



## 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
- Had friends or relatives pass away
- Reduced mobility
- 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)



June 2024

Registered Charity Number 1179561

### ■ **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.

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.

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. Films start at 2pm.

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: 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 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 01296 714336

### ■ **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**

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**

A new venture, where you can loan mobility equipment, eg wheelchairs, frames, crutches and more, for however long you or a relative needs, giving just a small deposit. We also take used equipment in good condition.

Contact: Chris Hudson, 07834 182837.

[christineahudson@aol.com](mailto:christineahudson@aol.com)

### ■ **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: northbucks.pss@nhs.net      01296 914 271

### ■ **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

winslowbigociety@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

### **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**