



T.E.D. Times

AGEING BETTER IN EAST LINDSEY

www.tedineastlindsey.co.uk

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01529 301966

Newsletter – February / March

Mileage For Life Programme

Mileage for life is a bespoke driver training programme with the aim of giving additional guidance and support to senior drivers. The programme is a free way of helping over 60's feel more confident to keep driving in later life.

For more information call Robin Mardon on 01522 805833 or 07721975981



Rhubarb Theatre visit Tea with T.E.D.

On Tuesday 19th March, Rhubarb Theatre will be performing at Elizabeth Court's Tea with T.E.D. The session will be 1pm – 3pm and is themed around Seaside Memories with a short workshop based on your holiday recollections.

If you are attending the Tea with T.E.D. you are invited to bring along any photographs that remind you of bygone holidays to discuss with the group.

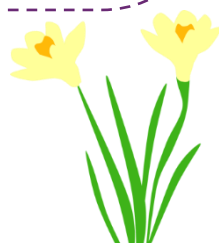
Age UK Lindsey Joins Dementia Friends

Age UK Lindsey is pleased to announce that it has joined Dementia Friends, the Alzheimer's Society's programme designed to change people's perception of dementia. We are really proud to be supporting the initiative to raise awareness of what it is like living with dementia, and helping to create dementia aware communities within the area. We run a number of lunch clubs in East Lindsey, and it's great to know that all lunch club cooks and assistants have now received dementia awareness training. This will help to ensure that our lunch clubs continue to be a safe and friendly environment for everyone.

In order to help increase dementia awareness, Age UK Lindsey is looking at providing further training and information sessions. To find out more, please call 01507 524242 and ask to speak to Sue White.



Funded by the National Lottery through the Big Lottery fund – managed by Community Lincs



T.E.D. Events

Tea with T.E.D.'s are being held on the following dates:

The Storehouse, Skegness.

- Every Tuesday 1pm – 3pm

The Coastal Centre, Mablethorpe:

- Thursday 7th February 1pm – 3pm
- Thursday 7th March 1pm – 3pm

Sutton-on-Sea Library:

- Thursday 21st February 10am-12pm
- Thursday 21st March 10am – 12pm

Louth Library:

- Monday 11th February 10am – 12pm
- Monday 11th February 10am - 12pm

Elizabeth Court, Louth:

- Tuesday 19th February 1pm – 3pm
- Rhubarb Theatre on Tuesday 19th March 1pm – 3pm

Louth Friendship Group

Come along to the Louth Friendship Group at The Joseph Morton, Wetherspoon, Kidgate, Louth, LN11 9EZ

Monday 18th February 2pm – 4pm
Monday

Everyone is welcome to take part in activities, outings, conversation and refreshments.

Contact Us:

We value your feedback. Please do let us know if you have any events or details of articles for inclusion in the next edition. If you would rather not receive information from T.E.D. please get in touch to let us know:

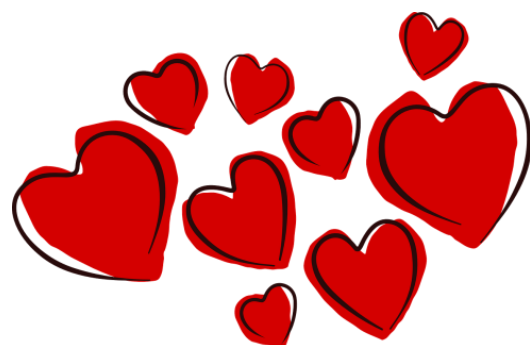
Call: 01529 301966, Email: ted@communitylincs.com, Post: T.E.D., Community Lincs, Old Mart, Church Lane, Sleaford, NG34 7DF

Disclaimer – all dates included are correct on day of print.

The Over 50s Youth Club

Come along to Horncastle Youth Centre every Wednesday 2pm – 4pm. £1 for unlimited refreshments and entry into the raffle.

For more information on the club please call 01507 522328 or visit them at Horncastle Youth Centre, Church View, Cagthorpe, Horncastle, LN9 6DZ.



Time Out Friendship Group

Visit the Skegness Friendship Group at The Central Café in Barrett Court, Lyndhurst Road, Skegness, PE25 2PQ.

Every Thursday from 10am – 12pm, all are welcome to come and meet new people and friends in Skegness.

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@ted_EastLindsey



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