

Dear Everyone,

It is lovely to write April, May, June at the top of this newsletter- feels as though they've been a long time coming! Not that the cold weather put off our Wednesday walkers (see picture), or stopped the Assist tulips from blooming... We have some nice events coming up; our Spring Lunch on 8th April, a trip to the RNCM for some music and to Lytham st Annes for some sea air. Give us a call or drop by the office to put your name down. This quarter we are also excited to trial a new weekend group- Sunday club on a Sunday afternoon. This will be at Withington Public Hall at 2pm from 27th April, with refreshments, the Sunday papers, friendly volunteers. Let us know if you think you might drop by, if you need directions or help sorting a lift. For anyone struggling financially please remember that we ask for donations



towards groups but if money is a bit tight at the moment- just have a word with Amelia as the important thing is you are able to come! We also have Jamila in the office on a Tuesday helping with forms, pension credit, checking utility rates, attendance allowance etc.

Assist WEEKLY Timetable

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

Mondays Digital Drop in 11.00-12	Come sit with our friendly volunteer to work through your phone/tablet/laptop woes, book appointments, get advice etc. £1 donation.
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.
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	"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
Fridays Needles n Yarns 10-12	Drop by with your knitting/crochet or just yourself for the return of Needles and Yarns! In the foyer of the Methodist Church with lovely volunteers.
Sundays Sunday Club 2-3.30	New weekend group trial! Come read the papers, have a coffee, chat, bit of music, quiz, bingo, friendly space at Withington Public Hall from April 27th

April

Weds 2 nd	Simply Cycling at Wythenshawe Park: 11am- 12. £5 covers transport, cycling and a cup of tea/coffee- all ability, adapted bikes to get absolutely anyone, of any age, wheeling!
Tues 8 th	Spring Lunch Special! Lamb (veggie/halal available) with all the trimmings, with Withington Daytime singers, quiz and raffle! £6 suggested donation, call to book places.
Mon 14 th	Positive Living: 1pm – 3pm <i>“The Comfort Zone Conundrum”</i> Friendly Wellbeing session £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends
Weds 23 rd	Scam Awareness with Age UK at the Wednesday coffee group, 1.15pm start. Come and find out how to stay safe and avoid being scammed with a cup of tea and a friendly crowd.
Sun 27 th	Sunday Club! First week of the new weekend coffee group, 2pm at Withington Public Hall.
Mon 28 th	Film Club: 12.30 – 3pm <i>“A Real Pain”</i> . Two cousins take a road trip to reconnect, face their history and their present: a sharp, witty, sensitive, comedy. £3.50 donation includes usual.

May

Thurs 1 st	Music Trip: 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.
Weds 7 th	Simply Cycling at Wythenshawe Park: 11am- 12. £5 covers transport and all ability cycling.
Mon 12 th	Positive Living: 1pm – 3pm <i>“Around the World Wisdom- what other cultures can teach us”</i> Friendly Wellbeing session £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Weds 14 th	Celebration Walk – 10.30 at Ladybarn Park. Our usual Wednesday Walk but with added cake to celebrate the Greater Manchester Walking festival- all welcome!
Mon 19 th	Tea and Talks: 12.30-2. <i>“Fraud Awareness”</i> leaning about the latest scams affecting people, famous cases, tips to stay safe, how to report etc., Sandwiches, cake, fruit. £2 donation
Weds 21 st	Device Tips and Tricks- welcoming guest teacher, Jemma, to our Digital Drop In, for free sessions to show us how to get the most out of our smart phones/tablets. 2pm
Sat 24 th	Copson Street Grand Reopening Tea Party! Time to be confirmed but come along for a big, jubilee style tea party with refreshments, cake, speakers including Mayor Andy Burnham.

June

Weds 4 th	Simply Cycling at Wythenshawe Park: 11am- 12. £5 covers transport and all ability cycling.
Mon 9 th	Positive Living: 1pm – 3pm <i>“Positively powerful language.”</i> Friendly Wellbeing session £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Mon 16 th	Tea and Talks: 12.30-2. Experienced and entertaining speaker, Geoff Scargill, with his talk on school memories in Salford; <i>“I’ve just left school”</i> Sandwiches, cake, fruit. £2 donation
Thurs 19 th	Day Trip: Lytham St Annes! Sea, sand, sun (hopefully), monthly market, shops, fish and chips, ice creams, coffees, walk along the front! Price TBC but sign up early to book a place.
Mon 23 rd	Film Club: 12.30 – 3pm <i>“Quiz Lady”</i> . Hilarious, heartfelt comedy sees two mismatched sisters rescue their kidnapped mother by winning a tv gameshow... £3.50 includes 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, Mark, is able to make home visits. Do ask if you feel a regular visit from a friendly face would help.

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

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