

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? Come along and join the group every Friday from 10am to 12.30pm. There is a £1 donation cost to attend and all are welcome. For more information call: 07773 226052.

Paperback Writers at The Coffee Stop, 23 Railway Road.

Try your hand at some creative writing with a supportive writing group. The group meets every Wednesday from 10.30am till 12.30pm. You can receive feedback on your own writing and even learn some new techniques. The sessions cost £6 to attend.

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

The group meets on Tuesday evenings from 7pm till 9pm. The sessions cost £6 to attend. For more information on either of these groups, call Julie on: 07817 309873.

Groups at The Coffee Stop meet on an upper level floor with no lift available.

Jigsaw at Leigh Miners Welfare Institute, Kirby Road.

Join this social group on the first Monday of the month at 7.30pm. The group enjoys days out, meals and holidays together. The session costs £2 to attend.

MemorabLEIGH at The Old Grammar School, Railway Road.

Share your memories and reminisce about the local area every Tuesday from 1pm till 3pm. Sessions cost £4 to attend. For more information, call Julie on: 07817 309873.

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

Come and give art a try with a supportive and helpful group. The group meets every Thursday from 10am—3pm. The sessions cost £4 to attend, which includes tutor fee, tea and coffee. The first session you attend is free as a taster session.

Happy Hunters at Community in Action, 4 The Centre, Higher Folds.

A beginner friendly metal detecting group. The group will start up again in the new year after a break. For more information call Kris Twigge on: 07444 759408.

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

Have a game of table tennis with a fun and welcoming group every Thursday from 1pm till 3pm. The sessions cost £2 to attend and light refreshments are available. New to table tennis? Come along to the beginners session on Monday afternoons from 1pm till 3pm. For more information, contact Kevin on: 01942 603158.

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

Enjoy some activities, a chat and maybe even make new friends every Friday from 9.30am till 11.30am. The session costs £2 per family to attend. Coffee, tea and toast are available. For more information call: 01942 260628.

If you would like to request additional copies contact us:

Telephone: 01942 615895 Email: ambition@ageukwiganborough.org.uk

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Leigh West Letter

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

NOV 2019

Age Friendly Leigh - Sit Thi Deawn Project.

Look out for the age friendly flower logo in the local shop windows! Businesses that display this logo have agreed to providing at least a seat, patience, a glass of water and an emergency phone call to those aged 50+ in an emergency.



One to one IT sessions

Would you like to learn some basic IT skills at your own pace? Or would you be available for a few hours per week to pass on some of your IT skills?

If you said yes to either of these, we want to hear from you!

Give us a call on: 01942 615895.

The 'Talking About My Generation' news team have published the third edition of The Record newsletter and podcast. This includes articles about three grandmas from Wigan who took up writing in their retirement and a retired senior Fire Officer who went back to Wigan Fire Station 40 years after his retirement. Check them out and help change the record on ageing!

You can read the [newsletter here](#) and listen to the [podcast here](#). If you'd like a paper copy of the Record, phone Liz at Age UK Wigan Borough on 01942 615895 and she'll send you one in the post.

If you live in Wigan borough and would like to try your hand at being a community reporter, there's still time for you to join in. Contact Grace at Yellow Jigsaw: grace@yellowjigsaw.co.uk or Liz at Age UK Wigan Borough on 01942 615895 for more information.

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 and great conversation! An optional church service will follow at 11am.



Keep an eye out for our new training courses for volunteers!

Driven - Do you enjoy driving? Register with Driven Community Transport and they will match you with residents near you who are isolated or 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 for more information. It's Good To Be Driven.

Ted's Tales

Local author Ted Dakin enjoys reading his short stories to anyone who likes 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 a reading, ring: 01942 498193.

Leigh Community Trust at Leigh Harriers Building, Leigh Sports Stadium, Sale Way, WN7 4JY (opposite Exit Gate East 7 of the stadium).

Functional Pilates classes are held every Monday from 10am till 11am. Come along to help keep fit physically and mentally as you meet new friends in a safe and caring environment. Sessions cost £3.



Step Together dance group also takes place every Monday from 11.15am till 12.15 pm. Using a range of dance styles and music, participants will learn a creative piece of dance with no obligation or pressure to perform. Sessions cost £3.

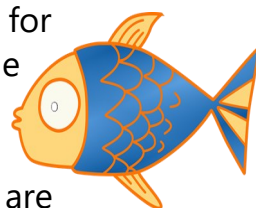
Fit n Fun a new dance fitness class for ladies aged 50+. Using music from the 50s and 60s, you can learn dance moves while raising your heart rate and improving strength, flexibility, fitness and co-ordination. This is a class for beginners, and all are welcome to come along and give it a try. Sessions cost £4.

Please call before attending to book your place! Call Michelle on: 07786 638886.

Making Space Do you have caring responsibilities and are aged over 50? Could you benefit from some extra support? Making Space help to support carers by providing information, advice, confidence building, sign posting and much more. For more information, call: 01942 367160.

Leigh and District Angling Association

Membership will cost £10 a year for concessionary members, £23 a year for adults over 18, membership is free for juniors. Waters included within the membership are Bickershaw Flash, Fir Tree Flash, Firs Park Lake, Queens Fishery, Pennington Flash and some parts of the canal around the Leigh area. Formal committee meetings are held quarterly. Membership cards are available to purchase from Leigh Tackle and Bait and Atherton Tackle.



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: 01942 498193.

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

Enjoy a classic film in an informal environment on the last Friday of the month. The doors open at 12 noon, with the film starting at 1pm. All of the films shown have subtitles. You can bring your own lunch and snacks, 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 well-being every Tuesday from 1.30pm till 2.30pm. Sessions cost £6 to attend. Early bird offer: Pay for five sessions for £25. There will also be a weekly Tuesday evening session from 6.30pm till 7.30pm starting in November. If you are a carer affected by dementia you can attend two sessions (either day time or night time) 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

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.

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 (Note: The next group meeting will be January 2020) from 10am till 12noon.

Leigh Miners' Bowling Club at Leigh Miners Welfare Institute, Kirby Road.

Members are welcome to come and have a game of bowls at any time, as long as there isn't a match being played. Group meetings take place Monday to Friday from 7pm till 9pm and on Wednesdays from 1pm till 3.30pm. Social members are welcome to join. It costs £10 per season for social and team members.

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

Join the group for a chat and a bite to eat 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.

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

Indoor Bowling at Leigh Spinners Mill.

Have a game of bowling in a welcoming environment. You will need to pay to attend the bowling session, however if you would need a wheelchair to take part in the game, these are available to use for no charge. To book or for more info call Eric on: 07596 290871.