

March 2019

Dear All...

Hope everyone has been keeping well and enjoying these first few signs of Spring.. can't believe how quick the past few months have gone! As many of you will already be aware... our Coordinator, Amelia, is pleased to share the news that she will be expecting her first baby at the end of June! All being well, she will be off from mid June until mid December, and we have been lucky enough to find the lovely Meesha to join Mousumi in the office during this time.

New Planter: Gardens without Borders have kindly offered to set us up with a new planter which will be situated near the bike rack in the church car park- any volunteers interested in helping to plant and maintain the flowers, please get in touch.



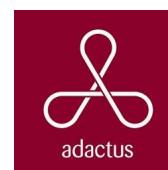
Trip to Oswaldtwistle Mill: Our trip into the heart of Lancashire was a day full of entertainment with home made Lancashire hotpots appreciated by all. As usual we thank all those volunteer wheelchair pushers and arm givers who came to help on the day.



Funding News: With the help of our fantastic volunteer, Judith, we have been very successful recently; securing a grant from the Manchester Well Being Fund to cover our exercise classes over the next year, bringing in smaller grants from Camelia Trust and Duchy Trust, and a three month sponsorship from John Lewis. Many thanks for all her hard work and support, and to the funders themselves who make our services here possible.

Regular Activities: Tuesday Lunch, Wednesday Digital Drop In and Friday Exercise Classes continue to run every week, as well as befriending and volunteer driving. We also have our telephone volunteers who make calls from the office and from home- keeping in touch with all our members and having a chat with those who find it tricky to leave the house.

Volunteer Sewing: We have a volunteer who has offered to do some simple sewing jobs- sewing on a button, taking up a hem etc. If anyone needs a bit of help in that department just give us a call and we can set it up!



Dates for your Diaries....

April

Mon 1 st	Tea and Talks: 'Tax, Care and Toyboys...' (from the Co op) 2 pm at WMC. £2 donations includes tea, cake and cucumber sandwiches
Mon 8 th	Positive Living- ' <i>Grappling with Guilt</i> ', session led by Debra McCallion. 1.30pm-3.30pm WMC £2 donation
Mon 15 th	Film Club: 'The Greatest Showman' 1.30pm at Withington Methodist. £3.50
Tues 16 th	Lunch Club: Easter Special! Come join us in the hall for lamb, Easter bonnet parade, musical bingo and quizzes... from 11.30am, £5 donation
Weds 27 th	Volunteers Get Together. 2pm at the WMC. 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!

May

Weds 1 st	Tea and Talks: On Tour! Join us at 2pm at the Withington Library where expert Marie will be talking us through pensions, later life investments and general finance with a Q and A session to follow. £2 donation
Mon 13 th	Positive Living – ' <i>Our openness to change, getting un-stuck</i> ' session with Debra McCallion. 1pm – 3pm at WMC £2 donation
Weds 15 th	University of Manchester Research Project: 'Strategic decision making over the life cycle.' Volunteers over 65 needed! Fancy spending an afternoon playing games, earning £5 (and potentially more if you win) and enjoying refreshments? Call the office for more info.
Mon 20 th	Film Club: 'The Mercy' 1pm at Withington Methodist. £3.50.
Thurs 30 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.
Fri 31 st	Volunteer Get Together: from 5.30pm at the Victoria Pub in Withington. Come along for an informal get together, we'll be there until around 8pm.

June

Mon 3 rd	Tea & Talks: Alessandro Massa: ' <i>Third Culture Kids; Growing up abroad</i> ' 1.30pm at WMC. £2 donations includes tea, cakes and cucumber sandwiches.
Thurs 6 th	Day Trip to West Kirby for lunch, a stroll around the marina and a browse around the town. Plenty of wheelchair pushers on hand, call to book.
Mon 10 th	Positive Living – ' <i>Being assertive; learning to say no</i> ' session with Debra McCallion. 1pm – 3pm at WMC £2 donation
Mon 17 th	Film Club: 'Nothing like a Dame'. 1pm at WMC. £3.50.
Thurs 27 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!*

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 4349216**. Website is www.withingtonassist.org.uk, email withingtonassist@gmail.com
 kindest Regards from Amelia, Mousumi, Debbie and all at Assist.