

Pemberton Pens at St Francis Church Hall, City Road.

Have a go at some creative writing with a helpful and supportive group. The group meets every Wednesday from 10am - 12noon. The first session is free for you to give it a try. After this, 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.

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

Take part in a variety of activities including movement to music, memory games, Dominoes and more with a friendly group. The group meets every Friday from 1pm till 3.30pm. It costs £3 to come along, which includes refreshments and homemade cake. For more information call Rita on: 01942 231901.

St Johns Church, Church Street, Pemberton.

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

Young at Art at Masonic Hall, Chapel Street.

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

The 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.

Sunshine New Beginnings at Sunshine House, Wellington Street, Scholes.

Come along and join the group every Friday from 10am till 12noon. The group get together for a chat, to do quizzes, have afternoon tea and more activities. Day trips and trips out to see shows are also occasionally planned. There is also the option to stay for lunch after the session. For more information call: 01942 820026.

Age UK Wigan Borough AGM at Queens Hall, Market Street, Wigan.

The AGM will begin at 12.30pm and run till around 1pm. Sandwiches will be served afterwards. All are welcome to come along.

If you would like to be included in the next guide, or would like to request additional copies, give us a call or send us an email!

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

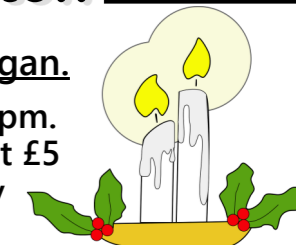
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Pemberton Press

What's on for the over 50s in Pemberton NOV 2019

Bright Days Christmas Party at Queens Hall, Market Street, Wigan.

Join in the festivities on Wednesday 11th December from 1pm till 3pm. Enjoy entertainment from T'Other 2, and a buffet meal. Tickets cost £5 and must be booked in advance as there are limited places! To buy tickets or for more information, call: 01942 615883.



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 your answer is yes to either of these, we want to hear from you!

Give us a call on: 01942 615895.



Age Friendly Pemberton - 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.

My Generation

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.

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 is 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.

Coming soon!

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

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.

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.

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.

Disco and Karaoke Night at Sacred Heart Parish Centre, Springfield, WN6 7AH.

Boogie down to the Disco and Karaoke Night on Friday 29th November 2019 from 7.30pm. Tickets cost £2.50 each, and you can pay on the door. There's lots of free parking available around the centre.



Wigan Rugby Memories at Robin Park, Loire Drive.

Join the group every other Tuesday from 2pm till 4pm and have a chat and reminisce about all things Wigan Warriors! There are regular visits from past and present players. Upcoming dates for group meetings are: 26th November 2019 and 10th December 2019. It's free to attend and refreshments are available.

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 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. You can also contact them on their Facebook page or visit their website: www.reflectionswigan.co.uk

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.

Moving Memories at Robin Park Arena, Loire Drive.

Take part in a range of activities from Boccia to Yoga in a dementia friendly and supportive environment. This takes place every Friday from 1.30pm till 3pm. The session is free to attend and refreshments are provided. There's a choice of activities available each week and all fitness levels are welcome.



Winster House - Helvellyn Road, Norley Hall.

Grab a bite to eat and have a chat every Monday from 11am till 1pm. There will be barmcakes with cooked meat and salad, cake and tea or coffee. This costs £2.50. You can also enjoy a game of Bingo every Monday from 1.30pm. Have a hot drink and a chat at the coffee morning every Wednesday from 9am. They will also be hosting their Christmas Fayre on Friday 30th November. All are welcome to come along!



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

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

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

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



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 ring: 01942 498193.

Latics Memories at the 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.

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

The centre is open on Tuesdays from 10am till 3pm and on Wednesdays and Thursdays from 9.30am till 4pm. The centre itself offers a wide range of therapies for people with MS as well as an accessible gym and support from a friendly group. There is also a craft morning held here on Tuesdays from 10am till 12noon, as well as a Yoga session which also takes place every Tuesday from 1pm till 2pm. For more information, call the centre on: 01942 217696.

Extra Time Hub at DW Stadium, Loire Drive.

Take part in some exciting activities every Tuesday from 1pm—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: c.blundell@wiganathletic.com

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

Come along and join the group for a sit down a chat. The group meets every Thursday from 12.30pm - 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 to come along and meet new friends!