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**“Sending you our gratitude for
the articles you have put in the
Local Rock Village Edition”**

Hello Local Rock

We are just sending you our gratitude for the articles you have put in the Local Rock Villages Edition about our men's groups and also supporting ourselves for the need for some local volunteers .

Thank you again & we look forward to working with you in the future.

Kerry Finnigan

Sapcote Memory Hub

Sapcote Memory Hub

Sapcote Memory Hub is a non-profit Community Interest Company (CIC) based in Sapcote, Leicestershire, that supports people living with dementia or memory-related challenges, along with their families. Founded by Katie and Kerry who are both nurses and have a wealth of experience and knowledge in healthcare.

The hub offers a warm and engaging environment focused on enhancing quality of life.

The hub runs weekday day clubs with a range of activities including Cognitive Stimulation Therapy (CST) and music and movement to boost brain resilience and promote independence. A freshly prepared lunch is included as part of the day club offering, ensuring both nourishment and a sense of community.

Located at Rugby House on Hinckley Road, Sapcote, the hub is open Tuesday to Friday from 11:00 am to 3:00 pm. For more information, you can contact them at sapcotememoryhub@outlook.com or call 07983 903096.

Please give us a follow on Facebook Sapcote memory hub to see what fun we have and our website is dementiasupport.co.uk

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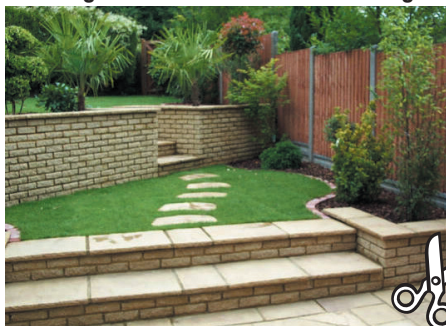
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Hospital Staff Scale Mountain for Breast Cancer

A group of George Eliot Hospital staff and supporters have reached the summit of the highest mountain in North Africa in support of George Eliot Hospital Charity, raising more than £32,000.

The adventurers set off at 3:30am on Saturday 19th April and reached the summit of Mount Toubkal in Morocco just before 9am, braving thick snow, freezing temperatures and a wind chill of -15 degrees along their journey.

Of the 17 who set out on the challenge, nine of the group made it to the summit, which stands at a mighty 4,167 m (13,671 ft).

The group included George Eliot Hospital staff: Vicky Almey, Rebecca Buckler, Gavin Hawes, Mr Yogesh Jain, Dr Manish Mittal and Gemma Roper, alongside fellow NHS worker Valter Abreu and supporters Matthew Stockdale and Matthew Sherrington, the landlord at the local Horseshoes pub.

The rest of the group successfully reached the Toubkal refuge on the mountain range on Friday afternoon, itself sitting at an impressive 3,207m, almost three times the height of Snowdon.

They were George Eliot Hospital staff: Mr Deyhim Foroughi, Cheryl Hughes, Julie Morris, Claire Nutting, Angela Payne and Lisa Pettit, alongside recently retired Annette Tracey and supporter Deepak Lodhia.

So far, the team has raised more than £32,000, with donations still open online.

Gavin said: *"The challenge was much harder than I think anyone had anticipated, it was certainly the case for me.*



"But we were all able to support each other to achieve something incredible, pushing ourselves forward to raise the funds that will be hugely beneficial to our patients.

"We've all come back with very sore legs and a few blisters, but it was all worth it and we've made some incredible memories."

The funds raised by the team form part of Nuneaton and Bedworth's Mayor, councillor Bill Hancox's civic appeal for the breast care unit.

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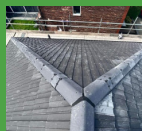
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Stay Healthy at the Animal Farms

With Spring underway it's the season for lambs which means lots of families are visiting animal farms.



Warwickshire County Council (WCC) is raising awareness of the importance of health, and this includes ways to protect yourself when visiting animal farms and petting zoos.

