



# Pemberton Press

What's on for the over 50s in Pemberton **AUGUST 2019**  
EDITION

## Dance Through the Decades with Latics Extra Time Hub and Rugby Memories.

Come along to an afternoon of dancing through the decades at the Marquee at the DW Stadium on Tuesday 20<sup>th</sup> August from 1pm – 3pm. The event is free to attend and light refreshments are provided along with live music and a dance instructor.



## Wigan Rugby Memories – Central Park, Montrose Avenue.

Have a chat and reminisce about all things Wigan Warriors every other Tuesday from 2pm – 4pm. The next group meeting will be on 20<sup>th</sup> August. There are regular visits from past and present players. It's free to attend and refreshments are available.

## Age Friendly Pemberton – Sit Thi Deawn/Take A Seat

Look for the age friendly flower logo in the windows of local businesses. Businesses displaying this logo have committed to providing at least a seat, patience, a glass of water and an emergency phone call to those aged 50+ if needed in an emergency.



## St John's Church – Church Street.

Come along to the free community lunch on the last Saturday of the month from 12noon – 2pm. All are welcome to come and enjoy a free meal and to socialise. There is also a bereavement support session which runs on the first Monday of the month from 7.30pm. All are welcome to attend.

## **Health and Well Being Event** **Lamberhead Green Working Mens Club** **White Street, Pemberton**

**Friday 13th September 2019 12noon – 2pm**

A fun and informative free event aimed at people over 50. Free refreshments are provided, and there will be various stalls to browse, as well as information and advice and information about local social activities. There's no need to book a place, just come along.

For more information call: 01942 615895.

Extra Time Hub – DW Stadium, Loire Drive.

Come along every Tuesday from 1pm – 3pm and take part in some exciting activities, find out about opportunities open to you as well as meeting like minded people and socialising. Activities include quizzes, arts and crafts, sporting activities and more. Sessions cost £3 to attend, which includes tea and coffee. For more information contact Christine on: 01942 318090 or email [c.blundell@wiganathletic.com](mailto:c.blundell@wiganathletic.com)

Pemberton Pens – St Francis Church Hall, City Road.

All writing abilities are welcome to come along and have a go with support from a supportive creative writing and friendship group. The group meets every Wednesday from 10am – 12noon. The first session is free to come along and try. Sessions will then cost £2 after this, which includes tea, coffee and biscuits. For more information, call Irene on: 07897 623158.

Reflections Wigan CIC – Orrell Hall Barn, Spring Road.

A personalised day care and activity club for people primarily with dementia, our services are also used by people with learning disabilities and who are socially isolated. We are open Monday – Friday from 10am – 4pm. A range of activities are available including arts and crafts, reminiscence, baking, Tai Chi, music and dance and much more. Darts, Dominoes, and pub lunches are also served in the Reflections pub (no alcohol is served). For more information, contact the centre on: 01942 564440 or contact them via their Facebook page or visit their website: [www.reflectionswigan.co.uk](http://www.reflectionswigan.co.uk)

St Francis Over 60s Club – St Francis Church, City Road.

Come along every Wednesday from 1.45pm – 4pm. Enjoy some modern sequence dancing with a friendly group. Membership to the group is preferable. For more information, call George on: 07858 731246.



Haigh Memory Walk – Haigh Woodland Park, Wigan

Join the memory walk to promote awareness of dementia and raise funds for the Alzheimer's Society on Saturday 7<sup>th</sup> September. The walk begins at 11am, with registration taking place at 10.30am. For more information contact Joanne on: 01942 404243.

Have you heard about the new 'Talking About My Generation' campaign? A group of community reporters aged 50 and over from Wigan Borough and across Greater Manchester have teamed up to launch the campaign and will be reporting on people's stories of life over 50; celebrating their lives and highlighting challenges associated with ageing and how they are being overcome - to inspire people to live the life they choose, regardless of age. The team will meet at monthly newsrooms and attend local events and groups to cover key issues that they feel are important in later life: from retirement to staying active. To see the reporters' stories contact Liz on 01942 615895 for a copy of their newsletter or go to [www.yellowjigsaw.co.uk/TalkingAboutMyGeneration](http://www.yellowjigsaw.co.uk/TalkingAboutMyGeneration)

Young at Heart Over 60s Club – Bramble House, Broom Road.

