



MILTON KEYNES IRISH WELFARE SUPPORT GROUP

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MK Irish Welfare Support Group Newsletter

Dates for Your Diary

Newsletter October

2023

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7th November – A lecture given by Prof Rob Savage, Boston College USA, on 'Northern Ireland', The BBC and Censorship in Thatcher's Britain' is being held at Luton Irish Forum at 7.00pm. Admission is free and tickets can be booked through Ticketsource or Reception.

8th November - Visit from Good Companions, Northampton. We are also holding a nearly new sale – please bring all items to be sold in on the day. Remember those items not sold to be taken home and not left at the Centre – thank you.

Sunday 29th October - Reminder: Clocks go back as British Summer-time ends.

3rd December – Senior Christmas lunch: Doors open at 12.30pm and lunch served at 1.00pm. Please book by **15th November**.

13th December - Christmas outing to Wicksteed Park - tickets £10 – non-refundable – to be paid by **8th November**.

17th December – Children's Christmas party. Tickets available in November.

20st / 27th December – Lunch Club closed and reopens on **3rd January 2024**

13th March 2024 – **St Patrick's day lunch.** Good Companions, Northampton, will be joining us this year.

Redeeming postage stamps without a barcode

As you are aware barcodes have been added to all regular postage stamps and those without one are no longer valid for postage. The only exception to this is any stamp with a picture i.e. Christmas themed stamps, can still be used even if they don't have a barcode.

Your non-barcoded stamps can be exchanged for the new barcoded versions through the Post Office's Stamp Swap Out scheme.

To swap out your stamps you need to print out and complete the form that's on the Royal Mail website or, alternatively, collect one from your local Post Office together with a free post envelope. Send the completed form together with the relevant stamps to: Freepost SWAP OUT.

If you have any problems obtaining the form, please see Sheila who will be more than happy to print one out for you.

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Bring and Buy Sales

What a great success these recent sales have been. Well done and many thanks to all of you who brought in items to be sold and to those who bought them!! A magnificent grand total of £420 was raised from the sales.

These monies will be going towards our Christmas trip to Wicksteed Park.

Updating members' details

When you joined the lunch club you were asked to complete forms detailing your address, telephone numbers etc, and this information was transferred to a database maintained by Sheila. In order to make sure we have your up to date details, please let Sheila know of any changes to those originally given when you joined.

Adult Hearing Service

The Adult Hearing Service is open Monday – Friday at Eaglestone Health Centre. There is a small dedicated team of five offering a simple service for adults, over 16, in Milton Keynes who are experiencing hearing difficulties. The people nearest to us are normally the first who begin to notice changes in your hearing and, if you have any concerns about your ear health or hearing levels, the service can help.

You may require a hearing test or an onward referral to an Ear, Nose and Throat team and this they will organize for you.

If you have never been seen by the service, you will need to complete a self referral form which can be found on their website **Milton Keynes Adult Hearing Service**. For further details or help in accessing their system please see Sheila.

If you are already known to the service please call **01908 725330** to book an appointment.

Many thanks again to all our members, volunteers and sponsors for all your continued support.

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