

THE DUNSTONE BENNETT COMPLEMENTARY CENTRE

Newsletter: Autumn 2018



News, Views and Events!

Dear All

This year seems to have flashed by and with the days beginning to draw in, it won't be long until Christmas and the winter months are upon us.

We have many happy memories of enjoyable outings during the summer. One of the highlights was a trip to Highgrove House, the private home of HRH The Prince of Wales and the Duchess of Cornwall.

Later in the summer we spent a delightful day at Althorp, where we had a splendid al-fresco lunch followed by a most interesting guide around Althorp House. During both visits everyone was made to feel so welcome.

There were two day trips on the Grand Union Canal, including lunch for the clients, families, carers and volunteers.

Other activities continue at the Centre including a variety of therapies, Art Workshops and the Support Group – Project 15. At the end of October we have a 'Sing-a-Long' which should be fun.

Prior to this, celebrating the DB's 9th Anniversary at the Wok Inn, Chinese restaurant has been a significant and memorable event.

'Mouth Cancer Action Month' is an annual event the Facefax Charity is involved with, proving a busy time as the AGM is also held in November.

A much loved visit to the pantomime is something many of us look forward to. There are still a few tickets available for Peter Pan on Thursday 13th December.

I would very much like to thank all the volunteers at the Centre, who really work hard at making it all such a success.

Finally, I wish you all a very Happy Christmas and a Healthy New Year ahead.

With best wishes,

Carol



DBCC - 9th Anniversary Celebrations!



Carol Dunstone, Mayor Tony Ansell, Mayoress Jayne Crofts, & Pauline Gibbings

Everyone was delighted with the unforgettable feast enjoyed by everyone who helped celebrate the Dunstone Bennett Complementary Centre's 9th Anniversary at the Wok Inn, Sheep Street, when an amazing £800 was raised.

Annual General Meeting



Registered Charity No: 1111412

Monday 12th November

4.30 – 6.30pm

Reserve a place to attend the annual general meeting where you can hear about the Charity's performance in the last financial year and find out about plans for the future.

Venue: The Dunstone Bennett Complementary Centre, The Basement Suite, 38 Billing Road, Northampton, NN1 5DQ.

Everyone is welcome to come along!

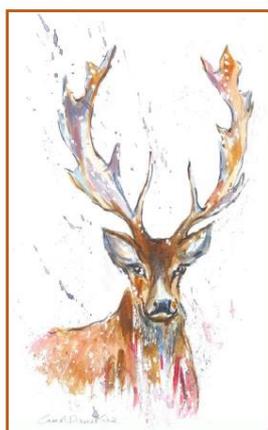
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Mouth Cancer Action Month

Join us on **Monday 12th November** at the Cyber Café, NGH between 10am and 3pm to help raise awareness about mouth cancer.

Charity Christmas Cards

Original designs by local artists sold in aid of the Dunstone Bennett Complementary Centre



Orders are being taken or visit the Centre to buy these new designs. Packs are £4.99 and all the proceeds go to the DBCC.

PROJECT 15 CANCER SUPPORT GROUP

'Sing-a-Long!'

Monday 29th October



2pm – 4pm



Come and join us for an uplifting and enjoyable afternoon when you can exercise your lungs, raise your vibration and boost your immunity.

DBCC OPENING TIMES

Tuesdays: 9.30am – 1pm
Wednesdays: 9.30am – 12.30pm
Thursdays: 9.30am – 1pm



10.30am – 1.30pm

Co-founder of the Centre, Carol Dunstone is an artist who specialises in ceramics. Once a month she holds an art workshop for clients and guests.

If this is of interest to you please ring to check availability because numbers are limited. No previous experience or artistic talent is necessary to attend, just the willingness to experiment and enjoy yourself in a relaxed, caring, environment.

Workshop Meetings:

Monday 19th November

Monday 10th December

Be sure to book early to secure a place!

Donations!

The Dunstone Bennett Complementary Centre is a self-funded and non-profit making charitable organisation that appreciates all donations.

We would like to express our sincere gratitude to everyone who has provided support and made contributions.

Enquiries and bookings:

01604 635889 / 07541 998 711

Calls are answered between 9.30am & 1pm during opening hours. At other times please leave a message and we will return your call!

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