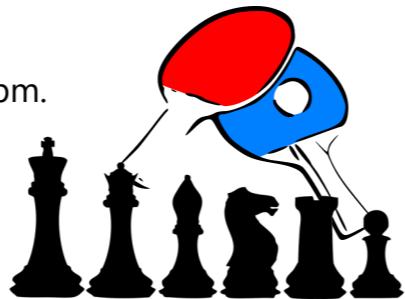


Extra Time Hub at Leigh Miners Welfare Institute, Kirby Road.

Take part in some exciting activities every Thursday from 1pm till 3pm. Activities include quizzes, arts, table tennis, Boccia and lots more. Sessions cost £3 to attend, which includes tea and coffee. For more information, contact Christine on: 01942 318090 or by email: c.blundell@wiganathletic.com



Ted's Tales - Local author Ted Dakin enjoys reading his short stories to anyone who would like to take a step back in time to an age now lost forever. Enjoy tales of growing up in Wigan before and during the war. Tales sprinkled with humour, tragedy and unforgettable characters. Readings are free to local groups, but any donations to the Alzheimer's Society will be greatly appreciated. For more information, or to book call Ted on: 01942 498193.

Relaxation and Support at Leigh Miners Welfare Institute, Kirby Road.

Join the group and learn some tips about how to live a healthy and positive lifestyle as well as learning about relaxation techniques. The group meets on the last Thursday of the month from 10am till 12noon. U3A membership is required to come along to this group, however you can attend up to two sessions free of charge before requiring membership. For more information email Christine at: hart863@btinternet.com

Golborne and Lowton Art Group at Lowton Sailing Club, Sandy Lane.

The thriving success of the Lowton & Golborne Art Group is owed to its dedicated, talented and enthusiastic team. The group was established over 15 years ago with currently more than 40 members, and a diverse age range between 50 and 85! There is a lively, dynamic vibe within the club which is derived from interesting mediums and techniques which are shared by the members and a variety of guest artists who regularly visit the club to carry out demonstrations and work shops. The group continue to pro-actively seek out venues for exhibitions such as Shevington & Golborne Library, Astley Pit & Atherton Theatre to showcase their outstanding work. Day trips are arranged periodically, which allows the members to take in the views, such as the Lakes, Tatton Park and Liverpool Docks giving them opportunities to sketch or gain inspiration for future art work. The club is surrounded by the enviable backdrop of Pennington Flash Lake; the large window of the club creates a frame for a constantly changing landscape. The club runs every Thursday from 10.00am to 3.00pm. For further information please contact the club via their website: www.golborneandlowtonartgroup.com

Golden Years at Higher Folds Community Centre, Stirling Close.

Have a chat and join in with some fun group activities every Friday from 11am till 2pm. The sessions cost £2 to attend. If you would be interested in learning some new tech skills, or would like more information about the Golden Years group, call the centre on: 01942 674548.

Bright Days at Age UK Wigan Borough

While the Ambition for Ageing Project will come to a close at the end of March 2020, the Bright Days project at Age UK Wigan Borough have a leaflet filled with various activities that take place throughout the Wigan Borough!

If you would like to go on the mailing list and receive the Bright Days brochure every time a new one is made, call: 01942 615883.



Leigh West Letter

What's on for the over 50s in Leigh West **MARCH 2020**

Age Friendly Leigh - Sit Thi Deawn Project.

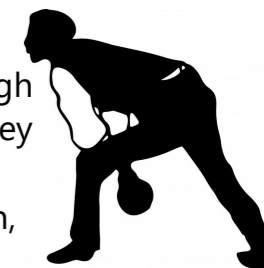
Have you seen this flower logo in the windows of local businesses? Businesses that display this logo have agreed to provide at least a seat, patient staff, a glass of water and an emergency phone call in an effort to make Leigh a more age friendly place.

Keep an eye out for the logo!



Atherleigh Ladies Bowling League.

