

April Newsletter

Dear All,

Easter is upon us! Hope everyone is feeling the sense of hope that this time of year brings and enjoying the array of Spring flowers making their way into the world. The tulips in the planter at the back of Assist are looking great, thanks to volunteer Owen for getting those bulbs in last year.

Although Easter will be quite different for many this year, it's still nice to think about it whether that's in a religious sense or in terms of our cultural traditions- painting eggs and rolling them down a hill (has anyone actually ever done this??), eating hot cross buns, dancing round a May pole... **Lunch club deliveries** this week are enjoying traditional Easter lamb with an Easter egg treat for afters for example, but actually there are also loads of other traditions taking place at the time of year that will be looking a little quieter due to Covid...



Nowruz, is the Persian New Year that fell on the 20th March and it's customs include setting aside a Haft-sin table in the home, set with seven items relating to Spring and all starting with the letter S... this can be sprouting seeds, Samanu (sweet pudding), Sabze (sprouting seeds), Senjed (persian olive), a goldfish in a bowl of water, candles and mirrors among other things! There's also lots of visiting of friends and family, spring cleaning, and eating together. Then Holi, which fell on the 28th/29th March, is a festival celebrated in Hindu culture that gives thanks to Spring after Winter and remembers two Hindu legends involving a triumph of good over evil and a love story between gods. Often called the festival of colours, a big part of Holi celebrations involves throwing coloured powder at each other, so the streets become full of



bright colours and people dancing!

And now we have the easing of Covid restrictions to celebrate too! With 6 people allowed to meet out-doors in private gardens from the 29th March, we are pleased to announce that we will be creating our own little garden here at Assist, welcoming **groups of six** to join for a cup of tea and much missed face to face chat from Wednesday 7th of April. We will then be hosting groups at 11 and 1 every Wednesday and Thursday (weather and rules dependent), so if you would like to join give the office a call and we can get that arranged. We have a gazebo to fend off any April showers, though if the weather is truly terrible we'll cancel on the morning and postpone to another week. It's going to be a real treat to see everyone after so long, but of course, we still need to be very careful so please no running into each other's arms... For those who will struggle to get here on foot, we should be able to arrange transport/a lift, so don't let that put you off.

Positive Living will also move back to the church from April 12th, and as it is a support group we are able to host people indoors- following all precautions as before. **Exercise classes** will remain on zoom, though hopefully from mid-May we will be able to bring them back into the church- with restrictions in place to keep it all safe.

In other news, we still have some spaces left on the **letter writing project** if anyone would fancy joining. You would receive a letter from a student at the Manchester Metropolitan University, with stamps and envelopes provided for you to reply. The project runs until June 2021, and it would be great if anyone feels like getting involved- just let us know and we can get the first letter sent over to you!

John has started doing his **Gardening service** again for the season. If anyone needs some grass mown or a hedge tidied up he is certainly your man, and we ask only for a £5 donation. As ever please do get in touch if you need help with collecting shopping, prescriptions, posting letters, small odd jobs etc, our fantastic volunteers are always happy to help out!

Zoom Tea and Talks this month is coming from the Manchester Museum again, this time live from the Ancient Egypt department! So get ready for 2pm on **Monday 19th April**, and we'll have some cake and tea delivered- this time with cake freshly baked by our Tuesday Lunch cook, Debbie, with tea and fruit provided by the Co-op. To book please call the office or send an email to withingtonassist@gmail.com, and the member ID number to join on the day is 849 1844 2109.

Meet the Trustees: David Lamb



Hello, my name is David Lamb. I grew up in Edinburgh, but left when I was 22 to move to the south east of England. After living in Hertfordshire, central London and Reading I decided to come north. I was a performance review officer in Manchester Social Services Department for 16 years. In 1990 I moved to Salford Health Authority to become an information manager. Later I worked in other health authorities and primary care trusts in Greater Manchester and Lancashire. In 2009 I returned to Salford primary care trust and retired in 2012. I am married and have one daughter.

When I was younger I played the violin for a morris dancing team, and performed a dance occasionally. My hobbies now are hill walking, exploring family history and trying to keep my garden under control. I joined Assist three years ago as a volunteer driver.

Some sad news now, in that we lost the lovely Barbara Carraher earlier this year. What a wonderful ray of sunshine, here is she is with Kath on Kath's 100th Birthday, with a cake made by Barbara's daughter. Barbara was such a warm and friendly presence at our lunch and exercise clubs and on day trips, she will be very much missed.



And finally, we are wishing luck to Mousumi who is taking the next four months off from Assist to concentrate on her counselling studies! She will be very much missed around the office for her calm and kind presence, but I'm sure the months will fly by and she'll be back at the end of our telephone in no time.

Take care everyone and keep in touch,

from Amelia and all at Assist.