



WiSE

Wetherby in Support of the Elderly

August

Mon	Tues	Wed	Thurs	Fri
		1 Walking for Health 10am Methodist Church Laptop Loungers 1pm – 3pm	2 Line Dancing! 10.30am – 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm	3 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
6 WiSE Meet Up Monday Dementia Café 01937 588994 1pm – 3pm	7	8 Walking for Health 10am Methodist Church Rockin Robins 1.30pm – 3pm	9 Line Dancing! 10.30am – 12pm Knitting 1.30pm – 3pm	10 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
13 WiSE Meet Up Monday Dementia Café 01937 588994 1pm – 3pm	14 The Nightingales 1.30pm – 3pm	15 Walking for Health 10am Methodist Church The Elderberries 1.30pm – 3.30pm	16 Line Dancing! 10.30am – 12pm Knitting 1.30pm – 3pm Poetry 2pm – 3pm	17 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
20 WiSE Meet Up Monday Dementia Café 01937 588994 1pm – 3pm	21 Chatter and Batter 11.15am – 1pm	22 Walking for Health 10am Methodist Church	23 Line Dancing! 10.30am – 11.45am Knitting 1.30pm – 3pm Poetry 2pm – 3pm	24 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm
27 WiSE Meet Up Monday Dementia Café 01937 588994 1pm – 3pm	28 Rockin Robins 1.30pm – 3pm	29 Walking for Health 10am Methodist Church Laptop Loungers 1pm – 3pm Sunshine Café 2pm – 4pm	30 Chairobics and Line Dancing! 10.30am – 12.15pm Knitting 1.30pm – 3pm	31 Chairobics 10.30am – 11.15am Aerobics 11.15am – 12.15pm

**All WiSE events (with the exception of Wise Meet Up Monday Dementia Café)
Are open to everyone whilst still being Dementia Friendly**



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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.

Come to our LINE DANCING! Every Thursday at Wetherby Social Club from 10.30am – 12pm. £3 including refreshments.

The last Thursday, 30th August is Chairobics and Line Dancing from 10.30am – 12.15pm

COME AND JOIN US!!

The Nightingales is our new social group – come along and join us for quizzes and games! Tuesday 14th August at 1.30pm – 3.00pm, Wetherby Social Club!! £3 including refreshments. Every second Tuesday in the month.

Knit One PurlWise is on every Thursday from 1.30pm – 3.00pm in the Village Hall at Boston Spa. Come and join us - Friendly and informal. £2 including refreshments.

Poetry - We have a topic every session and you are very welcome to join us!! Every other Thursday at Boston Spa Village Hall on Thursday 2nd and 19th August 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 21st August. £5 including fish and chips, refreshments and a quiz!! Orders must be taken by 11.40am so please be prompt!

The Elderberries is a very friendly social group a magician will be coming to entertain us on Wednesday 15th August at 1.30pm – 3.30pm £3 incl refreshments.

The Sunshine Café, on Wed 29th from 2pm – 4pm at Collingham Village Hall, with For and great sing-a-long with talented Thea Jacob. £2 including raffle and refreshments

Last but not least our very popular singing session, The Rockin' Robins, is on Wednesday 8th August and Tuesday 28th August 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 Dementia Café Every Monday afternoon 1.00pm-3.00pm, St Joseph's RC Church Hall 20 Westgate Wetherby LS22 6LL



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

Take-out lunch deals, healthy fresh soups, plus all your usual favourites - homemade cakes, bakes and fresh daily scones.

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

Tuesday 11.30 to 2pm Café Pianist Peter will entertain you



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WiSE Owl Cafe **Weds mornings 10.30-11.30am** on the following dates **Weds 1st August & Weds 22nd August.**



Introducing Memory Support Worker

Ross Collard

Ross provides the Memory Support Worker service for Wetherby and surrounding villages – a service for people living at home who have a diagnosis of dementia, or those who are showing signs and symptoms of memory loss and may need some further support.

The Service Aims to provide:

Information, support and advice for you (or the person you know) about memory problems

Family and carers support. Details on how to contact services that could help.



During a visit, topics covered might include:

Mental Wellbeing – Physical Wellbeing – Falls Risk – Home Safety Eating and Drinking Habits - Fire/ Gas Safety – Finances/Benefits Carer Support - Details on Social Activities

For more information contact Ross Collard Memory Support Worker

on:

Tel: 07483 926055 / 0113 85 55351

E mail: memorysupport.lypft@nhs.net

WiSE Information and Advice Service

WiSE offer a confidential advice and information service covering a variety of issues and can sign post to support services, help if you have problems form filling, etc. Contact Nicola on 01937 588994 or email nicola@w-ise.org.uk

You can also meet Nicola to chat every other month at the Methodist Church Bank Street Wetherby at their friendly and welcoming coffee shop on the following dates –, 8th August, 10th October (subject to change) and 12th December 2018. Memory Support worker Ross Collard will also be at Methodist Church 8th August 2018 10-12 noon. See article above and Memory support worker flyer enclosed with this newsletter



Wise

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Take Care in the Heat

- Try to keep your house cool, closing blinds or curtains can help.
- At night, keep your sleeping area well ventilated. Night cooling is important as it allows the body to recuperate.
- Try to stay cool by taking cool showers or baths and/or sprinkle yourself several times a day with cold water.
- Avoid too much exercise, which can cause heat exhaustion or heat stroke, and watch for signs of heat stress - an early sign is fatigue.
- Drink plenty of fluids, but not alcohol, which dehydrates the body.
- Try to eat as you normally would. Not eating properly may exacerbate health-related problems.
- If driving, keep your vehicle well ventilated to avoid drowsiness. Take plenty of water with you and have regular rest breaks.
- If you have vulnerable neighbours who may be at risk during a heatwave, try to visit them daily.
- If you do go out, try to avoid the hottest part of the day (11 am to 3 pm) and seek shade where possible. Avoid being in the sun for long stretches. Wear lightweight, light-coloured clothing, high factor sunscreen and a wide-brimmed hat.
- The UV index (the strength of the sun) can be high at many times of the year - it doesn't have to be hot. The UV index can be strong through cloud even when the sun isn't directly shining.
- Reapply an appropriate factor sun cream at regular intervals during the day

For more information here is the link to the Age UK Fact sheet :

https://www.ageuk.org.uk/globalassets/age-uk/documents/information-guides/ageukill_staying_cool_in_a_heatwave_inf.pdf



Transport



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

Our friendly volunteer driver service operates Monday to Friday to get you where you want to go shops, doctors, social events, visits to friends and family.

***To book a trip please give us at least a minimum of
48 hours or 2 working days notice excluding
Fridays, Saturdays and Sundays***

Please call Wise Transport Booking Line Monday-Thursday during our opening hours between 10 am and 3 pm

On 01937 222066

or emailtransport@w-ise.org.uk

**Wetherby In Support of the Elderly
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One Stop Centre, Westgate, Wetherby LS22 6NL
Registered Charity No: 1163698 CIO (Foundation)**