



# W<sup>i</sup>SE

Wetherby in Support of the Elderly

## June Events 2017

Mon	Tues	Wed	Thurs	Fri
			<b>1</b> Boston Spa Village Hall  Knitting 1.30pm –3.00pm	<b>2</b> Chairobics 10.30am—11:15 am Aerobics 11.15pm – 12.00pm Wetherby Social Club
<b>5</b> Dementia Forward Well-being café Call Maureen 01765601224	<b>6</b> Dementia Friends Awareness Session 10.00am – 11.15am (WiSE Office)	<b>7</b>	<b>8</b>  Boston Spa Village Hall  Knitting 1.30pm –3.00pm Poetry 2.00pm – 3.00pm	<b>9</b> Chairobics 10.30am—11:15 am Aerobics 11.15 - 12.00pm Wetherby Social Club
<b>12</b> Dementia Forward Well-being café Call Maureen 01765601224	<b>13</b> Boston Tea Party 2.00pm—4.00pm Boston Spa Village Hall	<b>14</b> The Rockin’ Robins 1.30pm—3.00pm Boston Spa Village Hall	<b>15</b> Days Gone By 10.30 – 11.30 Wetherby Social Club  Knitting 1.30pm –3.00pm Boston Spa Village Hall	<b>16</b> Chairobics 10.30am—11:15 am Aerobics 11.45 - 12.00pm Wetherby Social Club
<b>19</b> Dementia Forward Well-being café Call Maureen 01765601224	<b>20</b> Chatter and Batter 11.30am—1.30pm Wetherby Social Club	<b>21</b> The Elderberries 1.30pm—3.30pm Wetherby Social Club	<b>22</b> Boston Spa Village Hall Knitting 1.30pm –3.00pm Poetry 2.00m – 3.00pm	<b>23</b> Chairobics 10.30am—11:15 am Aerobics 11.15 - 12.00pm Wetherby Social Club
<b>26</b> Dementia Forward Well-being café Call Maureen 01765601224	<b>27</b> The Rockin’ Robins 1.30pm—3.00pm  Boston Spa Village Hall	<b>28</b> The Sunshine Café 2.00pm—4.00pm Collingham Village Hall	<b>29</b> Wetherby Social Club Stretch/Chairobics 10.30 -12.00pm  Knitting 1.30pm – 3.00pm Boston Spa Village Hall	<b>30</b> Chairobics 10.30am—11:15 am Aerobics 11.15 - 12.00pm Wetherby Social Club



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## Come to the Summer Mariners Matinee!!

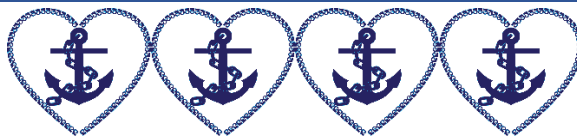
Featuring a popular singer Emma James!

On Monday 31st July from 1pm—3pm at Boston Spa  
Village Hall

£5 including refreshments

This is a ticket only event.

Tickets can be purchased in our WiSE Owl Café in  
Boston Spa or contact Karen on 01937 588994



If you would like to meet new people, stay active and have fun, come along to our **Chairobics and Aerobics** class every Friday at Wetherby Social Club from 10.30 – 11.15, or aerobics from 11.15am – 12.00pm £2 for each class or £3 to do both classes.

Due to its popularity, there is also a session of **Chairobics** taking place on the last Thursday in every month combined with a **Stretch** class too! Come and join us on Thursday 29<sup>th</sup> June at 10.30am. £3 including refreshments.

Our Dementia Café, The **Boston Tea Party**, will take place on Tuesday 13th June from 2.00pm – 4.00pm at Boston Spa Village Hall £2 including refreshments and raffle.

Don't miss this one!!! **The Elderberries** Wed 21<sup>st</sup> June 1.30pm – 3.30pm. We have Kevin Loughran singing for us. Very talented, very versatile and great fun!!

**"Days Gone By"** is a reminiscent group. A chance to sit and talk about the good old days, listen to music through the eras and enjoy a trip down memory lane. At Wetherby Social Club on Thursday 8<sup>th</sup> June from 10.30am – 11.30am. £2 including refreshments.

