregor on 0116 2334243

Email: liz@communitiesinpartnership.org.uk

**Thursday 29 September - 10am - 3pm**

**Happy Hearts Event** - A day of information and activities - try new things and keep informed.

Organised by: North West Leicestershire Elderly Interest Group

At: Hood Park Leisure Centre and The Library, Ashby de la Zouch

Contact: Liz McGregor on 0116 2334243

Email: liz@communitiesinpartnership.org.uk

**Thursday 29 September - 2pm - 4pm**

**Age Concern Leicester Shire and Rutland Annual General Meeting** - Come and hear what is happening. Advance booking required.

Organised by: Age Concern Leicester Shire and Rutland

At: Clarence House, 46 Humberstone Gate, Leicester LE1 3PJ

Contact: Liza Kozlowski on 0116 2992237

Email: liza.kozlowski@ageconcernleics.com

## September Events

**Wednesday 31 August - 10am - 3pm**

**Older Person's Month launch event** - The event will include a number of information stands and activities including talks and food samples - come and take part.

Organised by: Partnership between statutory and Voluntary Sector organisations

At: Bassett Street Centre, South Wigston

Contact: Liz McGregor/ Kate Faulkner on 0116 2334243 / 0116 2992233

Email: liz@communitiesinpartnership.org.uk

Kate.faulkner@oadby-wigston.gov.uk

**Thursday 1 September - 10am - 3pm**

**Older Person's Month launch event** - The event will include a number of information stands and activities - come and see what Clarence House has to offer - on site cafe available.

Organised by: Partnership between Age Concern Leicester Shire & Rutland, NHS, Councils and Voluntary Sector

At: Age Concern Clarence House Humberstone Gate, Leicester

Contact: Liz McGregor / Antony Foster on 0116 2334243 / 0116 2992233

Email: liz@communitiesinpartnership.org.uk

antony.foster@ageconcernleics.com

**Thursday 1 September - 11am meet in the car park for a 45 minute walk Carer's Walk** - Walk for adults with Dementia and their carers.

Organised by: Blaby District Council

At: Fosse Meadows

Contact: Victoria Smith on 0116 2727544

Email: vs@blaby.gov.uk

**Friday 2 September 10am - 4pm**

**Melton Seniors Day** - Activities and information

Organised by: Melton Seniors Forum

At: Royal British Legion Club, Keswick House, Thorpe End, Melton Mowbray LE13 1RB.

Contact: Lucie Keeley on 01664 502347

Email: lkeeley@melton.gov.uk

**Friday 2 September - 11am - 12 noon**

**Turn Back Time** - A look at morning Radio & TV of yesteryear.

Organised by: Leicester Libraries

At: Fosse Library

Telephone: 0116 2254995

Email: libraries@leicester.gov.uk



## September Events

### Sunday 4 September - 10am

**Wartime Leicester Bike Ride** - (Skyride Local event) - bike ride that takes you back in time to 1940 and the night of the Leicester blitz. 7.4 miles. FREE. Pre-Booking essential.

Organised by: Skyride/ British Cycling/ Leicester City Council  
At: Meet at the Bike Park in Leicester's Town Hall Square  
Contact: City Cycling Co-ordinator on 0116 252 7000  
Email: John.adcock@ageconcernleics.com

### Sunday 4 September - 10.30am - 2.30pm

**Watermead Country Park Walk** - Volunteer Drop in- come along and speak to a volunteer advisor about how you can get involved in local volunteering. For appointments at other times, please get in touch.

Organised by: Age Concern Leicester Shire and Rutland  
At: St James Centre Birstall 10.30am or Meadow Lane  
Contact: Gerry Davies on 0116 2671272  
Email: John.adcock@ageconcernleics.com

### Monday 5 September - 9.30am - 12.30pm

**Volunteer Drop in** - come along and speak to a volunteer advisor about how you can get involved in local volunteering. For appointments at other times, please get in touch.

Organised by: Voluntary Action LeicesterShire  
At: Wigston Library, Bull Head Street, Wigston  
Contact: Aimee Packwood on 0116 257 5050 / 07977015674  
Email: aimee.p@valonline.org.uk

### Monday 5 September - 10am - 12pm

**Vista's Coffee and Chat - Leicester** - Older people can enjoy a free coffee, chat and piece of cake alongside finding out information from Vista's partners about local services and activities available.

Organised by: Vista  
At: Vista, Margaret Road, Off Gwendolen Road, Leicester, LE5 5FU  
Contact: Clare Harding on 0116 2498858  
Email: Clare.harding@vistablind.org.uk

### Monday 5 September - 10am - 1pm

**Back to the Future** - Try your hands at sports both old and new.

Organised by: Leicester Partnership Trust in partnership with New Parks Leisure and NHS Leicester City  
At: New Parks Leisure Centre  
Contact: To Book a place please call New Parks Library on (0116) 229 8200  
Email: Michelle.welland@leicspart.nhs.uk

## September Events

### Monday 5 September - 2.15pm

**Victorian Secrets** - Take a peak of the undergarments from the Victorian age with Jane May form Leicester museum, refreshments will be provided.

Organised by: Leicester Partnership Trust in partnership with New Parks Leisure Centre and NHS Leicester City  
At: New Parks Library  
Contact: To book a place please call New Parks Library on (0116) 229 8200  
Email: Michelle.welland@leicspart.nhs.uk

### Tuesday 6 September - 9.30am - 10.30am

**Community News Café** - Find out how to become a citizen reporter. Come along if you're interested in learning more about writing articles, making short films, taking photos, broadcasting or using social media.

Organised by: Citizens' Eye Community News Agency in association with Senior Eye.  
At: Kona Blue Coffees, Highcross Shopping Centre, Leicester, LE1 4FP  
Contact: John Coster on 07734 305595  
Email: editor@citizenseye.org

### Tuesday 6 September - 10am - 12 noon

**Activity for Health taster session.**

Organised by: Voluntary Action Melton  
At: Melton Library  
Contact: Sue Sharp on 01664 485302

### Tuesday 6 September - 10am - 1pm

**Volunteer Drop in** - come along and speak to a volunteer advisor about how you can get involved in local volunteering. For appointments at other times, please get in touch.

Organised by: Voluntary Action LeicesterShire  
At: Hinckley Library, Lancaster Road, Hinckley LE10 0AT.  
Contact: Aimee Packwood on 0116 2575050 / 07977015674  
Email: aimee.p@valonline.org.uk

### Tuesday 6 September - 1pm - 3pm

**Vista's Coffee and Chat Loughborough - with live entertainment!**

Older people can enjoy a free coffee, chat and piece of cake alongside finding out information about Vista's local services and activities available.

Organised by: Vista  
At: Elim Church, Burleigh Road, Loughborough, LE11 3AF  
Contact: Clare Harding on 0116 2498858  
Email: Clare.harding@vistablind.org.uk

## September Events

### Tuesday 6 September - 2.30pm - 4.30pm

**Volunteer Drop in** - come along and speak to a volunteer advisor about how you can get involved in local volunteering. For appointments at other times, please get in touch.

Organised by: Voluntary Action LeicesterShire  
At: Community Action Blaby District, The Pavilion, Sportsfield  
Contact: Aimee Packwood on 0116 2575050 / 07977015674  
Email: aimee.p@valonline.org.uk

### Wednesday 7 September 11am - 12 noon

**Exercise with ACTIV-AGE** - Come join in our 'fun'ctional seated exercise class. Followed by tea & cake.

Organised by: Hosted by Activ-Age, Measham  
At: St. Laurence Church Hall, Measham  
Contact: Joan Ensor on 01530 274660  
Email: rscott-worthington@talk21.com

### Thursday 8 September - 10am - 3pm

**Older Person's Month launch event** - The event will include a number of information stands and activities, featuring the **Solomon Theatre Group performing 10.15am and 2pm**

Organised by: Partnership between NHS, Councils and Voluntary Sector  
At: Loughborough Town Hall  
Contact: Liz McGregor on 0116 2334243  
Email: liz@communitiesinpartnership.org.uk

### Thursday 8 September - 11am -3pm

**Young at Heart Day** - Stalls, exercise classes, blood cholesterol checks and alternative therapies.

Organised by: Age Concern Leicester, Leicestershire and Rutland  
At: Thurmaston Medical Centre, 573a Melton Road, Thurmaston Leicester  
Time: 11am-3pm  
Contact: Suky Garcha  
Telephone: 0116 2992261  
Email: suky@ageconcernleics.com

### Thursday 8 September - 1pm - 4pm

**ROSE 'Make & Mend' Tea Party** - A celebration of traditional crafts, techniques and local food and drink.

Organised by: ROSE (Rutland Over Sixties Engagement)/ Voluntary Action Rutland  
At: Voluntary Action Rutland Lands End Way, Oakham, LE15 6RB.  
Contact: Neil Moverley on 01572 722622  
Email: cdo@varutland.org.uk

## September Events

### Thursday 8 September - 2.30pm - 5pm

**Volunteer Drop in** - come along and speak to a volunteer advisor about how you can get involved in local volunteering. For appointments at other times, please get in touch.

Organised by: Voluntary Action LeicesterShire  
At: Oadby Library  
Contact: Aimee Packwood on 0116 257 5050 / 07977015674  
Email: aimee.p@valonline.org.uk

### Friday 9 September - 10am - 12 noon

**Vista's Coffee and Chat Hinckley - with live entertainment!**

Older people can enjoy a free coffee, chat and piece of cake alongside finding out information about Vista's local services and activities available.

Organised by: Vista  
At: United Reformed Church, The Borough, Hinckley, LE10 1NL.  
Contact: Clare Harding on 0116 2498858  
Email: Clare.harding@vistablind.org.uk

### Friday 9 September - 10am - 4pm

**Fit for the Future** - Hinckley Over 50s Day - New Venues, New Experiences New Challenges, New Activities, New You! Includes Dance, Exercise, Hobbies, Crafts, Talks and Therapies. Information and Advice.

Organised by: Hinckley and Bosworth Older Voices Partnership  
At: The Atkins Building and The Concordia Theatre  
Contact: Sandra Baxter on 01530 833000  
Email: sandra.baxter@ageconcernleics.com

### Friday 9 September - 10.30am - 11.30am

**French Coffee Morning** - Come and find out how language learning has changed since you left school and what you could gain from joining a French class.

Organised by: Snowdrop Language Learning  
At: 35 Stafford Avenue, Melton  
Contact: Delwen Eirlys Wilkinson on 01664 850244  
Email: snowdrop.2001@hotmail.co.uk

### Sunday 11 September - 12 noon - 5pm

**Seaside Special Steam Day** - Bring your swimsuits, towels and sit in the deckchair while the children build sandcastles on our 'beach' or paddle in our 'sea'. Includes donkey rides, Punch & Judy, a miniature boating lake, vintage vehicles, train rides and a lot more! Vintage bus passenger services from outside the site. For more details, please contact the museum.

Organised by: Leicester Arts & Museums Service and LMTA.  
At: Abbey Pumping Station  
Contact: Abbey Pumping Station on 0116 299 5111  
Email: museums@leicester.gov.uk

## September Events

**Sunday 11 September - 1pm, 2pm & 3pm**

**Heritage Open Day: Tours of The Newarke / Magazine Gateway** - Enjoy a tour around this fascinating and well-known mediaeval building. Sensible shoes must be worn as there are many steps to climb. Booking recommended.

Organised by: Leicester Arts & Museums Service  
At: Starting point at Newarke Houses Museum & Gardens  
Contact: Newarke Houses Museum on 0116 2254980  
Email: museums@leicester.gov.uk

**Sunday 11 September - 2pm**

**Abbey Park and Wolsey Island Bike Ride (Skyride Local event) -**

A gentle three mile ride along the River Soar through the beautiful and historic Abbey Park. FREE - booking essential.

Organised by: Skyride/ British Cycling/ Leicester City Council  
At: Meet at the Bike Park in Leicester's Town Hall Square  
Contact: City Cycling Co-ordinator on 0116 252 7000  
Email: www.goskyride.com

**Monday 12 September - 9.30am - 12.30pm**

**Volunteer Drop in** - come along and speak to a volunteer advisor about how you can get involved in local volunteering. For appointments at other times, please get in touch

Organised by: Voluntary Action LeicesterShire  
At: Voluntary Action South Leicestershire, The Settling Rooms, Market Harborough, LE16 7DR.  
Contact: Rachel Watson on 07891500034  
Email: Rachel.w@valonline.org.uk

**Monday 12 September - 1.30pm - 3.30pm**

**Slums of Leicester** - an illustrated talk with author Ned Newitt. 'The Slums of Leicester' provides a unique account of a Leicester that has long disappeared with vivid descriptions slides and photos.

