

# Leigh West Letter

## What's on for the over 50s in Leigh West

### Ambition for Ageing IT Project.

Do you have a few hours to spare each week? We're looking for volunteers to share basic IT knowledge with older people on a one to one basis in the local area. We're also looking for people who are looking to learn IT skills in an informal environment. For more information, call: 01942 615895.

### Age Friendly Leigh – Sit Thi Deawn Project

Look for the age friendly flower logo in the windows of local businesses. All businesses displaying this flower have agreed to provide at least a seat, patience, a glass of water and an emergency phone call to people aged 50+ if needed urgently.



### Wrinkles and Dimples, Parents, Grandparents and Toddlers Group – Kingsleigh Methodist Church Community Hall, King Street (opposite Leigh bus station)

Come along every Friday from 9.30am – 11.30am. Meet new friends and take part in activities with the group. Activities include crafting, play and rhyme time and more. It costs £2 per family to attend. Coffee, tea and toast are provided. For more information call: 01942 260628.

### Leigh RUFC Bowling Club – Hand Lane, WN7 3NA.

Have a game of bowls with a welcoming group. Social bowlers are also welcome to come along. Annual membership costs £10. For more information, contact Anne on: 07887 957956.

### Leigh West Forum – Leigh Miners Welfare Institute, Kirby Road.

Come and see us at our forum on Wednesday 12<sup>th</sup> June 2019 from 1.30pm – 2.30pm. You can get updates on the Ambition for Ageing project, as well as information about local investments and activity groups in the area. It's free to come along and everyone is welcome. Free refreshments are also provided. For more information or to book your place, call us on: 01942 615895.



### Summer Shindig Update

We've been very busy organising our huge celebration which will be taking place at the DW Stadium in Wigan on Thursday 4<sup>th</sup> July 2019. We've had so much interest in the event that we've sold out of tickets! We are currently still taking requests for tickets, and adding names to a waiting list.

For those of you who haven't heard about the event yet, it will be a fun packed day with entertainment from the Houghton Weavers, various stalls to browse, DW Stadium tours and much more. Free refreshments will be provided, and free parking will also be available. This is a free TICKET ONLY event. If you would like more information or your name added to the waiting list, please give us a call on: 01942 615895.

Driven – Do you enjoy driving? Register with Driven Community Transport and they will match you with residents near you who are isolated and struggling to get out and about – medical appointment, day care, visit family etc. You choose when you want to drive, all training provided, friendly volunteer team, all expenses paid and a great rewarding hobby. Call Amanda on: 01942 409602, or leave a message for more information. It's good to be Driven.

Ted Listens – Ever thought about recording your memories for posterity? Have a chat with local author Ted Dakin and record your memories onto a CD. For more information, call: 01942 615895.

### Jigsaw – Leigh Miners Welfare Institute, Kirby Road.

Join in with this friendly social group on the first Monday of the month at 7.30pm. Sessions cost £2 to attend. All are welcome to come along and make new friends.

### Leigh Film Society CIC Classic Cinema Club – The Turnpike Centre, Civic Square.

Enjoy a classic film in an informal and dementia friendly environment on the last Friday of the month. The film starts promptly at 1pm. All films shown do have subtitles. Feel free to bring along your lunch or snacks, and tea and coffee is available. A £2 donation to come along would be much appreciated. Carers are free when accompanying. For more information, call Elizabeth on: 07969 647466.

### MemorableIGH – The Old Grammar School, Railway Road.

The group meets every Tuesday from 1pm – 3pm. Join in by sharing your memories and reminiscing about the local area. Sessions cost £4. For more information call Julie on: 07817 309873.

Would you like to take part in an hour of enjoyable tasks as part of an academic project for the University of Manchester? If you are interested then please contact Pauline or Martine on 01942 615895. The session will be held locally and there will be a small fee paid to participants too!

### Higher Folds Luncheon Club – Higher Folds Sports and Social Club, Kensington Drive.

Join the group for a chat and a bite to eat every Monday from 10am – 1.30pm. For more information, contact Jacqui on: 07378 606677.

