

## Dear Everyone,

Welcome to the latest Assist quarterly newsletter! Hoping this finds you well and ready for the joys of Spring and the exciting bits and bobs we have going on here at the moment...



It's been a steady couple of months getting into the swing of the new year, with French club and Digital drop in restarting, a falls prevention workshop at the Weds coffee group and the continuation of a vegetarian special once a month at lunch club. Volunteers have been busy



as usual behind the scenes doing odd jobs, giving lifts, posting letters, helping with forms and admin and making many many telephone calls. As always we thank them and those who help with groups (how many cups of tea do you think Assist serves in a month??).

This newsletter we would like to draw attention to our Wednesday **Digital Drop in...** We now have six regular volunteers and from after Easter will be running themed sessions on online shopping, booking tickets/making appointments, online taxes/pensions, video chatting etc. Come along 2-3pm in the Withington Methodist Church foyer to learn something new, sit with a friendly young student and make the most out of your technology- all welcome!

Also, alongside a couple of trips, we are very excited to be holding a **Book Launch** for the first installment of our Personal Histories Project, at Withington Public Hall on the 11<sup>th</sup> of May! Meena is still collecting your stories for the next booklet, please do get involved as it's a lovely project.

Finally, we are looking at how we can be "greener" here at Assist, from recycling projects to changing habits to connecting with eco-friendly activities going on in the city. Do join us for our **Green Tea and Talks** in April to find out more (and enjoy some sandwiches and cake!).

### 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, hanging out & 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. £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 donation

**April****Assist MONTHLY Timetable**

Mon 3 <sup>rd</sup>	<b>Tea &amp; Talks:</b> Green Week! How can Assist/we be “greener”? Workshop with Amelia and Emma includes short film, tea, coffee, sandwiches. 12.30-2pm, £2 donation.
Weds 12 <sup>th</sup>	<b>Rose’s Haiku Workshop!</b> Fancy yourself a poet? Learn how to form this simple, beautiful Japanese style poetry with Rose. 1.15 – 2pm at the Coffee Afternoon.
Mon 17 <sup>th</sup>	<b>Positive Living:</b> 1pm – 3pm “Enhancing our Self Esteem” Friendly mental health and wellbeing session £2 donation.
Tues 18 <sup>th</sup>	<b>Spring Lunch Special!</b> Lamb, Hot cross buns, Quiz, Raffle. £5 please book your place
Mon 24 <sup>th</sup>	<b>Film Club:</b> “Elvis” <u>12.30pm</u> . £3.50 donation with popcorn, cornetto & soup & roll to start.
Tues 25 <sup>th</sup>	<b>Volunteer Befriender Training/Refresher:</b> For new and existing volunteers with our trainer Debra at 5.30pm at Withington Methodist church.
Thurs 27 <sup>th</sup>	<b>Cheetham’s Music School Trip:</b> Free music concert from the students at the music school in town. 1.30pm start with lunch in a local café. Transport to be arranged.

**May**

Weds 3 <sup>rd</sup>	Kings Coronation <b>Party</b> at the Coffee afternoon, think cake, music and all think Charles 3 <sup>rd</sup> .
Thurs 11 <sup>th</sup>	Assist Personal Histories <b>Book Launch!</b> 3pm at Withington Public Hall with speaker, refreshments, booklets and readings.
Mon 15 <sup>th</sup>	<b>Positive Living :</b> 1pm-3pm “A Better Level of Listening” £2 donation
Thurs 18 <sup>th</sup>	<b>RHS Bridgewater Salford Trip:</b> We will be taking a coach to see the wonderful gardens, visit the café and garden centre. Wheelchair and volunteers available.
Mon 22 <sup>nd</sup>	<b>Film Club:</b> “House of Gucci” <u>12.30pm</u> . £3.50 donation includes usual refreshments
Weds 31 <sup>st</sup>	Alexandra <b>Park Trip:</b> A stroll around the park, visit to the local history lodge and café.

**June**

Mon 12 <sup>th</sup>	<b>Positive Living:</b> 1pm-3pm “The Challenge of Friendships and Connections” £2 donation
Mon 19 <sup>th</sup>	<b>Tea &amp; Talks</b> 12.30-2pm Steve Milward “The History of the Love Song” £2 donation
Thurs 22 <sup>nd</sup>	<b>Day Trip to Clevelies:</b> Sun (hopefully), sea and lunch at the Fylde coast town of Clevelies
Mon 26 <sup>th</sup>	<b>Film Club:</b> “Living” with Bill Nighy 12.30pm. £3.50 donation includes usual refreshments
Weds 28 <sup>th</sup>	<b>Withington Girls School:</b> Citizenship Day matinee school production, details to follow.
Fri 30 <sup>th</sup>	<b>Felting Workshop at Manchester Museum:</b> Please ask to book free place

We have also been asked to share that the St Cuthbert’s **Monday Tea Dances** are back on, and that Sycamore Court on Heaton Rd have **Chair Based Yoga** on a Thurs- all welcome!

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.

*Look forward to seeing you soon, Amelia and Emma.*

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