Live well, your way

Altrincham, Sale and Wythenshawe

Pick me up I'm FREE!

Meet the Probus clubs local to you

Classic recipes with a twist by Rosemary Shrager

Light of Hope's holistic approaches to life's challenges

Home Instead launches 1st care-at-home TV Advert

Includes the WOW What's On Where Guide

Home Instead SENIOR CARE®

To us, it's personal.

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It is important that you check events are taking place and there is availability before setting off.

This magazine is free of charge to promote any groups, activities or charities.
If you would like to be promoted in the next edition, please contact Lucy Gill
lucy.gill@hiscaltrincham.co.uk 07841582372

Contact the Home Instead Team on:
0161 870 1136
www.homeinstead.co.uk/altrincham
facebook.com/HomeInsteadAltrincham
HISC_Alt_Sale

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Home Instead SENIOR CARE®
To us, it's personal.

Each Home Instead Senior Care® franchise office is independently owned and operated.

Live well at home, your way with Home Instead

Whilst it is hoped that many people can keep themselves active in later years, there are those who will need some extra support and we understand that home is where you feel the happiest.

If you want to stay living comfortably at home, you can live well, your way, with Home Instead Senior Care.

Lucy and Alan started Home Instead Senior Care Altrincham and Sale almost 10 years ago, following their own experience caring for Lucy's Grandmother and struggling to find the right kind of support for her at home. They live in Ashton on Mersey Village with their young family and are passionate about their community.

Lucy and Alan believe that age should be celebrated and that everybody should be able to live happily, comfortably and independently at home. So, whether you're looking for help in getting showered and dressed, help around the house or companionship, Home Instead's trained CAREGivers can be perfectly matched to you.

We work with you to provide flexible, personalised home care based on your specific requirements and when you need it. You'll get to stay in your community and live under your own roof, surrounded by your own belongings and continue to live well, your way. Our home care services include home help, companionship, personal care and dementia care.

Letting someone provide care for you at home can be a very personal experience. That's why we set the bar extremely high with regards to the standard of care we deliver. Every tiny detail of every home care service we offer is tailored to suit your needs. You decide on the level of care and support you need, for as long as you want it. We offer a FREE at home consultation. For more information please call the office to speak to Joely on **0161 870 1136.**

Companionship

Care could mean a fresh start to a new lease of life.

Dementia care

Being proactive – not reactive – about dementia.

Home help

The benefits of a clean and tidy home are far reaching.

Personal care

Support to help you take care of yourself with dignity and respect.

Live well, your way

Altrincham, Sale and Wythenshawe

Lucy Gill (Director)
Alan Savage (Director)

www.homeinstead.co.uk/altrincham 0161 870 1136

Talking about Loneliness & Isolation

By Diane Swaine, Counsellor and Psychotherapist

Loneliness. Most people will feel lonely at some point in their lives. It's a deeply personal experience that - in most cases - will thankfully pass. But for a growing number of people, particularly those in later life, loneliness can define their lives and have a significant impact on their wellbeing.

Diane's Story. Some time ago I decided to set up in private practice in Hale Village, making care in the community a key focus of mine, this need came from working for many years at The Priory Hospital and then helping to run a local charity. I am now able to address directly with clients some of the most pressing issues facing our communities today: loneliness and isolation.

I have been working with clients for over 25 years, providing support in helping vulnerable people and families suffering with a range of difficulties. I usually found that loneliness and isolation were the main cause or at least a contributory factor causing depression and extreme ranges of anxiety. In my practice I provide a safe, warm, space whereby clients can explore, at their own pace, issues that are troubling them. I also offer sessions in client's homes if this is the most appropriate for their condition. Often clients see me with agoraphobia or high levels of anxiety and don't wish to travel, so home sessions are the best way forward to aid recovery and reduce stresses.

I work with clients who suffer with:

- Low self-esteem •Poor self-image • Impacts from Social Media • Loss & Bereavement
- Depression • Stress & Anxiety • Loneliness & Isolation • Relationship Difficulties
- Feelings of "never feeling good enough"• Traumatic events and family problems

Loneliness is often missed or minimised in society but has significant impacts on health, both physically and emotionally.

How do we fix loneliness ?

Some people find these ideas useful, but remember that different things work for different people at different times. Only try what you feel comfortable with, and try not to put too much pressure on yourself.

Take it slow. If you've felt lonely for a long time, even if you already know lots of people, it can be terrifying to think about trying to meet new people or opening up to people for the first time.

- Start off by going somewhere like a cafe, the cinema or a sports event where you can be around people, simply being around other people can be enough to help with your feelings of loneliness.

Make new connections. If you are feeling lonely try to meet more, or different people.

- Try to join a class or group based on your hobbies or interests.
- If you are able to, volunteering is a good way of meeting people.

Try peer support. There are many different types of peer support services, which provide people with a space to use their own experiences to help and support each other, including experiences of loneliness and related mental health problems.

- Try a befriender or companionship service. Home Instead can help with all elements of this.
- Join an online community like Elefriends. These communities can provide a place to listen and share with others who have similar experiences. They are available 24/7, most are free and you can access them wherever you are.

Talking therapies. Counselling and Psychotherapy. Talking therapies allow you to explore and understand your feelings of loneliness and can help you develop positive ways of dealing with them. You can call me anytime to discuss what might be the best option for you.

Look after yourself. Think about how some of the following and how they affect you:

- Try to get enough sleep. • Think about your diet. • Avoid drugs and alcohol.
- Spend time outside. • Try to do some physical activity.

How to contact me for help and advice:.

I am very happy to help with any of these issues for you or your family. If you would like a free confidential chat about anything related to the above issues then please don't hesitate to contact me. **Diane Swaine Therapy:**
The Hale Village Therapy Centre 213 Ashley Road, Hale Village WA15 9TB
Email:diane.swaine9@gmail.com Mobile: 07709 287646

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An holistic approach to life

Back in 2005 **The Light of Hope** was set up to help local people with holistic approaches to life's challenges. Run by volunteers, all funds are used internally to support individuals and families. We provide holistic therapies, Meditation and a warm welcome to all. Focusing on therapies we provide:

Meditation is the key to inner peace and strength. It can help you to connect to your loved ones, as it will enable you to become more open and intuitive. This may be hard at first – our minds continue to chatter when we require peace. With regular practice you can achieve greater stillness and peace. Sessions suitable for beginners are available (first visit is free) on Tuesday (evening), Wednesday (lunchtime) and Thursday (evening).

Holistic Therapies. A programme which may include Reflexology, Massage or Reiki can greatly benefit a person suffering from grief and loss. A healing journey will ideally work through shock, followed by a focus to acceptance and adjustment to changed circumstances. This should pave the way to move forward in greater strength and positivity. All therapies are supported with self help strategies, Bach Flower and Gem Remedies and other approaches which are practical, affordable and safe.

Strength in Passing. This is a course run over 4 Saturday Workshops, which aims to facilitate healing through mutual support, understanding and the sharing of experience. Anyone who has experienced loss or for whom passing from life holds any fear or mystery should consider this course. The course is non denominational – all are welcome.

Please contact John Astbury. Trustee, Light of Hope CIC. The Hope Centre, Hampden Road, Sale M33 7UB.
Tel: 0161 973 9130 Email : manchester@lightofhope.co.uk.
Website www.lightofhope.co.uk

Happy To Chat Bench helping us to connect in Altrincham

A friendly 'Hello' or 'How are you?' is something most of us take for granted – it's just part of everyday life, but thousands of older people in the UK spend today and the rest of this week alone, with no-one to share even a few simple words with. For example, if someone goes to the shops, they might not speak to anyone and go straight home after - that could be the only time they see other people all day.

To help to raise even more awareness of isolation and loneliness, Chris Oldfield who runs the Facebook page Altrincham Matters' decided to take the idea of a 'chat Bench' (seen working in other towns) and create

"The Happy To Chat Bench" for Altrincham in George Street.

A sign on the bench reads 'sit here if you don't mind someone stopping to say hello.'

Chris is hoping the bench will make a positive difference to the community. People can sit on the bench and potentially strike up conversations with others in similar situations, or who might be on a lunch break and are happy to chat. For some people, just the smallest interaction with another person can make an enormous impact on their day.

Chris has already had a lot of feedback over Twitter and Facebook - people think it's a great idea and that "we should have done it sooner."

Why don't you try out the bench and make someone's day special?

To follow the Happy To Chat Bench on Facebook, visit https://www.facebook.com/happytochatbench/

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The Probus Club Association

A PROBUS club is a local association of retired and semi-retired Professional and Business people, and others who have had some measure of responsibility in any field of worthy enterprise, who are of good character and respected in their communities. The name is an amalgamation of the abbreviation of the words PROfessional and BUSiness. Probus is also a Latin word meaning honest or virtuous, from which the English word "probity" is derived.

