



The Pemberton Press

What's on for the over 50s in Pemberton

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

Come and have a drink and a chat with this friendly social group every Thursday from 1pm – 3.30pm. Refreshments are available to purchase for £1, with the proceeds going towards trips for the group.

Wigan Warblers – The Douglas Bank, Woodhouse Lane, Wigan.

A supportive community singing group which meets every Tuesday from 12noon – 2pm. Taking part in some singing could help with a whole host of long term health issues from breathing difficulties such as COPD and asthma to heart disease and chronic pain. For more information, please contact Natasha on: 07814 205865.



Reflections Wigan CIC – Orrell Hall Barn, Spring Road.

A personalised day care and activity club centre for people with dementia, which is open Monday – Friday from 10am – 4pm. A range of activities are available including arts and crafts, reminiscence, computer skills, cooking and more. This is a nurse led service and you do not need to be referred to attend. For more information, call the centre on: 01942 564440.

Norley Art Group – Masonic Hall, Chapel Street.

Join this group for a warm welcome, friendship and some creative art. The group meets every Tuesday (*Note: The group does not meet on the second Tuesday of the month*) from 1pm – 3pm. Sessions cost £2 to attend, which includes refreshments. For more information, call Dorothy on: 01942 247653.



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.

Age Friendly Pemberton

Keep an eye out for the Age Friendly flower logo in local shop windows. These shops have agreed to provide at least a seat, patience, a glass of water and an emergency phone call to people aged 50+ in an emergency.



Pemberton Pens – St Barnabas Church, Kitt Green Road, Marsh Green.

This is a writing therapy and friendship group which is suitable for all abilities. The group meets every Wednesday from 10am - 12noon. The first session is free to attend, and £2 per session after that. The price includes tea, coffee and biscuits. For more information, call Irene on: 07897 623158.

Adactus Housing Gardening Project – Orrell Project, 158 Orrell Road.

Interested in passing on your gardening tips to another generation? Come and give your help and advice in all aspects of gardening, where the aim is to grow fruit and vegetables, learn about healthy eating and even donate some of the produce to local food banks. In return for your valuable knowledge, the residents could share with you their IT skills. Contact Derek for more information on: 01942 620906.

Orrell Musical and Dramatic Society

Meetings are held every Wednesday from 7.30pm. New members are always welcome. Singers and non-singers are always wanted, both on stage and behind the scenes. All abilities welcome. For more information, contact Carol on: 01695 622713.

Aspects Day Club – Masonic Hall, Chapel Street.

The club provides a day care setting for older people looking to socialise, maintain their health and well being and receive mental stimulation while also retaining their independence. Open Tuesdays, Wednesdays and Thursdays from 9.30am – 3.30pm. For more information and prices, contact Shirley on: 07792 757793.

Grosvenor Court – Orrell Road, Pemberton.

Join the group in a game of Bingo on Monday and Thursday afternoons at 2pm. Pop in for tea, toast and a chat on Friday mornings from 10am.

Pull up a chair and have a go at some chair based yoga on Tuesdays from 10am – 11am. The session is free and led by a professional instructor. Contact Sheree for more information on: 07739 788537.

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

Come along every Wednesday from 1.45pm – 4pm. There are lots of activities on offer, from dancing to Bingo to having a chat and a catch up. Membership is preferable. For more information, contact George on: 07858 731246.

Re-Cycling – DW Stadium, Wigan.

Get back into cycling or start from scratch with a beginner group every Wednesday from 5.45pm. Bikes are provided and all are welcome to come have a go. For more information, contact Fergus on: 01942 318090.

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.

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

Join in with a variety of activities every Friday from 1pm – 3.30pm. Activities include movement to music, memory games, Dominoes, Bingo, quizzes and crafts. There is a £2 cost to attend, which includes refreshments and homemade cake! For more information contact Rita on: 01942 231901 or 07542 586156.

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

The centre is open on Wednesdays and Thursdays from 9.30am – 3.30pm, and offers a variety of therapies and support for people with MS. Therapies include: Aromatherapy, Swedish Body Massage and more. For information on membership, prices or to book a therapy session, contact the centre on: 01942 217696.

Marsh Green Art Group – St Francis Hall.

Come along and have a go at something fun and creative every Tuesday from 12noon – 3pm. It costs £2 per session to attend and all are welcome! For more information contact Barry on: 07837 981414.

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



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.

Spotlight Volunteer



Frank Woolley is an Ambassador for Ambition for Ageing at Age UK Wigan Borough. He is also a volunteer Peer Researcher, attends forums, attended Older Peoples Forum meetings in Manchester and has participated in our investment panels. Frank is the local NARPO contact and is also involved in his local Patient Participation Group. Frank enjoys meeting and helping people from all backgrounds.

Pemberton Health and Well Being Event – St Barnabas Church, Kitt Green Road, Marsh Green. Friday 12th October 2018 11.30am – 1.30pm

Come along and browse a variety of stalls from local over 50s groups, have a free health check up, get information about Age UK Wigan Borough services. You can also see Ellie-X perform! The event is free to attend, and free refreshments are provided. For more information call: 01942 615895.

**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.

St John's Church – Church Street

St John's Bereavement Support group – Meetings are held on the first Monday of the month at 7.30pm. Call Janet for more information on: 01942 217024.

Free Lunch – Enjoy a free lunch at St John's Church on the last Saturday of every month from 12noon – 2pm.

Neil Diamond Tribute – Friday 28th September 2018 from 7.30pm.

Tickets cost £10 and are available from England's butchers, Pemberton Lighting or by calling Stephen on: 01257 423801. Feel free to bring your own drinks and nibbles.

Recycled Teenagers – Wigan Youth Zone, Parsons Walk, Wigan.

Thursday 27th September 2018 10am – 2.30pm

Come try some new activities and socialise. Activities include Tai Chi, Family History, Fitness MOT, Arts and crafts and much more! Refreshments and buffet lunch are provided. Please contact Elaine to book your place on: 01942 486557.

Winster House – Helvellyn Road, Norley Hall

Let's Get Digital – Learn some new IT techniques such as registering and accessing an email, using Skype, Facebook and more! This is a seven week course starting on Tuesday 4th September 2018 from 1pm – 3pm. Join the group on Mondays from 1.30pm for a game of Bingo. There is also a coffee morning that takes place every Wednesday from 9am.



Bereavement Support – Fur Clemt Cafe, Montrose Avenue. 4th October 2018 at 12noon.

Get all the help and support you need regarding bereavement and end of life planning from various groups. Lunch and refreshments are available.

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