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**Heads Up Connect - - - >**

**Carers’ Group**

**September 2022**

Dear Everyone,

This year seems to be flying by, we’re in September already. This newsletter is just a quick round up of what’s been happening over the past few weeks and what is on the calendar in the coming couple of months.

August 2022 meeting

My trip to Australia seems a very long time ago now but I managed to tell everybody who came to the meeting a little of my wonderful experiences. I hope I avoided too much ‘grandchildren’ talk! You were a wonderful audience, certainly more attentive than my usual class of 10-year-olds (at least up until 2014 when I retired!) – much better behaved. It was a lovely opportunity to relive my nine-week stint Down Under. I hope I made you feel just a little bit envious of the amazing blue ocean and white sandy beaches. Perhaps less envious of the creatures that seem to be out to get you in most corners of Australia, although it must be said, I didn’t really meet too many of them on this trip, thankfully.

September 2022 meeting – Friday, 9th September at 11:00am

This month, along with the usual hot drinks and rocky road, and whatever else I can think of to bake, we have been lucky enough to get a solicitor, John Osman, to come and talk to us about Power of Attorney and Wills. He will also go into the problems that arise if they are not correctly drawn up or if you don’t have one at all. I am sure it will prove to be a very interesting and useful talk. I am sure he will be happy to answer any questions you have.

As always, the meeting will be held between 11:00 and 12:30 in the education room at the Bishop’s Palace (the room through the arch to the left of the Café).

The End of Summer Barbecue – 26th August

Many thanks must go out to Geoff for providing a wonderful venue for the barbecue, including the steak and sausages. Thank you to everybody else too who brought a delicious variety of other accompaniments. It was such a happy and relaxed occasion, helped I think by the lovely weather. Luckily the very hot sunny days of the previous few weeks had softened, and it was pleasantly warm. Geoff’s garden was looking lovely, and we are very grateful to him for providing such a welcoming venue.

Golf Club lunch – 23rd September

We hope you will be able to join us for lunch at Wells Golf Club on 23rd September. As yet, we’re not sure exactly what the menu is likely to be but, whatever it is, I’m sure that Alan, the Restaurant manager, will be able to provide us with something delicious as usual. We’ll let you know as soon as it has been arranged. The price will probably also be around the same as usual. Alan is very generous to us and is able to give us a two-course meal at a very reasonable price. But we’ll let you know the cost when we have found out. If you’d like to come perhaps you can let us know (also if you require a vegetarian or vegan meal). We usual inform him of numbers during the week before. It is always a fun and relaxed occasion. If you need a lift, let us know and I’m sure something can be sorted out.

Christmas lunch, Friday 25th November – (I told you this year was racing by!)

We are planning to have a Christmas lunch at Wells Golf Club but as they are getting very booked up there already, it seemed sensible to have this in November. It will give us time to recover before the real Christmas lunch! The price has been set at £17.50 for a traditional Christmas dinner plus a pudding and custard. I am sure it will be up to Alan’s usual great standard. We will be making a list for that, but there’s no rush at the moment to let us know.

2023 meetings

We won’t necessarily be having a speaker at every meeting, but we have already arranged to have a lady who makes hand-made chocolates coming in to tell us about her work, hopefully with a few examples!! I have also arranged for someone to come in to talk to us about the Avalon Marshes, the bird life, including their photography of the starling murmurations. If you have any other ideas about who you’d like to hear from or any particular topics covered, either about caring or anything else, then please let one of us know and we’ll see what we can do. I have found a few of the suggestions that were written on the original form when we were tentatively thinking of having this group. These included short walks, quizzes, board games, book reviews, poetry favourites, film trips to the local cinema.

Feedback from the meeting with Samuel White, the local policeman

I had an email from Samuel asking if I had had any feedback from his talk with you (while I was away). I’ve already had one person telling me about how pleased they were to get a safety wristband for their husband in case he finds himself in a difficult position, not knowing where he is when out and about. If there are any other comments, I would be happy to pass them on to him.

Well, I think that’s all for now. I hope you are all keeping well and look forward to seeing you all on 9th September.

Best wishes,

Jane