



WiSE

Wetherby in Support of the Elderly

April Events 2019

Mon	Tues	Wed	Thurs	Fri
<p>1 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm</p>	<p>2</p>	<p>3</p>	<p>4 Line Dancing 10.30am – 12pm Knitting 1.30pm – 3pm</p>	<p>5 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm</p>
<p>8 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm</p>	<p>9 Nightingales 10.30am – 12 noon</p>	<p>10 Rockin Robins 1.30pm – 3pm</p>	<p>11 Line Dancing 10.30am – 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm</p>	<p>12 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm</p>
<p>15 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm</p>	<p>16 Chatter and Batter 11.15am – 1pm</p>	<p>17 The Elderberries 1.30pm – 3.30pm</p>	<p>18 Line Dancing 10.30am – 12pm Knitting 1.30pm – 3pm</p>	<p>19 <i>Good Friday</i> </p>
<p>22 <i>Easter Monday</i> </p>	<p>23</p>	<p>24</p>	<p>25 Line Dancing 10.30am – 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm</p>	<p>26 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm</p>
<p>29 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm</p>	<p>30 Rockin Robins 1.30pm – 3pm</p>	<p>Please note Line Dancing has moved to Wetherby Sports Association, Boston Road, Wetherby LS22 5HA </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 **Chairrobics 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.

New venue Our very popular **Line Dancing** class takes place every Thursday from 10.30am – 12.00pm at Wetherby Sports Association, Boston Road, Wetherby LS22 5HX. £3 incl refreshments. Come and join in – it'll warm you up!!!

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 9th April 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 17th April 1.30pm – 3.30pm with a fantastic, mesmerising magician! £3 including refreshments at Wetherby Social Club.

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 11th and 25th April 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 16th April. £5 including fish and chips, refreshments and a quiz!!

Last but not least our very popular singing group, **The Rockin' Robins**, are on Wednesday 10th April with Nigel and Tuesday 30th April 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

Dementia Action Week (20-26 May 2019) unites people, workplaces, schools and communities to take action and improve the lives of people living with Dementia.





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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

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

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

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 or visit the website 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

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.

Get Online Sessions at Wetherby Library Tuesdays, 2.00pm – 3.00pm

- Make your life easier
- Stay in touch with family and friends
- Make your money go further

If you need help getting online or using a computer or device, drop in and we'll help you on your learning journey.

For more information call 0113 3785005 or visit www.leeds.gov.uk/libraries

'Looking out for our Neighbours' campaign

Watch out for your 'neighbour pack' that will inspire and encourage residents to champion togetherness in their area and look out for a neighbour in need.

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