

# Stanford le Hope and District u3a

## Advance Notice

### OCTOBER 2024

#### **Healthwatch Thurrock : Lived Experience of Dementia Project**

Healthwatch Thurrock are the independent champion for people who use Health and Social Care services in Thurrock. Our sole purpose is to understand the needs, experiences and concerns of people who use Health and Social Care services and to speak out on their behalf. We work to get services right for the future. We are here to listen to what you like about services and what you think could be improved. You can also speak to us to find information about health and social care services available locally.

About the project: **Lived experience of dementia:** Healthwatch Thurrock want to engage with local residents to ensure the voices of those living with dementia are being fully captured. We are also interested to hearing from carers, family members and professionals so we can paint an in-depth picture of the current support for dementia in Thurrock to review what is working well and what could be improved. If you'd like to go one step further than completing this survey then we'd love you to get in touch. Whether you'd like to speak to us in person over a cuppa, take part in a focus group with your peers or call with us, just let us know. We would love to hear from you to ensure Thurrock is truly a dementia friendly community. Please share the invitation with anyone you feel this may be relevant to.

And here is the link which will take people to Healthwatch Thurrock's website page with the survey on: <https://www.healthwatchthurrock.org/response/2024-07-23/we-want-ensure-thurrock-dementia-friendly-community>

Telephone: 01375 389 883

Do take advantage of the link above.

## Welfare

***Please let us know if any members are seriously ill or bereaved, or just need some support.***

*Email:* Sue Moss

*Phone:* 01375 679895

*Email:* Eileen Drewer

*Phone:* 01375 403315

Please see our website for more contact details

*Needed urgently- board games players- we have a leader just need a few more players. Get in touch with Sandra or Marilyn.*

## Christmas lunch

***Tickets for our Christmas Meal on Thursday 12<sup>th</sup> December will be on sale at our October General Meeting.***

*Chris Colmans is again providing the entertainment. There will **NOT be a general meeting in December**, so the Christmas Meal is the best opportunity to show off your Christmas jumpers!*

### **Speaker for Thursday 10<sup>th</sup> October**

Our speaker for Thursday 10<sup>th</sup> October is Andrew Babicz. Andrew's talk is about **RHS Wisley Gardens**. Surely the flagship of the RHS, Wisley captures the imagination with richly planted borders, luscious rose gardens and the state-of-the-art Glasshouse. Gifted to the Society in 1903, Wisley has evolved over time into a world-class garden.

### **The 9 days cruise is going ahead.**

**The cruise is departing from Dover on the 30 th May 2025 calling at La Coruna, Porto, Lisbon, Le Verdon and Portland. The ship is The Carnival Miracle with 1062 cabins. It is proposed to get a coach to and from Dover.**

**Cabin prices – Double on Deck 6 is from £2242 and a Single From £2187**

**Deck 7 extended Balcony – double £2318 Deck 6/7 balcony double £2258.**

**Inside Single deck 4 £1505, Ocean View single Deck 4 £1800.**

**Gratuities are £109.17 per person, Drinks Package is £60 ppd (Optional )**

**Deposit £300 per Cabin**

**For Deck plans and more information see Stanford-le-Hope u3a website Events page**

**Cabins are still available. If interested contact Mel Fox, phone 01375679643 for further information.**