The Probus Club movement was formed in the U.K. in 1965 initially in Welwyn Garden City, where it was created by members of the Rotary Club. Since then, it has spread to many countries throughout the world and is now a truly international organisation. There is a Probus magazine, which is published quarterly, and which is a national publication, enabling clubs to communicate, share experiences and exchange advice or information.

There is no central administration, so each club is autonomous and sets its own rules and programmes. Probus Clubs are not affiliated to any political or religious organisations, nor are they a charitable body, although, from time to time, they may make gifts to charities. Some Clubs are restricted to men only, others to ladies only, while others are open to both.

Recollections of the Sale Probus Club Secretary. "I first joined Sale Probus Club almost eight years ago, following an invitation by one of my friends and was immediately made to feel very welcome. All the Members were extremely friendly and of similar background to myself so there was always something to chat about. Our invited Speakers are usually of a professional standard covering a wide range of topics, often with visual displays, and which are generally most interesting and entertaining.

I was invited to stand for election as the Club Secretary in 2017 and, since then have thoroughly enjoyed serving on the Committee for the last three years, as it has allowed me to keep in regular contact with all our Members. One of our many highlights in 2019 was in February, when we were delightfully entertained by the TV personality, Adam Partridge, who gave a talk on "An Auctioneer's Life", to which Members ladies were also invited.
Also, in an effort to attract some new Members we ran a stall in Worthington Park for the first time, during the Sale Festival on the 16th June. Our Annual Coach Holiday, this year went to the Scottish Lowlands which all those attending thoroughly enjoyed as usual."

SALE PROBUS PROGRAMME FOR 2020		
7/Jan	David Skillen	The Bentley Boys
21/Jan	Keith Warrender	Underground Manchester
4/Feb	Keith Neal	Changing Lives With Portable Solar Lights
18/Feb	Dave Walmsley	All Your Yesterdays! Life in the 50's part 2
3/Mar	Spring Lunch	
17/Mar	Lucy & Alan Gill	Living Well - at home and in the community.
29 th Mar	Probus Trip 2020 Inverness	
7/Apr	Marilyn Shalks	Manchester Theatre History
21/Apr	Geoff Higginbottom	A Musical Tour around Britain
5/May	John King	Climate Change
19/May	Nicola Hardman	The work of The Dogs Trust
2/Jun	Victor Crawford	Amazing Women Pilots
16/Jun	Summer Lunch	
7/Jul	Louise Utopia	Reduce, Reuse, Recycle, Replace!
21/Jul	Geoff Scargill	Edward Elgar - The Real Enigma
4/Aug	Barbara Sharp	Dealing with Dementia
18/Aug	Andrew Pritchard	Manchester Metrolink Trafford Extension
1/Sep	Shaun Conlon	Climate Change & what you can do about it!
15/Sep	Autumn Lunch	
6/Oct	Roy Wilson	What is Freemasonry all about?
20/Oct	Georgie Kirk	How to be perfect in your own way
3/Nov	Annual General Meeting	
17/Nov	Keith & Barry	Members Quiz
1/Dec	Ladies Christmas Lunch	

We are a very friendly Group who meet on the 1st and 3rd Tuesday every month from 2.15pm-4.00pm at the Sale Conservative Club, (161 Dane Rd, M33 2NG ample car parking)

Why not come along for friendship with like-minded people?

Meet for a presentation by a Guest Speaker, followed by questions and a general chat over tea/coffee and biscuits or there is licenced bar, if preferred.

For further information:
John Wood: **Hon. Secretary tel.0161 962 2837 or email janddwood@icloud.com**

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TIMPERLEY PROBUS CLUB

www.timperleyprobusclub.co.uk

We meet at Bowdon Rugby Club every other Wednesday - 10.00am for 10.30am - for Tea/Coffee and Biscuits and after a chance to socialise the formal meeting starts at 10.30am, followed at around 10.45am by a talk by an invited speaker.

This normally lasts about an hour after which there is time for questions. The talks cover a wide variety of interesting subjects and topics as you can see from the list of past talks on the speaker's page of our website.

We have a range of other activities, apart from our regular meetings:

- A Genealogy group to research family trees.
- A walking group of around 3-4 miles, followed by a lunch often joined by less active members.
- In the summer members play bowls and snooker in the winter at Timperley.
- Organised visits to many places of interest over the year and three lunches/dinners each year. All are available to members partners and friends.

We welcome new members and if you would like to come to a meeting as our guest without charge or obligation then you are welcome to do so for the first two meetings. If you are interested please contact the club secretary **James Boyle on 0161 928 0746 or via email at j.parkway38 @gmail.com** We look forward to meeting you.

ALTRINCHAM PROBUS CLUB

We are one of the most active Probus Clubs in the North West, currently having 78 full members, all with an interesting and business or professional working background. We are a friendly and welcoming Club that meets every other Friday morning at The Jubilee Centre on The Firs in Bowdon at 10am for tea/coffee prior to a talk by a visiting speaker, covering a myriad of entertaining and educational topics. Other activities for Members include 5 outings each year to places of interest (NT properties, castles, cathedrals, museums and galleries, factories, arboretums etc), plus our annual 5 day holiday – last year in The Kingdom of Fife (photograph attached) and next year to the City of Dublin. We also have...

- **2 Walking groups (4-6 miles and 1-3 miles strollers),**
- **A Golfing group**
- **A Bowls section**
- **A bi-monthly Dining Club.**

Participation is of course optional in any of these activities!

We welcome new applicants for membership – enquiries please to **Peter Whitaker, Club Secretary, on 0161 282 0308.**

ALTRINCHAM PROBUS CLUB

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What's on Where (WOW)

SUPPORT GROUPS

Weekdays	09:00-16:00	Cancer Info & Support	Macmillan Cancer Info & Support Centre	Wythenshawe Hospital	291 4876
3rd Monday	12:30	Parkinson's UK Lunch Club	The Hare & Hounds Pub	Timperley	07580 256867
Monday	13:00	Alcoholics Anonymous	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Monday	14:00	Anxiety Group	Altrincham Methodist Church	Altrincham	226 3871
Tuesday	10:00	Stroke Support Group	The Avenue Methodist Church	The Avenue, Sale	0161 8642465
Tuesday	11:30	Heart Support Group	Dandelion Community Centre	Wythenshawe	499 9334
Tuesday	13:00	Dorothy's Memory Café	United Reformed Church	Sale	611 9275
3rd Tuesday	13:00	Dementia Drop In, Age UK Trafford	United Reformed Church	Sale	746 3944
Tuesday	14:00	Parkinson's UK Exercise Class	Larkhill Centre	Timperley	07580 256867
2nd Tues	14:00	Dementia Conversations	Bowdon Vale Methodist Church	Bowdon	07976018418
1st/3rdTues	14:00	Being There Support Group	The Salvation Army	Sale	747 2452
4th Tues	19:00	Parkinson's UK Branch Meeting	Larkhill Centre	Timperley	07580 256867
Wednesday	14:00	Vibrant Voices (dementia choir)	The Bowdon Rooms	Bowdon	962 4769
4th Wed	19:30	Versus Arthritis	Larkhill Centre	Timperley	980 1113
Thursday	10:30	Singing for the Brain	St Andrews Church, Brownley Road	Wythenshawe	962 4769
2nd Thurs	10:45	Carers Meditation	Light of Hope Centre	Hampden Rd, Sale	973 9130
3rd Thurs	11:00	Parkinson's UK Meditation	Light of Hope Centre	Hampden Rd, Sale	07580 256867
Alt Thurs	13:30	Stroke Social Group	High Lee House	Broad Rd, Sale	962 5207
4th Thurs	13:30	Dementia Hub Meeting, Age UK	All Saints Church, Hale Road	Hale Barns	746 3940
Thursday	13:45	MS Society Yoga	West Leigh (St Vincent's Church)	Groby Rd, Altrincham	973-1947
3rd Thurs	19:30	Fibromyalgia Support Group	St Mary Magdalene Church Centre	Ashton-on-Mersey	962 7396
Alt Saturday	10:00	Dementia Cafe	Larkhill Centre	Timperley	07731 795418
Saturday	10:00	Anxiety Group	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
1st Saturday	13:00	Colours of Grief (talk about grief + loss)	Dunham Road Unitarian Chapel	Altrincham	07908 894049

Useful Local Contact Numbers

Urgent Care Team – 0300 323 0303
Trafford General Hospital - 0161 748 4022
Trafford Coordination Centre – 0161 976 2555

Altrincham Hospital - 0161 413 7700
Wythenshawe Hospital - 0161 998 7070

Age UK Trafford - 0161 746 3940
Greater Manchester Mental Health – 0161 773 9121
Trafford Parkinson's UK – 07580 256 867
Altrincham Anxiety Group - 0161 226 3871
Arthritis Care - 0300 790 0400
MS Society Trafford - 07484 542 796
Macmillan - 0161 291 4875
Heart helpline - 08450 70 80 70

Trafford Carers Centre – 0161 848 2400
Stroke Association Helping Trafford – 0303 3033 100
Alzheimer's Society - 0161 962 4769
Being There Support Group - 0161 747 2452
Trafford Blind/Deaf Club - 0161 929 4372
Walking for Health – 0161 282 8154
Alcoholics Anonymous - 0845 769 7555
Fibromyalgia Support South Manchester- 0161 962 7396

Ring and Ride - 0161 200 6011
Greater Manchester Police – 101 when it is NOT an emergency
Manchester Fire Service FREE Safe and Well Checks - 0800 555 815

Home Instead Senior Care (Altrincham,Sale and Wythenshawe) 0161 870 1136

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The national charity Alzheimer's Society was established 40 years ago to support carers of people living with Alzheimer's disease. Today our brief has expanded to support all people affected by all forms of dementia.

