

Dear Everyone,

And finally, it feels more like Summer! Sadly not in time for our trip to Southport where it blew a gale, rained, and felt like March... but this did not stop us from enjoying the fish and chips, or booking another day trip in September to Morecombe Bay. Thanks to all who came with their smiles and positive attitudes!

This quarter we'd like to welcome new staff member, Mark Thomas, to the team. Mark will be our "outreach worker", visiting people in their homes/out in the neighbourhood and supporting our volunteers who make visits to those who find it difficult to get out and join us here. We now have over 50 volunteers at Assist who help with groups, giving lifts, making visits, friendly chats, odd jobs- we are always so grateful for all they do and the difference they make to local people's lives. If you are over 65, living in the Withington area and struggling with something, do give us a call because if we can't help, we will try to find someone who can!



Volunteer training on moving and handling

We have a few speakers booked in to come and chat with us on a Wednesday- look out for: Biffa Bin on recycling (10th July), United Utilities on their services (31st July), and Citizens Advice with their mobile advice van offering a drop in service to help with pension, benefits, energy saving, debt, etc (21st August). Remember- lots of people in Withington/Old Moat are not claiming their Pension Credit when they could be... If your income is less than £218.15 a week, please come and see us as you could be getting more.

Assist WEEKLY Timetable

(NB unless otherwise stated, our activities take place in the Withington Methodist Church)

Mondays Digital Drop in 10.30-12	Come sit with our friendly volunteer in WMC foyer to work through your phone/tablet/laptop woes, book appointments, get advice etc. £1 donation.
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.
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

July

Weds 3 rd	Simply Cycling at Wythenshawe Park: 11am- 12. £5 covers transport, cycling and cup of tea/coffee- all ability, adapted bikes to get absolutely anyone, of any age, wheeling!
Mon 8 th	Positive Living: 1pm – 3pm “ <i>More Rest and Relaxation Ideas</i> ” Friendly Wellbeing session £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Mon 8 th	Manchester Museum- Wild at the Museum. 11-2. Bring your own packed lunch, lots of activities, Bridgewater Hall choir, exploring etc. Call to book a place/ask about transport.
Mon 15 th	Tea and Talks: 12.30-2. <i>History of Old Moat Project</i> , with Judith Ozkan. Pictures, stories and tales from Old Moat’s past. Sandwiches, cake, fruit. £2 donation
Mon 22 nd	Film Club: 12.30 – 3pm “ <i>See How They Run</i> ”. Comedy detective film from 2022, a mystery death in a theatre must be solved... good fun. £3.50 donation includes the usual.

Aug

Mon 12 th	Positive Living: 1pm – 3pm “ <i>The Value of Creativity</i> ” Friendly Wellbeing session £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Weds 14 th	Simply Cycling at Wythenshawe Park: 11am- 12. £5 covers transport and all ability cycling.
Mon 19 th	Film Club: 12.30 – 3pm “ <i>Fly me to the Moon</i> ” Scarlett Johanson stars as the PR woman behind the 1960s launch, based on the true story. £3.50 donation includes the usual.
Weds 21 st	Citizens Advice Mobile Van 12-3. Help with benefits, pension etc. No need to book.
Thurs 22 nd	Fog Lane Park Walk and Café 11am, meet in the park, walk, learn, friends, nature. Free.
Fri 30 th	Bridgewater Hall: “Jazette,” jazz standard band perform a free 45-minute lunchtime concert at 12.30pm. We will get there early to get a seat, buy lunch in the café/bring a packed lunch. Call to book a place/ask about transport.

Sept

Weds 4 th	Simply Cycling at Wythenshawe Park: 11am- 12. £5 covers transport and all ability cycling.
Thurs 5 th	Day Trip: Morecombe Bay! Details TBC but expect ice cream, promenade, shopping, sea breeze etc. along the beautiful front of the Bay. Walkers and wheelers welcome.
Mon 9 th	Positive Living: 1pm – 3pm “ <i>Unpicking Procrastination</i> ” Friendly Wellbeing session £2 donation with facilitator, Debra. Tea, coffee, biscuits, friends.
Mon 16 th	Tea and Talks: 12.30-2. <i>The History and Heritage of Withington Baths</i> with Emma Horridge. Pictures, stories and tales from Old Moat’s past. Sandwiches, cake, fruit. £2 donation
Mon 23 rd	Film Club: 12.30 – 3pm “ <i>Phantom of the Open</i> ”. Funny, touching story of a simple man who takes up professional golf despite no talent whatsoever. £3.50 donation includes the usual.
Tues 24 th	Autumn Lunch Special: Lunch, Raffle, Entertainment; come and welcome in the Autumn with a delicious, homecooked 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 and volunteer support program (Withington/Old Moat area, for over 65s). Do enquire if you feel a regular visit from a friendly volunteer would help.

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

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