Farm and petting zoo visits can be an enjoyable activity for families. However, it is also one that carries the risk of infection from animals or the environment. The animals may carry germs that are passed from animal to human, which cause illnesses with symptoms such as diarrhoea, vomiting, fever, nausea, and body aches. People get infected by touching animals in petting and feeding areas, or by coming into contact with animal droppings or contaminated surfaces in the surrounding area to where animals are kept.

These harmful bacteria can get accidentally passed to your mouth by putting hands on faces or fingers in mouths before washing them thoroughly. It only takes a small number of the bacteria to cause infection, and once infected, you can pass the bugs on to other people, who may also become unwell.

Shade Agboola, Director of Public Health at Warwickshire County Council said: *"To ensure families stay as safe as possible, we would like to urge anyone planning a day out to a farm to remember the importance of hygiene and frequently washing hands with soap and water*

– especially before eating and after removing dirty shoes – to avoid getting bugs that could make them seriously ill. Young children should always be supervised when washing their hands as they are more at risk of serious illness."

Following the simple rules listed below will help to keep you and your children safe from infections that may be found on open farms. Pregnant women need to take particular care as infections from animals can be harmful to them and their unborn baby.

- Wash your hands thoroughly with soap and water after you have touched animals, fences or other surfaces in animal areas. All open farms provide handwashing facilities for visitors.
- Wash hands thoroughly with soap and water before eating or drinking
- Remove and clean boots or shoes that might have become soiled and clean pushchair wheels – then wash hands thoroughly with soap and water
- Supervise children closely to ensure that they wash their hands thoroughly – washing your hands should take about 20 seconds
- Eat and drink in picnic areas or cafes only
- Do not put hands on faces or fingers in mouths while petting animals or walking round the farm
- Do not kiss farm animals or allow children to put their faces close to animals
- Do not eat or drink while touching animals or walking round the farm – this includes not eating sweets, crisps or chewing gum
- Do not eat anything that has fallen on the floor
- Do not use gels or wipes instead of washing hands with soap and water – gels and wipes do not remove bugs in dirt

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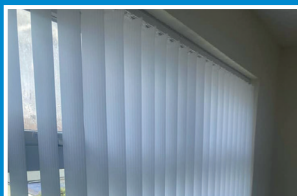
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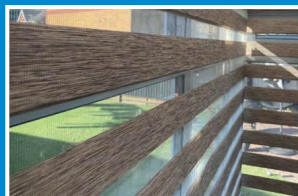
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New Mayor Supports History and Heritage with Civic Appeal

Nuneaton's first ever Gurkha Mayor, Cllr Bhim Saru, has announced that his Civic Appeal will be for the Chilvers Coton Heritage Centre.

Cllr Saru said: *"As Mayor, I chose Chilvers Coton Heritage Centre for my Mayor's Appeal 2025 to 2026 because it holds nearly 300 years of Nuneaton's history."*

"Once a school for the town's poorest children, it is deeply connected to the world of George Eliot, and now proudly serves all communities as a welcoming space for events and gatherings."

"For me, supporting the Heritage Centre means preserving Nuneaton's story for our future generations."

Money from the appeal will be used to restore the stonework at the Avenue Road centre.

John Burton, Chairman of the Trustees, said: *"We are thrilled to be able to work with the Mayor to enhance what is already a very popular venue as a heritage centre and as a community centre."*

"We cater for our diverse communities and provide a meeting space for Slimming World, Yoga, Drums, Nuneaton Writing Circle, Nuneaton Bird watchers, Nuneaton Historical Association, Treacle Tarts WI, Escape Art, Nuneaton Festival of Arts, the George Eliot Fellowship, Nuneaton Learning Centre, the Anker Morris Men, Craft Fayres, Book Sales and afternoon teas."

"There are also many more occasional groups and a large number of social groups from the Muslim and Nepalese communities, as well as visits from about 25 schools every year to our Victorian Schoolroom Experience."

"All these regular visitors, as well as visitors



to our displays in the Heritage Centre, will be delighted that the Mayor is putting his confidence in what we do."



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Terrys Beds Relocation

Terry's Bed Centre hasn't closed, it has been forced to move to its warehouse on the Attleborough Field

Estate in Nuneaton, following the sad closure of Joco Interiors Ltd.