Organised by: Leicester Libraries  
At: New Parks Library  
Contact: 0116 2298200  
Email: libraries@leicester.gov.uk

**Monday 12 September - 1.20pm - 3.30pm**

**Living with Dementia** - Come along to find out what dementia is, how it can affect someone; abilities, relationships, emotions, behaviours and how communication can be improved

Organised by: Rutland LINK  
At: Manton Village Hall, Priory Road, Manton, Rutland, LE15 8SU.  
Contact: Kamini Patel on 0116 2993029  
Email: kamini@communitiesinpartnership.org.uk

## September Events

**Monday 12 September - 2pm - 4pm**

**CLASH** - Community Leicester Arthritis Self Help group.

Organised by: Drop-in  
At: Ulverscroft Grange Tea Rooms and Community Centre  
Contact: Chris Thomas or Doug Moore on 07954584402 or 07954614466  
Email: 2006clash@gmail.com or 2006clashdm@gmail.com

**Tuesday 13 September - 10am - 12 noon**

**Bygone Leicester Murders** - talk by local author Ben Beazley.

Stories behind some of the most notorious murders in Leicester's history between the mid-1800s and 1950s. Ben's experience and understanding of the criminal justice system lends to a fascinating talk. Also meet members of the Braunstone Local History Group.

Organised by: Leicester Libraries  
At: Braunstone Library  
Contact: 0116 2995476  
Email: libraries@leicester.gov.uk

**Tuesday 13 September - 10am - 12 noon**

**Vista's Coffee and Chat Coalville - with live entertainment!**

Older people can enjoy a free coffee, chat and piece of cake alongside finding out information about Vista's local services and activities available.

Organised by: Vista  
At: Marlene Reid Centre, 85 Belvoir Road, Coalville, LE67 3PH.  
Contact: Clare Harding on 0116 2498858  
Email: Clare.harding@vistablind.org.uk

**Tuesday 13 September 10am - 2pm**

**War Time Memories** - A social event to reminisce about the War years. Lots of memorabilia to jog your memory. A snack & drinks included and a good old fashioned sing song.

Organised by: Agar Nook Community Centre.  
At: Agar Nook Community Centre, Belgrave Close, Coalville, LE67 4TN.  
Contact: Charlotte Rowntree on 01530 813818  
Email: Agar.nook@emha.org

## September Events

**Tuesday 13 September - 2pm - 3.30pm**

**Community News Café** - Find out how to become a citizen reporter. Come along if you're interested in learning more about writing articles, making short films, taking photos, broadcasting or using social media.

Organised by: Citizens' Eye Community News Agency in association with Carers' News Agency.

At: Coffee Republic, 20-22 Granby Street Leicester, LE1 1DE.

Contact: John Coster on 07734 305595

Email: editor@citizenseye.org

**Tuesday 13 September - 2pm - 3pm**

**Get Hooked on Crochet** - Come and join fellow crocheters for a sociable and creative time.

Organised by: Leicester Libraries

At: Fosse Library

Contact: Jean Burbridge on 0116 2254995

Email: fosselibrary@leicester.gov.uk

**Wednesday 14 September - 10am - 12 noon**

**Vista's Coffee and Chat Oakham - with live entertainment!**

Older people can enjoy a free coffee, chat and piece of cake alongside finding out information about Vista's local services and activities available.

Organised by: Vista

At: Oakham Castle, Castle Grounds, Off Market Place, Oakham, LE15 6DX.

Contact: Clare Harding on 0116 2498858

Email: Clare.harding@vistablind.org.uk

**Wednesday 14 September - 2pm - 4pm**

**Tea & Tai Chi Afternoon** - Visit this Extracare venue for some taster sessions.

Organised by: Hanover

At: Birch Court, Glen Parva

Contact: Tina Johnson on 0116 2789098

Email: tina.johnson@hanover.org.uk

**Wednesday 14 September - 2pm - 3pm**

**Library club** - talk by Will Buckingham, novelist, lecturer & philosopher.

Organised by: Leicester Libraries

At: Leicester Central Library

Contact: Jerry Daniel on 0116 2995401

Email: leicestercentrallibrary@leicester.gov.uk

## September Events

**Wednesday 14 September - 7pm**

**Old Films of Leicester** - A unique opportunity to see rare footage of urban and rural Leicestershire during the 20th century. Pre-booking essential.

Organised by: Leicester Arts & Museums Service

At: Belgrave Hall Museum

Contact: Belgrave Hall Museum on 0116 266 6590

Email: museums@leicester.gov.uk

**Wednesday 14 September - 8pm - 10pm**

**CLASH** - Community Leicester Arthritis Self Help group.

Organised by: What is Arthritis & how it affects daily living: discussion

At: Palmer Tomkinson Centre, Longslade Community College

Contact: Chris Thomas or Doug Moore on 07954584402

or 07954614466

Email: 2006clash@gmail.com or 2006clashdm@gmail.com

**Thursday 15 September - 10am - 12 noon**

**Vista's Coffee and Chat Market Harborough - with live entertainment!**

- Older people can enjoy a free coffee, chat and piece of cake alongside finding out information about Vista's local services and activities available.

Organised by: Vista

At: Market Harborough Methodist Church, Northampton Road, Market Harborough, LE16 9HE.

Contact: Clare Harding on 0116 2498858

Email: Clare.harding@vistablind.org.uk

**Thursday 15 September - 11am - meet at the village hall**

**Carer's Walks** - Walk for adults with Dementia and their carers.

45 minutes

Organised by: Blaby District Council

At: Countesthorpe

Contact: Victoria Smith on 0116 2727544

Email: vs@blaby.gov.uk

**Thursday 15 September 12pm - 3pm**

**Healthy Bingo** - Traditional bingo with healthy twist, fantastic prizes to be won

Organised by: Leicester Partnership Trust in partnership with New Parks Leisure Centre and NHS Leicester City

At: New Parks Leisure Centre

Contact: To book a place please call New Parks Library on (0116) 229 8200

Email: Michelle.welland@leicspart.nhs.uk



## September Events

**Thursday 15 September - 1.30pm - 3pm**

**Hawthorn Centre's Carer Support Group** - Information session on Power of Attorney and legal advice. Kate Gladwin from Bray & Bray Solicitors will be speaking.

Organised by: Age UK / North West Leicestershire CMHT  
At: The Hawthorn Centre, next to Coalville Hospital  
Contact: Lisa Goodman on 01530 453800

**Thursday 15 September - 2pm - 4pm**

**OPEN** - Care about older people's issues? Campaigning Workshop with Ian Willmore from Age UK

Organised by: Older People's Engagement Network  
At: Glenfield Parish Council, Stamford Road Glenfield  
Contact: Liz McGregor on 0116 2334243  
Email: liz@communitiesinpartnership.org.uk

**Thursday 15 September - 2pm - 4pm**

**Volunteer Drop in** - come along and speak to a volunteer advisor about how you can get involved in local volunteering. For appointments at other times, please get in touch.

Organised by: Voluntary Action LeicesterShire  
At: Lutterworth One Stop Shop, Gilmorton Road, Lutterworth, LE17 4DY.  
Contact: Rachel Watson on 07891500034  
Email: Rachel.w@valonline.org.uk

**Thursday 15 September - 6pm - 7.30pm**

**Victorian Leicester** - an illustrated talk by local historian Malcolm Elliott. An exploration of Leicester in the 19th century, with photographs. Showing what life was like in Leicester at this time and will also giving an in-depth look at the concerns of Victorian Leicester.

Organised by: Leicester Libraries  
At: Knighton Library  
Contact: 0116 2995477  
Email: libraries@leicester.gov.uk

**Thursday 15 September - 7pm**

**Shakespeare's Globe Kings and Rogues Season: Henry VIII** - Classic Shakespeare title performed as traditional works and captured in 2011 from the prestigious and historic Globe Theatre in London.

Organised by: Live performance from the Globe Theatre, London.  
At: Showcase Cinema De Lux, Highcross  
Contact: To book tickets: Contact the Box Office on 0116 2615959 or visit: [www.cinemadelux.co.uk](http://www.cinemadelux.co.uk)  
Email: eliteleicestercdl@national-amusements.com

## September Events

**Friday 16 September - 9.30am - 2.30pm**

**Volunteer Drop in** - come along and speak to a volunteer advisor about how you can get involved in local volunteering. For appointments at other times, please get in touch.

Organised by: Voluntary Action LeicesterShire  
At: Voluntary Action Melton, 34 Asfordby Road, Melton Mowbray, LE13 0HR.  
Contact: Rachel Watson on 07891500034  
Email: Rachel.w@valonline.org.uk

**Friday 16 September - 10am - 4pm**

**Ulverscroft Grange Craft Themed Open Day** - At Ulverscroft Grange Community Support and Wellbeing Centre, consisting of the Tea Rooms and Charity shop being open, along with a variety of craft stalls.

Organised by: Shuttlewood Clarke Foundation  
At: Ulverscroft Grange, Community Support and Wellbeing Centre  
Contact: Administration Team on 01530 244914  
Email: admin@shuttlewood-clarke.org

**Friday 16 September 2pm - 4pm**

**U3A Guest speaker: Jim Miller.** Details of our 22 interest and activity groups held each month at various venues will also be available.

Organised by: Whitwick & District U3A  
At: St David's Church Hall, Broomleys Road, Coalville  
Contact: Margaret Burdett on 01530 833482  
Email: memsec@whitwicku3a.org.uk

**Saturday 17 September 10am - 5pm**

**Leicestershire Miners' Gala at Snibston** - A free to enter, fun-filled day out for the whole family. Reminiscent of the galas in Leicestershire's mining heyday, the event includes a horticultural show, brass bands, mining memorabilia and much much more! Includes FREE full museum entry.

Organised by: Snibston (Ann-Marie Bird)  
At: Snibston  
Contact: Snibston Sales and Enquiries Officer for the public on 01530 278 444 / 0116 3053443  
Email: snibston@leics.gov.uk  
Sarah.oakden-nancarrow@leics.gov.uk

## September Events

**Saturday 17 & Sunday 18 September - 11am - 4pm**

**The Belgrave Hall Good Food Fair** - This popular event for all the family brings local food producers together in the beautiful gardens of Belgrave Hall. A great opportunity to taste and buy fresh, local and organic food. For more details, please contact the museum.

[www.leicester.gov.uk/foodfair](http://www.leicester.gov.uk/foodfair)

Organised by: Leicester Arts & Museums Service  
At: Belgrave Hall Museum & Gardens  
Contact: Belgrave Hall Museum & Gardens on 0116 266 6590  
Email: [museums@leicester.gov.uk](mailto:museums@leicester.gov.uk)

**Monday 19 September - 10am - 12 noon**

**Vista's Coffee and Chat Enderby - with live entertainment!** - Older people can enjoy a free coffee, chat and piece of cake alongside finding out information about Vista's local services and activities available.

Organised by: Vista  
At: St. Johns Community Centre, Packhorse Drive, Enderby, Leicester  
Contact: Clare Harding on 0116 2498858  
Email: [Clare.harding@vistablind.org.uk](mailto:Clare.harding@vistablind.org.uk)

**Monday 19 September 10am - 1pm**

**Healthy Bingo** - Traditional bingo with healthy twist, fantastic prizes to be won

Organised by: Leicester Partnership Trust in partnership with New Parks Leisure Centre and NHS Leicester City  
At: New Parks Library  
Contact: To book a place please call New Parks Library on 0116 229 8200  
Email: [Michelle.welland@leicspart.nhs.uk](mailto:Michelle.welland@leicspart.nhs.uk)

**Monday 19 September - 2.30pm**

**Traditional Tea Dance** - Slip and glide across The Library dance floor with traditional refreshments provided

Organised by: Leicester Partnership Trust in partnership with New Parks Library and NHS Leicester City  
At: New Parks Library  
Contact: To book a place please call New Parks Library on 0116) 229 8200  
Email: [Michelle.welland@leicspart.nhs.uk](mailto:Michelle.welland@leicspart.nhs.uk)

## September Events

**Monday 19 September - 10am - 1pm**

**Community News Café** - Find out how to become a citizen reporter. Come along if you're interested in learning more about writing articles, making short films, taking photos, broadcasting or using social media.

Organised by: Citizens' Eye Community News Agency in association with Dzine and Mencap Mam's Café.  
At: Mam's Café, Leicester Mencap Society, Western Park, Leicester LE3 6HX.  
Contact: John Coster on 07734 305595  
Email: [editor@citizenseye.org](mailto:editor@citizenseye.org)

**Tuesday 20 September - 10am - 12 noon**

**Vista's Coffee and Chat at Oadby Library** - In Partnership with Oadby Library, Vista will be attending this health event with a section for people to find out about Vista and have a free coffee and chat.

Organised by: Vista and Leicestershire Libraries  
At: 10 The Parade, Oadby, Leicester  
Contact: Clare Harding on 0116 2498858  
Email: [Clare.harding@vistablind.org.uk](mailto:Clare.harding@vistablind.org.uk)

**Tuesday 20 September - 11am - 3pm**

**Voluntary Action South Leicestershire Older Person Information Fayre.** All Welcome.

Organised by: Voluntary Action South Leicestershire  
At: Methodist Church, Northampton Road, Market Harborough.  
Contact: Maureen O'Malley /Joanne March on 01858433232  
Email: [jmarch@vasl.org.uk](mailto:jmarch@vasl.org.uk)

**Tuesday 20 September - 2.30pm - 4.00pm**

**Growing up in Leicester** - an illustrated talk with local speaker Cynthia Brown. Do bring along your own photographs and mementoes of your childhood.

