

Newsletter

November/December 2018



Leicester
Ageing
Together

Over 50 and living in Belgrave?

Funded by the Big Lottery, we aim to reduce & prevent social isolation in people aged 50+.



Diwali Celebration - Mon 12th Nov Join us from 2- 5.30pm at Shree Lohana Mahajan Community Centre, Hildyard Rd. LE4 5GG. With 'Music Lovers' a renowned group from India. Tickets £1 from CIO. Call Vinod **07814 964 020** or Sunita **0116 266 8068**

'Anything Goes' Social Group Come along on Thursdays 10am-12, for activities, fun, a good chat and refreshments, £1. Church of the Resurrection, Weymouth St. Contact Yasmin at AgeUK **0116 223 7367**

Charity Music Event Sat 1st December by Pukaar Group in aid of Healing Little Hearts (Dil ke Duha). Belgrave Neighbourhood Centre, 2:30 – 5:30 pm. Tickets ONLY £3 available from Pukaar Group, Belgrave Neighbourhood Centre, Fridays 10:30 – 2:30 pm and from Narayan Seva Sansthan, 12 Melton Road, LE4 5EA.

Diabetes Self-Help Group a local community friendly group. Supporting those with diabetes, heart problems, stress or are carers. Variety of activities; health talks and discussions, coffee morning with breakfast, trips, walking and more. Introducing a Drop-in session - a basic health check and professional advice, also form filling assistance and a letter reading service. Every Wed at Belgrave Neighbourhood Centre 10-11.30am and every Sat 10.30am -12.30pm at Belgrave Library, everyone is welcome. Dr Sonal Bhavsar **07921**



565 385 www.diabetesselfhelpgroup.co.uk dgleicester@gmail.com

'Listening Bench' Pilot scheme Do you sometimes feel you want a good old chat to? Do you want to talk about how good your day, evening, week or weekend was or what you are excited about have coming up or just want to have the opportunity to mull things over? In November Leicester Ageing Together is piloting a



Listening Bench at Belgrave Library. The Community Connector for LAT will be there waiting for people to come and talk to her. Just ask a member of the library staff and see the person sitting alone with the 'lips' and 'ear'!

Wednesdays at Belgrave Library

7th and 14th Nov 10:30am – 12:00

21st and 28th Nov and 5th Dec 1:30 – 3pm

T: 0116 249 8850

E: hello@leicesterageingtogether.org.uk

www.leicesterageingtogether.org.uk

Registered Charity No. 218992



Ananda9 provides social inclusion services for people in the community to build confidence, regain and learn new skills, make friends, build their own support network. Support groups Mon - Fri 12 - 3pm Church of Resurrection, Weymouth Street. WEA tutors teach arts and crafts, gentle exercise, yoga, jewellery making, cooking etc. We enjoy outings and day trips. For more details call Vijaya on **07951 133 517**

Regular activities in your area - all FREE of charge unless stated otherwise. The Confederation of Indian Organisations - CIO - can be contacted on **0116 266 8068**

Monday

- CIO Social Drop-in Centre with different activities, 11am- 1pm (optional lunch £4, transport £2) Belgrave Neighbourhood Centre, contact CIO
- Musical Memory Box – a singing session for those with memory problems, 2-3.30pm at Wolsey Building, Abbey Park St, £3 includes refreshments Contact Kyle **07736 841 558** or singinglady98@gmail.com

Tuesday

- Private Solicitors Surgery, 10am - 4pm, at CIO 25 Buller Road, by appointment
- Tea & Toast Session, 10am - 11am, Church of Resurrection, Weymouth Street, contact Father Paskal **0116 431 4456**
- CIO Luncheon Club, 12 - 2pm (lunch £4, transport £2) Belgrave Neighbourhood Centre, contact CIO

Wednesday

- Reading Group at Belgrave Library, Wednesday evening, new people always welcome. Call Mary **0116 299 5500**
- Diabetes Support Group – Coffee Morning – 10-11.30am at Belgrave Neighbourhood Centre. Contact Dr Sonal: **07921 565 385**.

Thursday

- Anything Goes Social Group, 10-12pm, Church of Resurrection, Weymouth St, LE4 6FN. £1 for refreshments. Contact Yasmin **0116 223 7367**
- CIO Luncheon Club, 12 - 2pm, as Tuesday
- Belgrave Knitters, 10am - 12pm, Belgrave Library, **0116 299 5500**

Friday

- Belgrave & Rushey Mead Cancer Support Group, 1.30 - 3.30pm, Brandon St Health Centre, call Kamini for more information **07758 238 712**

Monday to Friday

- Elderly Social Group, 2-5pm, Belgrave Neighbourhood Centre, **0116 222 1004** for more information

Saturday

- Saturday Diabetes Support Group – Health Meeting 10.30-12.30 at Belgrave Library. Contact Dr Sonal: **07921 565385**.

Information correct at time of going to press. Activities could be subject to last minute changes.