### Kingsleigh Circle – Kingsleigh Methodist Church, King Street.

Join the group and take part in a variety of activities, crafts and listen to a guest speaker each week. The meetings are held every Wednesday from 2pm – 4pm unless otherwise stated. Sessions cost £2 to attend, and annual membership costs £3. For more information, contact Mavis on: 01942 674389.

### Wheelchair Bowling – Leigh Spinners Mill, Park Lane.

Enjoy a game of indoor long mat bowling using the group's specialised wheelchairs. For more information, call: 07554 889556.

### Paperback Writers – The Coffee Stop, 23 Railway Road.

Come along to a creative writing session with a supportive group. You could get feedback on your own creative writing or even learn some new skills. Meetings are held every Wednesday from 10.30am – 12.30pm and cost £6 to attend. For more information, contact Julie on: 07817 309873.

### The Dark Writers Creative Writing Group – The Coffee Stop, 23 Railway Road.

Meetings are held on the first and third Tuesday of the month from 7pm–9pm. The sessions cost £6. All are welcome to come and give it a go. For more information contact Julie on: 07817 309873.

### Leigh Photography Group – The Coffee Stop, 23 Railway Road.

Join in on the first and third Tuesday of the month from 7pm – 9pm. There are practical sessions as well as technical briefings. All abilities welcome. Guidance on taking and improving photographs and some outdoor workshop opportunities is offered. For more info, contact Rik on: 07915 545707.

*Please note the groups that meet at The Coffee Stop meet on an upper floor with no lift available.*

Making Space - Do you have caring responsibilities and are aged over 50? Could you benefit from some extra support? We support carers by providing information, advice, confidence building, sign posting and much more... Please ring us on: 01942 367160 for a chat about how we can assist you.

Leigh Memory Walk – Pennington Hall Park, St Helens Road, Leigh.

Come along on the Leigh Memory Walk on 23<sup>rd</sup> August to promote awareness of dementia and raise funds for the Alzheimer's Society. The walk starts at 12noon, with registration taking place at 11.45am.

Leigh St George Table Tennis Club – Leigh Spinners Mill (2<sup>nd</sup> Floor), Park Lane, Leigh, WN7 2LB.

Enjoy a game of table tennis with a fun and welcoming group every Thursday from 1pm – 3pm. Sessions cost £2 to attend and light refreshments are available. Social members are also welcome. There is also a beginners group which is held on Monday afternoons from 1pm – 3pm. For more information contact Kevin on: 01942 603158.

Leigh Miners Bowling Club – Leigh Miners Welfare Institute, Kirby Road.

The group meetings take place Monday – Friday from 7pm – 9pm and on Wednesdays from 1pm – 3.30pm. Members are welcome to play on any day or time as long as there is no match being played. Social members are welcome. The group costs £10 per season for both social and team members. Team players will also need to be a member of the Miners Club, which costs £1 if you're over 65.

Brunswick SS Recreation Club – 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 crafting on Fridays from 1pm – 3pm. The gala day is on Saturday 8<sup>th</sup> June. There will also be fun days on 1<sup>st</sup> June, 27<sup>th</sup> July, 17<sup>th</sup> August, 14<sup>th</sup> September and 28<sup>th</sup> September. Come along and join in the fun and BBQ. For more information, contact Verity on: 01942 253599.

1 to 1 - Are you currently living alone and would like to chat about your opinions on the local neighbourhood? Then we would like to hear from you. The chat won't take up much time, is completely informal and held at a place of your choosing. For more information, call: 01942 615895.

Leigh 'Carnival in Motion' Spinning Gate, Leigh - On Sunday 9<sup>th</sup> June, the parade starts at the Spinning Gate car park area at 11am and will go down Bradshawgate, back up Lord Street and back to the static site. From 12noon – 3pm explore what the carnival has to offer including performances from local talent and learn about all the vibrant groups and activities taking place in Leigh all year round.

