

Newsletter

October/November 2018



Leicester
Ageing
Together

Spinney Hills & Wycliffe

Funded by the Big Lottery, we aim to reduce and prevent social isolation of older people.



Community Connectors You may already have met us - Bharti (right) & Debbie (left). We are Community Connectors within Leicester Ageing Together. You will see us out and about as we support people to connect with each other and local services in the community. Please stop and say hello or you can call us: Bharti **07517 450831** Debbie **07517 450726**.

Give&Take is a Community Interest Company, the Leicester locality provides a volunteer support service, to help isolated individuals (aged 50+) build the confidence to get back into their community. For more information, if you would like support or are interested in volunteering call Emily **07846 516 017**, www.giveandtakecare.co.uk



PYCA offers a variety of opportunities & different activities at their centre as well as outreach venues. Our survey results show that elderly people participating in activities have increased social connectivity and improved well-being. Call **0116 254 8012** or email info@pyca.org.uk

St Peters Church & Community Centre, St Peter's Road, offers a Lunch Club on Wednesday & Friday for older people and those feeling isolated. The centre is open from 11am to 2.15pm with free tea & coffee, lunch is served from 12 noon, £2.70 for a main meal, £3.30 includes pudding. Call **0116 255 3095** mornings only.



Wesley Hall Community Centre

Hartington Road, LE2 0GN offers activities for the very young to elders. Elders lunch club every Monday & Friday 11.30 - 2.30, includes seated exercise, transport available. Various classes - Sewing, Yoga, Speaking English and Exercise classes for elders. Call Anita **0116 262 6000**

Ladies Community Café Wednesdays 12:30-14:30, activities, chat and friendship at a female only group based at St Matthews House, Kamloops Crescent, LE1 1HX call **0116 251 8737**



T: 0116 249 8850

E: hello@leicesterageingtogether.org.uk

www.leicesterageingtogether.org.uk

Registered Charity No. 218992



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SUHAANI YAADAIN an Asian Community mixed singing group meets every fortnight at Catherine House, AgeUK premises (2a Stoughton Drive North, Leicester LE5 5UB) Mondays 1 – 3pm. October 1st, 15th & 29th. All ages welcome, do join us for a taster session. For more information call Ravinder Singh Kundra **07748 772 308**.

Monday

- Make-Over Session 11am-1pm, at PYCA
- Sewing Sessions & Pattern Making, 1-3pm at PYCA
- Aerobics & Exercise, 12.30-13.30pm, at S&S Gym, Contact PYCA
- Older & Bolder Group for West Indian Senior Citizens, 12.30-2.30pm, African Caribbean Centre.

Tuesday

- Yoga & Chair Exercise 10-11am, at Sabarmati Hse, Kashmir Rd. Contact PYCA
- Hair & Beauty, 10am-12 at PYCA . English, 10am-12 at PYCA
- Yoga & Chair Exercise for men 1.30-12.30pm at PYCA
- Coffee afternoon for men, 12.30-1.00pm, at PYCA
- Yoga & Chair Exercise, 2-3pm, Scarborough Court, contact PYCA
- Yoga/Pilates (for women) 12.30-1.30pm at PYCA
- Elders Group 10.30am-1pm, at Highfields Centre

Wednesday

- English for Everyday Life, 10am-12
- Elders Group 10.30am-1pm, Highfields Centre
- Chair Exercise & Yoga 11.15-12.15, at Wakerley Court - Book with PYCA
- Exercise, 12.30-1.30pm at PYCA
- Lunch Club, St Peter's Church & Community Centre served from 12 noon to 1.15pm

Thursday

- IT & Social Media 10am-12, Knitting & Crochet 12.30 -2.30pm, both at PYCA
- Yoga 1-2pm at Len Hollis Court, contact PYCA
- Coffee afternoon for ladies, 2.30-4pm at PYCA
- Elders Group 10.30am-1pm, Highfields Centre. Contact 0116 253 1053
- Mango Tree A social café/club for older African Caribbean men. 4pm to late, at WISCP

Friday

- Elders Exercise Class, 11.30 to 12.30 & Elders Lunch Club, 12.30 to 2.30 Wesley Hall

CONTACTS: Highfields Centre: **0116 253 1053**. West Indian Senior Citizens' Project: **0116 251 2224**. Wesley Hall: **0116 262 6000**. PYCA: **0116 254 8012**. African Caribbean Centre has various activities, call **0116 221 1793**.

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