**Knit One PurlWise** is on every Thursday from 1.30pm – 3.00pm in the Village Hall at Boston Spa. So, if you fancy a natter while you knit, please join us!! £2 including refreshments.



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**Poetry** is a very friendly informal group of people reciting poetry either their own or from other poets. We have a topic every session and you are very welcome to join us!! Every other Thursday at Boston Spa Village Hall on Thursday 8<sup>th</sup> and 22<sup>nd</sup> June from 2.00pm – 3.00pm. £2 including refreshments

**Chatter and Batter** is our fish and chip lunch club at Wetherby Social Club from 11.15am to 1.00pm on Tuesday 20<sup>th</sup> June. £5 including fish and chips, refreshments and a quiz!!

This month at our Dementia Café, The **Sunshine Café**, we have Nigel Rae with songs from the yesteryears!! on Wed 28th June from 2.00pm –4.00 at Collingham Village Hall £2 including raffle and refreshments

Last but not least our very popular singing group, **The Rockin' Robins**, are on Wednesday 14<sup>th</sup> June with Kevin and Tuesday 27<sup>th</sup> June with Eddie from 1.30pm – 3.00pm. If you enjoy singing along to some great songs from the past, please come and join us at Boston Spa Village Hall.

## 'Meet up Mondays'

**Dementia Forward hold their Dementia Wellbeing café at  
Wetherby Social Club Sandbeck Way, Wetherby, LS22 7DN**

**Every Monday Afternoon**

- **Are you interested in activities**
- **Would you like to help on the day**
- **Come and meet up for a friendly chat in a supportive environment and meet a Dementia Support Advisor?**

**Please call Maureen Moore from Dementia Forward on  
01765 601224 for more information**



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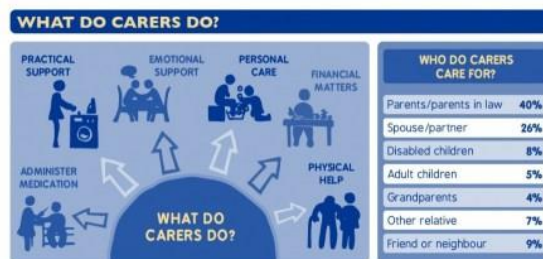
## Information and Advice

**To find trusted service providers**, have a look in the **Leeds Directory** provided by **Care and Repair**. Care & Repair Leeds is the Home Improvement Agency for Leeds with charitable status, providing services across the Leeds Metropolitan District. Their **Leeds Directory** enables customers to search on line for trades people, contractors, **home care providers** etc. Customers can also **ring their help-line** Tel. 0113 391 8333 and they will do a search on your behalf. The tradespeople in the Leeds Directory are **Green Tick** checked & vetted services. Please refer to the **Care and repair** disclaimer on their website for further information. [www.care-repair-leeds.org.uk](http://www.care-repair-leeds.org.uk)



**Carers Leeds** is an independent charity that gives support, advice and information to unpaid carers aged 16 and over. Established in 1996, a team of expert support workers are dedicated to improving the lives of the 72,000 carers in Leeds.

**Carers Week** is an annual campaign to raise awareness of **caring**, highlight the **challenges** that carers face and recognise the **contribution** they make families and communities throughout starting June 12th and running to 18th. Why not have a look at Carers website <http://www.carersleeds.org.uk/event/the-big-event/> or contact them on Phone: 0113 380 4300 Email: [info@carersleeds.org.uk](mailto:info@carersleeds.org.uk) and see what's happening.



to raise  
to  
the UK,  
June  
Leeds



# WiSE

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## Community News

WiSE Annual Open Meeting

10.00am

11<sup>th</sup> July

Wetherby Social Club

Open to Everyone

Come and celebrate our year at WiSE



Look what we did!!! Our volunteer Cara is supporting our charity by running many 10k's, 10 milers and a half marathon this year to fundraise for WiSE.

Once.... (Just once).....I thought it would be nice if we ran one with her.....AND SO WE DID!! The Wetherby Runners, a local running club, who have supported our charity this year also lent us their encouragement and support on the day. David and Paul ran with us and kept our spirits going and Ian ran to motivate the "slow one at the back for which I am eternally grateful. Sarah, Mark and the woman herself, Cara, all ran the 6 miles through the streets of Wetherby and finished in our Chairobics class at Wetherby Social Club. WELL DONE EVERYONE!!