Organised by: Leicester Libraries  
At: Beaumont Leys Library  
Contact: 0116 2995460  
Email: [libraries@leicester.gov.uk](mailto:libraries@leicester.gov.uk)

## September Events

### Wednesday 21 September - 10am - 4pm

**Older Persons Fun Day** - A chance for older people to relax, enjoy each others company and a light lunch and have fun.

Organised by: Partnership between Leicestershire Partnership Trust,  
The Emerald Centre and NHS Leicester City  
At: Emerald Centre, Gipsy Lane, Leicester, LE4 9DB  
Contact: Teresa Spilsbury on 0116 2924580 / 07900 918 762  
Email: Teresa.spilsbury@leicspart.nhs.uk

### Wednesday 21 September - 10am - 3pm

**Healthy and Wellbeing Day** - The event will consist of various taster sessions of Physical activities and information stalls on health issues.

Organised by: Good Life Project, Age Concern Leicester  
At: Wolsey Building  
Contact: Nisha Popat on 0116 2046441  
Email: Nisha.popat@ageconcernleics.com

### Wednesday 21 September - 12.30pm - 4.30pm

**Ageing Well Event** - Help shape the future of support and provision for older people across the County. Pre-booking essential.

Organised by: Leicestershire County Council and Local Government Association  
At: NSPCC Training Centre, Beaumont Leys  
Contact: Adults and Communities Admin on 0116 3058343

### Wednesday 21 September - 1.45pm

**Enderby Area U3A Annual General Meeting.** With displays from special interest groups such as walking, playing canasta, art, scrabble, craft, singing for fun, etc, come along and see us on the day to find out more.

Organised by: Enderby U3A  
At: Civic Centre, King Street, Enderby  
Contact: Jenny on 0116 2865575

### Wednesday 21 September - 6pm - 7.30pm

**Medicine for Members talk** on Asthma, delivered by Janet Chantrell - Respiratory Nurse Specialist for Asthma & Allergy.

Organised by: University Hospitals of Leicester NHS Trust  
At: The Lecture Theatre, Glenfield Hospital, Groby Road, Leicester, LE3 9QP.  
Contact: Karl Mayes on 0116 258 8685  
Email: Karl.mayes@uhl-tr.nhs.uk

## September Events

### Thursday 22 September - 9.30am - 4.30pm

**'Young at Heart' Day** - Whole day dedicated to senior citizens of the borough to take part in exercise, activities, craft sessions, entertainment, lunch and tea. Booking required.

Organised by: Oadby & Wigston Borough Council Pensioners Action Group  
At: Parklands Leisure Centre, Oadby, Leicester  
Contact: Kate Faulkner on 0116 2572674  
Email: Kate.faulkner@oadby-wigston.gov.uk

### Thursday 22 September - 10am - 12 noon

**Vista's Coffee and Chat Melton - with live entertainment!** - Older people can enjoy a free coffee, chat and piece of cake alongside finding out information about Vista's local services and activities available

Organised by: Vista  
At: Gloucester House, 3 Norman Way, Melton Mowbray, Leicestershire. LE13 1JE.  
Contact: Clare Harding on 0116 2498858  
Email: Clare.harding@vistablind.org.uk

### Thursday 22 September - 11am - 3pm

**Celebrating African-Caribbean Heritage** - Activities and stalls promoting African-Caribbean Culture and promoting positive health and wellbeing including laughter yoga, Tai Chi, Dominoes, healthy eating and much more.

Organised by: Partnership between Leicestershire Partnership Trust, West Indian Senior Citizens Project (WISCP), Caribbean Court and NHS Leicester City  
At: Caribbean Court, 35 Lincoln Street, Leicester, LE2 0JU.  
Contact: Paula Reid on 0116 251 2224 or Naim Razak on 07900 918761  
Email: paula@wiscp.org.uk

## September Events

**Thursday 22 September - 3pm - 5pm**

**'Tea at the Ritz'** - Including Afternoon Tea, Sandwiches & Cakes Plus entertainment with Craig Radford singing songs from the 'Rat Pack'.

This is a ticket only event

Organised by: Hosted by Activ-Age, Measham  
At: St Laurence Church Hall, Measham  
Contact: Joan Ensor on 01530 274660  
Email: rscott-worthington@talk21.com

**Friday 23 September - 10am - 4pm**

**Older Persons day in Thurnby Lodge** - A chance to meet up, enjoy a live performance, some refreshments and good company.

Organised by: Partnership between Leicestershire Partnership Trust, NHS Leicester City, Leicester City Council and Local community groups in Thurnby Lodge.  
At: Thurnby Lodge Youth and Community Centre, Thurncourt Road, Leicester, LE5 2NG  
Contact: Teresa Spilsbury on 0116 2924580 / 07900 918762  
Email: teresaspsilbury@leicspart.nhs.uk

**Friday 23 September - 2pm - 4pm**

**Barn Dance** - Fundraiser for VISTA - open to all - light refreshments included. Ring for tickets.

Organised by: Communities in Partnership  
At: Braunstone Civic Centre  
Contact: Liz McGregor on 0116 2334243  
Email: liz@communitiesinpartnership.org.uk

**Friday 23 September - 7pm - 9.30pm**

**Music for all** - Fundraiser for VISTA - variety of music to suit all tastes with singalong and tickets include light refreshments - ring for tickets.

Organised by: Communities in Partnership  
At: Braunstone Civic Centre  
Contact: Liz McGregor on 0116 2334243  
Email: liz@communitiesinpartnership.org.uk

**Saturday 24 September - 2pm**

**Leicestershire Ancient Egypt Society Lecture: The Magician's Tomb**  
Lecture by Karen Exell, Curator of Egyptology, Manchester Museum. For more details, please contact the museum.

Organised by: Leicestershire Ancient Egypt Society Lecture  
At: New Walk Museum & Art Gallery  
Contact: New Walk Museum & Art Gallery on 0116 2254900  
Email: museums@leicester.gov.uk

## September Events

**Monday 26 September - 12 noon - 1pm approx.**

**Healthy Harborough Walks** - Our Healthy Harborough Walks have been accredited by Natural England and are suitable for all levels of walker, including beginners. Come for a stroll and make the most of the beautiful surrounding countryside! FREE to attend. Tea/coffee available to purchase following walk.

Organised by: Partnership between Natural England's Walking for Health Programme and Active Together volunteer walk leaders  
At: Welland Park Café, Market Harborough  
Contact: Active Together Harborough Team on 01858 828282  
Email: activetogether@harborough.gov.uk

**Monday 26 September - 1.30pm - 2.30pm approx.**

**Healthy Harborough Walks** - Our Healthy Harborough Walks have been accredited by Natural England and are suitable for all levels of walker, including beginners. Come for a stroll and make the most of the beautiful surrounding countryside! FREE to attend. Tea/coffee available to purchase following walk.

Organised by: Partnership between Natural England's Walking for Health Programme and Active Together volunteer walk leaders  
At: Lutterworth Sports Centre, Lutterworth  
Contact: Active Together Harborough Team on 01858 828282  
Email: activetogether@harborough.gov.uk

**Monday 26 September - 2.30pm - 4pm**

**Slums of Leicester** - an illustrated talk with author Ned Newitt. 'The Slums of Leicester' provides a unique account of a Leicester that has long disappeared. It brings together vivid descriptions of life in the slums with contemporary slides and photographs.

Organised by: Leicester Libraries  
At: Highfields Library  
Contact: 0116 2995494  
Email: libraries@leicester.gov.uk



## September Events

### Tuesday 27 September - 10am - 2pm

**Community News Café** - Find out how to become a citizen reporter. Come along if you're interested in learning more about writing articles, making short films, taking photos, broadcasting or using social media. Old Timers Food for Thought. Including access to food, wellbeing workshop and pamper sessions for the disabled or elderly

Organised by: Citizens' Eye Community News Agency in association with Senior Eye.  
At: Kona Blue Coffees, Highcross Shopping Centre, Leicester LE1 4FP.  
Contact: John Coster on 07734 305595  
Email: editor@citizensseye.org

### Tuesday 27 September - 10am - 2pm

**Old Timers Food for Thought** - Including access to food, wellbeing workshop and pamper sessions for the disabled or elderly

Organised by: Partnership between Leicestershire Partnership NHS Trust, The Linwood Centre and NHS Leicester City  
At: The Linwood Centre, Linwood Lane, Leicester, LE2 6QN.  
Contact: Karen Pickering on 0116 245 3025 / 07881 964362  
Email: Karen.pickering@leics.part.nhs.uk

### Tuesday 27 September 10.30am - 11.30am

with tea / coffee available to purchase following walk

**Nordic Walking taster** - Come along on this taster session and see how the simplicity of walking is combined with core and upper body conditioning. Booking for this taster is ESSENTIAL by Tuesday, 20 September. Contact to order walking poles, complete health survey. FREE to attend.

Organised by: Partnership between Active Together Harborough and instructor, Uta Putt  
At: Welland Park Café, Market Harborough  
Contact: Uta Putt - instructor on 01858 467092  
Email: activetogether@harborough.gov.uk

### Tuesday 27 September- 11am - 1pm

**Support for Carers Leicestershire Carers' Forum** - All Carers from across Leicestershire welcome to attend for information and to find out how the new county service supports carers.

Organised by: Voluntary Action South Leicestershire  
At: Community Action Blaby, The Pavillion, Huncote LE9 3BN  
Contact: Maureen O'Malley on 01858 439267  
Email: momalley@vasl.org.uk

## September Events

### Tuesday 27 September - 1pm - 3pm

**Diabetes and Eye Conditions** - There are various health problems that can arise from having diabetes and eyes conditions is one of them. If you would like more information we look forward to seeing you at the event.

Organised by: Leicestershire LINK  
At: Market Harborough Methodist Church Hall, 25 Coventry Road, Market Harborough, LE16 9BX.  
Contact: Kamini Patel on 0116 2293029  
Email: kamini@communitiesinpartnership.org.uk

### Tuesday 27 September - 2pm - 3pm approx.

**Healthy Harborough Walks** - Our Healthy Harborough Walks have been accredited by Natural England and are suitable for all levels of walker, including beginners. Come for a stroll and make the most of the beautiful surrounding countryside! FREE to attend. Tea/coffee available to purchase following walk. Pole hire extra.

Organised by: Partnership between Natural England's Walking for Health Programme and Active Together volunteer walk leaders  
At: Kibworth Methodist Church, Kibworth  
Contact: Active Together Harborough Team on 01858 828282  
Email: activetogether@harborough.gov.uk

### Wednesday 28 September - 10am - 12 noon

**Family History on the Internet** - Find out how to use the internet to research your family history and explore useful online resources including free access to Ancestry library edition. Pre-booking essential.

Organised by: Melton Library  
At: Melton Library  
Contact: 0116 3053646

### Wednesday 28 September - 10am - 11am approx.

**Wii Sport fun at Naseby Square** - Come and join us in the Community Hall at Naseby Square from 10.30am for a game of golf, tennis, ten-pin bowling and much more!

Organised by: Partnership between Active Together Harborough and Seven Locks Housing  
At: Naseby Square Community Hall, Market Harborough  
Contact: Active Together Harborough Team on 01858 828282  
Email: activetogether@harborough.gov.uk

## September Events

**Wednesday 28 September - 10am - 11am approx.**

**Healthy Harbrough Walks** - Our Healthy Harbrough Walks have been accredited by Natural England and are suitable for all levels of walker, including beginners. Come for a stroll and make the most of the beautiful surrounding countryside! FREE to attend. Tea/coffee available to purchase afterwards.

Organised by: Partnership between Natural England's Walking for Health Programme and Active Together volunteer walk leaders  
At: Welland Park Café, Market Harbrough  
Contact: Active Together Harbrough Team on 01858 828282  
Email: activetogether@harbrough.gov.uk

**Wednesday 28 September - 10am - 12 noon**

**Information and support for cancer patients and their carers**

This event will provide information about what is available for cancer patients and their carers, but also it's your chance to influence improvements to the current services available.

Organised by: Leicestershire LINK  
At: Marlene Reid Centre. 85, Belvoir Road, Coalville LE67 3PH.  
Contact: Kamini Patel on 0116 2293029  
Email: kamini@communitiesinpartnership.org.uk

**Wednesday 28 September - 2pm - 4pm**

**New Horizons** – if you are on your own, come for a quiz and Singalong and good company

Organised by: New Horizons  
At: The Marlene Reid Centre, Belvoir Road, Coalville  
Contact: June Edwards on 01530 837880  
Email: c.edwards890@ntlworld.com

**Thursday 29 September - 10am - 3pm**

**Happy Hearts Event** A day of information and activities – try new things and keep informed

Organised by: North West Leicestershire Elderly Interest Group  
At: Hood Park Leisure Centre and The Library Ashby de la Zouch  
Contact: Liz McGregor on 0116 2334243  
Email: liz@communitiesinpartnership.org.uk

## September Events

**Thursday 29 September - 10.30am - 12 noon**

**Discovering Men's Sheds: The Effect on Men's Health, Well-being and Informal learning.** This important event will bring together delegates to learn about the Men's Shed initiative, Age UK's three pilot Men in Sheds projects and their effect on the men's health, well-being and informal learning. Pre-booking essential.

