

January 2019



Dear Everyone...

Happy New Year! Hope everyone has enjoyed the festive season and is looking forward to the year ahead... we have plenty of exciting things coming up for you to try out as well as the usual favourites, check out the timetable overleaf. Look forward to seeing you soon... !

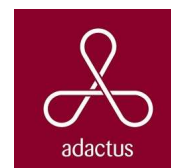
**Befriending News:** Over the last six months our Befriending scheme, in which volunteers pay weekly visits to housebound people, has grown. We now have 23 members who get weekly visits from a 'friend'. They are mainly there for company and a chat, but can also provide the odd bit of practical help such as pick up some light shopping, change a light bulb or carry something upstairs. This service is invaluable to some of our frailer members and is vital in helping them stay in their own homes. We are aiming to continue to keep these numbers rising to reach and support as many people living locally as we can.

**Positive Living** is a new monthly group on a Monday afternoon led by the lovely Debra McCallion, a qualified life coach. Friendly and informal, the sessions are a chance to enjoy some tea and company whilst learning and appreciating ways of keeping happy and healthy in daily life. If you sometimes find it hard to stay motivated and get out and about, come along and see what it's all about!

Our **Digital Drop-in** sessions have proved to be really popular. These are held from 2-3 p.m. on Wednesday afternoons and will start again on 16<sup>th</sup> January. So come along if you wish to make the best use of your mobile phone, or tablet, and our young volunteers will be only to pleased to show you how.

**Gardens without Borders** has got off to a very successful start, with 6 members getting help from this project, which aims to address social isolation through providing 3 gardening sessions. This can be used to create a new garden feature such as a vegetable planter, raised bed, indoor sensory basket, make your garden more wildlife friendly, or create a composting system. We need 9 more people to complete the project. Please contact the office for more information or to sign up.

Many thanks as always to all volunteers and funders, who make it possible to support over 200 older people living locally!



## Dates for your Diaries....

### January

Monday 14th	<b>Positive Living</b> – ‘Establishing a balanced well-being’ with Debra MacCallion. 1.30 – 3.30 at WMC £2 donation
Wednesday 16 <sup>th</sup>	<b>Digital Drop-In.</b> First session back, 2-3 in Withington Methodist foyer
Monday 19th	<b>Film Club:</b> ‘The Bookshop’ 1.30pm at Withington Methodist. £3.50.
Thursday 24 <sup>th</sup>	Royal Northern College of <b>Music Trip:</b> Symphony Chorus. 12pm Lunch in the canteen and free concert at 1.15pm. Transport available.
Tuesday 29 <sup>th</sup>	<b>Lunch Club Special!</b> Sponsored by Stagecoach, there’ll be entertainment, lunch, quizzes and more...

### February

Monday 4th	<b>Tea &amp; Talks:</b> So you think you know Manchester.. (with Pattie O’Donovan) 1.45pm at Withington Methodist Church. £2 donation includes tea, cake and cucumber sandwiches
Monday 11th	<b>Positive Living</b> – ‘Connecting with kindness’ with Debra MacCallion. 1.30 – 3.30 at WMC £2 donation
Monday 18th	<b>Film Club:</b> ‘A Star is Born’ 1.30pm at Withington Methodist. £3.50.
Monday 25 <sup>th</sup>	Royal Northern College of <b>Music Trip:</b> Debussy and Ravel, Piano and Voice. 12pm Lunch in canteen and concert at 1.15pm. Transport available.
Thursday 28 <sup>th</sup>	<b>Trip</b> to Oswaldtwistle Mill. Come blast away those Winter blues and enjoy browsing the shops, a pie n peas lunch, and entertainment and bingo!

### March

Friday 1 <sup>st</sup>	<b>Art Workshop</b> at Whitworth Gallery. Please ask for more details, 6 places available.
Monday 4th	<b>Tea &amp; Talks:</b> Manchester University Kuwait Society 1.45pm at Withington Methodist Church. £2 donation includes tea, cake and cucumber sandwiches
Monday 11th	<b>Positive Living</b> – ‘Mental strength and mind de-cluttering’ with Debra MacCallion. 1.30 – 3.30 at WMC £2 donation
Monday 18 <sup>th</sup>	<b>Film Club:</b> Paddington 2. 1.30pm at Withington Methodist Church. £3.50.
Monday 25 <sup>th</sup>	<b>Listening Books:</b> Reading experience for visually impaired...please ask for more info, hosted by Southway Housing with Assist.
Thursday 28 <sup>th</sup>	Royal Northern College of <b>Music Trip:</b> Sinfonietta. 12pm Lunch in canteen and concert at 1.15pm. Transport available.

*\*Please remember to call/let us know if you’d like to book a place, many thanks!*

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 – 3.30 on a Tuesday. Feel free to drop in for a chat or call us on **0161 434 9216**. Our website is **[www.withingtonassist.org.uk](http://www.withingtonassist.org.uk)**, or email: **[withingtonassist@gmail.com](mailto:withingtonassist@gmail.com)**

*Kindest Regards,*

*Amelia, Mousumi, Debbie and all at Assist.*