

Newsletter

November 2011

Trip the Light Fantastic

The October meeting was different to our usual. George and Trish brought along Janet and her friend Sylvie to demonstrate ballroom dancing. However, they were not content with us just being an audience and very soon some of us were persuaded to take part. So, amid much laughter, we learned to waltz and also do a little bit of country dancing. A terrific fun way to keep fit.

Redbridge Carers Support Service

At our September meeting we had a talk from Redbridge Carers Support Services. A carer is a person who provides unpaid care and support to someone who is ill, disabled, frail or elderly. The support Service provides Advocacy, Advice and information, Home Visits, Free Complementary Therapies, Older carers Support and much more. I certainly would have liked to use there services when I was caring for my mother. If you would like to access there services.

Visit **ress.org**, or phone **020 814 625117 Station Road Ilford IG1 4DW** (3rd floor of Bodgers)

Travel Insurance

For those of you that regularly travel, you will be aware that it can sometimes be difficult to find travel insurance at a reasonable price. Orbis travel services offer travel insurance for people with long term conditions. If you are interested, ring them on **014240220110** and ask for either Leane or Francesca or visit:

www.orbisinsurance.co.uk

Suggestions Wanted

We would like to have you suggestions for speakers that we can invite to our meetings. So, if you have an interest in digital photography, stamp collecting Or whatever. Let us know and we'll see what we can do.

Meetings: are held at 7.30pm on the second Wednesday of every month at Fullwell Cross Library.

The Committee

Chairman Henry Phillips 020 8500 7095 **Treasurer** George Scott 020 8551 4383

Secretary Durham Holbourns 020 8554 6779

Committee Pam Courtney 020 8590 9671