

Dear Everyone,

As always, hoping this newsletter find you well! Following on from saying goodbye to our worker Emma last quarter, we would like to welcome the wonderful Jamila to the Assist staff team. She's only been here for a couple of weeks but already seems well at home, helping to keep the Assist ship sailing on into the Autumn...

Coming up over the next few months; we have another trip to Simply Cycling, some very interesting sounding Tea and Talks (expect a real doggy demonstration for hearing dogs in October!), music at Stockport Plaza and Manchester Uni and plenty to look forward to over the Christmas season. We're really pleased to be able to offer a lunch on Christmas day itself again this year- if you've no plans... come along and enjoy some food and company.



We are also making progress on our Green efforts.. but need your help!

- Any keen gardeners able to give an hour or so a fortnight to look after our planters?
- Bring your old (emptied) medication packs to be recycled at the office from November.
- On the first Weds of the month (4th October, 1st November, 6th December), lovely member Elaine will be offering up her sewing skills from 12-1 so don't let that favourite garment go, come and be guided to fix that hole/mend that zip (etc) at Elaine's sewing surgery...

As ever: Volunteers and staff have been busy supporting people; moving furniture, fixing phones, giving lifts, visiting, form filling, and plenty more. Wherever possible we try to help so do always ask, our number is 0161 434 9216 just leave a message if its out of hours.

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

Assist WEEKLY Timetable

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

Oct**Assist MONTHLY Timetable**

Mon 9 th	Positive Living: 1pm – 3pm “ <i>Managing Negativity in Others</i> ” Friendly mental health and wellbeing session £2 donation with facilitator Debra, includes tea, coffee, biscuits, friends.
Weds 11 th	Breast Cancer Awareness at Coffee group: 1-2.30pm. Think Pink! With raffle, play your cards right and cakes to fundraise for breast cancer research.
Mon 16 th	Tea and Talks: 12.30 – 2pm. Janet from Hearing dogs for deaf people will be bringing in a doggy friend for a demonstration of their work. Sandwiches, cake, fruit. £2 donation.
Mon 23 rd	Film Club: 12.30 -3pm. “ <i>Hello God, it’s me, Margaret</i> ”. Hilarious coming of age film set in 1970s America, based on popular novel by Judy Blume. £3.50 donation includes cuppa soup and bread before with ice cream and popcorn in the interval.
Weds 25 th	Simply Cycling at Wythenshawe Park: 11am- 12. £5 covers transport and cycling- all ability, adapted bikes to get anyone wheeling. Please ask for more info.

Nov

Weds 1 st	Energy and Finance advice: Worker from NEA at coffee afternoon (1-2pm) available to give free, confidential advice on benefits, bills, energy suppliers. Come and see if you could save.
Mon 13 th	Positive Living: 1pm-3pm “ <i>Getting out of our comfort zones</i> ” £2 donation.
Weds 15 th	AGM: 2pm to follow the coffee afternoon with homemade scones and tea, a presentation on the work Assist does and chance to meet the trustees and offer feedback/suggestions.
Mon 20 th	Film Club: 12.30 – 3pm “ <i>Moving On</i> ”. Silly, funny, American comedy starring Jane Fonda £3.50 donation includes cuppa soup and bread, with ice cream and popcorn in the interval.
Tues 21 st	Stockport Plaza Trip: A fantastic Christmas Memories musical show in the beautiful Plaza, starting at 2pm. Price to be confirmed, but ticket and transport approximately £18-£20.
Mon 27 th	Tea and Talks: 12.30-2. Lawnhurst; a Victorian Mansion in Didsbury with Janet Woolf. Fascinating history of the building and inhabitants. Sandwiches, cake, fruit £2 donation
Thurs 30 th	Assisted Shopping Trip: Volunteers available to support members struggling to get out to shops to help with Christmas shopping. Call to book your wheelchair/spot.

Dec

Mon 4 th	Tea and Talks: 12.30 -2. Our regular speaker, Tim Cockitt, on “ <i>Christmas Traditions</i> ” will be the usual fare but include mince pies and milled apple juice!
Weds 6 th	Withington Girls School Concert: Times and details tbc but get the date in your diary!
Thurs 7 th	Christmas Lunch Out: at the Cheshire Line Pub with visit to Golden Days Garden Centre. Prices and times TBC but lunch and transport approximately £23-£25.
Mon 11 th	Positive Living: 1-3pm “ <i>The Joys and Challenges of Christmas</i> ”. £2 donation.
Fri 14 th	Carol Concert at Manchester University music school: Free sing-along-carol concert from the university students from 1-2pm. Will go on bus/organise lifts for those who need.
Mon 18 th	Film Club: 12.30-3pm. “ <i>The Electrical Life of Louis Wain</i> ” an eccentric Victorian artist. £3.50 donation includes cuppa soup and bread before with ice cream and popcorn in the interval.
Tues 19 th	Christmas Lunch: Come along for turkey and all the trimmings (veggie option available), cakes, crackers, carols, tinsel, games, prizes, entertainment in the big hall upstairs. £6.
Mon 25 th	Christmas Day Lunch: Food and friends- all welcome, call in to book give us a ring.

Note: Assist is closed between Christmas and New Years, but back to normal Lunch etc from Tuesday 2nd Jan

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