

**Dear Everyone,**

Hoping this newsletter finds you well and getting that Spring feeling that comes with the new green leaves... We've been plenty busy these past couple of months and are now looking forward to the warmer weather and the upcoming trips to Fleetwood and Parsonage Gardens. In January we hosted a Cost-of-Living event, welcoming stalls from local services including Groundworks (helping reduce energy use at home), Carers MCR, physios from the local Falls team, MPs office, CAB and our very own Jamila with her cost-of-living work and many more. Prices are rising but there are things that can be done. If you are over 65, live in the Withington area and think we might be able to help with benefits or bills do call in.



In February we tried something new and hosted an afternoon tea with refreshments served by volunteers from Drucker's and dancing led by the Metropolitan University dance society! From mambo to the YMCA it was great to have a dance, and we will arrange another one soon.

Then at our green talk in March, we decided to start a campaign to make the blister pack recycling scheme more sustainable (it currently costs £219 per box!), develop our garden space in a climate friendly way, and appoint a "recycling" monitor to make sure our events are as waste free as possible.

*Hope everyone had a lovely Eid for those who celebrate, look forward to seeing all soon.*

**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. £5 donation, volunteer lifts available when possible, followed by bingo with Mark. Veggie and halal options available.
Tuesdays Advice Drop in 11-12	Struggling with benefits, bills, forms, bus passes, pension credit etc? Don't do so alone; come and see Jamila or call to book appointment.
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	Coffee group; coffee, biscuits, chat, crochet club, occasional speakers, bingo, Barbara's monthly quiz! £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 1 <sup>st</sup>	<b>Simply Cycling</b> at Wythenshawe Park: 11am- 12. £5 covers transport and all ability cycling. Lift from the office at 10.30- call/drop by to find out more or book a place.
Mon 13 <sup>th</sup>	<b>Positive Living:</b> 1pm – 3pm “ <i>Creating a wealthy well-being</i> ” Friendly Wellbeing sessions £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Weds 15 <sup>th</sup>	<b>Spring Party at Coffee Group! 1-2.30</b> Hot cross buns, daffodils and music from the U3A ukulele band! Come along, wear yellow and celebrate the Spring with us! 1-2.30pm.
Mon 20 <sup>th</sup>	<b>Tea and Talks:</b> 12.30-2. “ <i>The fascinating history of prosthetic limbs, from ancient Egyptians to present day</i> ” from speaker Diana Leitch. Sandwiches, cake, fruit. £2 donation
Thurs 23 <sup>rd</sup>	<b>Music Trip:</b> to the RNCM for their free afternoon concert. Lunch in the café then concert from 1pm- 1.45pm. Bus from Withington Library but let us know if transport is needed.
Mon 27 <sup>th</sup>	<b>Film Club:</b> 12.30-3 “ <i>H is for Hawk</i> ”. Stricken with grief after the death of her father, a woman trains a hawk to help recover. Moving film based on novel of the same name. £3.50 includes soup and bread with popcorn and ice cream in the interval.

## May

Weds 6 <sup>th</sup>	<b>Simply Cycling</b> 11am- 12. £5 covers transport and all ability cycling.
Mon 11 <sup>th</sup>	<b>Positive Living:</b> 1pm – 3pm “Unlocking Procrastination” Friendly wellbeing group.
Weds 13 <sup>th</sup>	<b>Celebration Walk</b> – 10.30 at Ladybarn Park. Our usual Wednesday Walk but with added cake to celebrate the Greater Manchester Walking festival- all welcome!
Mon 18 <sup>th</sup>	<b>Tea and Talks:</b> 12.30-2. TBC. Sandwiches, cake, fruit. £2 donation
Thurs 21 <sup>st</sup>	<b>Parsonage Gardens and Ye Olde Cocke trip:</b> A lunch trip out with a stroll around Parsonage gardens (optional), transport available. Book in the office, price/times TBC.

## June

Weds 3 <sup>rd</sup>	<b>Simply Cycling</b> 11am- 12. £5 covers transport and all ability cycling.
Mon 8 <sup>th</sup>	<b>Positive Living:</b> 1pm – 3pm “Solution focused thinking.” Friendly Wellbeing session £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Mon 15 <sup>th</sup>	<b>Tea and Talks:</b> 12.30-2. “ <i>Highwaymen- but what about the women?</i> ” Exploration into the rare but real highwaywomen of the past with Margaret Holbrook. Light lunch, £2 donation
Mon 22 <sup>nd</sup>	<b>Film Club:</b> 12.30-3. “ <i>The Ballad of Wallis Island</i> ” Quirky, comedy drama set on remote Welsh island. Lottery winner hires folk duo to play reunion gig. £3.50 includes the usual
Thurs 25 <sup>th</sup>	<b>Day Trip:</b> Fleetwood for fish n chips, stroll along the front, wander round the indoor market and perhaps an ice cream! Price and times TBC but book your place in the office.

Where possible we arrange volunteer lifts if you are living in the Withington area and find it tricky to get out and about. Equally, alongside social activities we run a **befriending and volunteer support program** (Withington/Old Moat area, for over 65s), and our outreach worker is able to make home visits. As ever, big thank you to our volunteers. Amelia and volunteer driver, Angela, were invited to afternoon tea with the lord Mayor to recognise how important Assist’s work is in Withington. For people who struggle to get in to see us, volunteer drivers play a vital role in keeping older people connected to social groups, as well as lifts to health appointments. Thank you all.



Amelia, Jamila and all at Assist.

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