



FRIENDSHIP IN THE COMMUNITY NEWSLETTER NOVEMBER 2017

Hello!

I'm Naomi, and I'm now working 16 hours a week, not least on our lovely website. It's updated regularly, please take a look as it has a wealth of information including our forthcoming activities. You can find it here: <https://radfordvisittingscheme.weebly.com/>

One of the things you'll see is our recent visit to the Dinosaurs of China exhibition.



Robbie said "This was once in a lifetime opportunity. I am glad I went. Thanks to Radford Visiting Scheme on supporting me on all the outings. I would not have been able to access some of the attractions without your support." We would like to wish Robbie **Happy Birthday** as she's going to be 80 at the end of November.

Wishing everyone a happy **Diwali**, **Samhain**, a **Merry Christmas** and a **Happy New Year**.



Get strong to live long, physiotherapists are urging older people after new polling suggested millions might not even be carrying their shopping each week.

“A survey for the Chartered Society of Physiotherapy found 24 per cent of people aged 65 and over do no strengthening activities at all each week potentially putting themselves at risk of falls and other serious ill health.

A further nine per cent only did it once, leaving them one short of the official target.

The national activity guidelines recommend doing two strengthening sessions a week – in addition to the better-known call to be active for 150 minutes (2).

For people up to the age of 64, the guidelines say these sessions can include exercising with weights or lifting and carrying heavy loads such as groceries.

For those 65 and over, they can also include activities that involve stepping and jumping, like dancing, or chair aerobics.

The poll also raised concerns that those approaching retirement are not doing enough to protect their long-term health with the survey showing 34 per cent of people aged 55-64 missed the target completely.”



FORTHCOMING EVENTS

9th November The RNLI will be coming to talk about lifeboats.

16th November Katherine Bellchambers the Medical Herbalist will be visiting.

23rd November we will be making Christmas Angels.

30th November there will be a workshop on wreath making with Chris Baxter.

7th December A trip to Lincoln Market by train. **Leave All Souls at 10:15.**

12th December Christmas Meal at The Pelican.

14th December we will be making Christmas cards.

21st December Christmas buffet at the coffee morning.

We will then have a break and then return on 4th January 2018.



Nottingham
City Council

Budget.

This newsletter has been funded by the Councillors'

Terrible Christmas Jokes

I make no apology for these.

What kind of motorbike does Santa ride?

A Holly Davidson!

Why did Santa's helper see the doctor?

Because he had a low "elf" esteem!

What do you get if you cross Santa with a duck?

A Christmas Quacker!

Who delivers presents to baby sharks at Christmas?

Santa Jaws!

How long do a reindeer's legs have to be?

Long enough so they can touch the ground!

How do snowmen get around?

They ride an icicle!

How does Good King Wenceslas like his pizzas?

One that's deep pan, crisp and even!

Why don't penguins fly?

Because they're not tall enough to be pilots!

Two snowmen in a field, one turned to the other and said "I don't know about you but I can smell carrots!"

