

Dear Everyone,

Hope this newsletter finds you well and enjoying the warm weather. Perhaps you've sat down to read with an ice cream or perhaps it's raining and you've made a nice hot cup of tea instead.. Either way, hope you enjoy our news and come away with a few dates for the diary...

First up...our lovely office Emma is leaving! Drinks at the **Red Lion Tues 11th July, 4pm**. Come along to wish her luck in new job and thank her for being such a kind, fun and warm member of Assist. There will certainly be an Emma shaped hole when she leaves, but as soon as we can we'll be visiting her new work at British Deaf History Society museum off Oxford Road.

Trips: This newsletter has a couple of seaside day trips (to Fleetwood and Llandudno), as well as some closer to home. See overleaf for dates. We had a lovely visit to, RHS gardens, Cheethams (*right*) and Alexandra park in June (*below*), having a look around their lodge, a drink in the café and a go on the specially adapted bikes.. and will be going again in August.



Sticking with the bike theme, we'll also be visiting Simply Cycling at the end of July. Based in Wythenshawe park, they have specially adapted cycles (and normal ones), to have a go on whether you've never cycled, not been for 50 years or need a bit of extra support to get wheeling. Great exercise, feel the wind in your hair and of course, a cup of tea to keep our strength up.

We've had quite a few requests for **Tai Chi** classes, so we've arranged for a taster class on August 23rd here at the church from 11-12. It will be relaxed and suitable for all levels-whether that's seated or standing. Wear loose, comfortable clothing and prepare to feel the benefits of this gentle and soothing exercise.

Digital Drop in has been paused over the Summer as the students are on holiday, but will return 13th of September in the Withington Methodist Church foyer. In the meantime if you are struggling with something, give the office a call and we can arrange a one to one.

Our Green talk back in April came up with so many good ideas including a table top sale, tree planting, soft plastic recycling station, talks on recycling, repair workshops and more. We will be getting stuck into these projects next newsletter once our new office worker is settled in.

Volunteers and staff have been busy supporting people; moving furniture, fixing phones, giving lifts, visiting, form filling, and plenty more. Remember that wherever possible we try to help so do always ask, our number is 0161 434 9216 just leave a message if its out of hours.

For any trips or activities that you don't regularly attend, please give the office a call or drop by to put your name down or find out more information. See timetable overleaf.

Look forward to seeing you soon, Amelia.

Assist WEEKLY Timetable

Tuesdays Lunch Club 12-1.30pm	Freshly cooked, two course meal. £5 donation with volunteer lifts available when possible. Veggie and halal options available. Bingo on some Tuesdays.
Wednesdays Coffee Group 1-2.30pm	"Barbara's cafe!" in downstairs room at WMC, coffee, chat, crochet club, occasional speakers, hanging out & quizzes. £1 donation. All welcome.
Wednesdays Digital Drop In 2-3pm	Restarts 13th September Come sit with our friendly volunteers in WMC foyer to work through your phone/tablet/laptop woes. £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

July

Assist MONTHLY Timetable

Mon 10 th	Positive Living: 1pm – 3pm "The Value of Sleep" Friendly mental health and wellbeing session £2 donation with our facilitator Debra, includes tea, coffee, biscuits and friends.
Tues 11 th	Red Lion at 4pm for Emma's Leaving drinks- all welcome!
Thurs 13 th	Day Trip: Fleetwood. Sea, sun (perhaps), indoor market, ferry port, ice cream, fish n chips! Wheelchair pushers available £14 coach only £21 with lunch. Call/drop into book place.
Wed 19 th	Simply Cycling Trip: 11am £6 covers transport and cycling. Please ask for more info.

August

Weds 9 th	Alexandra Park Trip: stroll, look in the lodge, café, go on the bikes. Call to book.
Mon 14 th	Positive Living: 1pm-3pm "Relaxation for Anxiety" £2 donation.
Mon 21 st	Tea and Talks: 12.30 -2. "Tim Cockitt: Manchester's experience of WW1" Sandwiches, cake, fruit. £2 donation.
Weds 23 rd	Tai Chi Taster session: 11am to 12 with facilitator Aamir. £3 donation. Call to book.

September

Thurs 7 th	Day Trip: Llandudno. Lunch at a hotel, pier stroll, shopping, gaze out to sea, details TBC
Mon 11 th	Positive Living: 1pm-3pm "Being Less Judgmental" £2 donation
Weds 13 th	Digital Drop In Restarts 2-3 in the foyer, laptops, mobile phones, tablets, £1 donation
Mon 18 th	Tea and Talks: 12.30-2. Speaker TBC. Sandwiches, cake, fruit. £2 donation.
Tues 19 th	Lunch Special: Roast beef, Yorkshire pudding, roast potatoes, homemade cake and custard, quiz, rounds of bingo. Come join us for a cosy lunch in the big hall as the weather cools. £5
Mon 25 th	Film Club: "Joyride" with Olivia Coleman. Comedy set in Ireland. 12.30pm. £3.50 donation includes cuppa soup and bread before with ice cream and popcorn in the interval.

Get in touch: **0161 434 9216** or email withingtonassist@gmail.com