



WiSE

Wetherby in Support of the Elderly

July 2019

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
1 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	2	3 Laptop Loungers 1pm – 3pm	4 Line Dancing 10.30am 12pm Knitting 1.30pm – 3pm	5 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
8 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	9 The Nightingales 10.30am – 12 noon	10 Laptop Loungers 1pm – 3pm Rockin Robins 1.30pm – 3pm	11 Line Dancing 10.30am 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm	12 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
15 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	16 Chatter and Batter 11.15am – 1pm	17 Laptop Loungers 1pm – 3pm The Elderberries 1.30pm – 3.30pm	18 Line Dancing 10.30am 12pm Knitting 1.30pm – 3pm	19 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
22 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	23	24 Laptop Loungers 1pm – 3pm	25 Line Dancing 10.30am 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm	26 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
29 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	30 Rockin Robins 1.30pm – 3pm	31 Laptop Loungers 1pm – 3pm		



Please pop into our WiSE Owl Café in Boston Spa Village Hall on Boston Spa High Street. Indulge yourself with our scrumptious selection of sandwiches and cakes!
 Opening times are Tuesday – Thursday 10am – 3pm.



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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. **With special thanks to our instructor Heather from Home Instead.**

New venue Line Dancing takes place every Thursday from 10.30am – 12.00pm at Wetherby Sports Association, (next to the Swimming Baths!) £3 incl refreshments. Everybody welcome.

The Elderberries Wed 17th July 1.30pm – 3.30pm, Wetherby Social Club £3 including refreshments. Trevor Woodhead will be entertaining us with memorable songs from the 50's and 60's.

Knit One PurlWise is on every Thursday from 1.30pm – 3.00pm in the Village Hall at Boston Spa. Informal knitting and crochet group where we work on our own projects with a cup of tea and a biscuit. Feel free to 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 4th and 18th July 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 July. £5 including fish and chips, refreshments and a quiz!! Orders must be taken by 11.40am so please be prompt!

The Nightingales is an informal relaxed singing group that takes place at The Methodist Church, Bank Street, Wetherby. If you enjoy music and like singing along to songs from the 50's, 60's, 70's. Please come and join us. £3 incl refreshment on Tues 9th July at 10.30am

Our very popular singing session, The Rockin' Robins, is on Wednesday 10th June and Tuesday 30th July 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

**NEW VENUE – with effect from 24 June this will be held at:
Wetherby Methodist Church on Bank Street**



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Information and Advice

WiSE provides an information and advice service covering a range of issues relating to older people and those who care and support them.

This could be benefits information, how to find Care or
Details of available support services etc.

For more information contact Nicola on 01937 588994 or email
nicola@w-ise.org.uk

Home Plus Leeds is a new service aimed at enabling and maintaining Independent living through improving health at home, helping to prevent falls and cold related health conditions.

Home Plus Leeds is for people;

- Who maybe at serious risk of falling
- Who are struggling to heat their home or to 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 there is someone you know who may benefit from these services, please contact Customer Services Team Care and Repair Leeds. Tel: 0113 240 6009

Address: 323 Roundhay Road, Leeds, LS8 4HT

Email: homeplus@care-repair-leeds.org.uk

www.care-repair-leeds.org.uk



WETHERBY NEEDS YOU!

Help us to decorate the town with handmade bunting to welcome the World Para-Cycling Championship on **Saturday 21st September 2019**

WE NEED TO MAKE OVER 1 MILE OF BUNTING – IF YOU CAN KNIT OR CROCHET, WE NEED YOU!

To get involved contact Alex at Create in the Market Place, Wetherby on 01937 589016 or at
alex@createwetherby.co.uk

Free patterns provided, discount yarn packs available. Suitable for all, we want to involve the community!



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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

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

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



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 between 10 am and 3 pm
On 01937 222066

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.

emailtransport@w-ise.org.uk

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