

Pilates and Exercise Classes

Exercise for all abilities - Various online and face to face classes are now available, check for availability, cost, and times.

Contact: Sandra Pratt 07775 428594
sandrapratt45@yahoo.co.uk

Parkinsons Group

A group to meet other people with Parkinsons and their carers and share experiences, Meet monthly on 1st Tuesday in the library at 2.30pm.

PLUS a specialised exercise class has been established by Sandra who has completed a specialised course with Fitness Professionals and the Neurogym in order to run this class.

Contact: Liz Mostyn 01296 715736 for the support group,
and Sandra Pratt 07775 428594 for the exercise classes

Singing for Pleasure

Monthly singing session for all, 4th Thursday of each month, in the St Laurence Room 2.30-4.00 pm.

Cost £1.50 donation towards cost of Hall Hire.

Contact: Angela or Graham Bowe 01296 714678
gandabowe@btinternet.com

Cards and Board Games

Keep your mind sharp and enjoy an afternoon of cards and board games, 1st Monday of each month, 2:30-4:00 pm at the Winslow Bowls Club. Cost £1.50 donation towards cost of hall hire.

Contact: Zoe Sutherland 07732 867864

Film Shows

Held on an occasional basis in the Bowls Club.

Details of future dates and films will be published in the Winslow Parish News, and displayed on posters round Winslow.

Free, but donations towards costs are welcome

Contact: Ann Abraham 07715 745216

Friendship Lunches

Feeling alone, or would you like a nicely cooked meal with others? Come and join our monthly Friendship Lunches. Cost is £12 for a 2 course lunch with tea/coffee. 2nd Tuesday each month.

Contact: Christine Hudson 07834 182837
Christineahudson@aol.com

Afternoon Teas

Join us for a chat and some tasty sandwiches and cakes.

All are welcome. 4th Tuesday of each month. Please contact us for more information. Cost £5 donation to cover costs

Contact: Laura Stobbs 01296 714022
laurastobbs3@gmail.com

Share your Memories

Join the group every 3rd Monday at 2.30pm in the library to discuss a particular topic over a cuppa.

Contact: Sue Keane 01296 713106

Dementia friendly Memories Group

Have some memory loss? Come and enjoy semi structured time together with Refreshments. Every 3rd Wednesday at 2.30pm in the library.

Contact: Vron Corben 01296 712460
Vcorben1@gmail.com

Gentle Walks

Specially designed for those who find walking difficult, are unused to walking or not able to walk regularly. Short walks around Winslow every Wednesday. We leave at 10am, so please meet us a few minutes before outside The George on the Market Square, under the tree. Small accompanied groups. Everyone welcome. NO NEED TO BOOK

Contact: Christine Dodds 01296 714336
malcolm.mcpartlan9@outlook.com



WINSLOW BIG SOCIETY GROUP

Would you or someone you know benefit from joining in with our Big Society activities or using our services?

For example, have you/they:

- Lost confidence
- Reduced mobility
- Had friends or relatives pass away
- Declining health

Would you/they like to

- Have a singalong
- Just need someone to chat/write to
- Watch a film with people
- Just missing company
- Play a board game

If any of this fits you or someone you know, then do make contact to find out more

You can find more information on the Big Society Website www.winslowbigsocietygroup.info
Monthly updates can also be found in the Winslow Parish News and on Posters around Winslow.
WBSG General Enquiries 07508 330750
contact@winslowbigsocietygroup.info



Registered Charity Number 1179561

April 2023

Volunteer Opportunities

Our activities succeed due to our team of dedicated volunteers and we would welcome more helpers. We need tea and coffee makers at many events, session leaders, activity organisers, walk leaders, drivers, and befrienders. Training is given where needed, and some volunteers will need to be DBS checked.

Please contact us to request volunteering form.
WBSG General Enquiries contact 07508 330750

Really Useful Guide

All the contacts you need for Winslow Groups and activities in one document. Please let us know of any changes to group information.

New ideas for activities for any age group are always welcome.

Why not check out our Facebook page and don't forget to like us.

All of our events and activities are open to all age groups

Please ensure you are fit & well, and especially covid free before attending any of our events, as will all our volunteers

Parents & Carers Drop-In

A chance to unwind after the weekend? An opportunity for free coffee/tea and a friendly chat with others.

Toys and games for the children.

Every Monday in term time, 9-10 am in the Library.

Accompanied pre-school children welcome.

Contact: Cathy Tracy 01296 712023

Summer Playschemes

Held during the summer holidays, please check Winslow Parish News and posters around Winslow for dates.

Information can also be found on our Facebook page.

Contact: contact@winslowbigsocietygroup.info

Community Car Scheme WCCS

We provide DBS checked volunteer drivers to take you to local destinations. Journeys to Big Society events are free of charge, others are at a low cost e.g. to the GP & Health Centre, library, dentist, shops, hospital visiting etc. This service is for Winslow residents only. The Service runs 8am to 6pm, weekdays only. At least 24 hours notice is needed (does not include weekends).

Contact: winslowcarscheme@gmail.com
Scheme Co-Ordinator 07508 330750

Winslow Wheelchair Vehicle

Available to be driven by a carer or family member with our permission. It can also be driven by a dedicated driver that we will supply when we can. Passengers need to be registered.

Contact: Scheme Co-Ordinator 07508 976917

Hard of Hearing Social & Action Group

All suffering with hearing loss or supporting those with it are welcome to friendly monthly meeting to discuss topics of interest, hear outside speakers, and share ideas over a cuppa. 1st Thursday, 2.30-4pm in the Library. Hearing Loop usually available

Contact: Diana Slevin 07803 174583
diana@slevin.plus.com

Telephone Support Volunteers

Do you know someone who is very isolated and would appreciate a regular phone call? Or do you want to become a volunteer to make that call?

Contact: keith.hofgartner@nhs.net

Pen Pal Service

Feeling isolated and maybe housebound? Would you like to receive letters from another person about what's going on, what they are doing etc? It can be a one or two-way service. If you'd like to be a letter writer or a receiver of letters, please contact us

Contact: Zoe Sutherland 07732 867864
winslowbigsociety@gmail.com

Accompaniment Service

Finding it hard to get out alone? Why not set yourself a manageable goal with a dedicated volunteer? Once a week for 6 weeks to help you get out.

Contact: Vron Corben 01296 712460
Vcorben1@gmail.com

Sitting Service

We can provide an hour a week to enable a carer to get out, have a change of scene, walk round the garden, have their hair done etc. Matched to a dedicated volunteer, this service is free.

Contact: Vron Corben 01296 712460
vcorben1@gmail.com