The group meets at various clubs on Tuesday afternoons from 1pm. The clubs include: A & T (Gin Pit), Botanical Gardens, Brunswick, Gardeners, Leigh Cricket Club, Leigh Rugby Club, Lord Nelson (Hindley), Sacred Heart (Hindley Green) and Tyldesley and Westleigh Village Club. All clubs welcome new members and have teams for ladies and gentlemen. For more information, call Joyce on: 01942 874606.



Wrinkles and Dimples - Parents, Grandparents and Toddler Group at Kingsleigh Methodist Church Community Hall, King Street (opposite Leigh bus station).

Make some new friends, enjoy some fun activities or just come along and have a chat every Friday from 9.30am till 11.30am. This costs £2 per family to attend. Coffee, tea and toast are available. For more information, call: 01942 260628.

Leigh Townswomen's Guild at The Derby Room, Leigh Library, Civic Square.

The group meets on the first, second and fourth Tuesday of the month from 7.30pm. Come along and have a chat and a cup of tea, listen to guest speakers and see demonstrations. There are also regular meetings with other guilds as well as outings and social gatherings throughout the year. The group are currently planning the outings taking place in 2020, and any ideas are welcomed. For more information, call Joan on: 01942 702346.

Ted Listens.

Ever thought about recording your memories for posterity? Come and have an informal chat with local author Ted Dakin and record your memories onto a CD. For more information or to make an appointment, call Ted on: 01942 498193.

Brew and Banter Carers and Former Carers Group at Hindley Library & Community Centre, First Avenue, Hindley.

Are you looking after someone? Have you had caring responsibilities? Join the group every Friday from 10am till 12.30pm for a brew and a chat. There is a £1 donation cost to attend, and all are welcome. For more information call: 07773 226052.

Spice of Life Chorus at Leigh Miners Welfare Institute, Kirby Road.

Have some fun with singing every other Monday from 1pm till 3pm. The repertoire is designed to cater to all tastes. Leigh U3A membership is required.



Holy Grounds Coffee Morning at Christ Church Pennington, Schofield Street.

Join the group every Wednesday from 10am. There will be free luxury tea and coffee as well as warm pastries, newspapers, a quiz and great conversations. An optional church service will follow at 11am. All are welcome to come along.

Leigh Film Society Classic Cinema Club at The Turnpike Centre, Civic Square.

Come and enjoy a classic film in an informal and dementia friendly environment on the last Friday of the month. The doors open at 12noon, and the film will begin promptly at 1pm. All the films shown have subtitles. You can also bring your lunch or snacks along, and tea and coffee is also available. A £2 donation would be gratefully received (carers may accompany for free). For more information call Elizabeth on: 07969 647466.

Mindfulness Group at Leigh Community Centre, Kingsleigh Methodist Church, King Street.

Take part in a session which explores mindfulness, meditation and gentle movement to aid relaxation and wellbeing every Tuesday from 1.30pm till 2.30pm. Sessions cost £6 to attend; £5 concessionary price. There is also an early bird offer: Pay for five sessions in advance for £25. There will also be a weekly evening session taking place on Tuesdays from 6.30pm till 7.30pm. If you are a carer or are affected by dementia, you can attend two classes (either daytime or evening) for free. This has been made possible by funding from Dementia Friendly Communities. For more information, call Cath on: 07984 123445 or email: cathhawkins@yahoo.co.uk

Higher Folds Luncheon Club at Kensington Tavern, Kensington Drive, Higher Folds.

Have a bite to eat and a chat with a friendly group every Monday from 10am till 1.30pm. For more information, contact Jacqui on: 07378 606677.

Leigh Residents Bingo Club at Kingsleigh Methodist Church, King Street.

Have a game of Bingo every Monday from 1pm till 3pm. It's free to come along and join the group, and Bingo books cost 60p each. You can also have a bite to eat for £1. For more information, call Anita on: 01942 707294.



Leigh RUFC Bowling Club at Hand Lane.

Enjoy a game of bowls with a welcoming group. Social bowlers are also welcome to join, and there are refreshments available. Annual membership to the group costs £10. For more information, call Anne on: 07887 957956.

MemorabLEIGH at The Old Grammar School, Railway Road.

