



# Leigh West Letter

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

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

The group meets Thursdays from 10am – 3pm. Sessions cost £4 to attend, which includes tutor fee, tea and coffee. Come along and give it a try as the first session is free! For more information contact Anna on: 01942 270161.



**Leigh West Health and Well Being Event** – Leigh Miners Welfare Institute, Kirby Road. Friday 19<sup>th</sup> October 12noon – 2pm.

Come along and browse a variety of stalls from local over 50s groups, have a free health check up, and more. The event is free to attend, and free refreshments are provided. Entertainment provided by Rhythm Reactions!

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

Join this welcoming and social group on the first Monday of the month from 7.30pm. Make new friends or meet old ones, or even join the group on a holiday. All are welcome! Sessions cost £2 to attend.

### Ted Listens

We would like to chat to you about key times in your life and produce your thoughts on a CD. Ted Dakin, our local author who raises money for the Alzheimer's Society is looking for people to join in. For more details please call: 01942 615895.



**Leigh Lions presents 1940s Boogie Night** on Saturday 6<sup>th</sup> October 2018 from 7.30pm at Lowton Social Club, Newton Road, WA3 2AQ.

There will be entertainment from the Davies Sisters who will be singing their favourite World War 2 songs, as well as a DJ and war sounds. 1940s dress would be appreciated and enhance the atmosphere. Tickets cost £10 which includes hot pot supper, a sing-along sheet and a flag, and are available from Lowton Social Club and Morrisons Leigh.

### **Golden Years** – Higher Folds Community Centre, Stirling Close.

The group meets every Friday from 11am – 2pm. Come along and have a chat and join in with some of the activities. It costs £2 to attend. If you would be interested in learning some new tech skills or would like more information on the Golden Years group, contact the centre on: 01942 674548.

### **Leigh St George Table Tennis Club** – Leigh Miners, Kirby Road.

Have a go at a game of table tennis every Thursday from 1pm – 3pm. Sessions cost £1.50 to attend and light refreshments are provided. Social members are also welcome. For more information contact Kevin on: 01942 603158.

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

Come and enjoy a bite to eat with a friendly group. The group meets every Monday from 10am – 1.30pm. For more information, contact Jacqui on: 07378 606677.

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

Meetings are held every Wednesday from 2pm – 4pm. Join in with a variety of activities, crafts and listen to a different speaker every week. Annual membership is £3, and it costs £2 to attend each session. A trip to Leagram Organic Dairy is planned on Wednesday 24<sup>th</sup> October 2018 at 2pm, to see a cheese making demonstration by Faye Kitching. This costs £3 to attend, which includes light refreshments. Cheese will be on sale at the end. For more information, contact Mavis on: 01942 674389.

### **Driven**

A new volunteer-led door to door transport service designed to help people who might be confined to their own home, struggle with public transport or have no car access. For more information call: 01942 409602.

### **Leigh U3A** – Leigh Miners, Kirby Road.

Leigh U3A is home to a variety of groups. There's something to suit everyone. Membership costs £15 per year, but you can attend two meetings before requiring membership. Call: 01942 538545 for more information.

**Relaxation and Support** – Meetings are held on the last Thursday of the month from 10am – 12noon. Come along and learn about relaxation techniques. For more information, email: [hart863@btinternet.com](mailto:hart863@btinternet.com)

**Spice of Life Chorus Group** – Have some fun with some singing every other Monday (next meeting will be held on the 1st October 2018) from 1pm – 3pm. All abilities and musical tastes are catered for, come and give it a try! For more information, contact Pauline on: 07778 215470.

**U3A Bowling Group** – Have a go at bowling (indoor or outdoor depending on the weather!) every second and fourth Friday of the month from 10.30am – 12noon. Sessions cost £1 to attend. For more information, contact Gerry on: 01942 518465.

## **Leigh and District Angling Association**

Membership cards are available from Leigh Tackle & Bait, 90 – 94 Leigh Road or Atherton Tackle, 136 Market Street. Membership costs £10 per year for concessionary members (i.e. Retired or disabled anglers) and £20 per year for adults over 18. Juniors are free. Waters included are: Bickershaw Flashes, Fir Tree Flash, Firs Park Lake, Queens Fishery at Abram and parts of the canal around the Leigh area.