In Trafford and Manchester, our dementia support services include information provision signposting, and advice through dedicated advisers. We also have a befriending service called 'Side by Side' which focuses on matching volunteers to a person diagnosed with dementia and our volunteer supporting the person to take part in meaningful, community-based activity.

Our Trafford team are proud to facilitate a well-established 'Singing for the Brain' group that takes place weekly at St. John's Centre on St. John's Road in Old Trafford. Our Manchester team support the vibrant Wythenshawe based 'Singing for the Brain' group at St. Andrew's Methodist Church on Brownley Road, Wythenshawe. Both these groups have taken part in public performances at the intu Trafford Centre, Manchester Cathedral and Manchester Art Gallery showcasing the brilliant spirit of the groups and demonstrating that it can still be possible to live well with dementia.

Both our Trafford and Manchester teams are keen to get out and about in the community and we have provided information stalls, talks and awareness-raising sessions for many organisations and businesses, as well as visiting schools and colleges to support the education of young people.

Both our teams are supported in their work by dedicated volunteers. Volunteers are particularly important for the successful running of our 'Side by Side' service and a comprehensive training programme is made available to support our volunteers' development.

For more information about our services for people affected by dementia, or to find out how you could get involved in the work we do for the people of Trafford and Manchester, please get in touch:

Telephone: **0161 962 4769**
Email: trafford@alzheimers.org.uk /manchester@alzheimers.org.uk
Website: www.alzheimers.org.uk

Alzheimer's Society: Trafford & Manchester Team

Wellbeing support for carers

At Trafford Carers Centre we understand the importance of supporting a carer's health & wellbeing, to help reduce the impact a caring role can have.

TRAFFORD Carers
PIONEERING SUPPORT, IMPROVING LIVES
CARERS TRUST NETWORK PARTNER

With a dedicated wellbeing service, carers can access free counselling and relaxation therapies as well as dedicated nurse service offering annual health checks.

Carers can also join one of the many social activity groups or attend a number of group therapy or wellbeing sessions including anxiety management and gentle yoga.

If you are a carer and would like to know more about the support you can access please call our helpline on **0161 848 2400**

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Understanding and preparing for care at home

You may have seen our advert on television recently which showcased our client Stanley and CAREGiver Christine. The advert depicts the story of Stanley talking to his family about getting extra help at home and having a conversation about care. We understand it's not always an easy conversation to have, which is why we've put together some useful information for you on the subject of care. And remember, Home Instead is always here to help so please do get in touch with us if you'd like more information on the below.

Watch Stanley's Story here: homeinstead.co.uk/altrincham

Deciding on the right care needs careful consideration to make sure it is suitable for you and your loved one. Perhaps dad is struggling with the day to day running of the house or showing signs of dementia or mum is feeling lonely after a bereavement and in need of companionship.

What is Home Care?

Unlike residential care, home care services allow your loved one to stay living in their own home whilst getting the help and support they need, whether they're just looking for company or need someone to keep the house clean and prepare meals.

Home care is a great solution for someone who needs extra help in and around the house, as it allows them to remain independent and live happily within familiar surroundings. It's also a great relief for family members who might not be able to provide support every time it's needed or live far away and need peace of mind that their loved one is safe and well.

At Home Instead, we personalise our range of home care services to suit your individual needs, from a few hours a week to 24-hour live in care. We also match our CAREGivers to the person they will be visiting to ensure they get along and are able to build a trusted relationship

Home help

The benefits of a clean and tidy home are far reaching.

Personal care

Support to help you take care of yourself with dignity and respect.

Companionship

Care could mean a fresh start to a new lease of life.

Dementia care

Being proactive – not reactive – about dementia.

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Talking about care can be a bit daunting both for the family and the person who needs help. However, it is very important to talk about it to understand each point of view and assess your needs. The discussion is usually triggered by an event such as the need for help after a fall, bereavement, illness or increasing signs of frailty.

The situation can therefore be more difficult because you're in a hurry to find someone to care for your loved one and you're making decisions based on very strong emotions. We are convinced that home care can also help prevent accidents and loneliness and enable someone to continue to live at home as long as they can. Starting small with just a few hours a month can give you the extra help you need and avoid placing your loved one in a residential home. The continuity of care that we provide will monitor your loved ones health and wellbeing giving you peace of mind that any changes in behaviour, mobility or appetite will be spotted.

In our brand advert, we see Stanley reminiscing about the third stair in his house and how it reminds him of his wife and family.

Our client Bill has been enjoying the comforts of his own home for over 20 years. He is very proud of his home, which has been extended to accommodate their seven children. Bill is also very fond of his garden and can often be found pottering around it. Having a large family, there is often somebody visiting, but when family aren't around, Bill looks forward to his two visits per week from his CAREGiver, Mike. Just like Stanley's CAREGiver, Mike looks forward to his visits, just as much as Bill. Mike feels like he is making a positive difference, not only to Bill's life but also Bill's family as they know that dad has got stimulating company who will help in the garden and enable him to reminisce about his life.

Contact Home Instead Senior Care Altrincham and Sale.

Home Instead will work with you to provide flexible, personalised home care based on what you would like, how and when you want it. Contact us on 0161 870 1136 find out more about our care services or book a free consultation to start the conversation.

Contact the Home Instead Team on:
0161 870 1136
www.homeinstead.co.uk/altrincham
facebook.com/HomeInsteadAltrincham
HISC_Alt_Sale

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Each Home Instead Senior Care® franchise office is independently owned and operated.

What's on Where (WOW)

