



# Wise

Wetherby in Support of the Elderly

## November

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
			<b>1</b> Line Dancing! 10.30am – 12pm  Knitting 1.30pm – 3pm	<b>2</b> Chairobics 10.30am – 11.15am  Aerobics 11.15am – 12.15pm
<b>5</b> WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	<b>6</b>	<b>7</b> Walking for Health 10am Wetherby Methodist Church  Laptop Loungers 1pm -3pm	<b>8</b> Line Dancing! 10.30am – 12pm  Knitting 1.30pm – 3pm  Poetry 2pm – 3pm	<b>9</b> Chairobics 10.30am – 11.15am  Aerobics 11.15am – 12.15pm
<b>12</b> WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	<b>13</b> The Nightingales 1.30pm – 3pm	<b>14</b> Walking for Health 10am Wetherby Methodist Church  Rockin Robins 1.30pm – 3pm  Laptop Loungers 1pm to 3pm	<b>15</b> Line Dancing! 10.30am – 12pm  Knitting 1.30pm – 3pm	<b>16</b> Chairobics 10.30am – 11.15am  Aerobics 11.15am – 12.15pm
<b>19</b> WiSE Meet Up Monday MemoryCafé 01937 588994 1pm – 3pm	<b>20</b> Chatter and Batter 11.15am – 1pm	<b>21</b> Walking for Health 10am Methodist Church  The Elderberries 1.30pm – 3.30pm  Laptop Loungers 1pm to 3pm	<b>22</b> Line Dancing! 10.30am – 11.45am  Knitting 1.30pm – 3pm  Poetry 2pm – 3pm	<b>23</b> Chairobics 10.30am – 11.15am  Aerobics 11.15am –12.15pm
<b>26</b> WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	<b>27</b> Walking for Health 10am Boston Spa Methodist Church  Rockin Robins 1.30pm – 3pm	<b>28</b> Walking for Health 10am Methodist Church  Sunshine Café 2pm – 4pm  Laptop Loungers 1pm to 3pm	<b>29</b> Line Dancing! 10.30am – 12.15pm  Knitting 1.30pm – 3pm	<b>30</b> Chairobics 10.30am – 11.15am  Aerobics 11.15am –12.15pm



# Wise

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**All Wise events (with the exception of Wise Meet Up Monday Memory Café) are open to everyone whilst still being Dementia Friendly**

Help keep warm leading up to winter months. Give our fantastic Chairbics and Aerobics class a try! Every Friday at Wetherby Social Club at 10.30 for **Chairbics** for £2 or stay on the **Aerobics** too for £3. Refreshments included.

**Thank you Home Instead for supporting Wise and providing instructor Heather Welsh for these sessions**

Join our brilliant **Line Dancing** group on Thursdays at 10.30am every Thursday at Wetherby Social Club. £3 incl refreshments.

**The Nightingales** is our new social group – come along and join us for a good old sing song on Tuesday 13<sup>th</sup> November at 1.30pm – 3.00pm, Wetherby Social Club!! £3 including refreshments. Every second Tuesday in the month.

**Knit One PurlWise** is on every Thursday from 1.30pm – 3.00pm in the Village Hall at Boston Spa. Come and join us - Friendly and informal. £2 including refreshments.

**Poetry** - 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> November from 2pm – 3pm. £2 including refreshments

**Chatter and Batter** is our fish and chip lunch club at Wetherby Social Club from 11.15am to 1pm on Tuesday 20<sup>th</sup> November. £5 including fish and chips, refreshments and a quiz!! Orders must be taken by 11.40am so please be prompt!

**The Elderberries** is a very friendly social group on Wednesday 21<sup>st</sup> November at 1.30pm – 3.30pm £3 incl refreshments. Elsie the Bookfolder will be making Christmas decorations with us!

