

April, May, June 2024.



Dear Everyone,

Spring is sprung! And though it may be cold, there are definitely little flowers blooming and green shoots arriving... hopefully you are able to catch a glimpse of this from wherever you are, and that you'll join us soon for any activities/outings that take your fancy.

Now many at the coffee group appreciated the talk from Jess at Citizens Advice -and we'll be sure to invite her back or book their mobile advice van to come in for more of the same. One thing learnt however, was that lots of people in Withington/Old Moat are not claiming Pension Credit (extra money) when they could be... Is your income under £201.05 a month? You may be eligible, do ask in the office for how to find out more and apply.



*(lunch out at Manchester Training College)*

Coming up we have a few new things to try out and would love to see you there.

- 1) A Theatre Performance from Interactive Theatre company, Playback, on Monday 20<sup>th</sup> May to celebrate the launch of our Oral Histories Booklet. Actors, musicians, refreshments!
- 2) Fog Lane Park Walk as part of GM festival of walking on 9<sup>th</sup> May. A guided, mindful and accessible walk followed by a stop in their lovely café for a cup of tea- transport available to the park with walkers and wheelchairs welcome.
- 3) A day trip to Southport, Thursday 13<sup>th</sup> June! Sea views, lovely town, ice creams all round.

We are also excited for our new Older People's Outreach Worker who will be starting in the Spring, visiting older people who are stuck at home.

### Assist WEEKLY Timetable

*(NB unless otherwise stated, our activities take place in the Withington Methodist Church)*

Tuesdays Lunch Club 12-1.30pm	Freshly cooked, two course meal. A £5 donation with volunteer lifts available when possible. Veggie and halal options available.
Wednesdays Walk and Talk 10.30-12	Meet for a walk around Ladybarn Park at your own pace, followed by coffee in a local café. Parrs Wood road/school grove entrance, call for more info.
Wednesdays Coffee Group 1-2.30pm	"Barbara's cafe!" in the downstairs room at WMC, coffee, chat, crochet club, occasional speakers, monthly bingo & quizzes. £1 donation. All welcome.
Wednesdays Digital Drop In 2-3pm	Come sit with our friendly volunteers in WMC foyer to work through your phone/tablet/laptop woes, book appointments, get advice etc. £1 donation.
Fridays Exercises 10.30-12.30	10.30-11.30 chair assisted 11.30-12.30 seated. Strength, balance and mobility with music and motivation from instructor Ruby. £3 donation
Fridays Snooker Group 1-3	Older men's snooker group 1-3 at WMC. All abilities welcome, full-size table with refreshments, come break a few frames with friends. £1.50 donation

## April

Weds 3 <sup>rd</sup>	<b>Simply Cycling at Wythenshawe Park:</b> 11am- 12. £5 covers transport, cycling and cup of tea/coffee- all ability, adapted bikes to get absolutely anyone, of any age, wheeling!
Mon 8 <sup>th</sup>	<b>Positive Living:</b> 1pm – 3pm <i>“The advantages of solution-based thinking”</i> Friendly Wellbeing session £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Mon 22 <sup>nd</sup>	<b>Film Club:</b> 12.30 -3pm. <i>“The Holdovers”</i> . Lighthearted, heartwarming comedy. £3.50 donation includes cuppa soup and bread with ice cream and popcorn in the interval.
Thurs 25 <sup>th</sup>	<b>Music Trip</b> - Free concert 1-2pm; trio of Bulgarian singers singing folk songs. Meet for packed lunch and coffee before at 12. Behind the Manchester Museum, off Oxford Road.

## May

Weds 1 <sup>st</sup>	<b>Simply Cycling at Wythenshawe Park:</b> 11am- 12. £5 covers transport and all ability cycling.
Thurs 9 <sup>th</sup>	<b>Fog Lane Park Walk and Café</b> 11am, meet in the park, walk, learn, friends, nature. Free.
Mon 13 <sup>th</sup>	<b>Positive Living:</b> 1pm-3pm <i>“Preparation for a Challenge”</i> £2 donation.
Mon 20 <sup>th</sup>	<b>Tea and Talks:</b> 12.30-2. <i>“Play Back Special!”</i> Interactive theatre company and launch of oral histories booklet. Sandwiches, cake, fruit. £2 donation
Mon 27 <sup>th</sup>	<b>Film Club:</b> 12.30 – 3pm <i>“Edie”</i> . Beautiful tale of resilience as an 80-year-old woman (Sheila Hancock) climbs a Scottish mountain. £3.50 donation includes the usual refreshments.

## June

Weds 5 <sup>th</sup>	<b>Simply Cycling at Wythenshawe Park:</b> 11am- 12. £5 covers transport and all ability cycling.
Mon 10 <sup>th</sup>	<b>Positive Living:</b> 1-3pm <i>“Developing a resilient Mindset”</i> . £2 donation.
Mon 17 <sup>th</sup>	<b>Tea and Talks:</b> A talk from our local Optician on the workings of the eye. 12.30-2 Usual Tea, coffee, sandwiches, and cake kindly provided by the Co-op on Copson street. £2 donation
Thurs 13 <sup>th</sup>	<b>Day Trip: Southport.</b> All aboard for the West Coast! Fish and chips, sea breeze, shopping, gardens, sun (we hope). Wheelchairs welcome, price and time tbc but the coach is booked.
Tues 25 <sup>th</sup>	<b>Summer Lunch Special:</b> Lunch, Raffle, Entertainment; come and celebrate the Summer with a delicious, homecooked lunch and a friendly crowd. £5, call/drop by to book a place.
	<b>NB There is no film club this month as there are two bank holiday Mondays in May.</b>

Where possible we arrange volunteer lifts if you are living in the Withington area and find it tricky to get out and about- just ask the office for more information. We ask for a £1 donation per lift to go towards petrol costs. Equally, alongside social activities we run a befriending and volunteer support program (Withington/Old Moat area, for over 65s). Do enquire if you feel a regular visit from a friendly volunteer would help, have odd jobs you can't manage, form filling or if you need support generally- if we can't manage it, we'll try to find someone who can!

*Look forward to seeing you soon, Amelia, Jamila and all at Assist.*

Get in touch: **0161 434 9216** or email [withingtonassist@gmail.com](mailto:withingtonassist@gmail.com)