

Assist Newsletter September 2019

It's September and autumn is upon us! As the day becomes shorter and the night longer, you can be sure Assist still have a range of different activities for you to be involved with.

Thank you for being patient with us during our transition in June. For those of you who don't know, Amelia had a baby boy called Ted who was born in July. He is the cutest baby we've seen. We would say this, we are biased!

We're excited to inform you that David Lamb, our volunteer driver, has recently joined the Committee. David brings years of experience from MCC. We're delighted to welcome him to the team.



We are 50 years old this year! Can you believe it. Our gratitude goes to those who set the charity up back in

1969 through which we have helped many, many people. We keep this in our hearts so that we can continue to help people of South Manchester. For those of you who have booked to come to our celebration, we look forward to seeing you on **Sunday 8th September at 2pm.**

Alexandra Park: We have enjoyed many walks around the park last quarter with all kinds of weather from blazing sun to monsoon showers. The last one for this year is taking place on **Thursday 26th September at 2pm.** Weather permitting!

Royal Northern College of

Music: Our trips to the RNCM are back on.

For music enthusiasts, we will attend the free afternoon sessions provided by the students. We can enjoy some lunch in the café too. Please call us to book so that we can make the necessary arrangements.

Digital Drop In: Digital Drop In is back on now that the students have returned. It's an opportunity to get one to one help with your mobile or tablet in this growing age of technology. **The session will be on Wednesdays at 2pm – 3pm, from 25th September 2019.** Subject to student availability, please phone to check it's on.

Christmas Preparations: We know, it's way too early to be talking about Christmas! However, we need to make plans. We'll be organising our special Christmas Shopping Trip, a visit to Golden Days Garden Centre with a lunch at the Cheshire Line pub. We'll have a Christmas Special Tuesday Lunch Club on the **17th December** – don't forget to wear your Christmas jumpers! They'll be a prize for the top three. There will also be a **New Year Lunch Club on the 31st December.** Booking is essential.

Positive Living: The attendees for these sessions are growing. We can't recommend these sessions enough.

Regular Activities: Tuesday Club, Befriending, Exercise Classes and other support is on as usual.



Dates for your Diaries

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

October

Tue 1 st	Celebrating Older People's Day: A Tuesday Club Special
Mon 14 th	Positive Living – Problems with Procrastination session with Debra McCallion. 1.30pm-3.30pm Withington Methodist Church £2 donation
Mon 21 st	Film Club: On the Basis of Sex 1pm at Withington Methodist Church. £3.50 donation
Thurs 24 th	Royal North College of Music: Wind Ensemble 12pm Lunch in the canteen and free concert at 1.15pm.
Wed 30 th	Volunteers Get Together. 2pm at the Withington Methodist Church. 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!

November

Mon 11 th	Positive Living – Making a Decision, Choosing the Way session with Debra McCallion. 1.30pm – 3.30pm at Withington Methodist Church £2 donation
Mon 18 th	Film Club: Tolkien 1pm at Withington Methodist Church. £3.50.
Thurs 21 st	Royal North College of Music: Chamber Choir 12pm Lunch in the canteen and free concert at 1.15pm.
Fri 29 th	Volunteer Get Together: from 5pm at the Victoria Pub in Withington. Come along for an informal get together, we'll be there until around 7pm.

December

Mon 9 th	Positive Living – Embrace or Resist the Season session with Debra McCallion. 1.30pm – 3.30pm at Withington Methodist Church. £2 donation
Tues 10 th	Golden Days Garden Centre & Cheshire Line Pub Trip: Christmas Shopping & Lunch. Call to booked, spaces are limited.
Mon 16 th	Film Club: A Dog's Journey 1pm at Withington Methodist Church. £3.50.
Tues 17 th	Christmas Lunch Club Special Wear your best Christmas jumpers!
Tues 31 st	New Year Lunch Club Special Let's see in 2020 with a bang!

Assist Office opening times Monday-Friday 9.30 - 12.30. For Christmas, we will be closed on Christmas Eve, Christmas Day, Boxing Day, 27th December, 30th December, New Year's Day, 2nd January 2020 and 3rd January 2020. Open as usual from 6th January 2020.

Kindest regards from Meesha, Mousumi, Debbie and all at Assist.

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