

October, November, December 2022

Dear Everyone,

How quickly Autumn has arrived after what has been a hot summer at times. The leaves are beginning to fall & it's dropped a few degrees. As it's going to get darker soon, please note **that our winter timetable has some changes with afternoon activities starting earlier** so that members can get home before dark. Please check the new times overleaf. NB. **AGM on 9 November at 2pm.**



This summer over 40 of us went on a trip to St Annes and the weather was glorious. We enjoyed a fish & chip lunch and then walks into the town and along the promenade. A few of us had to sample the ice cream. A big thank you to the amazing volunteers who helped push wheelchairs and were generally helpful to our members.

This summer also saw the start of the pilot French Conversation class run by a new volunteer. Members who have attended have found it fun and inspiring. A beginner's class will be starting in January or February so anyone wanting to join or return please get your names down when Amelia returns in January.



Advice service on some Thursdays between 1-3pm starting 20th October. If you have any letters, you want help with or advice on how to deal with cost of living, please book a slot. This is not a drop-in session so do call us in advance.

Elizabeth Gaskell House visit. Elizabeth Gaskell was one of the UK's most beloved Victorian writers. Elizabeth Gaskell's House is a hands-on experience of a Victorian middle-class house just one mile from the City Centre of Manchester. **1pm Thursday, 24 November** we will take a tour of this house followed by tea & refreshments. £10 including refreshments and ticket.

Christmas Panto visit. The Plaza, Stockport on **15 December** in the afternoon. We have sold out of allocated tickets, but we can try to get more if there is the demand.

Our Christmas lunch will be here with the usual Turkey & trimmings and with seasonal music & songs performed by a talented group as well as some surprises is on **Tuesday 20th of December** at 12.30pm. Get dressed up in your sparkles if you want so we can make it a glittery afternoon.

Christmas Opening hours: We close on Friday 23 December at 3.30pm and reopen on 2 January when Amelia will return to duties. There will be a coffee group on **Wednesday 28 December at 1pm.**

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. Please let Mousumi or Meena know if you wish to take part.

Volunteers We have secured funding for Emma to continue recruiting for another 6 months starting in November. We want to thank all the wonderful volunteers who work tirelessly to ensure Assist runs well for the members. A thank you get together will be announced soon.

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. Once a month shared reading group takes place during this group.
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
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 10 th	Positive Living Group 1pm -3pm. ” Managing Family Relationships” Friendly mental health and wellbeing session £2 donation with Debra MacCallion
Mon 17 ^h	Tea & Talks 12.30-2pm 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 24 th	Film Club: “Out of Africa”, with Meryl Street & Robert Redford. <u>12.30pm</u> . £3.50 donation includes popcorn and a cornetto

November

Mon 7 th	Positive Living Group 1pm-3pm “Balancing Life & being OK saying No” Friendly mental health and wellbeing session £2 donation
Mon 14 th	Tea and Talks 12.30 to 2pm Sarah Griffiths from Manchester Egyptology Society on Egyptian Tomb Art.
Mon 21st	Film Club “Sleepless in Seattle “with Meg Ryan & Tom Hanks <u>12.30pm</u> . £3.50 donation includes popcorn and cornetto in the break

December

Mon 12th	Positive Living Group 1pm-3pm “Keeping Christmas Well” Friendly mental health and wellbeing session £2 donation
Mon 19th	Tea & Talks 12.30-2pm Geoff Scargill “War & Peace” – The weekend of peace before the 2 nd World War started in September1939 and after in the United Kingdom and Germany. The talk is given by Geoff to raise money for the Christie hospital where his son’s life was saved.

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