Join in with a weekly session to share your memories and reminisce about the local area every Tuesday from 1pm till 3pm. The sessions cost £4 to attend. For more information, contact Julie on: 07817 309873.

Jigsaw at Leigh Miners Welfare Institute, Kirby Road.

Join this social group every Monday from 7.30pm. The group enjoys days out, meals and holidays together. The session costs £2 to attend.

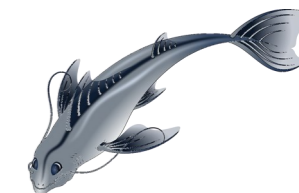
Talking About My Generation.

The Talking About My Generation news team have launched the new edition of their 'On The Record' magazine. This is full of articles about people who are changing the record on growing older across Wigan Borough and Greater Manchester! Give it a read on the team's brand new website: <https://talkingaboutmygeneration.co.uk/category/the-record/>

If you'd like a paper copy of the magazine, phone Liz at Age UK Wigan Borough on 01942 615895 and she'll send you one in the post.

Leigh and District Angling Association.

Membership costs are £10 a year for concessionary members (e.g. OAPs, registered disabled etc.) and £20 a year for adults over the age of 18. Membership for juniors is free. Waters included by the membership card are Bickershaw Flashes, Fir Tree Flash, Firs Park Lake, Pennington Flash and most parts of the canal around the Leigh area. Formal committee meetings are held quarterly. If required, coaching sessions can be arranged for senior members. Membership cards are available from Leigh Tackle and Bait and Atherton Tackle.



Kingsleigh Circle at Kingsleigh Methodist Church, King Street.

The group meets every Wednesday (unless otherwise stated on syllabus) from 2pm till 4pm. There will be a host of interesting speakers on a variety of topics and occasional demonstrations. Sessions cost £2 to attend and annual membership costs £3. For more information, call Mavis on: 01942 674389.

The Coffee Stop, 23 Railway Road.
Please note, these groups meet on an upper level floor with no lift available.

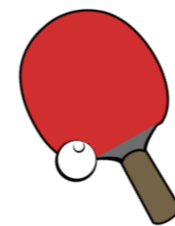
Paperback Writers - Try your hand at some creative writing with a supportive writing group. The group has meetings every Wednesday from 10.30am till 12.30pm where you can receive feedback on your own writing and even learn some new techniques. Sessions cost £6.

Dark Writers Creative Writing Group - The group meets on Tuesday evenings from 7pm till 9pm. The session costs £6 to attend.

For more information on either of these groups, contact Julie on: 07817 309873.

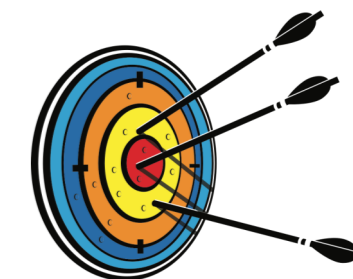
Leigh St George Table Tennis Club at Leigh Spinners Mill (2nd floor), Park Lane.

Come along and join in with a game of table tennis every Thursday from 1pm. The sessions cost £2 to attend and light refreshments are available. If you're new to table tennis, there is a beginners session on Monday afternoons from 1pm till 3pm. For more information, call Kevin on: 01942 603158. There is also a new ladies and girls section which meets on Wednesday nights from 6pm till 7.30pm. Come join in and have a chat and a bat! Contact Gill for more information on: 07836 288629.



Brunswick SS Recreation Club at Leigh Road, Hindley Green.

Come down to the club on Mondays and Wednesdays from 4pm and try some archery. This also takes place on Saturdays from 12.30pm. Enjoy some football every Tuesday and Thursday with matches taking place at the weekend. Crown Green Bowling with teams and a league will also be taking place. Enjoy an afternoon of crafts on Fridays from 1pm till 3pm. For more information, contact Verity on: 01942 253599.



Leigh Community Trust Tea Dance Leigh Miners Welfare Institute, Kirby Road.

Enjoy a dance and a cup of tea on Wednesday 6th May 2020. Tickets are free but must be booked in advance as places are limited. To book, call Michelle on 07786 638886 or by emailing: Michelle@leighcommunitytrust.co.uk