

Assist Newsletter December 2019

We're in the full swing of festivities and looking forward to the year ahead. In summary, it's been an active autumn with Positive Living sessions, trips to Royal Northern College of Music, Tuesday Club, Exercises Classes, Film Club and Digital Drop In as usual. We celebrated Older People's Day with thanks to Manchester Primary Care Partnership (Withington & Old Moat Neighbourhood Partnership) for their small donation.

We've also been supporting our wonderful volunteers with training covering Building Emotional Resilience, and Everyday First Aid (provided by British Red Cross). Trustees and staff have been updating their safeguarding knowledge to ensure we continue to stay relevant and up to date.



As always, we'd like to thank you for your continued support and contributions.

We're pleased to have received funding for Digital Drop In from Fallowfield Browsers. We've formed a partnership with Manchester Metropolitan University and Barclays to bring you more volunteers. Barclays are providing training to students and MMU are working with us to coordinate their placement. We're also delighted to receive funding from the National Lottery Community Fund for Positive Living so it can continue in 2020. Finally, thank you to Co-op and Co-op shoppers who managed to raise £2,421 for Assist! All donations help us to help you.



A reminder of our activities.

Weekly

Tuesday Lunch Club – every Tuesday, from 11.30am to 1.30pm.

Wednesday Digital Drop In (term time only) – every Wednesday, from 2pm to 3pm. Not running on 18th, 25th December and 1st & 8th January.

Friday Exercise Classes – every Friday.
Chair assisted classes 10.30am – 11.30am.
Seated exercise classes 11.30 – 12.30pm.

Monthly & Quarterly Activities

Please see overleaf.

Other Services

Befriending, signposting, gardening plus more.



Dates for your diaries

Booking is essential, please call us and we'll be happy to help.

December

Mon 16th	Film Club: A Dog's Journey with popcorn and ice-cream 1pm at Withington Methodist Church. £3.50 donation.
Tues 17th	Christmas Lunch Club Special Wear your best Christmas jumper!
Tues 31st	New Year's Eve Lunch Club Special Let's see in 2020 with a bang!

January

Mon 13th	Positive Living – Mental Strength and Mind Decluttering session with Debra McCallion. 1.30pm-3.30pm at Withington Methodist Church. £2 donation.
Mon 20th	Film Club - Dirty Old Scoundrels with popcorn and ice-cream 1pm at Withington Methodist Church. £3.50 donation.
Thur 23rd	Royal Northern College of Music: Symphony Chorus 12pm Lunch in the canteen and free concert at 1.15pm.
Thur 30th	Volunteers Training - Part 2 Building Emotional Resilience 2pm at the Withington Methodist Church.

February

Mon 10th	Positive Living – The Value of Friendship and How to Build Them session with Debra McCallion. 1.30pm – 3.30pm at Withington Methodist Church. £2 donation.
Mon 17th	Film Club – Downton Abbey with popcorn and ice-cream 1pm at Withington Methodist Church. £3.50 donation.
Thur 27th	Royal Northern College of Music: Guitars 12pm Lunch in the canteen and free concert at 1.15pm.

March

Mon 9th	Positive Living – Exploring Happiness and Contentment session with Debra McCallion. 1.30pm – 3.30pm at Withington Methodist Church. £2 donation.
Fri 13th	Volunteer Training – Learning the Backward Chaining (Trips and Falls) Session with Ruby Usher, 3pm - 4pm. Followed by drinks at Victoria Pub until 6pm.
Mon 16th	Film Club – Judy with popcorn and ice cream 1pm at Withington Methodist Church. £3.50 donation.
Thur 26th	Trentham Estate Trip, Stoke: Award-winning Trentham Gardens, for shopping and eating out, peace and quiet, fun and action! For more information about the estate and gardens, visit www.trentham.co.uk . To book your place on this trip, please call the office. First come, first serve as there's limited places!

Assist Office opening times Monday - Friday 9.30 - 12.30

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