

Dear Everyone,

Sending all merry Christmas and festive wishes at this time of year! We know it can be a difficult few weeks for some so it's been nice to keep busy and focus on the ways in which we can spend time together and treat ourselves despite long nights and cold weather. We've been getting out and about (for a Stockport Plaza show, Cheshire Line lunch and Martin Harris for carols), and are gearing up for our big lunch cooked by Debbie on the 19th with support from the U3A ukele band.



Before going on to what's coming up in 2024, we'd like to thank the Withington Methodist Church for collecting donations at their recent Gospel Choir. As well as putting on a brilliant show, they managed to raise £700 for Assist! This money will be wisely used to support our Tea and Talks activity, as well as providing some much needed office equipment to help us run our services. Also, a big thanks to the Manchester Grammar school for sending us their kind, patient and good humoured students to help at Digital Drop in, and to our local Coops on supporting us as part of their Community Fund (with co op members raising £2,323 towards Lunch club costs in 2023), providing cakes, and promoting our work.

Introducing for 2024: Boost Program: For 6 weeks starting Thurs 15th Feb, our excellent facilitator will be running a series of 2 hour weekly workshops to build your resilience in challenging times. With warmth, humour and kindness you will be guided through a series of simple daily strategies aimed to help you live life in a more positive, optimistic and beneficial way. Sessions are free in a warm, accessible room in the Withington Methodist Church, and include plenty of tea, coffee and biscuits. Come and see what it's all about.

Assist WEEKLY Timetable

(NB unless for a trip out, all our activities take place in the Withington Methodist Church)

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. Bingo on some Tuesdays.
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

January

Assist MONTHLY Timetable

Weds 3 rd Fri 5 th Tues 9 th	Coffee Group back in after Christmas break- come on in and catch up with a cup of tea/coffee, plenty of biscuits and friendly faces. Exercise class will start again on Friday 5 th , and Lunch Club back to normal for Tues 9 th January.
Mon 8 th	Positive Living: 1pm – 3pm “ <i>Managing Family Relationships</i> ” Friendly mental health and wellbeing session £2 donation with facilitator Debra, includes tea, coffee, biscuits, friends.
Weds 10 th	Simply Cycling at Wythenshawe Park: 11am- 12. £5 covers transport, cycling and flasks of tea- all ability, adapted bikes to get anyone wheeling. (Wrap up warm!).
Mon 15 th	Tea and Talks: 12.30 – 2pm. Welcoming professional speaker, Diana Leitch: “ <i>The history and science of Pyrex</i> ”. Sandwiches, cake, and fruit from the Co-op. £2 donation.
Mon 22 nd	Film Club: 12.30 -3pm. “ <i>The Lost King</i> ”. Incredible story of an amateur historian who found the grave of Richard 3 rd - under a carpark... with Sally Hawkins. £3.50 donation includes cuppa soup and bread before with ice cream and popcorn in the interval.

February

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>The Dynamics of Decluttering</i> ” £2 donation.
Thurs 15 th	Boost Mental Health Wellbeing Program starts (10.30-12.30 for 6 weeks)
Mon 19 th	Tea and Talks: 12.30-2. “ <i>What did we do before Telly?</i> ” Fun, lighthearted historical talk from experienced speaker Mr Makepeace. Sandwiches, cake, fruit £2 donation
Mon 26 th	Film Club: 12.30 – 3pm “ <i>The Unlikely Pilgrimage of Harold Fry</i> ” Jim Broadbent £3.50 donation includes cuppa soup and bread, with ice cream and popcorn in the interval.
Thurs 29 th	Lunch Trip Out! To Manchester Catering College restaurant in Wythenshawe. Details TBC

March

Weds 6 th	Simply Cycling at Wythenshawe Park: 11am- 12. £5 covers transport and all ability cycling.
Mon 11 th	Positive Living: 1-3pm “ <i>Using Humour for Wellbeing</i> ”. £2 donation.
Mon 18 th	Tea and Talks: Oral Histories Book Launch with guest speaker. 12.30-2 with Sandwiches, cake, fruit and a copy of Withington Assist’s Oral Histories booklet. £2 donation
Thurs 21 st	Martin Harris Music Trip: Catch the bus/a lift to the Martin Harris Centre for a free lunchtime concert from the Uni of Manchester music students. 1-2pm
Mon 25 th	Film Club: 12.30-3pm. “ <i>The Courier</i> ”. Benedict Cumberbatch shines in this highly acclaimed Cold War true story of ordinary businessman turned spy. £3.50 donation
Tues 26 th	Spring Lunch Special: Lamb, Hot cross buns, Raffle, Entertainment; come and celebrate the start of Spring with a delicious lunch and a friendly crowd. £5, call/drop by to book a place.

Where possible we arrange volunteer lifts if you are living in the Withington area and find it tricky to get out and about- just ask the office for more information. We ask for a £1 donation per lift to go towards petrol costs. Equally, alongside social activities we run a befriending program. Do enquire if you feel a regular visit from a friendly volunteer would help, or if you need support generally- if we can’t manage it, we’ll try to find someone who can!

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

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