



Roqueta July 2023



## Age Concern Lunch and Coach Trip to Ciudadella

On Thursday June 8<sup>th</sup> Age Concern ran a coach trip to Ciudadella. Over 30 friends and members had a great day out. The trip stopped off in Ciudadella for a morning's shopping and a walk about, followed by a really superb three course lunch at Cala Blanca. On our way back we stopped at Truvi Garden Centre to top up on our summer garden plants.



Janet and Chris at Castell de Sant Nicolau



Lunch at Cala Blanca



John, Jane, Diana and Beverly on a stroll in the Placa dels Pins

## Our news:

**The Shop** is still very busy and really well stocked. Thank you for your donations and custom! A very big thank you also to all our volunteers who work really hard at making our shop such a and welcoming centre to visit. We are still in need of more volunteers. **Even if you are only available one morning a month, or during only a few weeks every year, we'd love to hear from you.**

Watch out for Lee, our Shop Manager, putting his regular Shop Video Tour on Facebook, under Age Concern Menorca 2015

Our **Lifeline** service, offering confidential help to those in need and consisting of a team of volunteers led by Carol is still very busy supporting individuals in different ways. We help people of all nationalities and often act as a vital bridge between them and the local social services.

If anyone you know, needs our help, please get in touch. If you would like to join our Lifeline team, please contact Carol.

The **medical equipment short-term loan service** is also still busy. Please **make an appointment with Jan (essential!)** if you need a wheelchair, crutches, walking frame etc. (Deposit required. No rental fee but we do ask for a donation when the equipment is returned and you get your deposit back. You can collect from us or we can deliver anywhere on the island. Loans for up to 3 months.)

It's been wonderful to have our **social activities** up and running again

We normally hold a **fish and chip lunch** at Bar Pons, Cala en Porter on the **first Thursday of every month**. Our **second monthly lunch**, held on the **third Thursday of every month** is in Ca'n Avelino 23. Sandy and Chris are organising these

But we are taking a holiday break during July and August. We will be back with lunches and a Day Out in September.

Both our weekly 'drop-in' sessions are up and running. **Every Monday** from 11-12.30 at the Jubilado Centre on the Esplanada in Es Castell and **every Tuesday** from 10.00 – 12.00 at Bar Pons, Cala en Porter. Just come along and make

new friends or meet current ones. The Tuesday 'drop-in' has been running for many years and is well supported. The Monday club, at Es Castell, is going from strength to strength thanks to Roy and Elaine  
 Keep your eyes open for more news, visit our website or Facebook page, email us for the latest information or just 'drop-in' on a Monday or Tuesday.

Our **membership** numbers are very healthy. Membership not only means you are supporting us but also entitles you to discounts at all our social events. Please contact our Membership Secretary, Shelley, if you would like to support our work by donating 12 € a year and becoming a Friend of Age Concern. You can pay at the shop, at our lunches or by bank transfer.

Thank you all for your continued support through donations, purchases, membership or as a volunteer. We couldn't do any of this without you!

**Key information:**



**Opening hours: Monday – Saturday, 9.45 – 13.15.**

**Contact us:**

*For the latest information and current offers follow us on Facebook or visit our website.*

General email	<a href="mailto:menorca@ageconcern.org.es">menorca@ageconcern.org.es</a>
Visit our Website	<a href="http://www.ageconcernmenorca.com">www.ageconcernmenorca.com</a>
Follow us on Facebook	<a href="#">Age Concern Menorca 2015</a>
Social Secretary	<a href="mailto:menorca@ageconcern.org.es">menorca@ageconcern.org.es</a> Sandy 699 901 777 or 650 729 430 Chris 669 949 370
Membership Secretary	<a href="mailto:menorca@ageconcern.org.es">menorca@ageconcern.org.es</a> 620 017 437
Lifeline	<a href="mailto:lifelineminac@gmail.com">lifelineminac@gmail.com</a> 676 904 487
Medical & mobility equipment loan <b>BY APPOINTMENT ONLY</b>	<a href="mailto:acmenorcamedequip@gmail.com">acmenorcamedequip@gmail.com</a> 629 016 307
Shop	<a href="mailto:menorca@ageconcern.org.es">menorca@ageconcern.org.es</a> 971 156 110
Shop Manager	<a href="mailto:menorca@ageconcern.org.es">menorca@ageconcern.org.es</a> 636 347 286

**Thank you again for your support!**