

## Assist Newsletter March 2020

It's Spring! Thank goodness for lighter days and warmer weather. The last quarter has been good fun with our usual classes of Positive Living sessions, trips to Royal Northern College of Music, Tuesday Lunch Club, Exercise Classes, Film Club and Digital Drop In. And we certainly enjoyed Christmas with our biggest turnout ever, attended by over 80 people. We were also open on New Year's Eve and enjoyed an early celebration with good food and entertainment.



### Staff Updates

You'll be pleased to hear that Amelia rejoins us from the 30<sup>th</sup> March 2020 with Meesha leaving us on the 30<sup>th</sup> April 2020. From April, Mousumi is reducing her hours so you'll see her on Mondays and

Tuesdays. Debbie, our fabulous chef, has been working to renew her Food Hygiene Certificate. Finally, a great big thank you to Sally who has helped enhance finances and member/volunteer databases, to help us serve you better!



### Volunteers

Assist simply would not work without the help of committed and dedicated volunteers and committee members.

That's why it's important that we invest in them. Some of our volunteers have been attending Emotional Resilience and Dementia training and we have a Trips and Falls session planned for them in March too.

### Gardening Services

Now that nature is beginning to bloom once again, here's a reminder that we have a garden service offered by one of our long-standing volunteers, John. If you live within walking distance of Assist and would like your lawn cutting or a hedge trimming, please get in touch. It's important to note that John is not a horticulturalist or trained gardener, he is a volunteer who helps from the kindness of his heart. This service is available for £5 per visit and availability is limited. Members with disability or mobility challenges will be prioritised first.

Take a look overleaf to see what we have planned for you over the next few months.



## Dates for your diaries

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

### March

Mon 16th	<b>Film Club – Judy</b> with popcorn and ice cream 1pm at Withington Methodist Church. £3.50 donation.
Thurs 26th	<b>Trentham Estate Trip, Stoke</b> Award-winning Trentham Gardens, for shopping and eating out, peace and quiet, fun and action! For more information about the estate and gardens, visit <a href="http://www.trentham.co.uk">www.trentham.co.uk</a> . To book your place on this trip, please call the office. First come, first serve as there's limited places!

### April

Mon 6th	<b>Positive Living – Kindness and its abundant benefits</b> session with Debra McCallion. 1.30pm – 3.30pm at Withington Methodist Church. £2.
Thurs 16th	<b>Alexandra Park Trip</b> A stroll around the park followed by tea in the café. Transport/volunteers are available for those that need support.
Mon 20th	<b>Film Club – Leap Year</b> with popcorn and ice cream 1pm at Withington Methodist Church. £3.50 donation.

### May

Mon 11th	<b>Positive Living – Asking for help, being ok with vulnerability</b> session with Debra McCallion. 1.30pm – 3.30pm at Withington Methodist Church. £2.
Mon 18th	<b>Film Club – Salmon Fishing in the Yemen</b> with popcorn and ice cream 1pm at Withington Methodist Church. £3.50 donation.
Thurs 21st	<b>Alexandra Park Trip</b> A stroll around the park followed by tea in the café. Transport/volunteers are available for those that need support.
Fri 29th	<b>Volunteer Get Together</b> 7pm at Victoria Pub

### June

Mon 1st	<b>Positive Living – Family dynamics and the challenge of conflict</b> session with Debra McCallion. 1.30pm – 3.30pm at Withington Methodist Church. £2.
Mon 15th	<b>Film Club – A Hundred Foot Journey</b> with popcorn and ice cream 1pm at Withington Methodist Church. £3.50 donation.
Thurs 18th	<b>Alexandra Park Trip</b> A stroll around the park followed by tea in the café. Transport/volunteers are available for those that need support.
Thurs 25th	<b>West Kirby Trip</b> Seaside, sun and sand (or at the very least seaside and sand)! There's plenty of shops and places to eat. Call us to register your interest. Limited places.
Mon 29th	<b>Volunteer Get Together</b> 2pm at Withington Methodist Church.

Assist Office opening times Monday - Friday 9.30 - 12.30

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