

**What's On in.....  
Ambleside, Grasmere,  
Hawkshead, Bowness,  
Windermere & Coniston**



**01539  
728118**

**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.*

Wednesday Club, Hawkshead Shop Cafe,  
10.30am - 12noon\* (August only - From  
Sept moves back to Market Hall)

Every  
Wednesday

Gentle Exercises, Ambleside Parish Centre,  
11.00am - 12noon\*

Every Friday

Gentle Exercises, Langdale Village Hall,  
2.00 - 3.00pm\*

Every Monday

Gentle Exercises, Ladyholme Community  
Centre, Windermere, 2.00 - 3.00pm\*

Every Thursday

Coniston Cream Tea Group, Meadowdore  
Cafe, 3.00pm\* (Feb - Nov)

2nd Tuesday of  
the month

IT Drop In Point, Windermere Library,  
10.00am - 12noon\*

Falls Awareness Drop In, Windermere  
Library, 10.00am -12noon

Falls Awareness Drop In, Ambleside Library,  
10.00am - 12noon

Tinnitus Drop In,. Age UK South Lakeland,  
Finkle Street, Kendal, 10.00am - 12noon

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Tinnitus Support Group, Castle Street Centre,  
Kendal, 2.30 - 3.30pm\*

Beginners Mindful Meditation, Castle Street  
Centre, Kendal, 2.00 - 3.30pm\*

Beginners Men U Can Cook, The Athenaeum,  
Heversham, 1.30 - 3.30pm\*

\*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.

2nd Friday of the  
month

23 Aug, 17 Sept

20 September

Every Wednesday

**New  
Activities  
and  
Groups**

2nd Wednesday  
of the month

23, 30 Sept,  
7, 14, 28 October,  
4, 11, 18 Nov

1, 8, 15, 22 Nov  
(Booking Essential)

Aug, Sept, Oct 2019

*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.*

The Unicorn Inn, Ambleside

The Rothay Garden Hotel, Grasmere

The Britannia Inn, Langdale

The Crown Inn, Coniston

The Church House Inn, Torver

Village Inn, Bowness (Troutbeck Lunch Club)

The Kings Arms Hotel, Hawkshead

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



## Lunch Clubs

1st Monday of the month

2nd Monday of the month

3rd Tuesday of the month

1st Friday of the month

2nd Friday of the month

4th Monday of the month

2nd Thursday of the month

**Aug, Sept, Oct 2019**

## Digital Champions

A Digital Champion is someone who will help an older person become familiar with the digital world. Having access to the internet and learning some basic skills can help older people get online and even help research their family history or send photos digitally. Introducing older people to the joys and opportunities of the digital world can be life changing for them. It could be for you too.

## Retail Volunteers

Our retail team are looking to welcome new volunteers in Windermere and Bowness . The shops are treasure troves full of furniture, books, bric a brac and clothes. As a volunteer you would be involved in chatting to customers, sorting and pricing donations, working on the till and re stocking. It's great fun volunteering as part of a team, it can help to get you back into a routine and the funds raised go a long way to supporting older people in the area.

For more information, or if you would like to share some ideas, contact us on **01539 728118** or

**[Volunteering@ageuksouthlakeland.org.uk](mailto:Volunteering@ageuksouthlakeland.org.uk)**

Please note that our events and activities will not be running on Bank Holidays.

# Volunteering

All volunteer roles require you to attend a half day induction and training specific to the role.

Aug, Sept, Oct 2019