Exercise and Dance, Holistic Therapies					SALE
Mon, Wed	09:30	Iyengar Yoga (for everyone)	Light of Hope Centre	Hampden Road	07732 321156
Monday	09:45	Tone, Stretch & Balance	Sale Leisure Centre	Sale Centre	905 5588
Mon, Thurs	10:00	Senior Citizens Sailing Club	Sale Water Park	Sale Moor	07952564884
Monday	11:00	Pilates	Sale Leisure Centre	Sale Centre	905 5588
Monday	11:30	Pilates for the Older Adult	Light of Hope Centre	Hampden Road	07712 809394
Monday	13:30, 14:30	Keep Fit Group	The Salvation Army	Ashton-on-Mersey	07742 925607
Monday	18:00,19,20	Pilates	Waterside Arts Centre	Sale Centre	973 7277
Tuesday	09:45	Gentle Aerobics	Sale Leisure Centre	Sale Centre	905 5588
Tuesday	10:00	Over 60's Movement to Music	St Anne's Church Hall	Sale Moor	07973 728761
Tuesday	10:30	Healthy, Hips & Hearts	Woodhey Court	Alma Road	07919043114
Tuesday	10:30	Healthy, Hips & Hearts	Sale Moor Methodist Church	Sale Moor	07919043114
Tues & Fri	10:30	Line Dancing	St Francis Church Hall	Sale Moor	998 5410
Tuesday	12:00	Aqua Aerobics	Sale Leisure Centre	Sale Centre	905 5588
Tues & Thurs	19:00	Meditation	Light of Hope Centre	Hampden Road	973 9130
4th Wed	09:15	Meanderers Walking Group	St Mary Magdalene Church Centre	AOM	291 9283
Wednesday	10:30	Dance Discovery Over 50's	Waterside Arts Centre	Sale Centre	9125616
Wednesday	10:45	Hatha Yoga	Sale Leisure Centre	Sale Centre	905 5588
Wednesday	11:00	Healthy, Hips & Hearts	The Avenue Methodist Church	The Avenue	973 1832
Wednesday	12:30	Meditation	Light of Hope Centre	Hampden Road	973 9130
Wednesday	9:30, 19:00	Mind to Muscle	Sale Football Club	Heywood Road	07834 175560
Thursday	10:00	Body Conditioning	Sale Leisure Centre	Sale Centre	905 5588
Thursday	10:00	Keep Fit (60's+ Movement to Music)	St Francis Church Hall	Sale Moor	928 8655
Thursday	12:15	Fitness + Body	Fiona Gardens, Atkinson Road	Sale	07968 599048
Thursday	12:10	Stay Active Aqua Aerobics	Sale Leisure Centre	Sale Centre	905 5588
2rd Thurs	13:30	Tea Dance	Waterside Arts Centre	Sale Centre	912 5616
1st Thursday	19:00	Laughter Group	Trinity Methodist Church	Sale Moor	962 8661
Thursday	20:00	Modern Sequence Dance	Sale Moor Community Centre	Sale Moor	973 7923
Friday	10:00	Fitball	Sale Leisure Centre	Sale Centre	905 5588
Friday	11:00	Mind to Muscle	St Mary Magdalene Church	Sale	07834 175560
Friday	11:00	Tai Chi + Qi Gong	Light of Hope Centre	Hampden Road	07946 313129
Friday	12:15	Nordic Walk	Sale Water Park	Sale	905 5588
Friday	11:30	Chair Based Excercise	Sale Leisure Centre	Sale Centre	905 5588
1st Saturday	09:15	Ramblers Walking Group	St Mary Magdalene Church Centre	AOM	291 9283
Exercise and Dance, Holistic Therapies					**WYTHENSHAWE**
Monday	15:15	Active Aqua	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Monday	20:30	Walking Netball	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Tuesday	11:00	Exercise 50+	Woodhouse Park Lifestyle Centre	Wythenshawe	436 0560
Tues/Wed	See note	Sequence Dancing(tues1pm/wed 10am)	Woodhouse Park Lifestyle Centre	Wythenshawe	436 0560
Tuesday	10:30	Happy Healthy Ladies	St Luke's Church, Brownley Road	Wythenshawe	07938750425
Tuesday	13:00	Health walk	Wythenshawe Park Car Park	Wythenshawe Rd	230 1857
Tues/Wed	10:00	Beginners Dance	Woodhouse Park Lifestyle Centre,	Wythenshawe	436 0560
Wednesday	15:15	Active Aqua	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Thursday	10:00	Second chance cycling club	Wythenshawe Park Athletics Track	Wythenshawe Rd	07414682380
Thursday	10:00	55+ Body Conditioning	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Thursday	10:00	Yoga	Woodhouse Park Lifestyle Centre,	Wythenshawe	436 0560
Thursday	11:00	Walking Football	Wythenshawe Forum, Simonsway	Wythenshawe	07894 422403
Thursday	12:30	Yoga	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Friday	13:00	Dementia Friendly Swim	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Saturday	11:00	Wheelchair Dance	Woodhouse Park Lifestyle Centre	Wythenshawe	436 0560

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Want to know more about Dementia?

Welcome to Wythenshawe Dementia Café

First Wednesday of the Month
1pm-3pm

Come and join Admiral Nurses, Dementia Support Advisors and Manchester Carers Forum for a cuppa and a chat in a relaxed and friendly enviroment.

Dementia UK Admiral Nurses Helping families face dementia

This is a 'safe' place bringing people with dementia and their family carers together in the community. Here you can come and get support and meet other people in the same situation as you. It's a place to make new friendships.

Manchester Carers Forum "The Voice of Carers"

For more information contact Gill, Bridget or Teresa on 0161 219 2336

Village 135,
3, Hollyhedge Court Road,
Wythenshawe
M22 4ZP

Dementia Café Dates:

Wed 1st Jan
Wed 5th Feb
Wed 4th March
Wed 1st April
Wed 6th May
Wed 3rd June

The Trafford Co-ordination Centre (TCC)

NHS

Is a free *NHS* service for adults registered with a Trafford GP and resident in the area. The service is designed to deliver an efficient and effective way to access health and social services.

What does the TCC do?

The aim of this telephone based service is to keep you well and supported in your own home and help to avoid unnecessary visits to the hospital. The Care Co-ordination nurses make regular phone calls to check that you are keeping well and to see if you need any extra help. Also, if you look after someone else and become unwell, the Trafford Co-ordination Centre may be able to help you get some care for that person whilst you recover.

Joined up healthcare

The TCC provides a central point of contact that you and your family can use for concerns about your care. The nurses are available to answer your queries 5 days a week from 8am to 6pm Monday to Friday.

How can I access the Trafford Co-ordination Centre?

If you think you or a member of your family would benefit from the services the TCC provides, you can ask your GP or clinician involved in your care about using the service. Or you can contact the TCC direct using the details below:

Telephone: 0161 976 2555
Email: TCC.enquiries@nhs.net www.traffordcoordinationcentre.nhs.uk

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What's on Where (WOW)

Exercise and Dance, Holistic Therapies				ALTRINCHAM	
Monday	09:30	Yoga	St Mary's & Bowdon Parish Centre	Bowdon	07974 936365
Monday	10:00	Zest, Tone & Mobility	Altrincham Leisure Centre	Altrincham	926 3255
Monday	10:30	Healthy, Hips & Hearts	Sinderland Green Methodist Chapel	Dunham	07919043114
Monday	10:30	Healthy, Hips & Hearts	Timperley Methodist Church	Timperley	928 0022
Monday	10:30	Health Walk	John Leigh Park - Mount Entrance	Oldfield Brow	07976018418
Monday	09:30,10:45,12:00	Pilates	The Jubilee Centre	Bowdon	07867 914054
Monday	13:00, 14:00	Older Adult & Recovery Pilates	St Mary's & Bowdon Parish Centre	Bowdon	07950 464222
Tuesday	10:00	Trafford Strong Hearts Exercise	Altrincham Leisure Centre	Altrincham	926 3255
Tuesday	10:00	Health Walk / Stride	Altrincham Leisure Centre	Altrincham	926 3255
Tuesday	09:30,11:00	Senior Exercise	Altrincham FC Community Sports Hall	Hale	928 1045
Tuesday	10:00,18:00,19:10	Yoga	Timperley Village Club Hall	Timperley	07714 926369
Tuesday	11:15	Aerobics & Tone	Altrincham Leisure Centre	Altrincham	926 3255
Tuesday	09:45,11:00,12:10	Pilates	The Jubilee Centre	Bowdon	973 7277
Tues, Wed	13:00, 14:00	Pilates	Timperley Village Club	Timperley	07870 507925
Tuesday	18:45, 20:00	Pilates	St Mary's & Bowdon Parish Centre	Bowdon	07867 914054
Wednesday	09:00 (intermediate)	Walking Football	Altrincham FC Community Sports Hall	Hale	928 1045
Wednesday	10:00	Over 60's Movement to Music	St Peter's Assembly Rooms	Hale	07973 728761
Wednesday	10:00	Ballroom Dancing	Timperley Sports Club	Timperley	07398 105087
Wednesday	10:00	Flexercise	Timperley Village Club	Timperley	01625 583970
Wednesday	12:15	Stretch & Strengthen - Rehab	Altrincham Leisure Centre	Altrincham	926 3255
Wednesday	10:45	Yoga	Altrincham Leisure Centre	Altrincham	926 3255
Wednesday	11:45	Aqua Aerobics	Altrincham Leisure Centre	Altrincham	926 3255
Wednesday	12:00	Healthy, Hips & Hearts	Larkhill Centre	Timperley	969 3746
Wednesday	13:30	Healthy, Hips & Hearts	The Hub	Altrincham	941 2018
Wednesday	14:00	Water wellness rehab	Altrincham Leisure Centre	Altrincham	926 3255
Wednesday	14:00	Tea Dance	Larkhill Centre	Timperley	969 3746
Wednesday	14:00	Yoga	The Jubilee Centre	Bowdon	07734 055393
Wednesday	18:30	Adult Ballet Beginners	The Jubilee Centre	Bowdon	941 4293
Wednesday	19:00	Modern Line Dancing	LMRCA Railway Club, Navigation Road	Broadheath	07711 624547
Wednesday	09:30, 10:30	Pilates	The Jubilee Centre	Bowdon	07867 914054
Wednesday	20:30 (advanced)	Walking Football	Altrincham FC Community Sports Hall	Hale	928 1045
Wed/Thurs	see note	Tai Chi Wed 18:30 Thurs 13:40	The Jubilee Centre	Bowdon	941 4293
Thursday	10:00	Badminton	Altrincham Leisure Centre	Altrincham	926 3255
Thursday	09:30 / 11:00	Senior Exercise	Altrincham FC Community Sports Hall	Hale	928 1045
Thursday	11:00	Walking Netball	Altrincham FC Community Sports Hall	Hale	928 1045
Thursday	13:30	Circle Dancing	LMRCA Railway Club	Broadheath	282 1536
Thursday	19:30	Flexercise	Timperley Village Club	Timperley	427 7188
Thursday	09:45,11,19,20:00	Pilates	The Jubilee Centre	Bowdon	973 7277
Last Thurs	13:00	Sporting Memories social	Altrincham FC Community Sports Hall	Hale	928 1045
Friday	10:00, 11:45	Yoga	Timperley Village Club Hall	Timperley	07714 926369
Friday	10:30	Exercise Class Over 50s	Timperley Sports Club	Timperley	07703745233
Friday	12:00	Zumba Gold	Altrincham Leisure Centre	Altrincham	926 3255
Friday	13:30	Gentle Yoga	Altrincham FC Community Sports Hall	Hale	928 1045
Friday	13:30	Healthy, Hips & Hearts	The Hub	Altrincham	969 1886
1st Friday	20:00	Folk Dance Club	The Unitarian Church Hall	Hale Barns	941 2289
Sunday	20:00	Sequence Dancing	Larkhill Centre	Timperley	07783 578927

