



**A warm hello from your Bright Days Team**

We hope you are all keeping safe and well. This edition includes the Bright Days programme of activities for February, March and April. If you, or a family member or friend, have access to the Age UK Wigan Borough website, Facebook or Twitter, please keep checking for additional activities or events.



**10  
Fabulous  
Years**



**Congratulations for our amazing Silver Choir on your 10th Anniversary and to our musical director Sharon for making it such a success!**

If you would like to join the Silver Choir they meet every Wednesday of term-time at 10.15am at Argyle Street Methodist Church in Hindley. The cost is £3.50 per session and includes tea and biscuits.

**Face to Face Feb, March, April 2022 programme**

**Mondays** 10.30am—Walking Football\*, Howe Bridge Leisure Centre. £3.10per session

**Mondays** 11-12.30—Soup and Sandwich, Shevington Methodist Church. £3.50 per person. Food served between 11.15 and 12.15

**Tuesdays** 6.30pm—Walking Football\*, Newbridge High School, Platt Bridge. £3.10 per session

**Wednesdays** 10.15am—Silver Choir, Argyle Street Methodist Church, Hindley £3.50

**Wednesday** 1pm –3.pm – Jamming Session (Popular Music), The Old Courts, Crawford Street, Wigan (£5, includes tea/coffee/biscuits)

**Thursdays** 10am– Hindley Ukulele Group, Argyle Street Methodist Church, Hindley £3

**Thursdays** 7pm—Walking Football\*\*\*, Fred Longworth High School, Tyldesley £3.10

**Fridays** 1pm—Bingo, Hesketh Manor, Bullough Street, Atherton. Tickets £1 per book

**Fridays** 2pm– Women's Walking Football\*\*, Stadium Way (Previously known as Soccerdome) £3.10

**\*In partnership with Be Well at Wigan Council**

**\*\* In partnership with Be Well and Wigan Athletic Community Trust**

**\*\*\*Be Well session**



### **Telephone Activities (All Weekly)**

- Tuesdays at 1pm **Quiz** (this is a phone group)
- Thursday 1pm **Quiz** (this is a phone group)
- Thursdays at 2pm **Bingo** (this is a phone group)
- Fridays at 10.30am **Quiz** (this is a phone group)

**\*\*Note\*\*** Quizzes are sent out to you by post in advance and answers are given at the session.



### **Zoom Activities February 2022**

- Thursday 3rd February at 11am—(Zoom) **Bingo**
- Thursday 10th February at 11am—**Catchphrase** Try and work out the phrase from the picture! (Zoom session)
- Thursday 17th February at 11.00am—Zoom Café. Make yourself a brew and enjoy **Name that Tune/Family Fortunes** (Zoom session)
- Thursday 24th February at 11am—**Blankety Blank Join in the fun with Chris & Vicky** (Zoom session)

### **Zoom Activities March 2022**

- Thursday 3rd March at 11am—(Zoom) **Bingo**
- Thursday 10th March at 11am—**Catchphrase** (Zoom session)
- Thursday 17th March at 11.00am— **Name that Tune/Family Fortunes** (Zoom)
- Thursday 24th March at 11am –**Blankety Blank** .(Zoom session)
- Thursday 31st March at 11am—**Dipsticks** (Zoom session)

### **Zoom Activities April 2022**

- Thursday 7th April at 11am—**Zoom Bingo**
- Thursday 14th April at 11am—**Catchphrase** (Zoom session)
- Thursday 21st April at 11.00am— **Name that Tune/Family Fortunes** (Zoom session)
- Thursday 28th April at 11am –**Blankety Blank** (Zoom)

Call 01942 615883 to book any session. If you need support on how to access Zoom call Chris or Harry at Bright Days.

