



WiSE

Wetherby in Support of the Elderly

June 2019

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
3 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	4	5 Laptop Loungers 1pm – 3pm	6 Line Dancing 10.30am 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm	7 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
10 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	11 The Nightingales 10.30am – 12 noon	12 Laptop Loungers 1pm – 3pm Rockin Robins 1.30pm – 3pm	13 Line Dancing 10.30am 12pm Knitting 1.30pm – 3pm	14 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
17 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	18 Chatter and Batter 11.15am – 1pm	19 Laptop Loungers 1pm – 3pm The Elderberries 1.30pm – 3.30pm	20 Line Dancing 10.30am 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm	21 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
24 WiSE Meet Up Monday Memory Café 01937 588994 1pm – 3pm	25 Rockin Robins 1.30pm – 3pm	26 Dementia Awareness Session 10.30am Laptop Loungers 1pm – 3pm	27 Line Dancing 10.30am 12pm Knitting 1.30pm – 3pm	28 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm



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All WiSE events (with the exception of Meet up Mondays) are open to everyone whilst still being Dementia Friendly

If you would like to meet new people, stay active and have fun, come along to our **Chairobics and Aerobics** class every Friday at Wetherby Social Club from 10.30 – 11.15, or aerobics from 11.15am – 12.15pm £2 for each class, or £3 to do both classes. **With special thanks to our instructor Heather from Home Instead.**

New venue Line Dancing takes place every Thursday from 10.30am – 12.00pm at Wetherby Sports Association, (next to the Swimming Baths!) £3 incl refreshments. Everybody welcome.

The Elderberries Wednesday 19th June 1.30pm – 3.30pm, Wetherby Social Club £3 including refreshments. We have a lovely afternoon planned with Jim Wight's talk as life as a Yorkshire vet.

Knit One PurlWise is on every Thursday from 1.30pm – 3.00pm in the Village Hall at Boston Spa. Informal knitting and crochet group where we work on our own projects with a cup of tea and a biscuit. Feel free to join us. £2 including refreshments.

Poetry is a very friendly informal group of people reciting poetry either their own or from other poets. We have a topic every session and you are very welcome to join us!! Every other Thursday at Boston Spa Village Hall on Thursday 6th and 20th June from 2pm – 3pm. £2 including refreshments

Chatter and Batter is our fish and chip lunch club at Wetherby Social Club from 11.15am to 1pm on Tuesday 18th June. £5 including fish and chips, refreshments and a quiz!! Orders must be taken by 11.40am so please be prompt!

The Nightingales is an informal relaxed singing group that takes place at The Methodist Church, Bank Street, Wetherby. If you enjoy music and like singing along to songs from the 50's, 60's, 70's. Please come and join us on Tues 11th June 10.30-12.00. £3 incl refreshments.

Our very popular singing session, The Rockin' Robins, is on Wednesday 12th June and Tuesday 25th June at 1.30pm – 3pm. If you enjoy singing along to some great songs from the past, please come and join us at Boston Spa Village Hall. £3 inc refreshments

WiSE Meet up Monday Memory Café
Every Monday afternoon 1.00pm-3.00pm
St Joseph's RC Church Hall 20 Westgate Wetherby LS22 6LL

DID YOU KNOW?

Wetherby Social Club has changed its name and is now The Wetherby



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Information and Advice

WiSE provides an information and advice service covering a range of issues relating to older people and those who care and support them.

This could be benefits information, how to find care or details of support services etc.

For more information contact Nicola on 01937 588994 or email nicola@w-ise.org.uk

Home Plus Leeds is a new service aimed at enabling and maintaining Independent living through improving health at home, helping to prevent falls and cold related health conditions.

Home Plus Leeds is for people;

- Who maybe at serious risk of falling
- Who are struggling to heat their home or to pay heating bills
- Who need help with repairs that are causing a hazard in their home
- Who need information and advice to maintain independence

If there is someone you know who may benefit from these services, please contact Customer Services Team Care and Repair Leeds. Tel: 0113 240 6009

Address: 323 Roundhay Road, Leeds, LS8 4HT

Email: homeplus@care-repair-leeds.org.uk
www.care-repair-leeds.org.uk

E- Mail

Would you like to receive our newsletter by Email?

