

September/October Newsletter

Dear All,

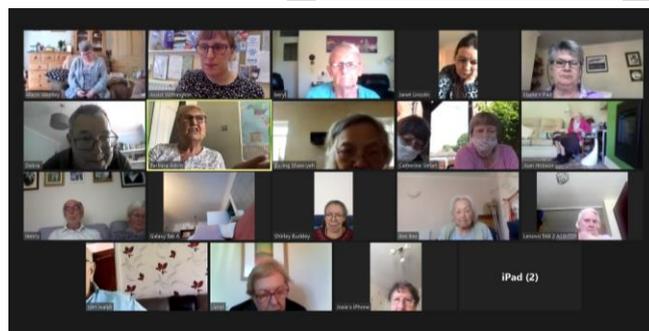
Well it's been a little up and down it has to be said, but it seems that for the moment we are still caught up in this local lockdown. Usually around this time we would be heading off to Llandudno to enjoy some seaside air and a good meal out, but for this year I think we'll have to go there in our minds... I can almost hear the seagulls and smell the fish and chips... Still, they'll be there waiting for as soon as we're ready. In the meantime, let's see what we can do over the next couple of months to keep things ticking over:



Park Trips: Small groups (of no more than six) have been meeting at Didsbury park, sitting outside the pavilion and enjoying a cup of coffee from the café. This has been going really well many thanks to Sue and the team at Didsbury Good Neighbours, and I'm now looking into setting up a similar arrangement in other local parks including Fog Lane and Ladybarn. If you would be interested in taking a short walk around a local park and then a catch up with a small group, (with access to seats and loo) please let me know.



Virtual Tea and Talks: Following August's excellent speaker Mark Todd on the Paralympics, the next talk will be taking place on the 21st September, featuring speaker Emma Fox with a presentation on famous people buried in South Manchester's very own Southern Cemetery... Let us know if you fancy joining and we can add you to the list. The following month will see Didier from the Co-op talking to use about the start of the Co-op movement, from a pioneering Rochdale shop in the 1800s, to the Co operative as we know it today. Little cake parcels supplied and delivered by the local Co op on Copson street- always very gratefully received!



Tai Chi: Thanks to volunteer Bee ten members took part in a Tai Chi taster session over Zoom. We will hold another session on September 30th, with a chance afterwards for a coffee and catch up (virtually!). Please let me know if you would like your name adding to the list so we can send out a zoom invite closer to the time.

Lunch Club Deliveries: Debbie and the volunteers have been keeping this going throughout lockdown- and since May we have calculated that over 600 meals have been delivered! Quite impressive when you add it up. Think the favourite so far has been Gammon, with Cottage Pie coming a firm second. We will be continuing to run this until we are able to bring the dinners back into the church. If anyone would like a freshly cooked, volunteer delivered meal on a Tuesday get in touch and we can send one your way.

Digital Phone In: If you would like some help around accessing the internet, using your smart phone or any kind of general enquiry relating to laptops/tablets/phones, we have volunteers who are able to help! For the moment this is still taking place over the phone, although we have our plans in place to bring this back into the building as soon as it's allowed.

Exercise Classes: It's looking like until the local lockdown lifts, exercise classes will need to continue online for the time being. If anyone is interested in joining the group but is feeling unsure about accessing Zoom or whether the exercises will work for them, please get in touch to have a go- it's a really great way to start a Friday and our instructor Ruby has over 25 years' experience in tailoring moves to suit your needs.

Volunteers: are continuing to collect prescriptions, deliver lunches, make calls and generally keep all in good spirits- where would we be without them! Thanks always and as ever to everyone for setting aside time to keep Assist going throughout the lockdown. As all this drags on it is more important than ever to remind each other that we've all in this together and no one is forgotten.

Coffee Shop Meet Ups: As we are able to meet up in groups of up to six as long as we are outside, let's make the most of all these lovely cafes in Withington and get together for a coffee and maybe even a slice of cake before the weather turns. Please get in touch if you are interested in joining.

Pride in Ageing: This September Pride in Ageing have a varied program of online activities celebrating being an LGBT person over 50 in Greater Manchester. Focusing on tackling social isolation and exclusion by creating space where over-50s can come together, socialize and learn new skills, visit www.lgbt.foundation/pride-in-ageing for more info.

Flu Jab Season.. We have been asked by the local GPs to remind everyone that we are coming up to flu jab time and to reassure anyone who is feeling nervous that the practices are all safe spaces to be. They've lots of practice (excuse the pun!) by now of one-in-one- out, one-way systems, timed entry so no waiting room, PPE wearing nurses and plenty of hand sanitizer so do not put off your jab

Dates for the Diary

Mon 21 st September	Virtual Tea and Talks: Emma Fox on the famous people buried in Southern Cemetery... Talk is on Zoom at 2pm, please let us know if you would like to attend and if you would like a Co op cake package!
Weds 23 rd September	Positive Living Group: Depending on the local lockdown, aiming to meet in smaller groups. Debra will let you know where/when.
Mon 28 th September	Telephone/Befriender Virtual Volunteers Meeting on Zoom. 6pm
Weds 30 th September	Zoom Tai Chi with Bee Bee 11am
Mon 12 th October	Positive Living Group: Depending on the local lockdown, aiming to meet in smaller groups. Debra will let you know where/when.
Mon 19 th October	Virtual Tea and Talks: Didier from the Co-op: History of Co-operative from Rochdale pioneers to today. 2pm on Zoom.
Weds 28 th October	Zoom Tai Chi with Bee Bee 11am

kindest Regards and keep in touch, Amelia and all at Assist.