Atherleigh Ladies Bowling League

The group meets at various clubs on Tuesday afternoons from 1.30pm. These clubs include: A&T (Gin Pit), Botanical Gardens, Brunswick, Gardeners, Leigh Cricket Club, Leigh Rugby Club, Lord Nelson (Hindley), Sacred Heart (Hindley Green), Tyldesley and Westleigh Village Club. All clubs welcome new members and have teams for ladies and gentlemen. For more info, contact Joyce on: 01942 874606.

Golden Years – Higher Folds Community Centre, Stirling Close.

Join in with some group activities, or just come along for a chat and make new friends every Friday from 11am – 2pm. Sessions cost £2 to attend. If you would be interested in learning some new tech skills or would like more information about the group, call the centre on: 01942 674548.

Tamar Bowling Club – The Tamar Pub, Wigan Road.

Enjoy a game of bowls every day of the week (except Wednesdays) after 12noon between March and September. Membership costs £10 per year. Social bowlers are welcome. Contact Brian for more information on: 01942 269174.

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

Learn some relaxation techniques as well as tips on how to live a healthy and positive lifestyle on the last Thursday of the month from 10am – 12noon. U3A membership is required to attend, however you can attend up to two meetings before requiring membership. For more information email Christine: [hart863@btinternet.com](mailto:hart863@btinternet.com)

Happy Timers CIC – Appy Days – Leigh Library, The Turnpike Centre, Civic Square.

Join the group on Thursdays from 10am – 11.30am and get help and advice on using a tablet and help buying your own if you'd like to own one. Come along for a cup of tea and a chat, the group is very informal and friendly. For more information call Sandra on: 07855 851183.

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

Give art a go every Thursday from 10am – 3pm. All abilities are welcome. The first session is free, and will cost £4 per session after this, which includes tea and coffee and the tutor fee. For more information contact Anna on: 01942 270161 or visit their website: [www.golborneandlowtonartgroup.com](http://www.golborneandlowtonartgroup.com)

Leigh and District Angling Association – Membership costs £10 a year for concessionary members (i.e. Retired or disabled members), £23 per year for adults over 18. Waters included are: Bickershaw Flash, Fir Tree Flash, Firs Park Lake, Queens Fishery, Pennington Flash and some parts of the canal around Leigh area. Formal committee meetings are held quarterly.

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

Enjoy a game of Bingo with a friendly group every Monday from 1pm – 3pm. It's free to come along, Bingo books cost 60p each. You can also have lunch with the group, which costs £1. For more info call Anita on: 01942 707294.

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

Enjoy a weekly session every Tuesday from 1.30pm – 2.30pm, exploring mindfulness meditation and gentle movement for relaxation and well being. The group is informal, friendly and tea, coffee and biscuits are free. Activities are mat and chair based. Please wear comfortable clothes and layers when attending. Sessions cost £6/£5 concessionary. Early bird offer: Pay for 5 sessions for £25. Leigh based evening indoor and outdoor Mindfulness sessions in local parks will begin from May. To book a place or for more information, call Cath on: 07984 123445 or email [cathhawkins@yahoo.co.uk](mailto:cathhawkins@yahoo.co.uk).

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

Meetings are held on the first, second and fourth Tuesday of the month at 7.30pm. The group is friendly and social and meets to listen to guest speakers, see demonstrations and enjoy a cup of tea and a chat. There are regular meetings with other guilds, as well as outings and social gatherings throughout the year. New members are always welcome and encouraged to come along to a meeting.

Waterside Inn, Twist Lane, Leigh WN7 4DB.

On Tuesday 4<sup>th</sup> June at 12 noon there will be a special event for over 50s. Enjoy a 2 course meal, Neil Diamond Tribute singer and bingo for £8 per person. To book or enquire about putting on an event or activity at this venue contact 01942 605005.

If you would like to be included in the next 'What's On' guide, please contact us:

Tel: 01942 615895

Email: [ambition@ageukwiganborough.org.uk](mailto:ambition@ageukwiganborough.org.uk)