

It looks like Summer's leaves are beginning to colour and fall and so here at Assist we are preparing for Autumn....! See below the details of some of our new activities, and turn the page for the dates for your diary section....

Also, we'd like to take this opportunity to thank all our volunteers, longstanding and new, for their time, effort and kindness. Whether it's visiting someone in hospital/at home, pushing a wheelchair, making tea, bringing someone to an activity or making a weekly telephone call, your contribution is valuable and makes such a difference.

Positive Living

Having received funding from National Lottery, we are very pleased to announce the return of our Positive Living workshops – run by the lovely Debra McCallion. This will be kickstarted by a 6-week Positivity course, that will take place in October / November (please check in with the office for more information), followed by regular monthly sessions from January 2019.

Digital Inclusion

Following the success of our three-week Digital Inclusion course in August (many thanks for the positive feedback emails from the class!) we are looking to start some 'Digital Drop-in' sessions from November. Whether you want help taking a picture on your smart phone, or ordering shopping from a tablet, students from Loreto College and Manchester University will be on hand to show you the ropes. Please ask in the office to be put on an interested list and we can contact you when we have the times and dates finalised.

Gardens without Borders

New scheme aiming to address loneliness and social isolation through gardening. Individuals receive a free, three-session service with a volunteer creating e.g. a raised flower/veg- bed, composting system or wildlife haven- ask in the office for more info/to sign up.



*Assist Trip to Llandudno- enjoying ice creams before the seagulls got them!
Many thanks to the Assist and Co-op for all their wheelchair pushing support.*

Dates for your Diaries....

October

Monday 1 st	Bridgewater Hall Music Trip: 10.30 (15 places reserved)
Monday 1 st	Tea and Talks: "Experiences of an American in England" from the speaker Simon Katzenellenbogen. 1.45pm at Withington Methodist Church. £2 donation includes tea, cake and cucumber sandwiches.
Thursday 11th	Royal Northern College of Music Trip: Arkensemble. 12pm Lunch in the canteen and free concert at 1.15pm. Transport available.
Monday 15th	Film Club: 'Wander. 1.30pm at Withington Methodist Church. £3.50.
Wednesday 24th	Positivity Course with Debra MacCallion. 10-12 am at WMC £2 donation
Thursday 25 th	Volunteers Get-Together. 6pm @ The Vic in Withington

November

Monday 5 th	Tea and Talks: International Students. 1.45pm at Withington Methodist Church. £2 donation includes tea, cake and cucumber sandwiches.
Tuesday 13 th	Assist AGM after Tuesday Club at 2pm. Come along to find out how we've been doing over the past year, pick up the Annual Report and enjoy some tea and scones!
Thursday 15 th	Royal Northern College of Music Trip: Chamber Choir. 12pm Lunch in the canteen and free concert at 1.15pm.
Monday 19 th	Film Club: 'Book Club.' 1.30pm at Withington Methodist Church. £3.50
Thursday 22 nd	Day Trip to Chester. Lunch in the beautiful Cathedral and a wander round the cosy town with shops and Christmas lights.
Thursday 29 th	Crafternoon! Card making and of cups of tea, £2 donation

December

Monday 3 rd	Tea and Talks: 1.45pm at Withington Methodist Church. £2 donation includes tea, cake and cucumber sandwiches.
Wednesday 5 th	Withington Girls School Concert. 6-8.30pm (25 places reserved)
Tuesday 11 th	Christmas Trip to Golden Days Garden Centre followed by a Christmas Lunch at the Cheshire Line Pub.
Thursday 13 th	Royal Northern College of Music Trip: Concert Orchestra. 12pm Lunch in the canteen and free concert at 1.15pm
Monday 17 th	Film Club: Paddington 2. 1.30pm at Withington Methodist Church. £3.50.
Tuesday 18 th	Assist Christmas Lunch in hall
Friday 28 th	Lunch Club Special (between Xmas and New Years Eve)

**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**, or email: **withingtonassist@gmail.com**

Kindest Regards,

Amelia, Mousumi, Debbie and all at Assist.