

**What's On in.....
Kendal, Oxenholme,
Natland, Staveley,
Burneside, Whinfell,
Endmoor &
Crooklands**



**Activities
and Groups**

Our groups offer a wide range of activities. Come along to stay healthy, make new friends or even learn a new skill.

Gentle Exercises, Sandylands Methodist Church,
10.30 - 11.30am*

Gentle Exercises, Kendal Parish Church Hall, Kirkland,
10.30 - 11.30am*

Gentle Exercises, Staveley Institute, 2.00 - 3.00pm*

Gentle Exercises, Ings Parish Hall, 2.00 - 3.00pm*

Gentle Exercises, Endmoor Village Hall,
10.30 - 11.30am

Coffee Morning, Kendal Town Hall,
10.00am - 12noon

Over 50's Walking Rugby, Kendal Rugby Club,
2.00 - 3.00pm*

Walking Netball, Kendal Leisure Centre, 3.30 - 4.30pm *

Walking Football, Kendal Leisure Centre, 3.30 - 4.30pm*

Men in Sheds & Ladies in the Shed call 01539 728118 for
more information

Every Friday (Last Session 13
Dec, Restarts 3 Jan 2020)

Every Thursday (Last
session 19 Dec, Restarts 9
Jan 2020)

1, 15, 29 Oct, 12, 26 Nov, 10
Dec, 7 Jan

8, 22 Oct, 5, 19 Nov, 3,
17 Dec, 14 Jan

Every Tuesday (Last session
17 Dec, Restarts 7 Jan 2020)

1st Friday

Every Wednesday

Every Tuesday (Last session
17 Dec, Restarts 7 Jan 2020)

Every Tuesday (Last session
17 Dec, Restarts 7 Jan 2020)



Snooker, Pool, Dominoes & Darts Group, The Albion Social Club, Sandes Ave, Kendal 1.30 - 3.30pm	Every Thursday
Kendal Chat, Craft & Coffee group, Town Hall, Kendal, 10.30am - 12noon	1st Friday
IT Drop In, South Lakes Foyer, 1.30 - 3.30pm	1st Monday
IT Drop In, Age UK, Finkle Street, 1.30 - 3.30pm, Allotment, Sedbergh Road, Kendal 10.00am - 12noon	3rd Thursday
Falls Awareness Drop In, Kendal Library, 10.00am - 12noon	Every Thursday (Last session 31 Oct, Restarts April 2020)
Tinnitus Drop In, Age UK, Finkle Street, Kendal, 10.00am - 12noon	29 Oct, 27 Nov, 16 Dec
Tinnitus Support Group, Castle Street Centre, Kendal 2.30 - 3.30pm*	Every Wednesday (Restarts 16 Oct)
Beginners Mindful Meditation, Castle Street Centre, Kendal, 2.00 - 3.30pm*	2nd Wednesday (Restarts Nov)
Men U Can Cook , Athenaeum, Heversham, 1.30 - 3.30pm*	23, 30 Sept, 7,14, 28 Oct, 4, 11, 18 Nov (Booking Essential)
Step Out Tea Dance, Burton Memorial Hall, Burton-in-Kendal, 2.00 - 4.00pm	1, 8, 15, 22 Nov (Booking is Essential)
Mindful Meditation - Going Deeper, Castle Street Centre, Kendal, 2.00 - 3.30pm*	8 November
Age UK South Lakeland Coffee Morning, Staveley Village	6, 13, 20, 27 Jan, 3, 10, 24, Feb, 2 March (Booking is Essential)
	25 Jan 2020

*Some of our groups & activities have a suggested donation, for more information or to book a place on one of our activities please call us on **01539 728118** and we will be happy to help.



Lunch Clubs

Our local lunch clubs offer a wide range of freshly cooked meals, it is the perfect opportunity to meet up with friends or make new ones. Bookings are required, so please contact our reception for help and more information.

Stonecross Manor Hotel, Kendal	1st Tuesday of the month
Alexanders, Castle Green Hotel, Kendal	2nd Tuesday of the month
The Station Inn, Oxenholme	3rd Tuesday of the month
Carus Green, Burneside	3rd Monday of the month
The Hare & Hounds, Levens	2nd Tuesday of the month
Maggs Howe, Kentmere	4th Wednesday of the month
The Damson Dene, Crosthwaite	2nd Thursday of the month
Men's Pie & Pint Club, Kendal Rugby Club	1st Thursday of the month
Crooklands Hotel, Crooklands	Last Thursday of the month

A warm and friendly welcome awaits you. To book your place, phone
01539 728118.



Volunteering

All volunteer roles require attendance at a half day induction and training specific to the role.

Community Link Volunteer

There are many people living in Kendal and surrounding villages who are very lonely. The Community Link Volunteer will help older people to access social activities which, they may have had to give up for a while. Over a period of 6 weeks, the volunteer will accompany a person to take part in activities and social events with the aim of building the person's confidence to go out alone in the future. The volunteer will assist the client with the possibility of going to social groups and go with them if required.

Kendal Retail Volunteers

Our retail team are a fabulous group who are looking to welcome new volunteers in the Kendal shop. As a volunteer you would be involved in chatting to customers, sorting and pricing donations, working on the till and receiving goods. Volunteering is a very flexible activity and can fit around peoples busy lives. You can volunteer for a morning or afternoon session. It's a great way to get to know people and make new friends. It helps build your CV, whatever your age. It's also great fun and the funds raised go a long way to supporting older people in the area.

Home Visiting

Can you help people in your area who are lonely and isolated? Age UK South Lakeland are recruiting volunteers who can visit an older person in their own home on a regular basis to provide companionship, including making a cup of tea, listening, chatting and encouraging them to take part in activities in the local area. If you have an interest and empathy with older people we would love to hear from you.

For more information on any of the volunteer opportunities, please call us on **01539 728118** or email **volunteering@ageuksouthlakeland.org.uk**. Please note that events and activities will not be running on Bank Holidays. Check out your local Age UK South Lakeland Shop or distribution point for the latest **What's on...**