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Walk for Health - Trafford is an organisation run by local volunteers, in partnership with Walking for Health, Trafford CCG, Public Health Trafford and Sale Sports Club. Our walks are promoted by local GP surgeries, but anyone can join in: you don't have to have a specific health problem and it doesn't matter what size, shape or age you are!

Our wellbeing walks range from 45-90 mins and are suitable for those wishing to start walking, or those wanting to improve their fitness, meet new people and discover open spaces in their local area. All walks are led by a trained Walk Leader, who will discuss any individual needs at the start of the walk and plan support as necessary.

John Leigh Park at the Bowling Hut in the park WA14 4DX
Every Monday – meet at 10:15am

West Timperley Surgery WA14 5PF
Every Tuesday – meet at 10:00am

Boundary House Surgery M33 2RH
Every Tuesday – meet at 1:30pm

Manor Court Community Centre Community Centre M33 5LX
Every Friday – meet at 10:00am

Bodmin Road and Firsway at The Bowls Pavilion in Woodheys Park M33 4LP
Every Wednesday – meet at 10:20am

Walton Park at The Bowls Pavilion in the park M33 4AT
Every Thursday – meet at 10:15am

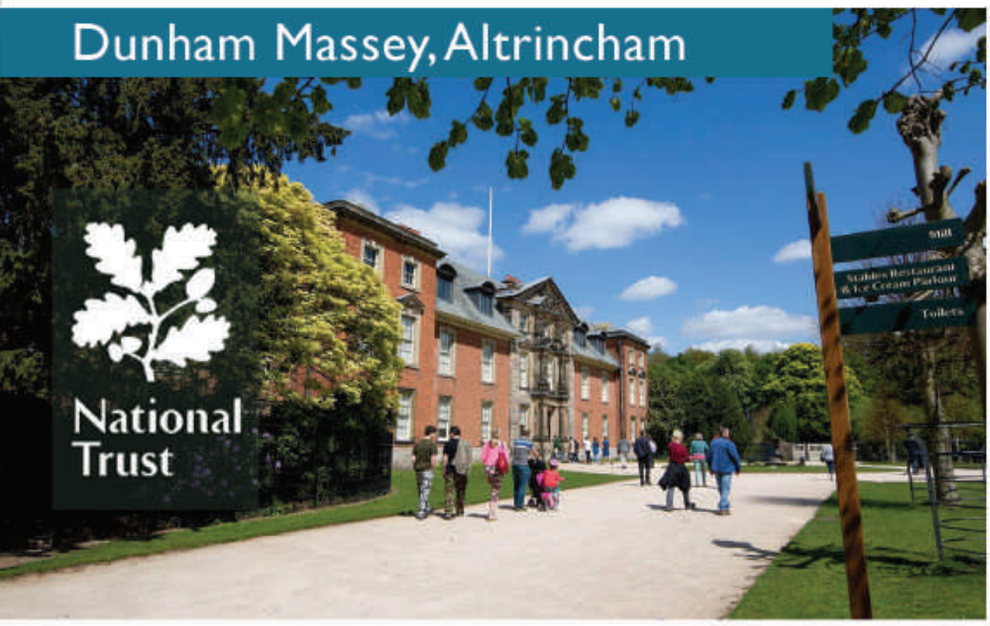
Sale Sports Club, Clarendon Cresent M33 2DE
Every Friday - meet at 09:45am

walking for health

www.walkingforhealth.org.uk

Contact: Dave Walmsley Trafford Scheme Co-ordinator on 0161 282 8154

Dunham Massey, Altrincham



We have a daily walk here at Dunham at 1:30pm that is a guided walk of the deer park by our park guides. People can arrive and ask at reception for the location of the start of the walk. It usually lasts for 1hr 30 mins and is relatively short.

This is free to members but non members would have to pay a car park charge of £7.

Other than that we are still working on our walking programme for 2020, including our link with Walking for Health.

Tel: 0161 942 3967
nationaltrust.org.uk/dunham-massey

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Social Groups, Activities & Meetings	What's on Where (WOW)			ALTRINCHAM	
Monday	10:00	Watercolour with Norma Hopkins	The Jubilee Centre	Bowdon	941 4293
Monday	13:30	Textile Class	The Jubilee Centre	Bowdon	941 4293
Monday	13:30	Over Sixties Club	Larkhill Centre	Timperley	980 0864
4th Monday	14:00	Young at Heart	St Peter's House	Hale	928 3374
Mon/Tues/Wed/Thurs	19:15	Bridge Club	St Peter's Assembly Rooms	Hale	07952 010716
Monday	19:00	Mindfulness	Conselling&Family Centre,Stamford Park	Altrincham	941 7754
1st Monday	19:30	Church Womens Fellowship	St Peter's House	Hale	928 6618
Tuesday	10:00	Painting for Pleasure	Wellgreen Lodge	Hale	07786 560869
Tuesday	10:30	Brush and Brew	The Lakes Medical Centre	Timperley	07814 907808
Tuesday	14:00	Watercolour Class	The Hub	Altrincham Centre	941 2018
Various	19:00	Altrincham & Bowdon Civic Society	Altrincham Town Hall	Altrincham Centre	962 7108
2nd Tuesday	19:30	Flower Club	All Saints Church Hall	Hale Barns	0161 903 9934
1st Tuesday	19:30	Townswomens Guild	Timperley Cricket Club	Timperley	07934 100029
2nd Tuesday	19:30	Hale WI	St Peter's Assembly Rooms	Hale	928 3198
2nd Tuesday	19:30	Altrincham Natural History Society	The Jubilee Centre	Bowdon	0161 941 4293
1st Tuesday	19:30	Timperley Civic Society	Timperley Village Club	Timperley	973 0829
Tuesday	20:00	National Assoc of Womens Clubs	Altrincham URC Woodlands Parklands	Timperley	969 3746
Tuesday	19:00	Altrincham District History Society	The Jubilee Centre	Bowdon	941 4293
Alt Wednesday	10:00	Timperley Probus Club	Branksome Function Suite	Timperley	969 9076
Wednesday	10:00	Art Social	All Saints Church	Hale Barns	494 2319
2nd Wed	10:30	Embroiderers' Guild	Bowdon Vale Methodist Church	Bowdon	962 3507
Wednesday	10:30	Take a break (Ladies over 50)	Devonshire Road Evangelical Church	Broadheath	928 9364
Wednesday	13:30	Village Knitters	Timperley Methodist Church	Timperley	928 0022
2nd Wed	14:00	Over Sixties Club	All Saints Church	Hale Barns	928 0594
1st Wed	14:30	Good Companions	The Hub	Altrincham Centre	941 2018
3rd Wed	14:30	Meeting Point	The Hub	Altrincham Centre	941 2018
Alt Wednesday	19:30	Cross Stitch Group	Booths Coffee Shop	Hale Barns	980 8205
2nd Wed	19:30	Timperley Garden Club	Larkhill Centre	Timperley	973 1292
Thursday	09:30	Paintbox Art Group	Timperley Village Club Hall	Timperley	973 8088
2nd/4th Thurs	10:00	Craft Club	Larkhill Centre	Timperley	075911 81448
Thursday/Friday	12:45	Bridge Club	Larkhill Centre	Timperley	283 2992
Thursday	13:30	Musical Memory Café	Timperley Methodist Church Café	Timperley	928 0022
Thursday	14:00	Afternoon Drop In	Bowdon Vale Methodist Church	Bowdon	928 0022
Thursday	14:00	Craft Group	St Alban's Church Hall	Broadheath	928 4820
Thursday	14:00	Knit & Natter	The Hub	Altrincham Centre	941 2018
Thursday	19:30	Sale Male Voice Choir	Timperley Congregational Church	Timperley	962 4591
4th Thurs	19:30	Ringway & Hale Barns WI	All Saints Church	Hale Barns	01244 347462
Alt Friday	10:00	Altrincham Probus Club	The Jubilee Centre	Bowdon	282 0308
Friday	13:00	Art club	Conselling&Family Centre,Stamford Park	Altrincham	941 7754
Friday	13:00	Bridge for Beginners	The Hub	Altrincham Centre	941 2018
Alt Friday	13:30	Friday Club	Broomwood Community Centre	Timperley	903 8200
4th Friday	19:30	Archaelogical Group	Timperley Old Hall	Timperley	07963 733714
1st Friday	20:00	Astronomical Society	Timperley Village Club Hall	Timperley	Via website
Sunday	10:00	Manchester Mandoline group	The Jubilee Centre	Bowdon	941 4293
Monthly Sunday	call	Sprouts Rambling group	St Peter's Assembly Rooms, Cecil Rd	Hale	941 1634

