



# STOP PRESS

Given the Government announcement of a further lockdown from 5<sup>th</sup> November, we have had to suspend most of our organised external activities for the rest of this month that many of you have been able to participate in. We are sorry, as we are aware how you value these opportunities to get out and mix with others. Like you, we do hope that we will be able to bring them back in December.

Just a reminder that we have in place our fantastic group of **Buddies** who will help you as in the earlier lockdown. Please contact them direct, or else ring us at the Care Shop on 01243 201616, which will be remaining open.