



Really Useful Guide

All the contacts you need for Winslow groups and activities in one document. Updated biannually.

Contact:
Vcorben1@gmail.com

Monthly Updates in the
Winslow Parish News

PURPOSE

Winslow Big Society Group (WBSG) is a volunteer organisation set up in 2012. It seeks to identify gaps in general services and provision to the Winslow community and to provide what is realistically achievable to fill these. WBSG liaises and works with other organisations for mutual exchange of ideas and support.



PROGRAMME

- > Friendship Lunches
2nd Tuesday
each month
- > Gentle Walks
Every Wednesday
- > Gentle Exercise & Stability Classes
Various days and times
- > Memories
3rd Mondays, 3rd Wednesdays
each month
- > Cards and Board Games
1st Mondays each month
- > Singing for Pleasure
4th Thursdays each month
- > Parents / Carers drop in.
Every Monday in term time
- > *Ongoing*
Really Useful Guide
- > Community Car Scheme
- > Summer Play Scheme
- > Telephone Befriending Service

CONTACT:

Vron Corben 01296 712460



WINSLOW BIG SOCIETY GROUP

What's on offer in Winslow

**JOIN IN
VOLUNTEER
OR BOTH!!**

November 2017

www.winslowbigsocietygroup.info

Friendship lunches

Feeling alone, or would like a nicely cooked meal with others? Come and join our monthly Friendship lunches once a month. Cost is £9.50 for a 2 course lunch with tea/coffee.

Contact:

Vron Corben 01296 712460
vcorben1@gmail.com

Volunteer opportunity
helpers, hosting.

Share your memories

Join us every 3rd Monday and 3rd Wednesday of the month over a cup of tea to share your memories on a different topic each time. Winslow Community Library, 2.30pm. Donations towards teas welcome.

Contact:

Sue Keane 01296 713106
suandi57@hotmail.com

Volunteer opportunity
refreshments, session leaders.

Cards & Board Games

Keep your mind sharp and enjoy an afternoon of cards or board games, with refreshments. 1st Monday of each month, 2.30-4pm at Winslow Bowls Club. £1.50 per session.

Contact:

Zoe Sutherland 01296 712416
z.sutherland@btinternet.com

Volunteer opportunity
Card players, hosting, refreshments.

Gentle Walks

Specially designed for those who find walking difficult, are unused to walking or not able to walk regularly. All welcome. Short walks round Winslow at your pace, with refreshments at the end. Meet at 10am. Every Wednesday at St Laurence Room. Donations for refreshments. No need to book in advance.

Contact:

Malcolm McPartlan 01296 713686
malcolm.mcpartlan97@gmail.com

Volunteer opportunity
walk leaders & back markers.

Exercise & Stability Classes

A variety of classes for all abilities including mat based pilates, aerobic workout and one for those with mobility and other health issues. Various days and times. £6.50 per session, St Laurence room. Limited places.

Contact:

Zoe Sutherland 01296 712416
z.sutherland@btinternet.com

Telephone befriending service

Know someone elderly who is very isolated, who would appreciate a regular phone call? Or do you want to become a volunteer to make that call?.

Contact:

Keith Hofgartner
01296 713434 and choose option 6
Keithhofgartner@nhs.net

Volunteer opportunity
Telephone befrienders..

Parents / Carers drop in.

New to Winslow, want a chance to catch up with other parents / carers after the school or nursery drop off? Children catered for whilst you chat over coffee. Optional donation for refreshments. 9-10 am every Monday morning in term time at Winslow Library.

Contact:

Cathy Tracy 01296 712023
cathytracy@btconnect.com

Volunteer opportunity
supervising children, hosting, refreshments

Need transport?

Our Community Car Scheme provides volunteer drivers at low cost to take you to the GP, library, dentist, shops, hospital visiting etc. but not hospital appointments. WINSLOW RESIDENTS ONLY.

Contact:

Co-ordinator 07508 330750
winslowcarscheme@gmail.com

Volunteer opportunity
Drivers.

Singing for Pleasure

Monthly singing sessions for all, with refreshments, 4th Thursday of each month, St Laurence Room, 2.30 – 4pm. Cost £1.50 per session.

Contact:

Angela Bowe 01296 714678
gandabowe@btinternet.com

Volunteer opportunity
refreshments, musicians.