

St Johns Church, Church Street.

A free community lunch is held here on the last Saturday of the month from 12noon till 2pm. All are welcome to come along and enjoy a free meal. A bereavement and support session is also held here on the first Monday of the month from 7.30pm.



Young at Art at Masonic Hall, Chapel Street.

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

Bright Days Wednesday Club at Queens Hall, Market Street, Wigan.

A new weekly club to meet friends and make new ones. A variety of indoor games and activities are on offer. You can also enjoy a hot drink, a chat and read the newspaper. For more information, call: 01942 615883.

Winstor House, Helvellyn Road, Norley Hall.

Come and grab a bite to eat at the Brunch Club every Monday from around 11.30am. On Monday afternoons, there is also a Bingo session from 1.30pm, enjoy a chat and a game! There is also a coffee morning which is held on Wednesdays from 9.30am where you can have a hot drink and socialise. Regular trips and meals out are planned, and new faces are always welcomed.

Grosvenor Court, Orrell Road.

Eyes down for a session of Bingo on Monday afternoons from 2pm. Enjoy some tea, toast and a chat with a friendly group at the centre every Friday morning from 9.30am. A quiet room in the centre is also available for hire, which could be used for counselling sessions or similar. For more information, or to book the quiet room, contact Sheree on: 0370 1924412.



Fur Clemt Food Outlet at Central Park, Montrose Ave.

The annual fee for using the Food Outlet is £5 and each visit to the store costs £2. You can visit the outlet twice per week and you can have up to 20 items in each shop. This includes bakery items, freezer items and fresh fruit and veg. The outlet is open weekdays from 11am till 3pm. All are welcome to become members of the food outlet.

Bright Days at Age UK Wigan Borough

While the Ambition for Ageing Project will close at the end of March 2020, the Bright Days project at Age UK Wigan Borough have a leaflet filled with various activities that take place throughout the Wigan Borough!

If you would like to go on the mailing list and receive the Bright Days brochure every time a new one is made, call: 01942 615883.



ambition
for
ageing

WE'RE MAKING
GREATER MANCHESTER
AGE-FRIENDLY
2019



COMMUNITY
FUND



Pemberton Press

What's on for the over 50s in Pemberton **MARCH 2020**

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

Join the group every Friday from 1pm till 3.30pm for a variety of activities including movement to music, memory games, Dominoes and more. The session costs £3 to come along, which includes refreshments and homemade cake! For more information, contact Rita on: 01942 231901.



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

The group meet 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 particularly looking for singers to join them for their upcoming production of 'Made in Dagenham' which will be staged in July 2020. For more information or to arrange to come and see a rehearsal, call: 01695 622713.



Extra Time Hub at DW Stadium, Loire Drive.

Join in with some exciting activities every Tuesday from 1pm till 3pm. Activities include quizzes, arts, table tennis, Boccia and lots more. Sessions cost £3 to attend, which includes tea and coffee.

For more information, contact Christine on: 01942 318090 or email her: c.blundell@wiganathletic.com



Age Friendly Pemberton - Sit Thi Deawn Project.

Have you seen this flower logo in the windows of local businesses? Businesses that display this logo have agreed to provide at least a seat, patient staff, a glass of water and an emergency phone call in an effort to make Pemberton a more age friendly place.

Keep an eye out for the logo!



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 Ted on: 01942 498193.

Reflections Wigan CIC at Orrell Hall Barn, Spring Road.

A personalised day care and activity club for people primarily with dementia, the services are also used by people with learning disabilities and who are socially isolated. The centre is open Monday to Friday from 10am till 4pm. A range of activities are available including arts and crafts, reminiscence, baking, Tai Chi, music and dance and 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. You can also contact them on their Facebook page or visit: www.reflectionswigan.co.uk

St Barnabas Friendship Group at St Barnabas Church, Marsh Green.

Come and meet some new friends, and have a sit down and a chat every Thursday from 12.30pm till 2pm. The sessions cost £1.50 to attend, the cost of which goes towards paying for transport for outings for the group. All are welcome!



Moving Memories at Robin Park Arena, Loire Drive.

Come along every Friday from 1.30pm till 3pm for a variety of activities in a dementia friendly and supportive environment. Activities range from Boccia to Yoga and more. A choice of activities to take part in is available each week and all fitness levels are welcome. The session is free to attend, and refreshments are provided.



Marsh Green Art Group at St Francis Hall, City Road.

Take part in a creative art session with a friendly group every Tuesday from 12noon till 3pm. The sessions cost £3 to attend. The materials are provided and are free to use. All are welcome to join in. For more information call Barry on: 07837 981414.

Wednesday Club at St Francis Church Hall, City Road, Kitt Green.

Join the group for some modern sequence dancing every Wednesday from 1.45pm till 4pm. Membership to the group is preferred. For more information, contact George on: 07858 731246.

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? Join the group every Friday from 10am till 12.30pm for a brew and a chat. There is a £1 donation cost to attend, and all are welcome. For more information call: 07773 226052.



Ted's Tales

Local author Ted Dakin enjoys reading his short stories to groups who would like 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, call Ted on: 01942 498193.



Wigan Rugby Memories at Robin Park, Loire Drive.

The group meets for a chat and to reminisce about all things Wigan Warriors every other Tuesday from 2pm till 4pm. There are regular visits from past and present players to the group as well as activities to take part in. The session is free to come along to, and refreshments are provided.

Wigan MS Therapy Centre at Marsh Green Community Centre, Kitt Road.

Opening times for the centre are: Tuesdays from 10am till 3pm and Wednesdays and Thursdays from 9.30am till 4pm. The centre offers a range of therapies for people with MS as well as an accessible gym and support from a caring group. A craft morning takes place here on Tuesdays from 10am till 12noon. There is also a Yoga session on Tuesdays which starts at 1pm and runs till 2pm. For more information, call the centre on: 01942 217696.

Pemberton Pens at St Francis Church Hall, City Road.

Try your hand at some creative writing with a helpful and supportive group. The meetings take place every Wednesday from 10am till 12noon. Come along to your first session for free to give it a try. After this, the sessions will cost £2 which includes tea, coffee and biscuits. For more information, call Irene on: 07897 623158.



Aspects Day Care at 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 to Thursday from 9.30am till 3.30pm. For more information, call Shirley on: 07792 757793 or visit their website: www.aspectsofcare.co.uk

Talking About My Generation.

The Talking About My Generation news team have launched the new edition of their 'On The Record' magazine. This is full of articles about people who are changing the record on growing older across Wigan Borough and Greater Manchester! Give it a read on the team's brand new website: <https://talkingaboutmygeneration.co.uk/category/the-record/>

If you'd like a paper copy of the magazine, phone Liz at Age UK Wigan Borough on 01942 615895 and she'll send you one in the post.