Organised by: Age UK, NIACE, Men's Health Forum, The University of Leicester  
At: Ramada Jarvis Grand Hotel, Granby Street, Leicester, LE1 6ES.  
Contact: Averil Coutinho at NIACE on 0116 2044222  
Email: averil.coutinho@niace.org.uk

**Thursday 29 September 12pm - 3pm**

**Leicester in the Second World War** - an illustrated talk by local author Ben Beazely. Ben has written a number of books on Leicester during, and just after this period, and is something of a local expert. If you have any personal memories of this period he would love to hear them.

Organised by: Leicester Libraries  
At: Westcotes Library  
Contact: 0116 2995510  
Email: libraries@leicester.gov.uk

**Thursday 29 September - 12pm - 3pm**

**Back to the Future** - Try your hands at sports both old and new, with a variety of sports through the eras!

Organised by: Leicester Partnership Trust in partnership with New Parks Leisure Centre and NHS Leicester City  
At: New Parks Library  
Contact: To book a place please call New Parks Library on (0116) 229 8200  
Email: Michelle.welland@leicspart.nhs.uk

**Thursday 29 September - 1.30pm - 2.30pm approx.**

**Healthy Harbrough Walks** - Our Healthy Harbrough Walks have been accredited by Natural England and are suitable for all levels of walker, including beginners. Come for a stroll and make the most of the beautiful surrounding countryside! FREE to attend. Tea/coffee available to purchase afterwards.

Organised by: Partnership between Natural England's Walking for Health Programme and Active Together volunteer walk leaders  
At: Thomas Estley Community College, Broughton Astley  
Contact: Active Together Harbrough Team on 01858 828282

## September Events

**Thursday 29 September - 2pm - 4pm**

**Age Concern Leicester Shire and Rutland** - Annual General Meeting - come and hear what is happening. Advance booking required

Organised by: Age Concern Leicester Shire and Rutland  
At: Clarence House, 46 Humberstone Gate, Leicester LE1 3PJ

Contact: Liza Kozlowski on 0116 2992237  
Email: liza.kozlowski@ageconcernleics.com

**Thursday 29 & Friday 30 September - 1.30pm - 4.30pm**

**Manor Farm Open Afternoons** - Meet rescued donkeys and owls at Manor Farm Animal Centre. Stroll around our Nature Trail. Free admission  
Visits must be pre-booked

Organised by: Manor Farm  
At: Manor Farm & Woodlands, Castle Hill, East Leake, Loughborough. LE12 6LU  
Contact: Cathy Morgan on 01509 852525  
Email: enquiries@manorfarm.info

**Friday 30 September 10.30am - 11.30am**

**Fit for All** - an energising exercise class for adults aged 60+  
Promoting a healthier lifestyle, instructor Geoff offers a circuit training style exercise class. Booking required.

Organised by: Partnership between Active Together Harborough and instructor, Geoff Elliot  
At: Scraftoft Village Hall, Scraftoft  
Contact: Active Together Harborough Team on 01858 828282  
Email: activetogether@harborough.gov.uk

**Friday 30 September - 2.30pm - 4pm**

**Glimpses of Belgrave Past and Present** - Via photographs and recordings, local historian Cynthia Brown looks at how the Belgrave area has changed over the last 50 years and what was it like coming to the area from another country. She would love you to bring along your own photographs and memories so that she can record them. It's hoped to have an exhibition of photographs in The Library after this talk.

Organised by: Leicester Libraries  
At: Belgrave Library  
Contact: 0116 2995500  
Email: libraries@leicester.gov.uk

## Regular Events

**2nd Tuesday monthly - 1.30pm - 3.30pm**

**Breath Easy North West Leicestershire** Support group for people affected by lung conditions

At: Coalville Labour Club, Bridge Road, Coalville  
Contact: Midlands office on 0116 2495780

**2nd Tuesday monthly - 2pm - 4pm**

**Breath Easy Hinckley and Bosworth** Support group for people affected by lung conditions

At: St Francis Community Centre, Tudor Road, Hinkley  
Contact: Midlands office on 0116 2495780

**3rd Wednesday monthly - 2pm - 4pm**

**Breath Easy Glenfield** Support group for people affected by lung conditions

At: Education Centre, Glenfield Hospital  
Contact: Midlands office on 0116 2495780

**3rd Thursday monthly 2.15pm - 4.15pm**

**Breath Easy Loughborough** Support group for people affected by lung conditions

At: Gorse Covert Community Centre, Maxwell Drive, Dishley LE11 4RZ  
Contact: Midlands office on 0116 2495780

**At all times**

**SPECIAL OFFER:** Special prices all day for Senior Citizens - £5.90 before 4pm, £6.30 after 4pm

Organised by: Cinema de Lux  
At: Showcase Cinema de Lux  
Contact: The box office on 0116 2615959

**1 - 29 September 2011 - Sundays to Thursdays only 10.00am - 10.30pm**

**SPECIAL OFFER: Studio One: Restaurant and Bar**

2 for 1 offer - Buy one full-price main course and get another one FREE

Organised by: Cinema de Lux  
At: Showcase Cinema de Lux  
Contact: The box office on 0116 2615959

## Regular Events and Activities

Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Monday Dance</b> Meet new people and make new friends.	Age Concern	Age Concern Earl Shilton Kings Walk Earl Shilton LE9 7NL.	Mondays	1.45-3.45pm	Earl Shilton Reception	01455 847666	earlshilton@ageconcernleics.com
<b>Modern Sequence Dancing</b>	Age Concern Leicester Shire & Rutland	Clarence House 46 Humberstone Gate Leicester 46 Humberstone Gate Leicester LE1 3PJ.	Mondays	1.45pm - 3.45pm	Clarence House Reception	0116 2992233	reception@ageconcernleics.com
<b>Local history group</b> Find out more about your communities' local history.	Leicester Libraries	Aylestone Library	Mondays	2.00 pm – 3.00 pm	Angela Evans	0116 283 2540	aylestonelibrary@leicester.gov.uk
<b>Indoor Carpet Bowls</b> Come and join in the fun of indoor bowls with a cup of tea with biscuits over a good chat.	Fleckney Parish Council	Fleckney Sports Centre	Mondays	2.30pm-4.30pm	Corrin Bradgate	0116 2403755	fleckneyslc@btconnect.com
<b>Imaginative Card Making and Crafts</b> Make handmade cards come to life! From pop-up party invitations to luxurious wedding gift boxes, impress family and friends with your designs. No experience necessary.	WEA	Belgrave Hall Museum	Starts on Monday, 19 September (8 meetings)	10.30am - 12.30pm	WEA	0115 962 8400	eastmidlands@wea.org.uk
<b>Tai Chi</b>	Melton Borough Council	The Edge, Dalby Road, Melton	Monday, 12 September & Monday, 26 September	12:30-1:30	Liz Ashbridge	01664 502389	
<b>Age Concern Lutterworth &amp; District Open Week</b> Find out about local services, meet local agencies such as Police, NHS, Pension Service, etc.	Age Concern Lutterworth & District	Wycliffe Rooms, George St Lutterworth	Monday, 26 September to Friday, 30 September 1 week only	10am-2.30pm	Martin Allen or Alison Anderton	01455 557116	

## Regular Events and Activities



## Regular Events and Activities

Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>FREE Nintendo Wii Taster Classes</b> This is a drop-in session for over 50's.	Hinckley Active Together Team and Age Concern	Earl Shilton Age Concern	Mon-Fri	All Day	Emma Hopkins	01455 255875	emma.hopkins@hinckley-bosworth.gov.uk
<b>"Lets Walk" Bosworth.</b> Followed by coffee at the Free Church. FREE to join in. Pre-booking required.	Physical Activity Team	Meet at Rectory Lane Car Park, Market Bosworth	Tuesdays	10am	Physical Activity Team	01455 255875	
<b>Knit &amp; Natter group</b> If you like to knit bring it along and have a chat with other knitters	Leicester Libraries	Beaumont Leys Library	Tuesday 6th & 20th September	10.00 am – 12.00 pm	Angela Redfern	0116 2995460	beaumontleyslibrary@leicester.gov.uk
<b>Drop-in Coffee Mornings</b>	Age Concern Leicester Shire & Rutland	Coalville Library	Tuesdays	10am-12 noon	Anne Davis	01530 833000	anne.davis@ageconcernleics.com
<b>Tennis Morning</b> Come and socialise with the great game of tennis. Come along at any time and join in.	Fleckney Parish Council	Fleckney Sports Centre	Tuesdays	10.30am-12.30pm	contact Corrin Bradgate	0116 2403755	fleckneyslc@btconnect.com
<b>Over 55s Badminton Drop-in Session</b>	Active Together	King Edward VII Sports Centre, Melton	Tuesdays	12-1.30pm	Liz Wilson	01664 562011	
<b>Local history group</b> Find out more about your communities' local history.	Leicester Libraries	Braunstone Library	Tuesdays	1.00 pm – 3.00 pm	Tracey Inchley	0116 2995476	braunstonelibrary@leicester.gov.uk
<b>Tuesday Teapot Group</b> An opportunity for retired ladies and gentlemen to drop in and have a chat over a cup of tea/coffee, piece of cake. .	LFE Parish Council	Parish Hall, Kings Drive Leicester Forest East	2nd and 4th Tuesday each month		Sue Jones	0116 2299277	
<b>Modern Sequence Dancing</b>	Age Concern Leicester Shire & Rutland	Clarence House 46 Humberstone Gate Leicester LE1 3PJ.	Wednesdays	1.45-3.45pm	Clarence House Reception	0116 2992233	reception@ageconcernleics.com
<b>Indoor Carpet Bowls</b> Come and join in the fun of indoor bowls with a cup of tea with biscuits over a good chat.	Fleckney Parish Council	Fleckney Sports Centre	Wednesdays	2.30-4.30pm	Corrin Bradgate	0116 2403755	fleckneyslc@btconnect.com

## Regular Events and Activities

## Regular Events and Activities

Event	Organised by	At	Date
<b>Ballroom Dancing</b> For those that still love a dance this is for you. Come and move those feet with a professional instructor.	Fleckney Parish Council	Fleckney Sports Centre	Wednesdays
<b>Whist Drive Wednesday 7th &amp; 21st September</b> Every other Wednesday 2-4:30pm £1 per game, raffle prizes, tea, coffee and biscuits served at half time	Voluntary Action Melton	The Edge, Dalby Road, Melton	Wednesday, 7 & 21 September
<b>Knitting and Crochet Guild</b> Informal knitting group, new members welcome. Bring own needles and wool.	Knitting and Crochet Guild	Melton Library	Every third Wednesday of the month
<b>Table Tennis</b>	Melton Borough Council	The Cove, Sysonby Street, Melton	Every Weds & Thurs
<b>Forever Young</b> The session consists of 9.30am-11am table tennis & 11am-12noon badminton in which you can do one of the activities or both.	Fleckney Parish Council in partnership with Active Together Harborough	Fleckney Sports Centre	Thursdays
<b>Indoor Bowls Chummies Morning</b> Pre-booking required.	Physical Activity Team	Carlton Indoor Bowls at Enderby Leisure Centre	Thursdays
<b>Zumba Gold A Zumba</b> Sessions specifically for older adults. Pre-booking required.	Active Together	Stapleton Village Hall	Thursdays
<b>55+ Tea &amp; coffee morning</b>	Leicester Libraries	Aylestone Library	Thursdays

## DO YOU CLAIM THESE BENEFITS?

### 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 you 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

<b>Blaby District</b>	<b>☎ 0116 2750555</b>
<b>Charnwood Borough</b>	<b>☎ 01509 634567</b>
<b>Hinckley &amp; Bosworth</b>	<b>☎ 01455 238141</b>
<b>Melton Borough</b>	<b>☎ 01664 502502</b>
<b>North West Leicester</b>	<b>☎ 01530 454545</b>
<b>Oadby &amp; Wigston</b>	<b>☎ 0116 2888961</b>
<b>Harborough &amp; District</b>	<b>☎ 01858 828282</b>

# 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 £49.30\* (lower rate) or £73.60\* (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? <b>YES NO</b>           | • Are you at risks of falls? <b>YES NO</b>   |
| • Do you need help with dressing (e.g. buttons, zips, and socks)? <b>YES NO</b> | • Do you have blackouts or fits? <b>YES NO</b>   |
| • Do you need help to have a bath or shower? <b>YES NO</b>                      | • Are you severely visually impaired? <b>YES NO</b>  |
| • Do you need to have your food cut up for you? <b>YES NO</b>                   | • Do you need help with communicating (e.g. due to deafness/speech/confusion)? <b>YES NO</b> |
| • Do you use a wheelchair? <b>YES NO</b>  |  |
| • Are you forgetful and need to be reminded of things? <b>YES NO</b>            |  |
| • Do you need help to take your medication? <b>YES NO</b>                       |  |
- 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.