**Cara has just completed the Leeds Half Marathon for us!!**

If you would like to donate for the hard work Cara is doing for us, here is her just giving page

<http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=CaraConnor>

**She is often at our events with her bucket too!!**





# Wise

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And speaking of extra miles.....anyone fancy a walk?



Do you remember these?

We now have our own WISE Marathon!! Mark, Sarah and Karen are cleaning their boots and donning their rucksacks for 26 miles around Wetherby, Boston Spa, Clifford, Thorner, Harewood, and Collingham.



On Sunday 6<sup>th</sup> August come and join us for a WISE Community Walk.

We have several walks organised in and around the local area to raise and awareness in our community about who we are and what we do.

**COME AND JOIN US!**

- ❖ We are looking for walkers to join us on our 26 mile marathon, for 5 miles, three miles
- ❖ Could you help serve teas and coffees at our checkpoints???

For further details or an entry form please call Karen on 01937 588994 or email

[karen@w-ise.org.uk](mailto:karen@w-ise.org.uk)



# Wise

Wetherby in Support of the Elderly

## Our Volunteers

Welcome to our new volunteers in 2017:

Christine Lowe, David Gare, Paul Matthews, Sue Colley, Amanda Chapman, and Catarina Paquete, Sally Jane Gardner. Judith Lewsey has become a Befriender in addition to her Transport activities.

## Date for your Volunteer Diary Quarterly Volunteer Meeting on

**Monday 3<sup>rd</sup> July 2:00 to 3:30**

**Or**

**Tuesday 4<sup>th</sup> July 10:30 to 12:00**

Agenda to follow shortly however if you have anything you want included just email

[Carole@W-ise.org.uk](mailto:Carole@W-ise.org.uk)

## THE ABOVE AND BEYOND LIST

The “nuts and bolts” of Wise – our committed dedicated volunteers in Transport, at our Socials ,our Community and Memory Cafés ,Meet Up Mondays, Befrienders, IT, Gardeners and Handymen

Dawn and the staff at Wetherby Social Club for looking after us at our events held at their venue

Peter Burr at Morrison’s Wetherby who provide us with refreshments and cakes for our activities

Skipton Building Society for adding us to their community board

Cara Connor for running the Leeds half marathon as a fundraiser for us



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## Transport



**NEED A LIFT?**

**Wise Transport**



We will take you to the shops, doctors, social events, or to visit friends and family.

**Give us a call whenever you need to get out and about.**

Our friendly volunteer driver service operates Monday to Friday and it doesn't cost much to get you to where you want to go.

Our drivers are taking people to their doctor appointments, to meet friends, and we can pick you up and drop you off at the markets or the shops.

***To book a trip :please give us at least 48 hours notice***

And Call Wise Transport Monday-Thursday between 10.00 am and 3.00 pm

On 01937 222066

01937 222066 or [emailtransport@w-ise.org.uk](mailto:emailtransport@w-ise.org.uk)



**the Wise owl**

*Café for the community*

### **WISE OWL CAFE—Did you know?**

We're open at Boston Spa Village Hall, High St. LS23 6AA

**9.00am until 3.00pm Tuesday to Thursday**

**Delicious breakfast / brunch choices**

Take-out lunch deals, healthy fresh soups, plus all your usual favourites - homemade cakes, bakes and fresh daily scones.

**We use local butchers and suppliers for our produce**

Our roasted coffee beans are freshly ground serving all your favourite drinks, sales of which support the Baraka Foundation, Garforth

**The café has free parking at the rear of the village hall and**

**FREE WIFI inside**

Everyone is welcome to come to our café – our regulars, young mums with their children, cyclists and well behaved dogs. We have plenty of space for pushchairs and wheelchairs

Our friendly staff and volunteers look forward to welcoming you

**ADDITIONAL VOLUNTEERS ALWAYS WELCOME. POP IN**

**Wetherby In Support of the Elderly: T|01937 588994|[www.w-ise.org.uk](http://www.w-ise.org.uk)**

**One Stop Centre, Westgate, Wetherby LS22 6NL**

**Registered Charity No: 1163698**