

Need transport?

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, except Buckingham Hospital. Lifts to Big Society events free. WINSLOW RESIDENTS ONLY.

Contact:

Co-ordinator 07508 330750
winslowcarscheme@gmail.com

Community Wheelchair Vehicle:

Car with adapted wheelchair space and ramp. For hire in Winslow and surrounding villages. Can be driven by registered carer, family member, as well as provided with a driver.

Contact:

Administrator 07508 976917
vcorben1@gmail.com

Volunteer opportunities

Our activities succeed as we have a team of dedicated volunteers and we would welcome more helpers. We need tea and coffee makers at many events, session leaders, card players, organisers, walk leaders, drivers and befrienders. Training is given where needed, some volunteers need to be DBS checked. There is a regular volunteers' newsletter, annual get together for all and some specific groups.

More information on the Big Society Website
www.winslowbigsocietygroup.info
Monthly Updates in the Winslow Parish News
See Posters round Winslow



PROGRAMME

- > **Afternoon tea**
4th Tuesday each month
- > **Card and Board Games**
1st Monday each month
- > **Friendship Lunches**
2nd Tuesday each month
- > **Gentle Exercise & Stability Classes**
Various days and times
- > **Gentle Walks**
Every Wednesday
- > **Hard of Hearing Group**
1st Thursday each month
- > **Memories**
3rd Monday, 3rd Wednesday each month
- > **Parents / Carers drop in**
Every Monday in term time
- > **Parkinsons Support Group**
1st Tuesday each month
- > **Singing for Pleasure**
4th Thursday each month
- > **Ongoing**
- > **Transport**
Winslow Community Car Scheme
Community Wheelchair Vehicle
- > **Summer Play Scheme**
- > **Telephone Befriending Service**
- > **Really Useful Guide**

CONTACT: Vron Corben 01296 712460



WINSLOW BIG SOCIETY GROUP

What's on offer in Winslow

**JOIN IN
VOLUNTEER
OR BOTH!!**

March 2019

www.winslowbigsocietygroup.info

Friendship lunches

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

Contact:

Kay Peck 01296 714253
kmpeck@btinternet.com

Share your memories

Join us every 3rd Monday or 3rd Wednesday (dementia focus) 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

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

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

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
Keith.hofgartner@nhs.net

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

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 or Graham Bowe 01296 714678
gandabowe@btinternet.com

Afternoon Teas

Join us for a chat and a good tea. All welcome. Bell Hotel, 3-4pm, 4th Tuesday of each month. Book before 20th of the month.

Contact:

Christine Moore 01296 711927
moore.c@lineone.net

Hard of Hearing Group

Struggle to join in conversation? Come and enjoy time and refreshment with others in a quiet place. Share ideas that help, learn from Speakers some months. 1st Thursday of each month at Winslow Community Library. Just turn up. 2.30-4pm.

Contact:

Diana Slevin 07803 174583
diana@slevin.plus.com

Parkinsons Support Group

Meet and share experiences with other people with Parkinsons and learn from speakers' input. Come and join us for a chat over refreshments. Partners are very welcome.

1st Tuesday each month at Winslow Community library 10—12noon

Contact:

Liz Mostyn 01296 715736
lizmostyn@gmail.com

Really Useful Guide

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

Updated biannually.

Contact: vcorben1@gmail.com