Social Groups, Activities & Meetings				WYTHENSHAWE	
Monday	13:30	Art Class	Woodhouse Park Lifestyle Centre	Wythenshawe	436 0560
Monday	15:00	Craft Group	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Monday	13:00	Sewing Group	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Monday	13:30	Over 50's Beginners IT	Benchill community Centre,Portway	Wythenshawe	946 9520
3rd Monday	13:45	NHS Retirement Felloweship	Woodhouse Park Lifestyle Centre	Wythenshawe	282 6868
Monday	18:30	Wythenshawe History Group	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Tuesday	0900	Tuesday Shop	St Richard's Church Hall, Peel Hall Rd	Wythenshawe	915 6025
Tuesday	12:00	Paint Pot Art Group	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Last Tuesday	13:30	Library Reading Group(café area)	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Wednesday	13:00	Knitting Group	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Wednesday	9:30 -16:00	Drop in IT for Beginners	Benchill community Centre,Portway	Wythenshawe	946 9520
Wednesday	10:00	Grand Day out - activities	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
1st & 3rd Thurs	10:30	Wythenshawe Family History	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770
Thursday	13:00	Social Group	St Luke's Church, Brownley Road	Wythenshawe	998 2071
Thursday	13:30 -16:00	On Line support	Benchill community Centre,Portway	Wythenshawe	946 9520
Saturday	14:00	Craft / Knitting group	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770

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ALTRINCHAM FC in the community

Altrincham FC. Using the rich history and heritage of sport, Sporting Memories clubs are open to any people over the age of 50 who enjoy reminiscing about their experiences of watching or playing it. The clubs take place each week and are a friendly, welcoming environment that is open to all. Many of our members attend to enjoy the company of other older sports fans, some of our members live with dementia or have memory problems, some have experienced depression, they may have had a stroke or live with Parkinson's, all have one thing in common, a love for sport!

The clubs always have volunteers or staff present who have been trained by Sporting Memories to lead the sessions which use a wide range of Sporting Memories reminiscence resources developed specifically to help prompt conversation and discussion. There is always great fun and new friendships forged. The sessions at Altrincham FC are held on the last Thursday of every month in the Sponsors Lounge at the J.Davidson Stadium. From 1pm-2:30pm .
Call **0161 9281045** or email **community@altrinchamfootballclub.co.uk**
For those of you who would still like to take part in a game or two, here is a list of other groups you may like to consider.

Tuesday	09:30,11:00	Senior Exercise
Wednesday	09:00 (intermediate)	Walking Football
Wednesday	20:30 (advanced)	Walking Football
Thursday	11:00	Walking Netball
Thursday	09:30	Senior Exercise
Last Thurs	12:00	Sporting Memories Social
Friday	13:30	Gentle Yoga

Located just passed Sainsbury's Altrincham, The Hub Community Centre welcomes people of all ages to engage in a huge variety of activities, keeping the place busy all week. Run by Altrincham Baptist Church and a wonderful team of volunteers, it's a place to enjoy a range of social activities, access support services (such as CAP Debt services and Citizens Advice Bureau), volunteer, find a listening ear, or simply enjoy the homemade goodies on offer in our cafe- very much the heart of the Hub.
Seniors will find a number of groups that provide a real sense of community across weekday afternoons, with two Healthy Hips & Hearts exercise classes (Tues & Fri), Art Class (Tues), 1st Wednesday group (talk & afternoon tea - 1st Weds of month), Meeting Point (midweek church service- 3rd weds of month), and Knit & Natter (beginners welcome- Thurs). For more information, contact the Hub on **0161 941 2018 or info@ourhub.org**

Take-a-Break Coffee morning. At a loose end on a Wednesday morning? Then come along to Take-a-Break at the Devonshire Road Evangelical Church, Broadheath, Altrincham. This very friendly group get together each Wednesday at 10.30 until 12 during term time, and have a varied programme including talks (often illustrated), demonstrations, quizzes, and more, but always a cup of tea or coffee and a good chat. You will be made very welcome, so why not come and join us - we'd love to see you.
For further info - phone Sylvia on **0161 928 9364**

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SOCIAL GROUPS, ACTIVITIES & MEETINGS					SALE
Monday	10:30	Life Story Music + Memory	Waterside Arts Centre	Sale Centre	912 5616
1st Monday	11:00	Reading Group	Coppice Library and Wellbeing Centre	Sale	912 3560
Monday	13:00	Wild Colours Art Group	Waterside Arts Centre	Sale Centre	912 5616
Monday	13:00	Art Group	Sale Moor Methodist Church	Sale Moor	969 4440
Monday	19:15	The Players	St Francis Church Hall	Sale Moor	07941 887638
2nd Monday	19:30	Women's Institute - Sale	Sale United Reformed Church	Sale Centre	01244 347462
1st Monday	20:00	Sale Lions	Sale Golf Club	Fairy Lane	0845 833 9604
Mon, Thurs	20:30	Bingo	Sale Conservative Club	Dane Rd Sale	973 3184
Monday	10:00, 13:30	Sale Moor Art Club	Sale Moor Community Centre	Sale Moor	969 7159
Mon, Wed	14:00, 19:30	Manchester Model Railway Society	Dean Hall	AonM	www. mmrs.co.uk
Tuesday	10:00, 13:00	Wild Colours Art Group	Waterside Arts Centre	Sale Centre	912 5616
Tuesday	13:00	Union of Catholic Mothers	Holy Family Parish Centre	Sale Moor	917 2166
Tuesday	13:30	Sing & Sign	Waterside Arts Centre	Sale Centre	912 5616
Tuesday	13:00	Memory Café	Sale United Reformed Church	Sale	611 9275
2nd Tues	13:00	New Horizons Social Group	Life Centre	Washway Rd	850 0770
Tuesday	14:00	Sale Arts Society	St Martins Church Hall	AonM	962 2531
Tuesday	14:00	Pleasant Tuesday Afternoons	AOM United Reformed Church	AonM	973 4870
1st/3rd Tues	14:15	Sale Probus Club	Sale Conservative Club	Dane Road	9622837
1st/3rd Tues	14:00	St Francis Social Afternoon	St Francis Church Hall	Sale Moor	282 8789
2nd/4th Tues	14:00	Brooklands Probus Group	Salvation Army	Sale	973 9831
Tuesday	18:30	Trafford Woodwork Club	Sale West Community Centre	Sale West	01925 757542
Tuesday	19:00	Sale Rotary	The Belmore Inn	Brooklands	07824 517 965
Tuesday	19:30	Chess Club	Woodheys Club on Washway Road	Sale	998 6686
2nd Tuesday	19:30	CAMEO Ladies Group	AOM United Reformed Church	AonM	969 0715
2nd Tuesday	19:30	Montague Patchers	The Salvation Army	AonM	via website
Tuesday	19:30	Sale Choral Society	Sale Moor Methodist Church	Sale Moor	973 3928
Tuesday	19:45	Alma Singers	The Avenue Methodist Church	Sale	283 7165
Tuesday	20:00	Sale Folk Club	United Services Club	AonM	07710 422192
Tuesday	20:00	Sale Rock Choir	Sale Masonic Hall	Sale Centre	969 7159
Wednesday	13:00	Needles + Natter	St. Francis' Church	Sale Moor	07875059113
Wednesday	13:00	Bridge Club	Trinity Methodist Church (Sale)	Sale Moor	865 1215
Wednesday	13:00	Scilight Arts Craft	Coppice Library and Wellbeing Centre	Sale	912 3560
4th Wed	14:00	Reading Group	Coppice Library and Wellbeing Centre	Sale	912 3560
Wednesday	19:30	Artful Voices Choir	Waterside Arts Centre	Sale Centre	912 5616
Wednesday	19:30	Sale Moor Art Club	Sale Moor Community Centre	Sale Moor	969 7159
2nd Wed	19:30	Ashton & Sale History Society	Sale Conservative Club	Dane Road	962 2827
2nd Wed	19:30	Family History Society	Trinity Methodist Church	Sale Moor	439 2635
1st Wed	19:30	Sale Flower Club	Sale Conservative Club	Dane Road	440 9240
3rd Wed	20:00	Ladies Night	Sale Conservative Club	Dane Road	973 3184
Thursday	10:00	Sale Arts Society	St Martins Church Hall	AonM	962 2531
2nd Thurs	14:00	Thriller Reading Group	Coppice Library and Wellbeing Centre	Sale	912 3560
Thursday	19:30	Meadway Singers	The Avenue Methodist Church	Sale	969 6684
Thursday	20:00	Sale Photographic	St Mary Magdalene Church Centre	AonM	282 3903
3rd Thurs	20:00	Sale Wine & Social Club	Sale Moor Community Centre	Sale Moor	637 0190
Friday	10:15	Friday (Sing Along) Club	Sale Moor Methodist Church	Sale Moor	283 8783
Friday	13:00	Community Choir	St Paul's Church Hall	Sale Centre	973 1042
Friday	14:00	Art club	The Salvation Army	AonM	976 4380
Friday	14:00	Off Limits 50+ Social Group	St Mary Magdalene Church Centre	AonM	291 9283
2nd Friday	19:30	Ashton & Sale Floral Art Group	Sale Moor Community Centre	Sale Moor	973 0585
1st Friday	20:30	Quiz night	Sale Conservative Club	Dane Road	973 3184
Saturday	10:30	Knitting Group	Coppice Library and Wellbeing Centre	Sale	912 3560
Saturday	20:00	Saturday Night Entertainment	Sale Conservative Club	Dane Road	973 3184