Enjoy a variety of activities with a friendly group every Friday from 1pm – 3.30pm. Activities include movement to music, memory games, Dominoes and more. The session costs £3 to attend, which includes refreshments and homemade cake. For more information, call Rita on: 01942 231901 or: 07542 586156.

### 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.

### Ambition for Ageing IT Project

Would you like to learn some basic IT skills? Or maybe you'd enjoy passing on your knowledge and helping other people to learn. If either of these sound interesting to you, please give us a call to discuss it further on: 01942 615895.

### Young At Art – Masonic Hall, Chapel Street.

Join the group for an art session every Tuesday (except the second Tuesday of the month) from 1pm – 3pm. Come along and make new friends and find the relaxation that art brings. The session costs £2 to attend (there is a £1 retainer fee for missing weeks). For more information, call Dorothy on: 01942 247653.

### Aspects Day Club – Masonic Hall, Chapel Street.

The day club provides a welcoming day care setting for older people to come along and socialise and maintain their health and well being. The club is open Tuesday – Thursday from 9.30am – 3.30pm. For more information, call Shirley on: 07792 757793.

### Wigan MS Therapy Centre – Marsh Green Community Centre, Kitt Green Road.

The centre offers a wide range of therapies for people with MS, as well as an accessible gym. The centre is open on Tuesdays from 10am – 3pm, and on Wednesdays and Thursdays from 9.30am – 4pm. There is a craft morning on Tuesdays from 10am – 12noon as well as Yoga on the same day from 1pm – 2pm. For more information, give the centre a call on: 01942 217696.

### Latics Memories – DW Stadium.

A bi – weekly session aimed at those with dementia and their families/carers. The sessions include video footage, old programmes and memorabilia from Wigan Athletics' past. The group looks to spark conversation through football and relive and share those memories with others. For more information call Ian on: 01942 318090.

1 to 1 - Would you like to have an informal chat to discuss your thoughts and opinions on the local area? We'd love to hear from you! Give us a call on: 01942 615895.

### Fur Clemt – Montrose Avenue, Norley Hall.

The Fur Clemt food outlet is open Monday – Friday from 11.30am – 3pm. With a £5 membership, you can shop twice a week for only £2 per visit. All are welcome to start a membership here and have access to fresh fruit, vegetables and more. You can also enjoy a hot meal at the Fur Clemt cafe Monday to Friday from 12noon. There are a variety of meals available, with prices starting at just £1 for soup and a sandwich. An activity group for the over 50s also meets at St Barnabas Church (Kitt Green Road, Marsh Green) every afternoon from 2pm – 4pm. All are welcome to attend.



Please cast your vote for Rugby Memories to win a National Lottery Award!

Voting is easy, either visit [www.lotterygoodcauses.org.uk/awards](http://www.lotterygoodcauses.org.uk/awards) or tweet @LottoGoodCauses using the Awards hashtags #NLARugbyMemories #NLA

### 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 615895.

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. To have a chat about how they could assist you, call: 01942 367160.

### Orrell Music and Dramatic Society – Living Faith Church Hall, Church Street.

The group meets on Wednesday evenings from 7.30pm. Singers and non-singers are always wanted, both on stage and behind the scenes. All abilities and new members are welcome. The group are on a break in August, and will be returning on 4<sup>th</sup> September to start rehearsals for a concert to be performed in January 2020. For more information or to arrange to come and see a rehearsal, call: 01695 622713.

### Marsh Green Art Group – St Francis Hall, City Road.

Enjoy an arty session every Tuesday from 12noon – 3pm. The session costs £2 to attend. All materials are free to use. For more information call Barry: 07837 981414.

### Winster House – Helvellyn Road, Norley Hall.

Join the group for some games of Bingo every Monday from 1.30pm. Come along to the coffee morning every Wednesday from 9am for a hot drink and a chat.

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.

### Grosvenor Court – Orrell Road.

Join in with a game of Bingo with the group on Mondays and Wednesdays from 2pm. You can enjoy some tea, toast and a chat on Thursday mornings from 9.30am. Chair Yoga will take place on Thursday evenings from 5.45pm. Sessions will be lead by an instructor and will cost £5 to attend. Starting 12<sup>th</sup> August, Grosvenor Court will be offering use of their lounge on Tuesdays and Fridays for a £10 fee. This fee may be halved for a new group just starting up.

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)