**The Sunshine Café**, on Wed 28<sup>th</sup> from 2pm –4pm at Collingham Village Hall – The last one of the year!!

Last but not least our very popular singing session, **The Rockin’ Robins**, is on Wednesday 14<sup>th</sup> November and Tuesday 27<sup>th</sup> November at 1.30pm – 3pm. If you enjoy singing along to some great songs from the past, please come and join us at Boston Spa Village Hall. £3 Inc. refreshments

**Wise Meet up Monday Memory Café** Every Monday afternoon 1.00pm-3.00pm, St Joseph’s RC Church Hall 20 Westgate Wetherby LS22 6LL . **Telephone Ross Collard Memory Worker on 07483926055**

## Wise CHRISTMAS MATINEE

Come and join us on Monday 17<sup>th</sup> December at 1pm – 3pm at Boston Spa Village  
Guaranteed a good time with lively entertainment from

The Last Of The Summer Wines

Sandwiches, refreshments, oodles of raffle prizes, fun and shenanigans all guaranteed.

£5 per ticket

**\*THIS IS A TICKET ONLY EVENT\***

Tickets can be purchased from the Wise OWL CAFÉ or from Karen at Wise Offices on 01937 588994





# WiSE

Wetherby in Support of the Elderly



**the WiSE owl**

*Café for the community*

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](#)

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

**FREE WIFI** inside

**Tuesday 11.30 to 2pm Café Pianist Peter will entertain you**



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**WiSE Owl Cafe Weds mornings 10.30-11.30am** on the following dates Weds.

Weds 14th November

Weds 5th December



## Transport



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

Our friendly volunteer driver service operates Monday to Friday to get you where you want to go shops, doctors, social events, visits to friends and family.

**To book a trip please give us at least a minimum of  
48 hours or 2 working days notice excluding  
Fridays, Saturdays and Sundays**

Please call WiSE Transport Booking Line Monday-Thursday during our opening hours between 10 am and 3 pm

**On 01937 222066**

Or email [transport@w-ise.org.uk](mailto:transport@w-ise.org.uk)



# WiSE

Wetherby in Support of the Elderly

Leeds and York Partnership   
NHS Foundation Trust

## Introducing Memory Support Worker

**Ross Collard**

Ross provides the Memory Support Worker service for Wetherby and surrounding villages – a service for people living at home who have a diagnosis of dementia, or those who are showing signs and symptoms of memory loss and may need some further support.

### The Service Aims to provide:

Information, support and advice for you (or the person you know) about memory problems

Family and carers support. Details on how to contact services that could help.



During a visit, topics covered might include:

Mental Wellbeing – Physical Wellbeing – Falls Risk – Home Safety Eating and Drinking Habits - Fire/ Gas Safety –

Finances/Benefits Carer Support - Details on Social Activities

For more information contact Ross Collard Memory Support Worker

on:

Tel: 07483 926055 / 0113 85 55351

E mail: [memorysupport.lypft@nhs.net](mailto:memorysupport.lypft@nhs.net)

## WiSE Information and Advice Service

WiSE offer a confidential advice and information service covering a variety of issues and can sign post to support services, help if you have problems form filling, etc. Contact Nicola on 01937 588994 or email [nicola@w-ise.org.uk](mailto:nicola@w-ise.org.uk)

You can also meet Nicola to chat every other month at the Methodist Church Bank Street Wetherby at their friendly and welcoming coffee shop , 12th December 2018.

In 2018 The Co-op have nominated WiSE as one of their preferred Charities . That means they will put **5%** of what you spend on selected Co-op branded products and services into your Co-op Membership account  
**1% for WiSE.**

Membership only costs you £1 and you can join:

**In store then register online at [coop.co.uk/register](http://coop.co.uk/register) and you are off**

**Or call 08000234708**

**Or join online at [coop.co.uk/membership](http://coop.co.uk/membership)**

**So far this year you have raised for us £566.64**

**Wetherby In Support of the Elderly**  
Tel. 01937 588994 [www.w-ise.org.uk](http://www.w-ise.org.uk)  
One Stop Centre, Westgate, Wetherby LS22 6NL  
Registered Charity No: 1163698 CIO (Foundation)