If the answer to **ANY** of these questions is **YES** and you are not already getting Attendance or Disability Living Allowance care component, please contact us for free, confidential advice and assistance with your claim. We will be happy to visit you at home. You can either ring on 0800 88 22 00 or complete your details below and return this form by **FREEPOST** to us.

Name:

Address:

Tel No:

Date of Birth:  National Insurance No:

Best time to ring:  Best time to visit:

Relative or friends details if you would like them to be involved:

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 (Local Service)**

\*2011/12 rates apply



## Residential and Nursing Care Services

- Free confidential and independent advice and advocacy 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

## Information and Advice Service

Is a free confidential and independent advice service that can assist with the following issues:-

**Money Matters**

**Leisure & Social Activities**

**Welfare Benefits**

**Family & Personal Matters**

**Housing & Property**

**Your Rights**

**Residential & Nursing Care**

**Local Services**

***Most other issues that affect your quality of life***

The helpline hours are:

**Monday 1:30 - 4:30**

**Tuesday 1:30 - 4:30**

**Wednesday 1:30 - 4:30**

**Thursday 1:30 - 4:30**

**Friday 1:30 - 4:00**



**0116 299 2233**

## Other services Age UK run in Leicester, Leicestershire and Rutland

Age UK 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
- Good Life / Healthy Living Project
- Lifelong Learning
- Insurance Services

Please call for more information  **0116 299 2233**

**Age UK Leicester Shire & Rutland**  
**Lansdowne House**  
**113 Princess Road East**  
**Leicester LE1 7LA**  
**Tel: 0116 2992233**

**enquiries@ageukleics.org.uk**  
**www.ageukleics.org.uk**  
**Charity No 250837**

## 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**


## 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**



## September Events

\* Sunday 4th September

\* Birstall Watermead Country Park Sponsored Walk

Organised by: Age UK Leicester Shire & Rutland  
Meet at: St James Centre - 10.30am or  
Meadow Lane Car Park -11:00am  
Tel: (0116) 299 2233  
Email: nisa.ahmed@ageukleics.org.uk

\* 1st September to 30th September

\* Will Writing Promotion

A number of solicitors throughout the city and county have agreed to reduce their Will writing charges to £35+VAT for a single uncomplicated Will during the month.

Organised by: Age UK Leicester Shire & Rutland  
Tel: (0116) 299 2233 for more information  
Email: enquiries@ageukleics.org.uk

## October Events

\* 1st October to 31st October

\* Will Writing Promotion

A number of solicitors throughout the city and county have agreed to reduce their Will writing charges to £35+VAT for a single uncomplicated Will during the month.

Organised by: Age UK Leicester Shire & Rutland  
Tel: (0116) 299 2233 for more information  
Email: enquiries@ageukleics.org.uk

## Concessionary

## Travel

### Application Form for older people resident within Leicestershire (excluding Leicester City)

Residents of Leicester can obtain a form from a City Council Customer Services Centre - 0116 252 7000

**What benefits will I get from my travel pass?**

#### Free Bus Travel

Your pass will enable you to travel free on local buses in all parts of England, between 9.30am and 11.00pm Monday to Friday and all day at weekends and bank holidays.

Passes are also valid for free travel on bus journeys starting in Leicestershire (outside Leicester City) between 11.00 p.m. and midnight on Mondays to Fridays.

#### Half fare travel community transport schemes

Passes are valid for half fare travel on Leicestershire community minibus and Dial-a-Ride services open to the public and on social car schemes.

#### Important Information

**Replacement pass** - You can obtain a replacement pass by calling the Customer Service Centre 0116 305 0002

Only the pass most recently issued to you is valid for travel. Therefore if you lose your pass and get a replacement, your original pass ceases to be valid, even if you later rediscover it.

**Eligibility** - From 6<sup>th</sup> April 2010, the statutory age of eligibility for a pass changed in line with changes to the women's qualifying age for state pension.

The table below sets out eligibility dates for men and women.

Eligibility dates for bus passes	
Date of Birth	Eligibility Date
Before 6th Oct 1950	Already Eligible
6th Oct to 5th Nov 1950	6th May 2011
6th Nov to 5th Dec 1950	6th July 2011
6th Dec 1950 to 5th Jan 1951	6th Sept 2011
6th Jan to 5th Feb 1951	6th Nov 2011
6th Feb to 5th March 1951	6th Jan 2012
6th March to 5th April 1951	6th March 2012
6th April to 5th May 1951	6th May 2012
6th May to 5th June 1951	6th July 2012
6th June to 5th July 1951	6th Sept 2012
6th July to 5th Aug 1951	6th Nov 2012
6th Aug to 5th Sept 1951	6th Jan 2013
6th Sept to 5th Oct 1951	6th March 2013
6th Oct to 5th Nov 1951	6th May 2013
6th Nov to 5th Dec 1951	6th July 2013
6th Dec 1951 to 5th Jan 1952	6th Sept 2013
6th Jan to 5th Feb 1952	6th Nov 2013
6th Feb to 5th March 1952	6th Jan 2014
6th March to 5th April 1952	6th March 2014

#### Ethnic origin

We are keen to see all sections of the community take up the benefits they are entitled to. Your co-operation in filling out this section would therefore be appreciated.

*I would describe my ethnic origin as*

White:

British ☐  
Irish ☐  
Polish ☐  
other Eastern European ☐  
Other white background, please state

Mixed Heritage:

White and Black Caribbean ☐  
White and Black African ☐  
White and Asian ☐  
Other dual heritage background, please state:

Black or Black British:

Caribbean ☐  
African ☐  
Other Black background, please state

Gypsy or Traveller:

Gypsy ☐  
Roma ☐  
Irish Traveller ☐  
Other Gypsy or Traveller background, please state

Other ethnic group:

Chinese ☐  
Arab ☐  
Other ethnic group, please state:

Asian or Asian British:

Indian ☐  
Pakistani ☐  
Bangladeshi ☐  
Other Asian background, please state

What is your religion or belief?

No religion/belief ☐  
Christian ☐  
Buddhist ☐  
Hindu ☐  
Jewish ☐  
Muslim ☐  
Sikh ☐  
Other, please state

## Travel vouchers for those who do not have a frequent local bus service

If you live in a place that is more than 800 metres from a frequent local bus service (defined as a service operating hourly or more frequently on Mondays to Saturdays), as an alternative to the travel pass you can choose travel vouchers valid for full fare travel in some **local taxis**. Vouchers can also be used to pay for travel at full fare on buses, trains and with community transport schemes within Leicestershire and between Leicestershire and nearby towns in adjoining counties. You will get a photo-identity card, which must be shown to prove your identity each time you travel using the vouchers.

Vouchers are issued once per year to each person. The main renewal issue is in late April each year and the annual issue per person is currently £33. First time applicants can join the vouchers scheme at any time between 1 May and 31 January but will receive a lesser amount if applying after 1 September.

Each voucher is worth £1. Taxi drivers can decline to give change if the value of vouchers presented is greater than the fare.

### How do I apply and how long will it take to get my pass or vouchers?

Fill in the form and send it to the address shown with a photograph of the size and standard as required for a passport. You will also need to send proof of entitlement, in the form of an original or photocopy of an official document showing your name and date of birth.

At our busiest times it can take us up to 28 days (4 weeks) to deal with all the applications we receive.

Send the form, photograph and proof of entitlement to Older Persons' Travel Scheme, County Hall, Glenfield, Leicester LE3 8ST.

If you have any questions you can contact us by telephone on **Leicester (0116) 305 0002** or e-mail us at [customerservices@leics.gov.uk](mailto:customerservices@leics.gov.uk).

If you require this information in an alternative version such as large print, Braille, tape or help in understanding it in your language please contact 0116 305 0002

જો આપ આ માહિતી આપની ભાષામાં સમજવામાં થોડી મદદ ઇચ્છતાં હો તો 0116 305 0002 નંબર પર ફોન કરશો અને અમે આપને મદદ કરવા અવરથા કરીશું.

ਜੇਕਰ ਤੁਹਾਨੂੰ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਸਮਝਣ ਵਿਚ ਕੁਝ ਮਦਦ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 305 0002 ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ ਅਤੇ ਅਸੀਂ ਤੁਹਾਡੀ ਮਦਦ ਲਈ ਕਿਸੇ ਦਾ ਪ੍ਰਬੰਧ ਕਰ ਦਵਾਂਗੇ।

এই তথ্য নিজের ভাষায় বুঝার জন্য আপনার যদি কোন সাহায্যের প্রয়োজন হয়, তবে 0116 305 0002 এই নম্বরে ফোন করলে আমরা উপযুক্ত ব্যক্তির ব্যবস্থা করবো।

假如閣下需要幫助，用你的語言去明白這些資訊，請致電 0116 305 0002，我們會安排有關人員為你提供幫助。

Jeżeli potrzebujesz pomocy w zrozumieniu tej informacji w Twoim języku, zadzwoń pod numer 0116 305 0002, a my Ci pomożemy.

**Concessionary Travel Enquiries**  
**Phone (0116) 305 0002**  
**Minicom number (0116) 305 0007**

## Regular Events and Activities

Time	Contact	Tel	Email
8pm-9pm	Corrin Bradgate	0116 2403755	fleckneyslc@btconnect.com
2.00-4.30pm	Cis Keightley	01664 562360	
6.30-8pm		0116 3053646	
Weds 2pm-4pm Thurs 10am-12 noon	Liz Ashbridge	01664 502389	
9.30am-12 noon	Corrin Bradgate	0116 240 3755	fleckneyslc@btconnect.com
9.30am-12.30pm	Physical Activity Team	0116 2750234	
10am-11am	Gail Daniel	07739 512496	
10.30am-12.00pm	Angela Evans	0116 283 2540	aylestonelibrary@leicester.gov.uk

## Leicestershire Concessionary Travel for Over 60s

Title Mr Mrs Miss Other ..... Surname/family Name .....  
First Names ..... Date Of Birth .....  
Address .....  
Post Code ..... Telephone Number .....


### YOUR CHOICE OF CONCESSION:

☐ Travel Pass ☐ OR Vouchers (only available to those living more than 800 metres from a frequent bus service)

### I DECLARE THAT:

- ☐ I am resident in Leicestershire at the above address;  
☐ If I choose vouchers, I agree to forego my right to the statutory minimum free travel scheme provided by the Transport Act 2000 as amended and the Concessionary Bus Travel Act 2007;  
☐ If I move out of Leicestershire, I will return my concession.

Signature ..... Date .....

 The Data collected is in accordance with the Data Protection Act 1998. Data will only be used for the purpose outlined in this leaflet.

Please note that key data may be provided to bodies responsible for auditing and administering public funds for the purposes of preventing and detecting fraud.

## Regular Events and Activities

Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Knit &amp; Stitch club</b> If you like to knit [or crochet or stitch] bring it along and have a chat with other knitters	Leicester Libraries	Braunstone Library	Thursdays	13.00 pm – 15.00 pm	Tracey Inchley	0116 2995476	braunstonelibrary@leicester.gov.uk
<b>Senior Walk Great Dalby/ Watermead</b> 90mins walk.	Melton Borough Council	Meet at Wilton Park, Wilton Road	Thursday 1, 15 & 29 September	1.30pm	Liz Ashbridge	01664 502389	
<b>Senior Walk Country Park</b> 30 mins to 1 hour walk.	Melton Borough Council	Meet at Melton Country Park Visitors Centre	Thursday, 8 & 22 September	1.30pm	Liz Ashbridge	01664 502389	
<b>Lace &amp; Embroidery Class</b> Every Friday. New members welcome.		Melton Library	Fridays	10am-12pm		0116 3053646	
<b>Bingo</b>	Age Concern Leicester Shire & Rutland	Clarence House 46 Humberstone Gate, Leicester, LE1 3PJ.	Fridays	10.30am-12pm	Clarence House Reception	0116 2992233	reception@ageconcernleics.com
<b>Carpet Bowls</b>	Melton Borough Council	Gloucester House, Scalford Road	1st and 3rd Friday in the month	1.30-4pm	Roy Holland	01664 410253	
<b>Table Tennis</b>	Age Concern	Gloucester House, Scalford Road, Melton	2nd and 4th Friday in the month	1.30-4pm	Roy Holland	01664 410253	
<b>Keep Fit</b> Weekly classes that include: Zumba, Zumba Gold, Nia, Yoga, Gentle Exercise, Tai Chi and Legs, Bums & Tums.	Age Concern Leicester Shire & Rutland	Clarence House 46 Humberstone Gate, Leicester LE1 3PJ.	Call Clarence House Reception for details	Call Clarence House Reception for details	Clarence House Reception	0116 2992233	reception@ageconcernleics.com
<b>Social Groups Weekly,</b> Fortnightly and Monthly Social groups that include: Spanish, Whist, Readers, Writers, Knit 'n' Natter, Over 50s and Music groups.	Age Concern Leicester Shire & Rutland	Clarence House 46 Humberstone Gate, Leicester LE1 3PJ.	Call Clarence House Reception for details	Call Clarence House Reception for details	Clarence House Reception	0116 2992233	reception@ageconcernleics.com

## Regular Events and Activities

## Leicestershire Libraries

### Leicestershire Library Services

There are 53 libraries 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, and FREE internet access. Most libraries offer large print books, talking books, and films to hire and have special equipment, eg. magnifiers, induction loops. Some have specially adapted computers for disabled use.