*All Sessions are FREE to join! (Donations are welcome)*

*If the cost of attending an Age UK Wigan Borough activity is an obstacle for you attending it please contact Sarah-Jane, Harry or Chris at our office.*

**We don't want anyone to miss out!**

### **We are looking for new Trustees to be part of our future**

If you want to contribute towards leading the charity and delivery of services to the older people of Wigan Borough take a look at our website to see what we do;

[www.ageuk.org.uk/wiganborough](http://www.ageuk.org.uk/wiganborough)

To find out more about what it means to be a charity trustee please visit;

[www.gov.uk/guidance/charity-trustee-whatsinvolved](http://www.gov.uk/guidance/charity-trustee-whatsinvolved)

Closing date for applications is 25th February 2022, 5pm





# Wigan Athletic Community Trust's EXTRA TIME



**Would you like to meet like-minded people and bring your free time alive?**

Wigan Athletic Community Trust's Extra Time programme provides **over 55s** in the Wigan Borough with the opportunity to meet new people, socialise, and do the things you enjoy doing!

Running in a safe, fun and inclusive environment, Extra Time is currently running both free online and face-to-face activities for its members.



**Tuesday 25th January | 12pm | Meet at Wigan Youth Zone for a gentle stroll around Mesnes Park - followed by free refreshments**



**Thursday 27th January | 12pm | Meet at Leigh Miners for a gentle stroll around Pennington - followed by free refreshments**



**Thursday 10th February | 3-4pm | Extra Time choir at Leigh Miners**



**Weekly sessions:** Tuesday | Wigan Youth Zone | 1pm-3pm  
Wednesday | Virtual coffee morning on Zoom | 3pm-4pm  
Thursday | Leigh Miners Welfare Institute | 1pm-3pm



For more information on the programme please call Christine on 01942 318090 or email [c.blundell@wiganathletic.com](mailto:c.blundell@wiganathletic.com)

**Don't forget to check out Leigh Film Societies web site and see their exciting program for this year [leighfilmsociety.com](http://leighfilmsociety.com) or ring them on 07969 647466.**

## Calling all knitters! Help your local Age UK Wigan Borough to earn

much needed income. We get 25p for every Innocent Smoothie sold with one of our mini knitted hats on! Here is the most basic pattern;

4mm needles

Cast on 31sts, knit in 2 rows

Beginning with a knit row work 12 rows in st st

Next row: k2tog to last st, k1 (16sts)

Next row: purl

Next row: k2tog to end (8sts)

Cut the yarn leaving approx. 10cm length. Thread this through sewing needle and bring through stitches and pull up to tighter

### Making up

Using a sewing needle join side seams.

Make a pompom in another colour and sew securely to top of hat.

*We have lots of other exciting patterns too if you want to get creative (Including crochet)!*

The deadline for getting these back to our office at Pennyhurst Mill is 31st May 2022. If you have a large quantity to return to us please ring us on 01942 615880 and we can arrange a pick up. Thank you in anticipation.



## **Please READ ME**

If you currently receive this newsletter by post but have an email please consider having it sent digitally. This would help us to save money on postage costs. If you would like to receive your newsletter by email in future please email [chris.kelly@ageukwiganborough.org.uk](mailto:chris.kelly@ageukwiganborough.org.uk) and let us know. Otherwise you will continue to receive your hard copy by post. Many thanks.

### **How you can help Age UK Wigan Borough (a local charity for local people)**

- Tell your friends about our services
  - Make a donation
- Use our paid-for services (Support at Home for cleaning, shopping, small jobs around the home)
  - Volunteer for us
- Leave a legacy to Age UK Wigan Borough

If you would like any more information on the above please contact us on  
**01942 615880**



#### **Services**

- Bright Days face to face, telephone, postal and Zoom activities
- Information and Advice for benefits advice and form filling (by phone, email or Zoom only)
- Support at Home for help with cleaning, shopping, small jobs in the home, etc

To enquire about any of our services please ring us on the number below.



**Contact us:**

**Age UK Wigan Borough, Pennyhurst Mill, Haig Street, Wigan WN3 4AZ.**

**Tel: 01942 615880 (Monday-Friday 09:00-16:00).**