



# WiSE

Wetherby in Support of the Elderly

## October

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
<p>1 WiSE Meet Up Monday Dementia Café 01937 588994 1pm – 3pm</p>	<p>2</p>	<p>3 Walking for Health 10am Wetherby Methodist Church</p> <p>Laptop Loungers 1pm – 3pm</p>	<p>4 Line Dancing! 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p>	<p>5 Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>8 WiSE Meet Up Monday Dementia Café 01937 588994 1pm – 3pm</p>	<p>9 The Nightingales 1.30pm – 3pm</p>	<p>10 Walking for Health 10am Wetherby Methodist Church</p> <p>Laptop Loungers 1pm – 3pm</p> <p>Rockin Robins 1.30pm – 3pm</p>	<p>11 Line Dancing! 10.30am – 12pm</p>	<p>12 Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>15 WiSE Meet Up Monday Dementia Café 01937 588994 1pm – 3pm</p>	<p>16 Chatter and Batter 11.15am – 1pm</p>	<p>17 Walking for Health 10am Wetherby Methodist Church</p> <p>Laptop Loungers 1pm – 3pm</p> <p>The Elderberries 1.30pm – 3.30pm</p>	<p>18 Line Dancing! 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p>	<p>19 Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>22 WiSE Meet Up Monday Dementia Café 01937 588994 1pm – 3pm</p>	<p>23 Walking For Health 10am Boston Spa Methodist Church</p>	<p>24 Walking for Health 10am Wetherby Methodist Church</p> <p>Laptop Loungers 1pm – 3pm</p>	<p>25 Line Dancing! 10.30am – 12pm</p> <p>Knitting 1.30pm – 3pm</p> <p>Poetry 2pm – 3pm</p>	<p>26 Chairobics 10.30am – 11.15am</p> <p>Aerobics 11.15am – 12.15pm</p>
<p>29 WiSE Meet Up Monday Dementia Café 01937 588994 1pm – 3pm</p>	<p>30 Rockin Robins 1.30pm – 3pm</p>	<p>31 Walking for Health 10am Wetherby Methodist Church</p> <p>Laptop Loungers 1pm – 3pm</p> <p>Sunshine Café 2pm – 4pm</p>		



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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.

**LINE DANCING** for beginners. Every Thursday at Wetherby Social Club from 10.30am – 12pm. £3 including refreshments.

**The Elderberries** Wed 17<sup>th</sup> October 1.30pm – 3.30pm, Wetherby Social Club!! £3 including refreshments. Julieanna will be singing all the songs from the good old days!

**Knit One PurlWise** is on every Thursday from 1.30pm – 3.00pm in the Village Hall at Boston Spa. Feel free to join us. £2 including refreshments. Informal knitting and crochet group. No group Thursday 11<sup>th</sup> October.

**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 25<sup>th</sup> October 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 16<sup>th</sup> October. £5 including fish and chips, refreshments and a quiz!! Orders must be taken by 11.40am so please be prompt!

**The Sunshine** Café on Wed 31<sup>st</sup> October from 2pm to 4pm at Collingham Village Hall for fun and frivolity £2 including raffle and refreshments

Our very popular singing session, **The Rockin' Robins**, is on Wednesday 10<sup>th</sup> October and Tuesday 30<sup>th</sup> October 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 including refreshments

**Meet Up Monday WiSE Dementia Café** : 1pm-3pm St Josephs RC Church Hall 20 Westgate Wetherby LS22 6LL Contact Ross Collard: 07483926055

**Date for your Diary**  
**Christmas Matinee Monday 17 December**  
**1pm to 3pm**



**Please note the Café will be closed Thursday 11<sup>th</sup> October due to the Annual Arts and Crafts Fair**



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If you would like to speak to **Local PCSOs** you can meet them at the WiSE Owl Cafe 10.30-11.30am on Weds 24th October. Weds 14th November. Weds 5th December

Here's Karen with Paul and David from Wetherby Runners at the Wetherby 10k. All funds raised on the day will be shared between WiSE and the Children's Heart Charity. The 27 degrees of heat made it very difficult to run in but our Trustee Sarah, Activities Coordinator Karen, Volunteers Chris and Anna soldiered on! It was a great day and lovely to see so many friends and volunteers supporting us on route. Thanks very much to the Wetherby Runners for all of their support.



## Transport



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.

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

## WiSE Information and Advice Service

WiSE offer a confidential advice and information service covering a variety of issues e.g. sign posting to services, help with form filling etc. For more information contact Nicola on 01937 588994 or email [nicola@w-ise.org.uk](mailto:nicola@w-ise.org.uk)



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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**

**Autumn Lunches: Pie and Peas Thursday 11.30-2pm £5 including a free hot drink**

**We collect used postage stamps for charity and pass them to Martin House Hospice**

**Martin House**  
hospice care for children  
and young people



**Martin House**  
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and young people

**So far they have raised £4000 from saving used postage stamps!** Please don't throw your old stamps away - bring them to WiSE and we will ensure they get to Martin House.

## Charity Event in Support of WiSE/Childrens Heart Surgery

**Wetherby Runners Athletic Club Orangefest**

**Live Music: Soul, Rock and Booty Swinging**

**Licensed Bar**

**Wetherby Sports Association**

**7pm til late**

**Saturday 13<sup>th</sup> October**

Wetherby In Support of the Elderly Tel. 01937 588994 [www.w-ise.org.uk](http://www.w-ise.org.uk)

One Stop Centre, Westgate, Wetherby LS22 6NL Registered Charity No: 1163698 CIO (Foundation). We aim to ensure the information is as up to date and accurate as possible, but please be aware that certain details change from time to time and the above is meant as a guide only.