Concessions for paid-for services are available for people with arthritis, visual impairment or physical disability.

## Leicestershire Libraries

All libraries stock a wide range of books and information on general and specific health issues; extensive health and wellbeing services are now available at the top 16 libraries.

Many libraries support reading groups, hold regular coffee mornings, and other special events.

See below to find out what's on offer including some special **ICT** and **health** related events taking place in libraries during September.

For more information about library services call into your local library, call **0116 305 6988**, email [libraries@leics.gov.uk](mailto:libraries@leics.gov.uk) or see online at [www.leics.gov.uk/libraries](http://www.leics.gov.uk/libraries)

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Ebay Shopping</b> Email account before starting.	Leicestershire Library Services	Syston Library	Thu 1 Sep	10.00am - 12.30pm	The Library	0116 3053500	systonlibrary@leics.gov.uk
<b>Digital Photography for Beginners</b> Learn how to get the most out of your Digital camera.	Leicestershire Library Services	Loughborough Library	Thu 1 Sep	2.00pm - 4.30pm	The Library	0116 3052446	loughboroughlibrary@leics.gov.uk
<b>Older Person's Special Event</b> Afternoon tea.	Leicestershire Library Services	Burbage Library	Thu 1 Sep	3.00pm - 4.00pm	The Library	0116 3053558	burbagelibrary@leics.gov.uk
<b>Digital Photography for Beginners</b> Learn how to get the most out of your digital camera.	Leicestershire Library Services	Birstall Library	Fri 2 Sep	10.00am - 12.30pm	The Library	0116 3058756	birstalllibrary@leics.gov.uk
<b>Digital Photography for Beginners</b> Learn how to get the most out of your digital camera.	Leicestershire Library Services	Mountsorrel Library	Fri 2 Sep	2.00pm - 4.30pm	The Library	0116 3058756	mountsorrelllibrary@leics.gov.uk



## Leicestershire Libraries

## Leicestershire Libraries

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Knit and Natter</b> Learn to knit or practise a new skill and have a natter	Leicestershire Library Services	Oadby Library	Sun 4 Sep & 11,18,25	1.30pm - 4.00pm	The Library	0116 3058763	oadbylibrary@leics.gov.uk
<b>Digital Photography for Beginners</b> Learn how to get the most out of your digital camera.	Leicestershire Library Services	Castle Donington Library	Mon 5 Sep	10.00am - 12.30pm	The Library	0116 3053561	castledoningtonlibrary@leics.gov.uk
<b>Choose My Support Drop-in</b> Guidance and support on using the Choose Your Support website.	Leicestershire Library Services	Wigston Magna Library	Mon 5 Sep	2.00pm - 4.00pm	The Library	0116 3053689	wigstonlibrary@leics.gov.uk
<b>Discover Your Past</b> Family history on the internet. Basic mouse and keyboard skills required.	Leicestershire Library Services	Shepshed Library	Mon 5 Sep	2.00pm - 4.30pm	The Library	0116 3053678	shepshedlibrary@leics.gov.uk
<b>Ebay shopping</b> You will need an email account before starting.	Leicestershire Library Services	Earl Shilton Library	Tue 6 Sep	10.00am - 12.30pm	The Library	0116 3058392	earlshiltonlibrary@leics.gov.uk
<b>Digital photography for beginners</b> Learn how to get the most out of your digital camera.	Leicestershire Library Services	Barwell Library	Tue 6 Sep	2.00pm - 4.30pm	The Library	0116 3053547	barwelllibrary@leics.gov.uk
<b>Family History Drop In</b> For help and tips on researching your family history	Leicestershire Library Services	Hinckley Library	Tue 6 Sep	2.00pm - 4.00pm	The Library	0116 3052500	hinckleylibrary@leics.gov.uk
<b>Older Person's Special Event</b> Coffee and Cakes with Monica Winfield. £1 including refreshments.	Leicestershire Library Services	Hinckley Library	Thu 8 Sep	10.00am - 11.30am	The Library	0116 305500	hinckleylibrary@leics.gov.uk
<b>Health Check</b> Health checks which include measuring body fat percentage, weight and blood pressure.	Leicestershire Library Services / Charnwood BC Active Together Team	Syston Library	Thu 8 Sep	1.30pm - 4.30pm	The Library	0116 3053500	systonlibrary@leics.gov.uk

## Leicestershire Libraries

## Leicestershire Libraries

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Coffee Morning</b> Including a display of knitted items created by The Library's Knit & Stitch group.	Leicestershire Library Services	Hinckley Library	Mon 12 Sep	10.00am - 11.30am	The Library	0116 3052500	hinckleylibrary@leics.gov.uk
<b>Charity coffee morning and quiz</b> Help raise money for the Alzheimer's Society. Bring your friends.	Leicestershire Library Services	Loughborough Library	Mon 12 Sep	10.00am - 12 noon	The Library	0116 3052420	loughboroughlibrary@leics.gov.uk
<b>Seated Exercise Taster Session</b> Improve your health and fitness with gentle exercise.	Leics Adult Learning Service/ Leics Library Services	Loughborough Library	Mon 12 Sep	10.30am - 11.30am	The Library	0116 3052420	loughboroughlibrary@leics.gov.uk
<b>Reflexology Taster Session</b> for relaxation and wellbeing.	Leicestershire Library Services	Loughborough Library	Mon 12 Sep	11.00am - 2.00 pm	The Library	0116 3052420	loughboroughlibrary@leics.gov.uk
<b>Tea and Chat</b> Drop in to find out what your library offers	Leicestershire Library Services	Melton Library	Tue 13 Sep	10.00am - 12 noon	The Library	0116 3053646	meltonmowbraylibrary@leics.gov.uk
<b>Older Person's special event</b> Health checks, light exercise	Leicestershire Library Services	Mountsorrel Library	Tue 13 Sep	10.00am - 12 noon	The Library	0116 3055891	mountsorrellibrary@leics.gov.uk
<b>Technology Doctors.</b> Help and advice with your mobile phone, laptop etc	Leicestershire Library Services	Coalville Library	Tues 13 Sep	10.00am - 1.00pm	The Library	0116 3053565	coalvillelibrary@leics.gov.uk
<b>Health information session</b> Learn how to find information on prescribed medical drugs and medical conditions. Basic computer skills needed.	Leicestershire Library Services	Loughborough Library	Tue 13 Sep	10.00am - 12 noon	The Library	0116 3052420	loughboroughlibrary@leics.gov.uk
<b>Introduction to Pilates/ Yoga</b> Improve your health and well being with gentle exercise.	Leics Adult Learning Service/ Leics Library Services	Mountsorrel Library	Tue 13 Sep	10.30am - 11.30am	The Library	0116 3055892	mountsorrellibrary@leics.gov.uk

## Leicestershire Libraries

## Leicestershire Libraries

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Health Talk - Massage for arthritis</b> Find out about the benefits of massage for arthritis sufferers	Gaia Holistics	Loughborough Library	Wed 14 Sep	10.00am - 10.45am	The Library	0116 3052420	<a href="mailto:loughboroughlibrary@leics.gov.uk">loughboroughlibrary@leics.gov.uk</a>
<b>Ebay shopping.</b> You will need an email account before starting.		Newbold Verdon Library	Wed 14 Sep	10.00am - 12.30pm	The Library	0116 3053661	<a href="mailto:newboldverdonlibrary@leics.gov.uk">newboldverdonlibrary@leics.gov.uk</a>
<b>Health Talk - Lower back pain</b> Find out how to manage lower back pain.	Gaia Holistics	Loughborough Library	Wed 14 Sep	11.00am - 11.45am	The Library	0116 3052420	<a href="mailto:loughboroughlibrary@leics.gov.uk">loughboroughlibrary@leics.gov.uk</a>
<b>Shopping online.</b> How to use price comparison websites. Know payment methods and consumer rights and how to deal with faulty items and protecting your personal data	Leicestershire Library Services	Hinckley Library	Wed 14 Sep	2.00pm - 4.30pm	The Library	0116 3052500	<a href="mailto:Hinckleylibrary@leics.gov.uk">Hinckleylibrary@leics.gov.uk</a>
<b>Older Person's coffee morning.</b> Come along and enjoy a reminiscence session.	Leicestershire Library Services	Birstall library	Thu 15 Sep	10.00am - 12 noon	The Library	0116 3058756	<a href="mailto:birstalllibrary@leics.gov.uk">birstalllibrary@leics.gov.uk</a>
<b>Deep Tissue Remedial Massage</b> Drop in for a FREE taster session	Gaia Holistics	Loughborough Library	Thu 15 Sep	10.00am - 1.00pm	The Library	0116 3052420	<a href="mailto:loughboroughlibrary@leics.gov.uk">loughboroughlibrary@leics.gov.uk</a>
<b>Introduction to Pilates/ Yoga</b> Improve your health and well being with gentle exercise.	Leics Adult Learning Service/ Leics Library Services	Birstall library	Thu 15 Sep	10.30am - 11.30am	The Library	0116 3058756	<a href="mailto:birstalllibrary@leics.gov.uk">birstalllibrary@leics.gov.uk</a>
<b>Introduction to Pilates/ Yoga</b> Improve your health and well being with gentle exercise.	Leics Adult Learning Service/ Leics Library Services	Loughborough Library	Thu 15 Sep	2.00pm - 3.00pm	The Library	0116 3058756	<a href="mailto:loughboroughlibrary@leics.gov.uk">loughboroughlibrary@leics.gov.uk</a>

## Leicestershire Libraries

## Leicestershire Libraries

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Ebay shopping.</b> You will need an email account before starting.		Market Harborough Library	Thu 15 Sep	2.00pm - 4.30pm	The Library	0116 3053627	marketharboroughlibrary@leics.gov.uk
<b>Health checks</b> On body fat, weight, blood pressure, body composition, metabolic rate, muscle mass and total body water percentage.	Leicestershire Library Services / Charnwood BC Active Together Team	Birstall library	Thu 15 Sep	2.00pm - 4.30pm	The Library	0116 3058756	birstalllibrary@leics.gov.uk
<b>Older Person's Special Event</b> Whist Drive. Drop in. FREE	Leicestershire Library Services	Hinckley Library	Thu 15 Sep	2.00pm	The Library	0116 3052500	hinckleylibrary@leics.gov.uk
<b>County Meals on Wheels.</b> Look at the range of meals on offer and possibly have a taste. Information available on nutrition and general well being for older people etc.	Leicestershire Library Services	Birstall library	Thu 15 Sep	To be confirmed	The Library	0116 3058756	birstalllibrary@leics.gov.uk
<b>Health Check</b> Health checks which include measuring body fat percentage, weight and blood pressure.	Leicestershire Library Services / Charnwood BC Active Together Team	Loughborough Library	Thu 15 Sep	To be confirmed	The Library	0116 3052420	loughboroughlibrary@leics.gov.uk
<b>Advice Drop In:</b> Welfare benefits, housing, health and social care and other issues. Services include assistance with filling in forms, advocacy, translation and outreach visits.	Charnwood Human Rights and Equalities Council	Loughborough Library	Fri 16 Sep	10.00am - 12 noon	The Library	0116 3052420	loughboroughlibrary@leics.gov.uk
<b>Ebay shopping</b> You will need an email account before starting.		Fleckney Library	Fri 16 Sep	10.00am - 12.30pm	The Library	0116 3053585	fleckneylibrary@leics.gov.uk
<b>Deep tissue remedial massage and Indian Head massage</b> FREE taster session	Gaia Holistics	Loughborough Library	Fri 16 Sep	10.00am - 1.00pm	The Library	0116 3052420	loughboroughlibrary@leics.gov.uk

