

July August September 2022

Dear Everyone,



Summer is upon us and let's hope we have more sunshine to look forward to. Spring has brought us a new Assist baby as Amelia had a healthy baby boy called Jack. Both visited Assist and Amelia thanked everyone for the generous gifts and cards.

A couple of our long serving trustees, Brenda and Libby have had to leave as life has given them more responsibilities. We thank them for ensuring Assist has been steered in the right direction and continues to do its work for members. A big thank you for the hours of service they have given over the years and wishing them both well. We are looking for new trustees particularly with safeguarding experience and experience of running an organisation. If you know of anyone suitable or have this experience do get in touch.

New volunteers have been recruited to help with befriending and Emma who oversaw that has now taken a job at Withington Baths but will still be with us for 2 days working on the OPeNs partnership. We do need more regular volunteers to help with lunch club and coffee group including drivers. So again if you know of anyone let us know.

Looking to the summer we have a **day trip to Lytham St Annes** including lunch on Thursday 11 August together with the Heart Help group. Bring your bucket and spades. Sign up at the office.

Digital Drop In: The funded project has ended, but the University Students and High school children will resume in September with Aiden coming as and when we need him. So, keep bringing your tech difficulties. We also want to thank the church for giving us space to run this until new funding becomes available.

Getting to know you! We are creating a book about our members (will be out at Christmas) and volunteers will interview those who want to take part so that we have an insight in to the lives you have led and any wisdom you wish to impart. Please let us know if you wish to take part. It will be fun we promise & take no more than 30 minutes of your time.

Exercise Class: Ruby's seated exercise classes are proving a hit with comments such as 'people say I am looking better, and I am walking better'. Whatever your ability please come on Fridays. It will help your mood and mobility.

Craft sessions: a craft and chat group will meet the last Wednesday of the month and people are invited to bring in their knitting, painting, or other craft projects. Donations for refreshments.

French Conversation classes for beginners have begun on Wednesdays at 3pm as a pilot for several weeks and a small group can be heard practicing their 'bonjours and Je m'appelle' in the corridors. This was started in response to one of our members saying, 'I wish I could learn a language'. Good for the brain cells and lots of laughter.

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 caf!" in downstairs room at WMC, coffee, chat and hanging out & quizzes. All welcome. £1 donation. Once a month shared reading group takes place during this group.
Wednesdays Digital Drop In 2-3pm	Come sit with volunteer or our worker Aiden and student volunteers in WMC foyer to work through your phone/tablet/laptop woes. £1 donation
Wednesdays Beginners French Class 3pm-3.45pm	Learn how to have a simple conversation in French. This is a pilot for 6 weeks and will be fun. Any donation welcome.
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

July

Mon 11 th	Positive Living Group 1.30-3.30pm. "Positivity & People" Friendly mental health and wellbeing session £2 donation with Debra MacCallion
Mon 18 th	Tea and Talks 1.30-3pm Sarah Griffiths from the Manchester Egyptology Department returns: Exploring the Conventions & symbols of 2 Dimensional Tomb Art in Old Kingdom Egypt. £2 donation. Includes afternoon tea.
Mon 25 th	Film Club: "The Good Liar". 1.30pm. £3.50 donation includes popcorn and a cornetto

August

Mon 8 th	Positive Living Group 1.30-3.30pm "Working out a way through regret" at the WMC. £2
Mon 15 th	Tea and Talks 1.30-3pm Brenda Seville wellbeing coach: Essential oils for wellbeing with chance to use the oils & see how they can help relieve stress and increase wellbeing. £2 donation includes afternoon tea.
Mon 22 rd	Film Club "The 2 nd Marigold Hotel". 1.30 pm. £3.50 donation includes popcorn and cornetto in the break

September

Mon 12 th	Positive Living Group 1.30-3.30pm "The power of positive language" at the WMC. £2
Mon 19 th	Tea & Talks 1.30-3.30 Sharon Boswell from Age UK: Scam Awareness. How to spot a scam. How to keep yourself safe from scams £2 donation. Includes afternoon tea.
Mon 26 th	Film Club "Hampstead" 1.30 pm. £3.50 donation

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