

Dear Everyone,

Hoping this newsletter finds you well and keeping cool/dry/warm/shaded as appropriate to the Manchester Summer weather! At the time of writing, we're experiencing a heat wave- wearing loose, cotton clothing, closing blinds and windows during the day, putting ice in front of a fan and drinking plenty of water are all good ways to keep cool. No doubt it'll be raining again soon but either way, we have a busy couple of months coming up here at Assist with lots of excuses to get together and have a bit of fun. See overleaf for more details and remember, there are always plenty of lovely volunteers able to give a lift or lend an arm, just let us know if you need that extra bit of support.

For those who struggle to get out and about however, we'd like to welcome to the newest member of the team, Helen, who joins us as our outreach worker now that Mark has retired (though he's staying with us as a volunteer!). Visiting people in their homes for a chat, here is she is with her trusty bike ready to set off around the neighborhood to keep people feeling connected. If you or someone you know might appreciate Helen or a volunteer befriender, let us know and we'll get something sorted.



Film Club: We are no longer able to advertise specific films due to changes to our film license. Three films we may show over the next couple of months are; Song Sung Blue (two musicians form a Neil Diamond Tribute act in a feel good, true story), The Apprentice (big, bold and entertaining film about the rise and rise of Donald Trump), Clarence Cliff (period drama set in 1930s as a young artist develops her style as a master potter to achieve great success). Please ask in office for more info.

Finally, we lost a couple of big personalities in June; Tommy Walsh and Norman Bardini have sadly passed away. We are glad to have met them and to have enjoyed being a part of their later years.

Assist WEEKLY Timetable

(NB unless otherwise stated, our activities take place in the Withington Methodist Church. We would like to remind everyone that the car park can get really busy at the Methodist church, and that whether driving or walking (or wheeling!), it's important to give everyone space and time to move safely.)

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

July

Weds 8 th	Bric a brac, jewelry stalls and jumble at the coffee group to raise money for Assist! Come and browse, great gift ideas and raise funds for Assist.
Mon 13 th	Positive Living: 1pm – 3pm <i>“Becoming less judgmental”</i> Friendly Wellbeing sessions £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Weds 15 th	Live music at coffee group with jam and scones.
Mon 20 th	Tea and Talks: 12.30-2. <i>“The Greatest Show on Earth”</i> . Manchester’s 1867 art show featured over 16,000 art works loaned from private collections across UK and helped establish public art museums today. Steve Milward. Sandwiches, cake, fruit. £2 donation
Weds 22 nd	Digital skills workshop: The NHS app. Would you like to manage health appointments using your smart phone? Need help with it? Come along and find out more 2-3pm
Mon 27 th	Film Club: 12.30-3 includes soup and bread with popcorn and ice cream in the interval.
Thurs 30 th	Day Trip: RHS Bridgewater. Beautiful gardens, bring a packed lunch or visit one of the cafes. Wheelchairs and volunteers are available. Price and time TBC, call or call in to book.

August

Mon 3 rd	Simply Cycling at Longford 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 to book a place.
Tues 4 th	Big Summer Lunch! Delicious roast for lunch, raffle, singer, quiz in the big hall upstairs. £6 donation. If you do not usually attend on a Tues, please call to book a place.
Mon 10 th	Positive Living: 1pm – 3pm <i>“The Challenge of connection and friendship”</i>
Thurs 13 th	Alexandra Park trip. Stroll by the pond, visit the heritage centre, cakes in the café, herons, turtles and parakeets. Transport and volunteer support available. Call to book.
Mon 17 th	Tea and Talks: 12.30-2. Hydration and Nutrition talk. Sandwiches, cake, fruit. £2 donation
Mon 24 th	Film Club: 12.30-3. Ask in the office for details. £3.50 donation includes the usual

September

Mon 7 th	Simply Cycling at Longford Park 11am- 12. £5 covers transport and all ability cycling.
Mon 14 th	Positive Living: 1pm – 3pm <i>“Successful sleep.”</i> Friendly Wellbeing session £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Thurs 10 th	Day trip: Llandudno. Beautiful bay, Welsh hills, ice cream, delicious lunch, promenade by the sea, shops, culture, heritage. Volunteer support. Price and time TBC.
Mon 21 st	Tea and Talks: Speaker TBC
Mon 28 th	Film Club: 12.30-3. Ask in the office for details. £3.50 donation includes the usual

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. Do let us know if you think you might benefit. As ever a **big thankyou** to our amazing volunteers without whom Assist would not be possible, and also to our funders and all those who donate to keep this charity running and able to serve this community.

Amelia, Jamila and all at Assist.

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