## Leicestershire Libraries

## Leicestershire Libraries

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>How healthy are you?</b> A week long programme of health related events to promote the new Community Health & Wellbeing collection	Leicestershire Library Services	Market Harborough Library	Mon 19 Sep - Sat 24 Sep	N/A	The Library	0116 3053628	marketharboroughlibrary@leics.gov.uk
<b>Health Day</b> Pop in to see our health and wellbeing collection and a range of activities throughout the day.	Leicestershire Library Services	Blaby Library	Mon 19 Sep	9:30am - 7.00pm	The Library	0116 3053516	blabylibrary@leics.gov.uk
<b>Digital photography for beginners</b> Learn how to get the most out of your digital camera. FREE event. Pre-booking required.	Leicestershire Library Services	Melton Library	Mon 19 Sep	10.00am - 12.30pm	The Library	0116 3053646	meltonlibrary@leics.gov.uk
<b>Digital Photography for Beginners</b> Learn how to get the most out of your digital camera.	Leicestershire Library Services	Coalville Library	Tues 20 Sep	10.00am - 12.30pm	The Library	0116 3053565	coalvillelibrary@leics.gov.uk
<b>Older Person's special event</b> Health checks & light refreshments	Leicestershire Library Services	Sileby Library	Tue 20 Sep	10.00am - 12.30pm	The Library	0116 3053683	silebylibrary@leics.gov.uk
<b>Health and Wellbeing Event</b> , including help and advice for older people.	Leicestershire Library Services	Coalville Library	Tues 20 Sep	10.00am - 1.00pm	The Library	0116 3053565	coalvillelibrary@leics.gov.uk
<b>Health Checks</b> Health checks including blood pressure, weight, body mass index, waist circumference and body fat percentage.	Leicestershire Library Services and Melton BC Active Together team	Melton Library	Tue 20 Sep	10.00am - 2.00pm	The Library	0116 3053646	meltonlibrary@leics.gov.uk
<b>New Horizons</b> Activities, health checks, talks, advice and coffee.	Leicestershire Library Services	Oadby Library	Tues 20 Sep	10.00am - 1.00pm	The Library	0116 3058763	oadbylibrary@leics.gov.uk



## Leicestershire Libraries

## Leicestershire Libraries

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Shopping Online</b> Basic mouse and keyboard skills required.	Leicestershire Library Services	Ashby Library	Tues 20 Sep	2.00pm - 4.30pm	The Library	0116 3055917	ashbylibrary@leics.gov.uk
<b>Health Day</b> Pop in to see our health and wellbeing collection and join us for activities throughout the day.	Leicestershire Library Services	Glenfield Library	Wed 21 Sep	9.00am - 8.00pm	The Library	0116 3053591	glenfieldlibrary@leics.gov.uk
<b>Older Person's special event</b> Health checks & light refreshments.	Leicestershire Library Services	Barrow Upon Soar Library	Wed 21 Sep	10.00am - 12 noon	The Library	0116 3053543	barrowlibrary@leics.gov.uk
<b>Digital Photography for Beginners</b> Learn how to get the most out of your digital camera. FREE event.	Leicestershire Library Services	Wigston Library	Wed 21 Sep	10.00am - 12.30pm	The Library	0116 3053689	wigstonlibrary@leics.gov.uk
<b>Charity Quiz and Coffee Morning</b> Help raise money for the Alzheimer's Society. Bring your friends.	Leicestershire Library Services	Syston Library	Wed 21 Sep	10.00am - 1.00pm	The Library	0116 3053500	systonlibrary@leics.gov.uk
<b>Technology Doctors</b> Impartial help and advice with your mobile phone, laptop or any other technology.	Leicestershire Library Services	Castle Donington Library	Wed 21 Sep	2.00pm - 4.00pm	The Library	0116 3053561	castledoningtonlibrary@leics.gov.uk
<b>Older Person's Special Health Event</b> Drop in and see what The Library can offer you - blood pressure testing, a mini massage, Wii-Fit session. Advice on many health issues. Refreshments available.	Leicestershire Library Services	Earl Shilton Library	Thu 22 Sep	9.30am - 12.30pm	The Library	0116 3058392	earlshiltonlibrary@leics.gov.uk

## Leicestershire Libraries

## Leicestershire Libraries

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Older Person's Special Event</b> Email for beginners	Leicestershire Library Services	Hinckley Library	Thu 22 Sep	10.00am - 12 noon	The Library	0116 3052500	hinckleylibrary@leics.gov.uk
<b>Digital Photography for Beginners</b> Learn how to get the most out of your digital camera.	Leicestershire Library Services	Blaby Library	Thu 22 Sep	10.00am - 2.30pm	The Library	0116 3053516	blabylibrary@leics.gov.uk
<b>Health Check</b> Health checks which include measuring body fat percentage, weight and blood pressure.	Leicestershire Library Services / Charnwood BC Active Together Team	Syston Library	Thu 22 Sep	11.00am - 1.00pm	The Library	0116 3053500	systonlibrary@leics.gov.uk
<b>Ebay shopping</b> You will need an email account before starting.	Leicestershire Library Services	Glenfield Library	Thu 22 Sep	2.00pm - 4:30pm	The Library	0116 3053591	glenfieldlibrary@leics.gov.uk
<b>Discover Your Past</b> For help and tips on researching your family history and resources at Oadby Library.	Leicestershire Library Services	Oadby Library	Thu 22 Sep	2.00pm - 4.30pm	The Library	0116 3058763	oadbylibrary@leics.gov.uk
<b>Health Morning</b> See our new health and wellbeing collection and join us for a range of activities throughout the morning.	Leicestershire Library Services	Shepshed Library	Fri 23 Sep	9.30am - 12 noon	The Library	0116 3053678	shepshedlibrary@leics.gov.uk
<b>Discover your past!</b> A basic introduction to family history online, and an introduction to Ancestry Library Edition databases.	Leicestershire Library Services	Kirby Muxloe Library	Fri 23 Sep	10.00am - 12:30pm	The Library	0116 3053714	kirbymuxloelibrary@leics.gov.uk
<b>Talk: Planning ahead for long term care</b>	Melton Borough Council	Melton Library	Fri 23 Sep	2.00pm - 3.00pm	The Library	0116 3053646	meltonlibrary@leics.gov.uk
<b>Digital Photography for Beginners</b> Learn how to get the most out of your digital camera	Leicestershire Library Services	Braunstone Town Library	Fri 23 Sep	2.00pm - 4:30pm	The Library	0116 3055900	braunstonetownlibrary@leics.gov.uk

## Leicestershire Libraries

## Leicestershire Libraries

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Let's Play Antakshri</b> Join us for a fun afternoon playing the popular traditional Indian parlour game Antakshri. A fun singing activity. Everyone welcome.	Leicestershire Library Services	Wigston Magna Library	Sat 24 Sep	5.00pm - 7.00pm	Vinod Ghadiali / Inderjit Gugnani	0116 3053696 0116 3053697	Vinod.Ghadiali@leics.gov.uk Inderjit.Gugnani@leics.gov.uk
<b>Ebay shopping</b> You will need an email account before starting.	Leicestershire Library Services	Enderby Library	Mon 26 Sep	2.00pm - 4:30pm	The Library	0116 3053523	enderbylibrary@leics.gov.uk
<b>Bring your Grandma to Wriggly Readers</b> A chance for Grandparents to share traditional rhymes and stories with their under 5's grandchildren.	Leicestershire Library Services	Wigston Magna Library	Tue 27 Sep	10.00am - 10.30am	The Library	0116 3053689	wigstonlibrary@leics.gov.uk
<b>Family History on the internet</b> Including free access to Ancestry library edition.	Leicestershire Library Services	Melton Library	Wed 28 Sep	10.00pm - 12.00 noon	The Library	0116 3053646	meltonlibrary@leics.gov.uk
<b>Family History Online</b> Find out how to use the internet to help with your family history research.	Leicestershire Library Services	Wigston Magna Library	Wed 28 Sep	10.00am - 11.00am or 11.30am - 12.30pm	The Library	0116 3053689	wigstonlibrary@leics.gov.uk
<b>Older Person's Special Event</b> Guest speaker, Monica Winfield of BBC Radio Leicester, talking about her role as a Street Pastor	Leicestershire Library Services	Barwell Library (George Ward Centre)	Thu 29 Sep	10.00am - 12 noon	The Library	0116 3053547	barwelllibrary@leics.gov.uk
<b>Family History on the Internet</b> Basic mouse and keyboard skills required.	Leicestershire Library Services	Ashby library	Thurs 29 Sep	10.00am - 12 noon	The Library	0116 3055917	ashbylibrary@leics.gov.uk

## Leicestershire Libraries

## Leicestershire Libraries

Older Person's Month - September 2011 - Events in Leicestershire Libraries							
Event	Organised by	At	Date	Time	Contact	Tel	Email
<b>Health and Wellbeing Launch Event</b> including help and advice for older people. Health checks from Tesco pharmacy.	Leicestershire Library Services	Ashby Library	Thurs 29 Sep	12.30pm - 3.30pm	The Library	0116 3055917	ashbylibrary@leics.gov.uk
<b>Seated Exercise Taster Session</b> Improve your health and fitness with gentle exercise.	Leics Adult Learning Service/ Leics Library Services	Syston Library	Please ring	Please ring	The Library	0116 3053500	systonlibrary@leics.gov.uk

### 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, guided walks, talks, living history events and Snibston's annual FREE Miner's Gala.

For Charnwood call **01509 233754** and for Melton Carnegie call **0116 4053860**.

For more information about the County's museums and any events, visit [www.leics.gov.uk/museums](http://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 Tourist Information Centres, by calling the number above, emailing [eventsguide@leics.gov.uk](mailto:eventsguide@leics.gov.uk) or viewing/requesting online at [www.leics.gov.uk/museumsguide](http://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](http://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](http://www.leics.gov.uk/countrysideguide)

## Additional Information

### Walking is the perfect start to exercising regularly

If you want to feel good, keep your heart strong and lower your risk of developing major chronic diseases, then walking could be the perfect start.

By exercising regularly you can lower the risk of developing major chronic diseases such as heart disease, stroke, some cancers and type two diabetes. It can also reduce the risk of and help in the management of conditions such as osteoporosis, back pain and osteoarthritis

Not only is walking something that most people can do, it also helps to reduce blood pressure, help you to manage your weight, reduce stress and give you more energy, which in turn will improve your health, confidence and quality of life.

Walking is a fantastic way to get active. It is something that you can do anywhere and at any time, it's free and you can start slowly and build up gently.

Adults should aim for 30 minutes of moderate intensity exercise five times a week. A good way of achieving this is by taking a brisk walk which will make you breathe a little faster, feel warmer and increase your heart rate slightly.

Your 30 minutes don't have to be done all at once – you can break them down into 10-minute bursts of activity spread throughout the day.

If you are new to walking regularly it is best to start off slowly and not overdo it, especially if you can only walk for a couple of minutes to begin with. Try starting off with two walks of 10 minutes on three days a week. Over the next few weeks increase the length of your walks, building up to exercising for 30 minutes five times a week.

Once you feel ready try increasing how fast you walk, aiming for a brisk pace. This means still being able to talk, so if you can't have a conversation while exercising you may be going too fast! You also need to challenge yourself with a few steeper inclines or hills.

Make sure you start your walk slowly before building up your pace, and towards the end gradually slow down your pace to allow your body to cool down and finish with some stretches to improve your flexibility.

Your aim should be to build walking into your daily routine and steadily improve how long and how far you can walk.

## Additional Information

### Top tips for walking

- Try to build walking into your daily life
- Wear a comfortable pair of shoes which provide good support and don't cause blisters
- Choose clothes which are loose fitting so you can move more freely and wear thin layers that you can remove if you feel too hot
- Take a bottle of water
- If it is sunny wear sun cream and a hat so you don't burn – try to avoid walking during the hottest times of the day
- Do a regular walk with a friend
- Join a Walking for Health group, which meets for free, regular short walks every week. To find your nearest group visit [www.wfh.naturalengland.org.uk/walkfinder](http://www.wfh.naturalengland.org.uk/walkfinder) and enter your postcode, or alternatively call **0300 060 2287**

### Benefits of physical activity:

By exercising on a regular basis you will start to notice a difference. You will have:

- Better health
- More energy
- Less stress
- Stronger bones and muscles
- Better balance, strength, suppleness and mobility
- Improved sleep
- A better body shape
- You can reach and maintain a healthy weight
- Have a sense of achievement
- More social opportunities

It is recommended that adults have 30 minutes of moderate intensity physical exercise at least five days a week. This can be anything from walking, gardening or any activity that gently raises your heart rate. It can also be broken down into 10-minute bursts of activity spread throughout the day.

For children it should be 60 minutes of moderate intensity physical activity per day, which can be anything from playing to swimming or walking to school.



