

### ■ 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.

Sandra has completed a specialised course with Fitness Professionals and the Neurogym in order to be able to run a specialised exercise class on Thursdays at 12 in St Laurence room

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. Free but donations towards costs most welcome. Doors open 1.30pm for refreshments; film starts at 2pm

Details of dates and films are published in the Winslow Parish News, usually on Facebook and on posters around Winslow as well as in the calendar on Big Society website.

Contact: Ann Abraham 07715 745216

### ■ Friendship Lunches

Feeling alone or would it just be nice to have a cooked meal with others? Come and join our monthly Friendship Lunches on the 2nd Tuesday each month at The Bell. Cost is £12 for 2 courses plus a tea/coffee.

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: Brenda Otter 01296 712094  
or Chris Hodgetts 07541 180516

### ■ 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 1st and 3rd Wednesday at 2.30pm in the library.

Contact: Vron Corben 01296 712460  
Vcorben1@gmail.com

### ■ Gentle Walks

Ideal for those who know they should get out and walk, or find walking difficult, and perhaps find it less than pleasant on their own. We walk in small accompanied groups; everyone is welcome (including those with scooters and pushchairs) and there's NO NEED TO BOOK. Join us from 9.45 on Wednesday in the St Laurence Room in the Market Square - we leave promptly at 10.00 am

Contact: Christine Dodds 07923 475291



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

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

More information can be found on the website [www.winslowbigsocietygroup.info](http://www.winslowbigsocietygroup.info). Also our Facebook page, monthly updates in the Winslow Parish News and posters around Winslow. WBSG general enquiries 07508 330750 [contact@winslowbigsocietygroup.info](mailto:contact@winslowbigsocietygroup.info)



January 2025  
Registered Charity Number 1179561

### 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**

### ■ 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 07930 631021

### ■ 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](mailto: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](mailto:winslowcarscheme@gmail.com)  
Scheme Co-Ordinator 07508 330750

### ■ Winslow Wheelchair Vehicle

A service covering Winslow and surrounding villages.

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

### ■ Equipment Store

You can loan mobility equipment e.g. wheelchairs, frames, crutches and more, for short periods giving just a small deposit for most items. There is a small cost for wheelchair loans. We also sometimes take used equipment in good condition.

Contact: Chris Hudson, 07834 182837.  
[christineahudson@aol.com](mailto:christineahudson@aol.com)

### ■ Hard of Hearing 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.plus.com](mailto:diana@slevin.plus.com)  
Or Christine Dodds 07923 475291

### ■ Telephone Support Volunteers

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

Contact: [northbucks.pss@nhs.net](mailto:northbucks.pss@nhs.net) 01296 914 271

### ■ 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](mailto: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](mailto:vcorben1@gmail.com)

### ■ 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](mailto:sandrapratt45@yahoo.co.uk)