If so, please email Joanna at the WiSE office:

Joanna@w-ise.org.uk

Help us to save the environment!



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the WiSE owl

Café for the community

We're open at Boston Spa Village Hall, High St. LS23 6AA

9.00am until 3.00pm Tuesday to Thursday

Delicious breakfast / brunch choices

We use local butchers and suppliers for our produce

The café has free parking at the rear of the village hall and

FREE WIFI inside

Everyone is welcome to come to our café – our regulars, young mums with their children, cyclists and well behaved dogs. We have plenty of space for pushchairs and wheelchairs
Our friendly staff and volunteers look forward to welcoming you



Transport



IF YOU NEED A DRIVER IN JUNE, PLEASE NOTE THE FOLLOWING IMPORTANT DATES:

Journey Date	Last Possible Date for Booking
Up to and including Monday 3 June	Normal 2 working days, or 48 hrs notice required
Between Tuesday 4 June and Friday 14 June	Monday 3 June
Monday 17 June onwards	Normal 2 working days, or 48 hrs notice required

We will take you to the shops, doctors, social events, or to visit friends and family.

Give us a call whenever you need to get out and about.

Our friendly volunteer driver service operates Monday to Friday and it doesn't cost much to get you to where you want to go.

Please call WiSE Transport Booking Line Monday-Thursday during our normal opening hours

10 am and 3 pm

On 01937 222066

or [email transport@w-ise.org.uk](mailto:transport@w-ise.org.uk)



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Dementia Awareness Session



A Dementia Friends session gives people a better understanding of dementia and the small things you can do to make a difference.

Wednesday 26th June

at 10.30am

WiSE Office, Westgate, Wetherby

To book your place please contact:

karen@w-ise.org.uk or call 01937 588994



**Dementia
Friends**

An Alzheimer's Society initiative



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Exciting new community micro-enterprise project in Leeds

Community Catalysts is working with Leeds City Council and other local partners on the Leeds Community Micro-enterprise Project which runs from March 2019 for 2 years.

The project takes learning from Community Catalysts' highly successful project in Somerset and aims to work with local people who want to develop small enterprises and ventures offering a wide range of help and support for older people and those with dementia at home who want to live life their way.

As well as helping people to set up new community micro-enterprises Community Catalysts will also be able to advise small groups and organisations already established in Leeds and looking to diversify or extend what they offer. **Helping local people to help other local people.**



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To help realise this vision, work will start in North Leeds, Otley, Wetherby and the City Centre where increasing the number and range of homecare options available to local people is seen as real priority. Community micro-enterprises in other parts of Leeds that fit well with local priorities can also be supported.

We will try hard to build on things that already work well and to value and nurture people, groups and organisations with strong local knowledge and expertise. The project aims to capture learning and actively use this to affect local system and culture change – working in partnership to improve the way that health and care works for people in Leeds.

Elaine Davin-Jones has been employed as the local Catalyst to lead the project in Leeds.

Contact her for more information elaine.davinjones@communitycatalysts.co.uk or 07423667694

‘Looking out for our Neighbours’ campaign

We all want to feel better in the place we live and have the peace of mind good neighbours bring. Did you know, that people who feel connected to their neighbours and local communities are less likely to get ill or visit hospital.

Watch out for your ‘neighbour pack’ that will inspire and encourage residents to champion togetherness in their area and look out for a neighbour in need.

Feel free to call into the WiSE office and pick up a pack.

OurNeighbours.org.uk



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What's happening?

The 2019 gala will be taking place on the 8th of June in our new permanent home, the field next to **St John's School on Church Street**

After a very successful 2018 gala, plans are coming together for an even bigger event with more entertainment, more food outlets and a bigger bar!

Our aim is to make this an event that is fun for all ages as well as creating a great opportunity for local charities and groups to raise funds.

The gala will start at 12.30pm.

Wetherby In Support of the Elderly
Tel. 01937 588994 www.w-ise.org.uk
One Stop Centre, Westgate, Wetherby LS22 6NL
Registered Charity No: 1163698 CIO (Foundation)