

January, February, March 2023

Happy New Year to all our members and volunteers.

We hope you are as excited about the coming year as we are and joining all the Assist activities in 2023. For those of you who are feeling a little low just come and see us and participate and we will try to cheer you up. Our office has had a bit of revamp and we hope it is a bit more inviting.



Over the Christmas season our members and volunteers enjoyed trips to Elizabeth Gaskell House, Cinderella at the Plaza and an amazing Christmas lunch prepared by Debbie and her helpers with music and plenty of cheer. Lots of choirs offered their services to sing carols so music was ringing merrily around the building. Once again, Withington Girls High school invited us to a concert which was outstanding. Some people even came to have lunch on Christmas day as the Church kindly offered us a space and we had a lovely time together. All in all, we have had a busy festive season. This January Amelia will be returning and sometimes occasionally with Jack the new baby and Meena's time as Coordinator comes to an end. Mousumi will be going on to pastures new and has an exciting opportunity as a counsellor. She will be missed as she has been a part of the family here keeping an eye on everyone during covid and beyond since 2017. Assist wishes her well. We still have Emma doing 6 hours a week until May as volunteer coordinator and she will do more. Debbie our cook will carry on making nutritious meals for everyone and all the regular volunteers will be on hand to help.

For 2023 we have the usual activities but some more. Please make sure you put **Wednesday 11 January 2023 in your diaries at 2pm for the AGM**. Everyone is welcome. After the AGM at 3.15 pm we are having a **leaving do for Mousumi and Meena** and everyone is welcome to that.

Beginners French Class 12 weeks. Last year a pilot beginners' French class was so well received that we are putting on a new class soon. Please come and sign up and find out starting dates. Maximum class size 12.

Getting to know you! So far, several people have taken part in creating a memory book and we have loved the stories we have heard about people's lives. Please let Amelia know if you wish to take part. This is still ongoing we think it is a great thing to continue.

Volunteers This year there will be a programme of training for volunteers for new and seasoned volunteers. We want to thank all the volunteers for keeping Assist going and doing all sorts of jobs around the place many of which go unnoticed but are important.

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 and hanging out & quizzes. All welcome. £1 donation
Wednesdays Digital Drop In 2-3pm	Come sit with our worker Aiden and student volunteers in WMC foyer to work through your phone/tablet/laptop woes. Always call first to check it is on. £1 donation. Aiden is only here on 11 January for one more session as he is off to Spain for a few months but the students will still be available on Wednesdays after that. Ring before coming to make sure the session is on.
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

Mon 9th	Positive Living Group 1pm -3pm. "A peaceful mind through meditation" Friendly mental health and wellbeing session £2 donation with Debra MacCallion
Mon 16 ^h	Tea & Talks 12.30-2pm. Tim Cockitt, local historian on the contribution of Manchester to World War 2. £2 donation with afternoon tea.
Mon 23 th	Film Club: "Mrs Harris goes to Paris", A widowed cleaning lady embarks on an adventure to Paris to buy a couture Dior dress. <u>12.30pm</u> . £3.50 donation includes popcorn and a cornetto & soup & roll to start.

February

Mon 13 th	Positive Living Group 1pm-3pm "The power of creativity" Friendly mental health and wellbeing session £2 donation
Mon 20th	Tea and Talks 12.30 to 2pm Brenda Seville Introduction to Energy Healing & Reiki. £2 donation with afternoon tea
Mon 27th	Film Club "Shakespeare in Love" romantic period comedy drama with Judy Dench and Gwyneth Paltrow. <u>12.30pm</u> . £3.50 donation includes popcorn and cornetto in the break

March

Mon 13th	Positive Living Group 1pm-3pm "Solution focused thinking" Friendly mental health and wellbeing session £2 donation
Mon 20th	Tea & Talks 12.30-2pm Glyn Williams from Co-op Legal services "Tax, Care & Toyboys!" Estate & Care planning, wills. power of attorney, £2 donation with afternoon tea
Mon 27th	Film Club "A Beautiful day in the Neighbourhood" starring Tom Hanks based on true story of a real-life friendship

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