



Bassetlaw



Centre



SUMMER NEWSLETTER

JUNE 2022

Welcome to our Summer Newsletter.



As the temperature rises and the sun shines bright, it's important to keep yourself hydrated and feeling your best throughout the summer months.

Here are a few tips to help you stay refreshed:

- Drink plenty of water, keep a water bottle by your side, take sips often, and stay refreshed throughout your day!
- Set reminders on your phone, with the busyness of daily life, it's easy to forget to drink water.
- Infuse with flavor, If plain water isn't appealing to you, try adding slices of lemon, cucumber, or fresh mint to your water for a refreshing twist.
- Snack on hydrating foods, stay hydrated by including water-rich fruits and vegetables in your diet, such as watermelon, cucumbers, oranges, and strawberries.

Remember, proper hydration is key to maintaining your energy levels, supporting your overall health, and enjoying the summer to the fullest. So, Stay hydrated and enjoy the sunny season!

Move More in May

We joined in with Bassetlaw Placed Based Partnership and made our pledge to Move More in May. Staff, volunteers and service users were all encouraged to move more in whatever way they wished.



Minibus Lunch Club Trips

Due to the success of the lunch club trip pilot, trips will continue with a small charge for mileage.

Befriending Groups

Our Retford befriending group has now merged with Bassetlaw hospice coffee morning to help provide a

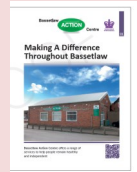


safe and relaxing place to enjoy a warm drink, delicious homemade cake and the option to have a 10 minute treatment with a trained therapist.

We are very excited to announce the opening of a brand new Worksop befriending group held alternate Fridays at The Aurora wellness centre.

New Leaflets coming soon!

Watch out for our new leaflets which are being redesigned with a modern new look .



Beaver—Idle Valley

We are thrilled to announce that our POV (Point of View) project, was able to join with Idle Valley to install them a unique piece of art, unveiled by Councillor Susan Shaw on May 24th 2023.

POV aims to empower young individuals to make a positive impact on nature using creative arts.



The beaver sculpture will be filled with recycled aluminium cans, collected from the reserve, thanks to the participation of young students from North Notts College. They will be engaging in regular litter picking walks throughout the term. Additionally, we invite the public to contribute by filling the beaver with any empty cans they may have!