

Assist Newsletter

June 2019



Dear All...

Goodness, we're already half through the year and entering the beautiful Summer months! We hope you are all keeping well and are in good spirits. Meesha, Amelia's maternity cover, has completed her first few weeks and is learning fast. She has over 250 names to remember! Amelia will be leaving us in mid-June to have her baby; didn't we throw her a wonderful Baby Shower. Thank you to all of you who attended, contributed to her gifts and helped on the day. Mousumi has been busy with her extra responsibilities to help manage the changes taking place at Assist. Debbie is still making lovely homecooked, nutritious food for Tuesday Lunch Club as she has done for the last 10 years. She does make the best mash potato, at least that's what we think. A busy and exciting time!

Positive Living: This series of events have been really well received. You've been telling us now useful these sessions are. They are designed by Debra who's experienced in helping us live positively. In the last quarter, she ran *'Grappling with guilt'*, *'Our openness to change, getting un-stuck'* and *'Being assertive; learning to say no'*. Have a look overleaf to see what programmes she'll be running for July, August and September.



Alexandra Park: We've had a couple of lovely mini trips to Alexandra Park. On the last trip we got to see some Herons, some fluffy Signets with their mum and some people even saw Turtles. After a short walk around the water, we stopped to have some tea and cake in the coffee shop. We were especially pleased when the warm sun turned up for us. See overleaf for details on the next trip.

West Kirby: What a wonderful trip! Despite the hailstones, the sea views were lovely. There were a lucky few that didn't get caught in the rain. Thank you to all our volunteers for making this a great day. *"We had such a lovely time. A great place to visit."* Margaret Harrop.

Regular Activities: Tuesday Lunch Club and Friday Exercise Classes are running every week as usual along with befriending and volunteer driving. For the summer we will be pausing Digital Drop In as our student volunteers are away for their summer holidays. We hope to re-start this again in September. We'd like to thank our volunteers for all their help and support. Here's a reminder that one of our volunteers is happy to do some simple sewing jobs such as sewing on a button, taking up a hem. Please do get in touch.

Please turn over for the dates for your diary...

Dates for your Diaries....

July

Mon 8 th	Positive Living – Connecting with Kindness session with Debra McCallion. 1.30pm-3.30pm Withington Methodist Church £2 donation.
Mon 15 th	Film Club: ‘Green Book’ 1pm at Withington Methodist Church. £3.50
Thurs 25 th	Alexandra Park Trip: A stroll around the park followed by tea in the cafe. Transport (£1 each way) and volunteers available but help is reserved for those who find it tricky to get out and about.
Wed 31 st	Volunteers Get Together. 2pm at the Withington Methodist Church. Chance to meet other volunteers, catch up and find out what’s been going on at Assist over the past couple of months. Tea and scones provided!

August

Mon 12 th	Positive Living – Valuing Ourselves session with Debra McCallion. 1.30pm – 3.30pm at Withington Methodist Church £2 donation
Thurs 15 th	Alexandra Park Trip: A stroll around the park followed by tea in the cafe. Transport and volunteers available but help is reserved for those who find it tricky to get out and about.
Mon 19 th	Film Club: ‘Stan & Ollie’ 1pm at Withington Methodist Church. £3.50.
Fri 30 th	Volunteer Get Together: from 5pm at the Victoria Pub in Withington. Come along for an informal get together, we’ll be there until around 7pm.

September

Mon 2 nd	Positive Living – The Power Impact of De-Cluttering session with Debra McCallion. 1.30pm – 3.30pm at Withington Methodist Church. £2 donation
Thurs 5 th	Day Trip to Llandudno for lunch, a stroll around the pier and a browse around the town. Plenty of wheelchair pushers on hand, call to book.
Sun 8 th	Assist 50th Birthday Party – Assist is celebrating 50 years of service (we were officially established on the 5 th November 1969. We are starting celebrations early while days are still long). 2pm-4pm. Withington Methodist Church. There will be entertainment and refreshments.
Mon 16 th	Film Club: ‘Fisherman’s Friend’. 1pm at Withington Methodist Church. £3.50.
Thurs 26 th	Alexandra Park Trip: A stroll around the park followed by tea in the cafe.

**Please remember to call/let us know if you’d like to book a place, many thanks! This helps us to organise volunteers.*

Look forward to seeing you all soon, the Assist Office in the Withington Methodist Church is open Monday-Friday 9.30- 12.30, and 9.30 – 2.30 on a Tuesday. Feel free to drop in for a chat or call us on **0161 434 9216**. Website is www.withingtonassist.org.uk, email withingtonassist@gmail.com

Kindest regards from Amelia, Meesha, Mousumi, Debbie and all at Assist.