U3A (University of the Third Age) Is a UK movement of retired and semi-retired people who come together to continue their educational, social and creative interests in a friendly and informal environment. Each group runs dozens of classes.To become a U3A member you simply join your local U3A:-

Sale U3A
Meet at 2pm each Friday at Sale More Community Centre, Norris Rd, Sale, M33 2TN
www.u3asites.org.uk/sale
0161 980 3533

Hale & District U3A
Meet at 2:00pm on the 1st Thursday of each month Bowdon Rooms in Bowdon, WA14 2TQ.
www.u3asites.org.uk/hale
0161 980 3127

Wythenshawe U3A
Meet at 10am on the 3rd Tuesday of each month at the Forum Library, Wythenshawe, M22 5RX
0161 499 1745

U3A THE UNIVERSITY OF THE THIRD AGE

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The Ticker Club

The Ticker Club is a totally voluntary organisation founded by ex-patients who have undergone some form of cardiac or vascular procedure at Wythenshawe Hospital. Club membership is open to all those who have undergone, or are about to undergo such procedures, to their families and to all who wish to support the aims and objectives of the Club.

Patient visitor team at annual seminar 2019

The Club keeps its members informed about all its activities through a quarterly Newsletter posted free to all members. Each Newsletter includes a message from the Chairman and information about donations, meetings, seminars and conferences, as well as features on fundraising and other events.

We have recently reviewed our social programme and already this has proved very popular with a quiz night in September and a beetle drive in October. These social events are open to all, so both members and non-members are invited to come along and join us. We currently meet at the Stamford Pub in Bowdon, and details of events, dates and times etc can be found on our website :

www.thetickerclub.co.uk.

The main aims of the Club are:

Patient Support: We offer practical advice and moral support to new patients, both before and after surgery, through near-daily visits to all the cardiac wards and outpatient clinics by our trained patient support volunteers or, by special arrangement, privately in their own homes.

Team member Nazir Choonara visits a post-op patient on ward F6

Head camera provided for surgeon Mr Venkataswaran

Exercise bike purchased for Cardiac Rehab at Wythenshawe

Patient Representation: The Ticker Club represents patients' interests both within the Manchester University NHS Foundation Trust (MFT) Wythenshawe and in the wider context of regional NHS bodies, the British Heart Foundation (to which the Club is affiliated) and by contact with other patient support groups.

Fundraising: We support all cardiac procedures carried out at Wythenshawe Hospital by raising funds through subscriptions, donations, prize draws and fundraising events. As the Club is run on an entirely voluntary basis, all money raised is spent on facilities and equipment for the Hospital's cardiac and vascular units.

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What's on Where (WOW)

Coffee Mornings, Lunch Clubs & Afternoon Tea					ALTRINCHAM
1st Monday	10:00	Coffee Morning	G Force Café, Mainwood Road	Timperley	980 2879
Mon/Wed/Fri/Sat	10:00	Coffee Morning	Timperley Methodist Church	Timperley	903 8188
Monday	10:00	Community Café	Holy Cross Parish Hall	Timperley	980 4330
Mon-Fri	10:30	Coffee Morning	Hale Bowling Green	Hale	07578644156
Monday	10:30	Coffee Morning	St Luke's Church	Bowdon	929 1537
Monday	12:30	Lunch Club	Hale Methodist Church	Hale	928 0022
Mon-Fri	14:00	Afternoon Tea	Hale Bowling Green	Hale	07578644156
Tuesday	12:15	Lunch Club	Timperley Methodist Church	Timperley	928 0022
Wednesday	10:00	Take 5 Cafe	St Alban's Church Hall	Broadheath	928 4820
Wednesday	10:30	Coffee Morning	St Peter's	Hale	928 3374
2nd Wed	11:00	Sunshine Hour	Timperley Congregational Church	Timperley	969 4451
Wednesday	12:00	Lunch Club	Altrincham Methodist Church	Altrincham	928 0022
3rd Wed	12:00	Lunch Club	All Saints Church	Hale Barns	980 3234
Friday	10:30	Friday Club	Café, Stamford Park (Counselling Centre)	Altrincham	941 7754
Saturday	08:15	Mens Breakfast (call to book)	St Peter's Assembly Rooms, Cecil Road	Hale	926 8625
1st Saturday	12:00	Ploughmans Lunch (call to book)	St Peter's Assembly Rooms, Cecil Road	Hale	980 7623

Coffee Mornings, Lunch Clubs & Afternoon Tea					SALE
Monday	10:00	Coffee Morning & Café	St. Francis' Church	Sale Moor	973 4145
Monday	12:00	Lunch Club	Trinity Methodist Church	Sale Moor	969 5631
Monday	14:00	Coffee and Chat	Coppice Library and Wellbeing Centre	Sale	912 3560
Tuesday	10:15	Senior Citizens Coffee Morning	Sale United Reform Church, Montague Rd	Sale Centre	969 1153
2nd Tuesday	10:30	Coffee Morning	Coppice Library and Wellbeing Centre	Sale	912 3560
Wednesday	12:00	Lunch Club	St Anne's Church Hall	Sale Moor	282 7434
Thursday	10:00	Seconds to Spare	St John's Church Hall	Brooklands	973 1996
Thursday	10:30	Young at Heart Coffee & Chat	The Salvation Army	Ashton-on-Mersey	976 4380
Thursday	12:00	Lunch Club	The Salvation Army	Ashton-on-Mersey	976 4380
1st Thursday	13:00	Cuppa & Company (Cyril Flint)	Sainsbury's Café	Sale	942 9465
2nd Thursday	13:30	Tea Dance	Waterside	Sale Centre	912 5616
Friday	12:00	Lunch Club	Sale Moor Methodist Church	Sale Moor	976 2697
1st Friday	12:00	Lunch Club (Ladies)	Sale Conservative Club	Sale Moor	973 3184
2nd Saturday	10:00	Coffee Morning	Sale United Reform Church, Montague Rd	Sale	969 1153
Saturday	10:30	Coffee Morning	St Paul's Church Hall	Sale Centre	973 1042

Coffee Mornings, Lunch Clubs & Afternoon Tea					WYTHENSHAWE
Monday	09:00	Breakfast Club	William Temple Parish Church, M22 0BU	Wythenshawe	998 2071
Tuesday	09:00	Breakfast Club	St Richard's Church,Peel Hall Rd	Wythenshawe	998 2071
Tuesday	12:00	Lunch Club	Brooklands Church, Wendover Rd	Manchester	998 9863
Thursday	10:00	Breakfast Club	St Martin's, Holly Hedge Rd, M23 1LX	Wythenshawe	998 2071
Thursday	12:30	Community Lunch	Firbank Pub, Firbank Road	Newell Green	436 1135
Friday	09:00	Breakfast Club	St Luke's Church, Brownley Road	Wythenshawe	998 2071
Friday	10:00	Coffee Morning	Brownley Green Church, Crossacres Rd	Wythenshawe	437 2870
Friday	14:00	China Cup Café	Brooklands Church, Wendover Road	Manchester	998 9863
Alt Friday	13:00	Senior Citizen Club	Woodhouse Park Lifestyle Centre	Wythenshawe	436 0560
1st Sat of month	14:30	Afternoon Tea	Wythenshawe Forum, Simonsway	Wythenshawe	227 3770

With all the listings in the **WOW** guide

we strongly advise to ring ahead to avoid disappointment.