## 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

<b>Blaby District Hinckley &amp; Bosworth Charnwood</b>	Enderby Leisure Centre	0116 2750234
	Hinckley Leisure Centre	01455 610011
	Loughborough Leisure Centre	01509 611080
	Soar Valley Leisure Centre	0116 2375267
	South Charnwood Swimming Pool	0116 2640057
<b>Harborough District</b>	Harborough Leisure Centre	01858 410115
	Lutterworth Sports Centre	01455 200800
<b>Melton</b>	Waterfield Leisure Centre, Melton Mowbray	01664 563550
	Oadby Swimming Pool	0116 2710386
<b>Oadby &amp; Wigston</b>	Wigston Swimming Pool	0116 2881758
	Hood Park Leisure Centre & Hermitage Leisure Centre	01530 454545
<b>North West Leics</b>	Aylestone Leisure Centre	0116 2333040
	Braunstone Leisure Centre	0116 2293229
<b>Leicester City</b>	Cossington Street Sports Centre	0116 2333060
	Evington Leisure Centre	0116 2995575
	Knighton Tennis Centre	0116 2708696
	Leicester Leys Leisure Centre	0116 2333070
	New Parks Leisure Centre	0116 2333080
	Spence Street Sports Centre	0116 2995584

For more physical activities and exercise opportunities, activity taster sessions and information for how to get involved, there are opportunities throughout the month at the Peepul Centre – please contact **Jit Joshi** 0116 2616097 [jitesh.joshi@leicspart.nhs.uk](mailto:jitesh.joshi@leicspart.nhs.uk)

**26th SEPTEMBER TO 2nd OCTOBER IS ACTIVE AGEING WEEK.** Look out for events and activities taking place as part of Active Ageing Week led by Leicestershire and Rutland Sport from 26th September to 2nd October. For more information contact the Physical Activity Team on 01509 564870

## Additional Information

### Bridging the Generation Gap

This is an intergenerational event encouraging younger and older generations to interact with each other and have fun. The event runs over several weeks and will culminate in a community project which we hope will showcase to members of the public across Rutland. This is a pilot event which we hope will be extended to other Day Centres across Rutland and Leicestershire.

Organised in Partnership between BigPinkHeart and Age Concern at Age Concern Empingham Day Centre, Methodist Church, Main Street, Empingham Rutland on Wednesdays (start date to be confirmed)

Time to be confirmed. Please contact Sharon Clephane/Denise Smith/ Antony Massey Tel **0787 659 4498** (Sharon Clephane) Email [sharon@bigpinkheart.co.uk](mailto:sharon@bigpinkheart.co.uk)

### 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 2011 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](http://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!

## Additional Information

### Blaby 2012 Blanket Project

Blaby District Council are calling on all Blaby knitters and crocheters to help create a blanket inspired by the London 2012 Olympic & Paralympics Games. We would like a corporate coloured (green, purple, white and black) blanket to be displayed in the Council Chamber as part of Olympic legacy. We need residents to knit/crochet a 3 inch square which will form part of the Blaby 2012 Blanket. For more information contact Hema Majithia 0116 2727703 [leisure@blaby.gov.uk](mailto:leisure@blaby.gov.uk)

### Blaby District Befrienders Project

Provides one to one support, friendship and information to older, isolated people in the District of Blaby. As our population ages, there are many people who find mobility more of a problem and as their families may live some distance away, the biggest problem they often face is isolation and loneliness.

If you need or know of someone who needs this support or if you enjoy a good conversation and meeting interesting people, especially those with a good story to tell, then please contact us **0116 2727699**

**LEICESTERSHIRE CAREONLINE TEL: 0116 305 7538**  
[www.leicscareonline.org.uk](http://www.leicscareonline.org.uk)

### Are you a Leicestershire County Council Resident? Are you Disabled, a Carer or an Older Person?

CareOnLine helps people who have difficulty leaving home, learn how to use computers, send emails and use the Internet.

For people who qualify, we offer:

- Advice on computer equipment to meet your needs
- One-to-one training in your own home
- Telephone and home visit support
- An easy to use web site to access other services

CareOnLine has helped hundreds of people from 18 to over 90 improve their quality of life, help them stay in touch and open a new window to the world. Tel: **0116 305 7538** [www.leicscareonline.org.uk](http://www.leicscareonline.org.uk)

**SAGE** – A driving assessment for mature drivers – Safer driving with age. Contact **0116 3057233** for more information or visit [www.leics.gov.uk/sage](http://www.leics.gov.uk/sage)  
Email: [roadsafety@leics.gov.uk](mailto:roadsafety@leics.gov.uk)

## Additional Information

### Choose My Support

Choose My Support is a new way of finding care and support services in the county and city.

Provided by Leicestershire County Council jointly with Leicester City Council, it is an on-line market place for care and support services and care products which the citizens of Leicester and Leicestershire can use to find and buy what they need.

For further information go to: [www.choosemysupport.org.uk](http://www.choosemysupport.org.uk)

If you have any questions about Choose My Support please contact:

Tel: **0116 2323232**

Email: [contactus@choosemysupport.org.uk](mailto:contactus@choosemysupport.org.uk)

**BECOME A MEMBER of any or all of these NHS organisations;  
NHS Leicester City, NHS Leicestershire County and Rutland,  
Leicestershire Partnership NHS Trust, East Midlands Ambulance  
Service**

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

You can join online, by phone or text: [www.nhs.uk/nhs.uk/membership.org](http://www.nhs.uk/nhs.uk/membership.org)  
Tel: **0116 295 4151** or text [healthylife](http://healthylife) to **81025**

## Additional Information

### 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.

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. Sandra Preston **0116 2750391** or Tricia Cornforth **07989 549074**

### Department of Work and Pensions

#### Help if you have been recently bereaved

If you have recently suffered a bereavement you can now access our new bereavement service by calling **0845 60 60 265**

The trained advisors will take down the details of the person who has died and will notify all relevant DWP departments for you. They can also advise if you may be entitled to help with the cost of the funeral from the Social Fund and other relevant benefits such as Bereavement Payment.

We still offer our visiting service for those who need us to come to their home to sort things out. Please talk to the advisor about this.

### Blaby and District Community Bus project.

Tel: **0116 286 6116** Monday to Friday 10 to 12pm, or via Narborough Parish Centre, Desford Road, Narborough

## Additional Information

### Leicestershire Local Involvement Network (LINK) and Rutland Local Involvement Network (LINK)

Ever wanted to give your views about Health or Social Care services in Leicestershire or Rutland, 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 LINK and the Rutland LINK are independent networks for local people and voluntary organisations.

The role of the LINK is to find out what people think about health and social care services, and to work closely with the Local Council, NHS Trusts and Hospitals to create lasting improvements.

Getting involved with a LINK, will give you an opportunity to improve health and social care provision in Leicestershire or Rutland and influence how services are run.

It's easy to get involved and anyone can join. There are lots of different ways to be part of a 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. The LINKs have the power to take matters to a higher level and get a response.

- 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 a LINK, please email your contact details to [gemma@communitiesinpartnership.org.uk](mailto:gemma@communitiesinpartnership.org.uk) or write to: **Communities in Partnership, Beaumont Enterprise Centre, Boston Road LEICESTER LE4 1HB**  
Tel: **0116 229 3103**

Find out more about Leicestershire LINK at: [www.leicestershirelink.org.uk](http://www.leicestershirelink.org.uk)  
Find out more about Rutland LINK at: [www.rutlandlink.co.uk](http://www.rutlandlink.co.uk)

## Additional Information

### Do you live with a lung condition?

The Breathe Easy network provides support and information for people affected by a lung condition including families and carers. Breathe Easy is part of the British Lung Foundation – the only UK charity working for everyone affected by lung disease.

There are several Breathe Easy groups across Leicestershire. They provide an excellent opportunity for people affected by lung disease to meet each other, make friends and share information and advice. The groups are run by volunteers with the support of British Lung Foundation staff.

For further information please contact the Midlands Office on **0116 2495780** or visit our website: [www.lunguk.org](http://www.lunguk.org)

### Leicester U3A Information

Leicester U3A has a meeting once a month (except August & December) at the Christchurch Hall in Clarendon Park Road, Leicester. This is usually on the second Tuesday, at 2:30 p.m., with a speaker followed by tea and biscuits. Please get in touch for more information about this and other U3As Contact: Membership Secretary on **0116 2737237**  
E-mail: [Membership\\_secretary@leicesteru3a.org.uk](mailto:Membership_secretary@leicesteru3a.org.uk)  
Web Site: [www.leicesteru3a.org.uk](http://www.leicesteru3a.org.uk)

**Macmillan World's Biggest Coffee Morning - Come along and bring a smile** Friday 30th September 2011

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 30th 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 Macmillan now on **0845 602 1246** or register online at [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee).

## Additional Information

### CARE AND REPAIR

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](mailto:info@carerepairleic.org.uk)**  
For Leicester City and Blaby

**(01530) 510031. [info@carerepair.org.uk](mailto:info@carerepair.org.uk)**  
For North West Leicestershire and Hinckley & Bosworth

### Property Solutions Buro

"A social enterprise available to all residents of Leicestershire, to arrange adaptations, property repairs and maintenance. This service is complimentary to, but specifically aimed at those residents who are unable to access the existing services." Contact details; **0116 2559252. [enquiries@propertysolutionsburo.co.uk](mailto:enquiries@propertysolutionsburo.co.uk)**.

**Woodhouse Eaves Parish Council** has a fortnightly meeting of "Evergreens" in the village hall, monthly lunches for older people at the Baptist Church in Woodhouse Eaves and at the Community Hall in Old Woodhouse. In addition, a group has started up to run film shows in Woodhouse Eaves village hall – part of the Phoenix Arts Centre Screen project. Budgens bring a weekly minibas into Woodhouse Eaves for older people to take them shopping at the Mountsorrel store. For more information **contact Woodhouse Parish Clerk [clerk@woodhouseparishcouncil.org.uk](mailto:clerk@woodhouseparishcouncil.org.uk)**



## OPEN

### 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 Communities in Partnership, Beaumont Enterprise Centre, Boston Road, Leicester LE4 1HB**, ring **0116 2334243** or e-mail Liz at [liz@communitiesinpartnership.org.uk](mailto:liz@communitiesinpartnership.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.

## Older People's Community Champions

### Older People's Community Champions Leicestershire and Rutland

There is currently an Older People's Champion Network in hospitals, and also in care homes, and there are 14 Older People's Engagement Network (OPEN) members who are champions who fall between the two networks.

The vision is to have Older People's Community Champions (OPCC) across the County, supported by members of the Older People's Engagement Network (OPEN) or a forum member from their local area.

- 10 trainers were trained on 29th June by the two people who head up the existing two networks Emma Spencer and Nas Mulji along with Liz McGregor who is leading on the Older People's Community Champions.
- Potential Older People's Community Champions (OPCC) will be sought during September Older Persons' month at events, but also from existing forums and group contacts.
- Those interested will need to attend a two hour training session in their local District or Borough
- All Older People's Community Champions will already be involved in a group or groups in their locality and/or have contact and connections with a number of older people
- Prospective Older People's Community Champions do not need to be older themselves - they just need to have the interests of Older People at heart
- The main duty of Older People's Community Champions is to contribute to ensuring that Older People in their community are treated with dignity and respect, that they are not abused or taken advantage of, and that they have access to information about activities and services available to them.



## Older People's Community Champions

- Champions and trainers will be given access to workshops and training to contribute to their own personal development, to enable them to network with others, and to help them in their roles.

Those interested should contact **Liz McGregor** on **0116 2334243**, at Communities in Partnership, Beaumont Enterprise Centre, Beaumont Leys LE4 1HB or e-mail: [liz@communitiesinpartnership.org.uk](mailto:liz@communitiesinpartnership.org.uk)

### LOCAL VOLUNTARY ORGANISATIONS

Voluntary Action LeicesterShire	Tel: 0116 2580666
Community Action Blaby District	Tel: 0116 2727669
Voluntary Action Charnwood	Tel: 01509 631750
Marlene Reid Community Action	Tel: 01530 510515
Voluntary Action South Leicestershire	Tel: 01858 433232
Voluntary Action Hinckley and Bosworth	Tel: 01455 633002
Voluntary Action Melton	Tel: 01664 410007
Oadby & Wigston Community Action	Tel: 0116 2810026

# *Securing the future* **NOT SURE?** **DON'T OPEN** **THE DOOR!**

## CRIMINAL OFFENCES

- ⦿ **Cancellation of contracts made in a consumer's home or place of work etc Regulations 2008.**  
When a contract is made in a person's home they must be given a written notice that they can cancel the contract within 7 days.
- ⦿ **Consumer Protection from Unfair Trading Regulations 2008.**  
A trader has a general duty not to trade unfairly.  
A trader must not be aggressive.  
A trader must not ignore a consumer's request to leave.
- ⦿ **Companies Act 2006.**  
Documentation must include an address and the true legal identity. This should be a limited company or a person's name just a trading name such as R and J Gardening Services is insufficient.
- ⦿ **Fraud Act 2006.**  
A trader must not dishonestly make false representations such as a roof is leaking and needs repairing if this is not true.



Leicestershire  
County Council

*Great public services*

# STOP ROGUE TRADERS STOP CRIME

Do you know of or care for  
a vulnerable person?

Do you think they have been a victim  
of a rogue trader/doorstep criminal?

Have they bought goods or had work  
carried out that was unnecessary?

## TYPICAL EXAMPLES:

Unscrupulous doorstep sellers/  
cowboy operators can be too forceful  
and misleading when selling goods  
or services (e.g. burglar alarms,  
mobility aids, home improvements  
such as driveways, roof repairs, gardening).

Competition, prize draws usually require  
a person to send money or ring a premium  
rate phone number.

**If you have any suspicions call us.**

**Consumer Direct**

**Tel: 08454 040506**

**[www.consumerdirect.gov.uk](http://www.consumerdirect.gov.uk)**

