

January February March

Dear Everyone,

Hopefully everyone is enjoying a bit of festive spirit this year, whether that's getting out and about and eating multiple Christmas dinners or getting cosy and making the most of the seasonal TV. We've been keeping things as Covid safe as can be but carrying on meeting face to face and it's been lovely to see everyone- what a difference from last year! Thank you to Forever Manchester fund for supporting the Winter Craft session and Southway housing for donations towards our Christmas activities. We have also heard from Manchester City Council and despite the large funding cuts they are facing, they have guaranteed our funding until March 2023 which is wonderful news. Thank you as always for all your kind donations and support and to all our volunteers for the time and help they give that make Assist and it's work possible.



Looking to the new year, we are continuing to plan as usual, though aware that we'll need to be flexible depending on government guidance. Please note, we will be changing the time of our Monday sessions to 1.30pm (rather than 1pm), to fit in with another group using the room in the morning. Things to look out for:

Digital Drop In: has been gifted a number of smart phones to offer to people who currently have no access to the internet, with help and support to set up and use from our worker Aiden and volunteers. The phones have 3 months of data to connect to the internet so you do not need the internet at home to make the most of the offer, do call the office to find out more.

Family Trees: one of our volunteers has offered to help people explore their family trees at the Wednesday coffee group. Draw out a map of your ancestors and tell us about your memories and mysteries. Are you Manchester born and bred?

Relaxation Sessions: join us for an afternoon of relaxation and well-being. Lydia is a Complementary Therapist who specialises in stress management. She'll guide you through easy techniques that will help you to be calmer, sleep better, enhance your mood and strengthen your resilience. You'll receive a relaxation kit alongside the session, which includes tools to enhance the self-help skills that you'll learn. This is free of charge, please call the office to book on 0161 434 9216, there are 12 spaces available.

Please also remember that alongside our face to face activities, we also offer befriending and have some fantastic volunteers able to help with changing light bulbs, filling out forms, booking vaccines or lifts where possible. Don't struggle or worry alone, always ask!

DECEMBER

Weds 29th

Come along for a cup of tea or coffee and a **Break from the Christmas break...**
1-2.30pm in the large downstairs room at the WMC, all welcome.

Assist WEEKLY Timetable

Dates for your Diaries!

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!" + "Elaine's Crafts" 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

JANUARY

Weds 5 th	Coffee Group and Digital Drop back to normal after Christmas break.
Fri 7 th	Exercise Classes back to normal after Christmas break.
Tues 11 th	Lunch Club and deliveries and deliveries back to normal after Christmas break.
Mon 10 th	Positive Living Group 1.30-3.30pm. "Connecting with Kindness" Friendly mental health and wellbeing session £2 donation with Debra MacCallion
Mon 17 th	Film Club: "The Last Bus" from 2020, with Timothy Spall. 1.30pm at Withington Methodist Church £3.50 donation includes popcorn and a cornetto in the break
Mon 24 th	Relaxation Session with Lydia 1.30 – 3pm with relaxation, meditation and tea

FEBRUARY

Mon 14 th	Positive Living Group 1.30-3.30pm "Embracing our Creativity" at the WMC. £2 donation.
Mon 21 st	Tea and Talks 1.30-3pm Dr Alistair Campbell from Manchester Museum, curator of the upcoming Ancient Egyptian mummies exhibition! £2 donation includes afternoon tea
Mon 28 th	Film Club: "The Duke" from 2021 with Helen Mirren. 1.30 pm at WMC £3.50 donation

MARCH

Mon 7 th	Relaxation Session with Lydia 1.30 – 3pm with relaxation, meditation and tea
Mon 14 th	Positive Living Group 1-3pm "Being Less Judgmental" at the WMC. £2 donation.
Thurs 24 th	DAY TRIP to Oswaldtwistle Mills for a bit of shopping, some lunch and entertainment!
Mon 28 th	Film Club: "Film TBC"

Hoping to see you soon, take care everyone and keep in touch, next newsletter will Apr, May, June, and will be with you end of March- will see return of park walks and some Spring weather!

from Amelia and all at Assist.

To get in touch call us on **0161 434 9216**, or email
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