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

Join this group for some creative writing! Meetings are every Wednesday from 10.30am – 12.30pm. Get feedback on your own writing or learn some new techniques. Sessions cost £6 to attend. Please be aware this group meets on an upper floor with no lift available. For more information, contact Julie on: 07817 309873.

## **Kingsleigh over 60s Bingo and Social Group – Kingsleigh Methodist Church, King Street.**

The group meets every Monday from 1pm – 3pm. There is no charge to come along. Bingo books are 60p each and you can also enjoy lunch for £1. For more information contact Anita on: 01942 707294.

## **Brunswick SS Recreation Club – Leigh Road, Hindley Green**

Come try your hand at archery every Monday and Wednesday from 4pm and from 12.30pm on Saturdays. Have a go at some football every Tuesday and Thursday, with matches on Saturdays and Sundays. There is a craft group which meets every Friday from 1pm – 3pm. For more information contact Verity on: 01942 253599.

## **Leigh Film Society – The Turnpike Centre, Civic Square**

Join the group for a classic film in an informal atmosphere on the last Friday of every month. The film starts at 1pm. Tea and coffee is provided, feel free to bring your own lunch along! For more info, contact Elizabeth on: 07969 647466.

## *Spotlight Volunteer*



Elizabeth Costello is co-founder and volunteer at Leigh Film Society which started in Tyldesley in 2013. Leigh Film Society has many film projects, offering something for everyone. Their focus is to provide an inclusive cinema experience that is welcoming and enjoyable.

Elizabeth is also an Ambassador for Age UK Wigan and enjoys getting involved with Ambition for Ageing projects. Elizabeth says that she loves volunteering at Leigh Film Society because she gets to watch some great films and meet lovely people.

In June 2018 Leigh Film Society received the prestigious Queen's Award for Voluntary Service. Elizabeth was personally awarded a British Empire Medal for her contribution to the Arts in Leigh.



### **Life Through A Lens** – Leigh Sports Village, Sale Way.

Our “Life Through A Lens” programme is for veterans and their families, using Virtual Reality to create new memories and re-ignite old ones. Come and join us on a Monday 1-3pm for a chat a coffee and delve into the wonderful world of virtual reality, for more information contact Dave on: 01942 487 847.

### **Leigh RUFC Bowling Group** – Hand Lane, WN7 3NA

Take part in a game of bowls with a friendly and sociable group. Social bowlers are welcome and refreshments are available. Annual membership to the group is £10. For more information, contact Anne on: 07887 957956.

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

A reminiscence and history group which meets every Tuesday from 1pm – 3pm. Remember and celebrate your memories of the local area. Sessions cost £4 to attend. Contact Julie on: 07817 309873 for more information.

### **Tamar Bowling Club** – The Tamar Pub, Wigan Road.

Enjoy a game of bowls every day after 12noon. The membership costs £10 per year. Social bowlers are welcome. For more information contact Brian on: 01942 269174.

### **Leigh Warblers** – Bridgewater Medical Centre, Henry Street.

The group meets every second and fourth Thursday of the month from 11am – 1pm. Take part in some breathing exercises and songs that are not only enjoyable and stimulating but may also help with symptoms you experience with long term lung conditions. For more information call Natasha on: 07814 205865.

### **Making Space**

Working potential – An Ambition for Ageing project funded by Big Lottery. Are you a Carer aged 50 or above and wish to get back into employment? Job Coaches, Denise and Anna can help you with full or part time work, volunteering or work experience. We can support with job specific skills, CV building and application forms. Contact Anna or Denise on 01942 367160 or email: [workingpotential@makingspace.co.uk](mailto:workingpotential@makingspace.co.uk)

**Currently Living Alone? Want your voice and opinion to be heard?**

**We would like to chat to you!**

We would like to hear about your thoughts and opinions on your local area. The chat will only take half an hour of your time. If this is something you are interested in, please contact us on: 01942 615895.

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)