



# Wise

Wetherby in Support of the Elderly

## February Events 2019

Mon	Tues	Wed	Thurs	Fri
				<p>1 Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>4 Wise Meet Up Monday Memory Café 01937 588994 1pm – 3pm</p>			<p>7 Line Dancing 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p>	<p>8 Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>11 Wise Meet Up Monday Memory Café 01937 588994 1pm – 3pm</p>	<p>12 Nightingales 10.30am – 12 noon</p>	<p>13 Walking for Health 10am Methodist Church, Wetherby</p> <p>Laptop Loungers 1pm – 3pm</p> <p>Rockin Robins 1.30pm – 3pm</p>	<p>14 Line Dancing 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p> <p>Poetry 2pm – 3pm</p>	<p>15 Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>18 Wise Meet Up Monday Memory Café 01937 588994 1pm – 3pm</p>	<p>19 Chatter and Batter 11.15am – 1pm</p>	<p>20 Walking for Health 10am Methodist Church, Wetherby</p> <p>Laptop Loungers 1pm – 3pm</p> <p>The Elderberries 1.30pm – 1.30pm</p>	<p>21 Line Dancing 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p>	<p>22 Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>25 Wise Meet Up Monday Memory Café 01937 588994 1pm – 3pm</p>	<p>26 Rockin Robins 1.30pm – 3pm</p> <p>Walking for Health 10am Methodist Church, Boston Spa</p>	<p>27 Walking for Health 10am Methodist Church, Wetherby</p> <p>Laptop Loungers 1pm – 3pm</p> <p>Friendchips 12.30pm – 2.30pm</p>	<p>28 Line Dancing 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p> <p>Poetry 2pm – 3pm</p>	



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**All WiSE events (with the Exception of Meet up Mondays) are open to everyone whilst still being Dementia Friendly**

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 – 12.15pm £2 for each class, or £3 to do both classes.

Our very popular **Line Dancing** class takes place every Thursday from 10.30am – 12.00pm at Wetherby Social Club. £3 incl refreshments. Come and join in – it'll warm you up!!!

**\*New group alert!\*** Due to the popularity of Rockin Robins at Boston Spa we have replicated the group in Wetherby!! **The Nightingales** is a very informal relaxed singing group led by Nigel Rae. On Tuesday 12<sup>th</sup> February at 10.30am – 12noon at The Methodist Church, Bank Street, Wetherby. No talent required just a liking for some good old songs and a good time! £3 incl refreshments.

**The Elderberries** Wed 20<sup>th</sup> February 1.30pm – 3.30pm with fantastic, lively, musical entertainment with Eric and Mort. £3 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.

**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 14<sup>th</sup> and 28<sup>th</sup> February 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 19<sup>th</sup> February. £5 including fish and chips, refreshments and a quiz!!

**\*Another new group alert!\*** **Friendchips** is our new fish and chip lunch club at Collingham from 12.30 pm to 2.30 pm on Wednesday 27<sup>th</sup> February at Collingham Memorial Hall. £5 including fish and chips, refreshments and a quiz!!

Last but not least our very popular singing group, **The Rockin' Robins**, are on Wednesday 13<sup>th</sup> February with Nigel and Tuesday 26<sup>th</sup> February at 1.30pm – 3pm with Eddie. 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 Cafe**

Every Monday afternoon 1.00pm-3.00pm the WiSE **Meet up Monday Memory Café** at

**St Joseph's RC Church Hall 20 Westgate Wetherby LS22 6LL**

Please call WiSE on 01937 588994 for more information



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**the WiSE owl**

*Café for the community*

**9.00am until 3.00pm Tuesday to Thursday Boston Spa Village Hall High Street  
LS23 6AA**

**Delicious Breakfast/Brunch/Lunch**

**Café of the Year 2019 – Please vote for the Wise Owl Café at  
[www.harrogateadvertiser.co.uk](http://www.harrogateadvertiser.co.uk)**

## **WiSE Information and Advice Service**

WiSE offer a confidential advice and information service covering a variety of issues e.g. sign posting to services, help with form filling etc. For more information contact Nicola on 01937 588994 or email [nicola@w-ise.org.uk](mailto:nicola@w-ise.org.uk)

Methodist Church Bank Street Wetherby have a friendly and welcoming Coffee Shop open every Wednesday morning 10am – 12 noon. You can visit Nicola there 12th February 2019. You can call in for a cuppa and also meet and chat with Local police community support officers (PCSOs) who are in attendance at the coffee shop every week.

## **Home Plus (Leeds)**

### **Making Homes Safe, Suitable and Warm**

Home Plus (Leeds) is a New Service Provided in Partnership with **Care and Repair, Age UK Leeds and Groundwork**

Home Plus (Leeds) is aimed at enabling and maintaining independent living through **improving health at home, helping to prevent falls and cold related health conditions.**

**Home Plus is for those:**

- Who maybe at serious risk of falling
- Who are **struggling to heat their home** or **pay heating bills**
- Who need help with **repairs that are causing a hazard** in their home
- Who need information and **advice to maintain independence.**

If you know someone who may benefit from these services, please contact Care and Repair customer Services team Tel: 0113 240 6009. Address: 323 Roundhay Road, Leeds, LS8 4HT

Email: [homeplus@care-repair-leeds.org.uk](mailto:homeplus@care-repair-leeds.org.uk) or visit the website [www.care-repair-leeds.org.uk](http://www.care-repair-leeds.org.uk). The leaflet can be seen via the link – or call us and we can post one to you. <https://care-repair-leeds.org.uk/wp-content/uploads/2018/11/Home-Plus-leaflet-v2.pdf>



# WiSE

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## 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.

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

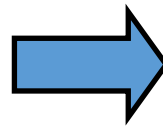
Please call WiSE Transport Booking Line Monday-Thursday during our new opening hours between 10 am and 3 pm

On 01937 222066

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

**PLEASE NOTE:** For the safety of both passengers and drivers there may be occasions where trips need to be cancelled because of bad weather however please be assured that we will always try to give as much notice as possible.

*Friday 1st February 2018  
The Greatest Showman  
Mason House Film Club Friday  
2pm*



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