

October November December

Dear All,

Hope this letter finds you well- not too full of an Autumn cold or at least with a good supply of honey and lemon if so, it certainly seems to be the season! Now things seem to have settled down a bit, we feel able to go back to our quarterly newsletters with the Dates for your Diaries section overleaf... Even though the leaves (and the temperature!) are falling, we have plenty of things to entice you out, including the return of the RNCM trip, Tea and Talks (in person!) and the ever-popular Film Club.

Even so, we must admit that Covid is still going to cause disruption here and there as we learn to live with it. As some of you will know we had to close for a week in September as someone who had attended a group then tested positive, but (thank goodness for vaccines) they are now fully recovered after a short unpleasant illness, no one else caught it, and we're back to normal.



Anyway! We still managed to have a busy September with Park trips, Digital Drop in and the fantastic OPeNs event at the Ladybarn Community hub- we can't wait for the next one! Would like to say thank you to all the volunteers who helped on the day, and a special thanks to Mary and Lil for providing some excellent knitted



goods and so far raising over £40 for Assist! There are plenty more blankets and snowmen for sale- ask in the office if you are interested.

As well as bringing people together, Assist's volunteers are always very busy behind the scenes giving people lifts to appointments who would otherwise struggle, visiting people in their homes, helping with paperwork, or booking doctors' appointments. If you are feeling stuck with something, please give us a call in case we can help. And do come along to our AGM on Weds 13th October to find out more, make suggestions, pick up a copy of the Annual Report and enjoy some of Debbie's homemade tasty scones and tea.



RECOMMENDATIONS NEEDED! Do you have a cleaner who you think is really good? Have you got a fantastic, odd jobs person who helps you with bits around the house? Has a solicitor/financial advisor been extra helpful with a query? Sometimes it can be tricky to find someone you trust, and we're always looking for recommendations to pass onto people so please get in touch.

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!" in downstairs room at WMC, coffee, chat and hanging out, all welcome. £1 donation
Wednesdays Digital Drop In 2-4	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

OCTOBER

Mon 11 th	Positive Living Group 1-3pm. Friendly mental health and wellbeing session £2 donation.
Weds 13 th	Assist AGM 1.30-2pm at WMC join us for short presentation on the past year, find out what's to come, meet our trustees and enjoy a delicious scone with jam and cream...
Mon 18 th	Tea and Talks: MCR Museum- new collections! £2 donation includes tea n sandwiches
Thurs 21 st	RNCM Music Trip: Lunch in the canteen followed by concert at 1.15 – 2pm. Shostakovich and Benjamin Britten on cello and strings. £5 for ticket

NOVEMBER

Tues 2 nd	Volunteer Thankyou/Get Together 2.30-4 at the WMC or 6-7.30pm at the WMC
Mon 8 th	Positive Living Group 1-3pm at the WMC. £2 donation.
Mon 15 th	Tea and Talks Arc- an amazing arts and wellbeing charity based in Stockport hat museum are coming to share their work and history. £2 donation
Mon 22 nd	Film Club: "Off the Rails." 1.30pm at Withington Methodist Church £3.50 donation includes popcorn and a cornetto in the break
Weds 24 th	Talk on Legal and financial issues for the retired 1.30 pm at Ladybarn Community Hub

DECEMBER

Thurs 2 nd	Christmas/Winter Craft Group 1-3 with mince pies and mulled apple juice £3 donation
Mon 13 th	Positive Living Group 1-3pm £2 donation.
Weds 15 th	Christmas Meal out (venue tbc).
Mon 20 th	Film Club: "Blithe Spirit." 1.30pm at Withington Methodist Church £3.50 donation
Tues 21 st	Assist Xmas Lunch! Cooked by Debbie, all welcome. Raffle, carols, games and more, put your Christmas best on and join us! Veggie and halal options – just let us know.
Weds 29 th	Winter Holiday Get Together. That bit between Christmas and New Year when it's cold and quiet, come for a coffee and a catch up with musical entertainment and friends.

Hoping to see you soon, take care everyone and keep in touch, next newsletter will January, February, March, and will be with you end of December.

from Amelia and all at Assist.

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

amelia@withingtonassist.org.uk