If you would like to recommend a club, we would love to hear from you,

or if you see an error, please call Lucy Gill on 07841 582372

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The Macmillan centre at Wythenshawe Hospital, Southmoor Road, M23 9LT is just inside Entrance 3 opposite Subway and is open to anyone affected by cancer- weekdays 9am-4pm, no appointment required. We can offer time to listen, time to talk and time to make sense of it all for patients and families; you will be made most welcome the centre always has the kettle on!

Debbie Smith centre manager
Helen Adamson deputy manager
Karen Morris information assistant

We offer:

- information about all aspects of cancer and treatments
- Finance and benefits advice and support *
- Work advice and support
- Counselling including specialist counselling for body image and psychosexual concerns following cancer and treatments *
- Living with and after cancer courses, and support
- Family, children and friends support
- Signposting to other sources of support
- Complementary therapies *
- Health and well being activities such as walking, walking netball/football, craft and chat etc

Contact: 0161 291 4876 or email macmillan.info@mft.nhs.uk

(Please note those services marked with an asterisk are limited, these services are only open to patients/families that have been treated at some point in their cancer pathway at Wythenshawe or Withington Hospitals)

Life After Stroke Social Group

We are a small **stroke survivors social group in Sale** who meet up every other Thursday from 1.30pm until 3.30pm at High Lee House, Broad Road, Sale. (opposite Worthington Park)
We have visits from a Ukulele group who played some wonderful 50/60s music, a belly dancer has been to see us and talked about the art of belly dancing together with a demonstration of this beautiful dance. A local historian came along and gave us a very interesting talk on the history of Sale/Ashton-on-Mersey.
Tea/coffee and biscuits/cake are available, and we hold a quiz every so often, together with various social get togethers.
We welcome new members and if you wish to join us please contact:
Pat Walton 0793 9904777 or Barbara Bevens 07796 004659

MAN WITH A PAN

Trafford age UK

ALL SAINTS CHURCH HALE BARNS, HALE ROAD ALTRINCHAM,WA15 8SP
ON FRIDAY 10TH JANUARY 2020 10AM -1PM
FOR 5 WEEKS
OTHER DATES/AREAS ALSO AVAILABLE

The next Group starts 15th Feb 2020 @ Age UK Trafford, Sharples building, Urmston, M41 9EH. Book your free place now by calling **0161 746 9752** or email admin@ageuktrafford.org.uk

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Food and nutrition play an important role in staying well. But many people lose their interest in food as they get older and, according to Home Instead Senior Care research, one in five over 75s struggle to cook their own food. As part of our new campaign called **'Stay Nourished,'** our aim is to raise awareness of the importance of maintaining healthy eating habits.

Home Instead Senior Care Altrincham and Sale is here to share its knowledge and help recognise the signs of malnutrition so that families or those providing care and support can take action.

Here are some top tips for encouraging your loved one to enjoy mealtimes:

- Keep mealtimes interesting. Aromas can help to stimulate the appetite. Encourage your loved one to get involved in the selection, preparation and serving of meals wherever possible.

Top Tip: Help your loved one to make a shopping list and decide on a healthy meal plan for the week.

- Make the dining area comfortable, remove distractions and create a nice atmosphere.
- Think about portion sizes; if appetite is a problem, it is better to introduce smaller portions more often instead of a large plate of food 3 times a day. Offering finger foods is also a good way to encourage people to eat if someone doesn't want a traditional meal.
- Ensure healthy snack options are available and make sure food and drinks are easily accessible throughout the day.
- Avoid calorie-free or low-fat products unless your loved one has specifically been advised to eat them by their GP.
- Always prioritise mealtimes and try to create a mealtime routine. Avoid rushing and coercing someone to eat. Gentle persuasion is better.
- Confront the myth that weight loss is a normal process with ageing as our bodies become less active. Weight loss is not a normal part of the ageing process.

STAY NOURISHED

Be happy and healthy as you age

If you are feeling that you could do with a little extra support in the kitchen, Home Instead Senior Care can help. Find out if we can help your loved one to eat well and stay well at home. Call our office on **0161 8701136**

To launch our campaign, Stay Nourished, we commissioned a survey about the eating habits of older people.

We asked them what their favourite dish was to enjoy. The top three dishes came out at: **Traditional Roast, Fish & Chips and Stew.**
We then asked celebrity chef Rosemary Shrager to take these top dishes and created a bespoke twist on them exclusively for the Home Instead Senior Care network.
Based on the favourite dishes, Rosemary has created three recipes which are nutritious and simple to make within a short time (The curried Cod Goujons opposite) These recipes are:

- **Grilled Lamb Chop with a Mint Yoghurt Sauce**
- **Curried Cod Goujons**
- **Chicken and Parsley Patties with Braised Leek and Cheesy Sauce.**

How can I get the recipes?
The recipes for these are now available on our website here https://www.homeinstead.co.uk/recipes if you don't have online access we have printed one of her recipes on the page opposite for you to have a go at something a little different.

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Serves 2

Ingredients

Cod goujons

2 100g cod fillets – you could use mackeral or salmon to up to Omega3
½ tsp ground tandoori spice or curry powder
½ tsp ground cumin (optional)
¼ tsp minced fresh ginger (optional)
1 tsp full-fat plain yoghurt
1 tsp lemon juice
salt and pepper
75g flour
2 egg
100g white breadcrumbs, dried polenta or semolina
75ml milk
zest of half a lemon
Vegetable oil for frying.

Sweet potato wedges

1 large sweet potato (you could use normal white potato if you prefer)
1 ½ tsp rapeseed or vegetable oil
½ tsp of dried thyme

Coleslaw

200g white cabbage, finely sliced
Half a red onion, finely sliced
1 medium carrot, finely grated
½ Granny Smith apple with skin on, finely diced or very coarsely grated
25g sultanas
Juice of half a lemon
75g full-fat mayonnaise
1 ½ tblsp fresh coriander, finely chopped (optional)
1 clove of garlic, finely chopped (optional)
salt and pepper

To make the coleslaw

1) Remove the root and finely slice the cabbage (this can be done in a food processor if you have one, or just with a knife if not), put into a large mixing bowl.
2) Now finely slice the red onion. Add to the cabbage.
3) Mix in the grated carrot, diced apple, parsley, sultanas, coriander, and finely chopped garlic (if you're using it).
4) Now put the mayonnaise into a small bowl and add the lemon juice, mix well.
5) Mix all the ingredients together and season well, cover until needed.

To make the sweet potato wedges

1) Preheat the oven to 190 degrees (fan) and put a roasting tray in whilst it is coming up to heat.
2) Cut the sweet or white potatoes into wedges.
3) Once the oven has heated up, remove the empty tray from the over, add the oil and potato, turn to cover all over, then season with sea salt.
4) Put back into the oven for 25 minutes or until nicely golden.
5) Remove and drain well. Season a little more if needed – but be careful of how much salt you're adding.

To make the cod goujons

1) First cut each cod fillet into two or three pieces
2) In a large mixing bowl, mix the ground tandoori spice/curry powder and ginger (if using) with the yogurt and lemon juice. Season with salt and pepper, mix well.
3) Now add the cod pieces to the yoghurt mixture.
4) In one bowl add the flour, then another bowl the egg and milk, then finally in a third bowl the bread crumbs.
5) Take each piece of cod, dust with flour then put into the egg mix and finally the breadcrumbs. Repeat until all pieces are coated.
6) Cook the fish in the oven with the potatoes. Once the wedges have been in for 15 minutes, drop to 180 degrees and add the fish. Cook for 15 minutes.

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Make a world of difference in our community. **Join our team** of Home Instead CAREGivers and do meaningful work alongside a truly passionate team. Learn more and apply today!

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HISC_Alt_Sale

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Each Home Instead Senior Care® franchise office is independently owned and operated.