Joco and Terry's moved to Queens Road back in the summer of 2022, but within just a few weeks of opening the borough council closed the Abbey Street car park to begin the Grayson Place redevelopment project, slashing the footfall to that area of the town in half overnight and due to other outside factors this has continued to decline.

Joco Interiors could not sustain the increased costs with sales falling month on month, and so the heartbreaking decision to close was taken following advice from accountants and an insolvency practitioner. Joco closed its doors for the final time on Saturday 15th March 2025.

Terrys was then left without a home, as it used the first floor of the building as a showroom space, alongside furniture and home accessories supplied by Joco.

Terry's was established back in 1989 and passed down the family until December 2020, when the new owner took over, rather than the company closing when the family decided to retire. Luckily Terry's owns a warehouse in Attleborough and has been able to relocate to its storage facility for the time being.

A small showroom area has been created for those who wish to try a mattress before making a purchase and this is very much a

work in progress. There is a huge ex-display sale running with up to 75% off some models, which can be delivered the same day.

The unit is now a collection point for all items ordered online and via social media too. Terry's Bed Centre bought all the stock and good will



of Joco Interiors (Joco Gifts) so you will still see the Facebook pages running but this is now owned by Terry's

Many changes are expected in the coming months, so follow Joco Gifts and Terry's Bed Centre Facebook pages to keep up to date with the latest news. There are some amazing offers available on the Joco Gifts page, whilst stocks that are no longer needed are cleared with up to 80% off.



Brands such as Ashleigh and Burwood, Edge Sculpture and Widdow will still be stocked at Terry's Bed Centre. Be sure to follow the social media pages for more information. The websites will be updated and back online very soon, with a new look and stocking our most popular products.



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Water Safety Advice

With the summer months now upon us there are likely to be more cases of people getting into trouble swimming in open water.

Although open water swimming is becoming an increasingly popular pastime, it is important only to do it at officially recognised sites and in organised and supervised groups, as reported in a recent Local Rock article.

Around 320 people drown in the UK every year and thousands more suffer injury, some life changing, through near-drowning experiences.

Leicestershire Fire and Rescue Service has issued the following advice.

To stay safe around water, always remember:

- Don't go into the water if someone else is in trouble – call 999 and ask for the Fire Service if inland or if at the coast ask for the Coast Guard.
- Never drink alcohol and then go for a swim or attempt to jump into water.
- Avoid walking/running near water on your own or late at night – it's easier than you think to slip and fall in.

Float To Live

- Take a minute. The initial effects of cold water pass in less than a minute – don't try to swim straight away.
- Relax and float on your back to catch your breath.
- Try to get hold of something that will help you float.



- Keep calm, then call for help or swim to safety if you are able.
- How to Float: would you know what to do if you were in trouble in the water?

What Do I Do If I See Someone In The Water?

- Dial 999 and ask for the Fire Service
- If you don't have a mobile phone, shout to raise the alarm, or go and get help.
- Try to give an exact location of where you are. Look around for any landmarks or signs; for example bridges will often have numbers on them which can identify their position. Use What3Words to give an accurate position.
- If a person is in trouble, keep talking to them, encourage them to stay calm and float on their back.
- Keep your eyes on the spot where you last saw them so you can tell the emergency services when they arrive.
- If there is life saving equipment such as a lifebuoy or a throwline nearby throw it to them. If not, throw anything that will float.



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Best Foot Forward for Healthy Art Walks

New Wellbeing Arts Walks are taking place in Nuneaton every week – and they are a tremendous mixture, blending walking and local arts and culture.

They take place every Wednesday, from 1pm until 2pm, with a 30 to 45-minute walk, and then a chat with the opportunity for coffee afterwards.

The walks start and ends inside Abbey Theatre, situated on Pool Bank Street, in Nuneaton.

The walks and talks consist of an arts talk about artwork and sculpture which were created by local artists and groups.

Katie Memetovic-Bye, Assistant Director for Recreation and Culture at Nuneaton and Bedworth Borough Council, said: “Each week



has a different art focus, and it is fantastic to learn more about the area.

“It is a great walk for all ages, and over the half-term, it is a great way to engage children with their local community and art.”



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