

April May June

Dear Everyone,

The tulips are out in the Assist planters, blossom is starting to appear on the trees and the days are getting longer and longer- what a relief!

As some of you may be aware, we'll be having a bit of a change up in the office as Amelia goes off on maternity leave and we'll be joined by Meena who'll be taking care of things in the meantime. We had a lovely party to say goodbye and hello; thank you to all who attended, to the volunteers who took care of everything and to Baharak for a very impressive cake! Usual activities and services will continue, check out the weekly activities and diary dates overleaf.



Here's a note from Meena: "Hello. I am Meena and pleased to have been offered the opportunity to cover as coordinator for Amelia whilst she is on maternity leave. Please come and say hello and let me know if I can be of assistance. Looking forward to meeting the Assist family and helping with all the activities and connecting with those who we have lost touch with us since the pandemic."



In early May we will be welcoming a volunteer from the **Shared Reading** project for a taster session. "Our Reader Leader will read part of a short story or poem aloud, and we'll stop and have a chat about what's been read out. Group members don't have to read aloud or even speak, if you don't want to – it's fine to just listen. The idea is to create a space where people feel at ease. Reading the literature together means that everyone is involved in a shared experience. Group members who want to talk are encouraged by the Reader Leader to share feelings, thoughts and memories provoked by the reading. We end up chatting about topics we never would have imagined when we started, and sometimes the conversations can be interesting and deep, and a lot of fun!"

We are also looking to hold further **Relaxation Sessions** with Lydia, as these have been well attended and appreciated, please let us know if you are interested and when confirmed we can let you know the dates/times. Also, through our **OPeNs Partnership work** there's a new newsletter out for Withington with Tai Chi at the Baths, Music group at Ladybarn Hub and lots of things going in local parks- ask in the office for your copy.



Hoping to see you soon, take care everyone and keep in touch. Our next newsletter for July, August, September will be with you end of June- special thanks to our helpers Alma and Pam for their help in writing all the envelopes in the sunshine!

from Amelia, Meena and all at Assist.

Assist WEEKLY Timetable

Tuesdays Lunch Club 12-1.30pm	Freshly cooked, two course meal at WMC £5 donation with volunteer lifts available where possible (£4 delivery) Veggie and halal options available
Wednesdays Coffee Group 1-2.30pm	"Barbara's caf!" in downstairs room at WMC, coffee, chat and hanging out, all welcome. £1 donation
Wednesdays Digital Drop In 2-3pm	Come sit with volunteer or our worker Aiden 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
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

APRIL

Tues 19th	Lunch Club: Easter Special! Lamb lunch, hot cross buns, easter eggs and quiz! £6
Mon 11 th	Positive Living Group 1.30-3.30pm. "The Power of Language" Friendly mental health and wellbeing session £2 donation with Debra MacCallion
Date TBC	Volunteer Evening Training session with Debra covering safeguarding, boundaries, tips for befriending and a chance to catch up with other volunteers and welcome new ones. Contact Emma emma@withingtonassist.org.uk for more info.
Mon 18 th	Tea and Talks 1.30-3pm Pippa from Age UK: Scam awareness hints and tips for staying safe £2 donation includes afternoon tea
Mon 25 th	Film Club: "West Side Story". 1.30pm. £3.50 donation includes popcorn and a cornetto

MAY

Weds 4 th	Shared Reading Taster Session 2-2.45pm "Join us as our volunteer, Kate, reads aloud from a short story or poem and we have a chat about what's been read"
Mon 9 th	Positive Living Group 1.30-3.30pm "Guiding our way through Guilt" at the WMC. £2
Mon 16 th	Tea and Talks 1.30-3pm Dr Cambrell Price from Manchester Museum, curator of the upcoming Ancient Egyptian mummies exhibition! £2 donation includes afternoon tea
Mon 23 rd	Film Club "Belfast". 1.30 pm. £3.50 donation includes popcorn and cornetto in the break

JUNE

Mon 13 th	Positive Living Group 1.30-3.30pm "The Theories of Happiness" at the WMC. £2
Thurs 16th	Park Trip Tea, Cake and a Stroll around the park. All welcome. Volunteer transport and volunteers limited to those who find it particularly tricky to get out and about.
Mon 27 th	Film Club "The Duke" or "The Good Liar" 1.30 pm. £3.50 donation

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