

## Somerset Sight Upcoming Events

After a lovely summer, the weather is definitely on the change but here at Somerset Sight we offer a warm welcome and have some interesting and fun activities coming up at Northfield House, Taunton TA1 1DG:

Firstly, Tuesday 28th October, an amazing Fundraising Family Autumn Fair and Fun Dog Show from 11am to 3pm. There will also be a BBQ, refreshments, spooky magic show, bring your own carved pumpkin competition, tombola and traditional children's games. £3 entry per adult, children free. Dog show £3 for one class, £8 for three classes - 8 fun classes. Tombola £2 for 5 goes; all other games free.

Secondly, on Thursday 16th October, at 11.30am, we have the 104th AGM of Somerset Sight. People are welcome to attend and hear the results of last year and what we have planned. A light lunch is included. Please let us know if you are coming (tel: 01823 333818).

### Weekly Activities

#### **Every Friday we have Craft Group from 1pm to 3pm.**

Just £4 for two hours including materials and cake/tea/coffee. The October weekly sessions include:

- 10th - Flower Arranging
- 17th - Bees Wax Wraps
- 24th - Willow Weaving
- 31st - Cooking (choice to be confirmed)

Or bring your own project and work on that with a friendly supportive group, or suggest other craft projects.

#### **Mondays at Northfield House - 2pm to 3.30pm**

These alternate between Singing Group and Musical Mondays

Monday 13th October is Music Monday with songs from the 1960s - Chris Ball will be at the piano. Just come along and either listen or join in. Different musical themes on alternate Mondays.

Monday 20th October is Singing Group where you can learn a song, suggest a song, sing along and enjoy a chat and a cup of tea with other friendly people.

**The first Wednesday of the month is Dave's Diner - 12pm to 2pm.**

Wednesday 5th November is the next lunch, where you can get a lovely 2 course lunch for the small cost of £5. There is usually a raffle and people bring items in and you can find out what Somerset Sight is doing. This is well attended so it is best to book.

Wednesday 3rd December it is the Dave's Diner Christmas Lunch, where you can enjoy a Christmas meal with all the trimmings for just £20.

**The first Thursday of the month is Tai Chi Qigong - from 11am to 12pm.**

Next two sessions are on 6th November and 4th December. A relaxing hour where you can practise gentle movements either standing or sitting down and connect your mind and body. Just £5 (of which £1 is donated to Somerset Sight).

And Thursday 11th December is the annual mulled wine, mince pies and seasonal songs from 1.30pm to 3.30pm for Volunteers, but please bring your service user as well, or vice versa. Just let us know if attending (tel: 01823 333818).

And do not forget the monthly Social Groups held across the County. These are listed in our magazine, or you can call the office if interested in attending, or if you wish to set one up in your area.

Many thanks, and we hope to see you soon.

**Alex Finlayson**

Administrator, Somerset Sight