



Wishing Well Programme

Spring 2018



Jubilee House

**St. Paul's Street, Crewe CW1 2QA
01270 256919**

(Located in Crewe Town Centre at the far end of the Asda car park)

The Georges Community Centre

**West St. Crewe, CW2 8SL
01270 580566**

**For the latest news of our groups/sessions, activities, events, support services and for information about our Catering Services and Venue Room Hire
Please contact us on 01270 256919 or 01270 253551**

**charles.maines@wishingwellproject.net
gill.tarrant@wishingwellproject.net**

**General Manager
Assistant Manager & Older Persons Service Lead
Catering & Room Hire Bookings
Lifelong Learning Courses & Education Lead
Business Support**

**bethan.hogg@wishingwellproject.net
molly.evans@wishingwellproject.net**

**Parenting/Children & Families Lead /Youth Activities, Training & Teen Carers drop in.
Day Clubs & Meal Deliveries Administration
Young Persons SEN Activities & Services Lead
Volunteer Service Lead
Physical Activity & Health Lead
Disabled Children's Service Lead
Business Support / Administration & Accounts
Eagle Bridge IT Suite**

mabyn.meredith@wishingwellproject.net

**ann.antrobus@wishingwellproject.net
jan.melia@wishingwellproject.net
laura.jackson@wishingwellproject.net
joe.doran@wishingwellproject.net
pam.young@wishingwellproject.net
rita.woollam@wishingwellproject.net
itsuite@wishingwellproject.net**

**Wishing Well also runs the IT Suite, Advice & Signposting Service and Community Café
In the Eagle Bridge Health & Wellbeing Centre at Dunwoody Way, Crewe
Open for public use Monday to Friday, 9am – 12noon, Work club Thursday 1.00-3.00.
For more information on us and our services please check out our website at:**

www.wishingwellproject.com

Or Follow us on Twitter @TheWishingWellP



**New 6 week course
Starts 18th April**

GET CREATIVE WITH RECYCLED MATERIALS

Come along to our new 6 week course and learn how to turn your recyclable plastics and card into beautiful creations, and at the same time help the environment.

Please call 01270 256919 for more details or to book a place

**Courses starting in summer
Support the supporter
Please ring for dates 01270 256919**

NEW SERVICE

**Supported Adults drop in session for adults 18+ and their carer
Wednesdays 10.30am – 2.30pm at The Georges Community Centre (school term time only)
£4.00 per week (includes drinks) no cost for carer
Please bring a packed lunch
Fun, games, arts & crafts, relax and learn – You Chose!**

TASTER SESSIONS

**14th March – Recycled crafts 9.15am – 11.15am
21st March – Bead Making 9.15am – 11.15am
Call to book a place**

New- sessions for disabled children and their families.

Parents & Tots for- 0-5yr olds every other Monday 9.30-11.30
@Jubilee House

8th & 22nd January 5th & 19th February 5th & 19th March

The Hangout Creative arts & Music for 5-11yr olds every Other Thursday
3.30-6.00 @Jubilee House

4th & 18th January 1st & 15th February 1st 15th & 29th March

Drop in for families every other Thursday 3.30-6.00 all welcome
11th & 25th January 8th & 22nd February 8th & 22nd March

Donations welcome.

**LOOK OUT FOR OUR SPORT RELIEF 2018 ACTIVITIES IN MARCH
Including sponsored run/jog/walk and 'Step-Box' challenge!!**

Mondays

| Time | Venue | Activity | Extra Info |
|--|-----------------------------|--|--|
| 9.30am – 2.30pm Ongoing | Jubilee House | Day Club for Older People Additional costs for WW transport | £12 per day including meal Call for Details |
| 9.30am – 2.30pm Ongoing | Dennis Round Court, Alsager | Day Club for Older People | £12 per day including meal Call for Details |
| 9.30-11.30 | Jubilee House | Parents & tots for disabled children and their families | 8 th & 22 nd Jan 5 th & 19 th Feb 5 th & 19 th March |
| 10am -12noon 16 th April | Jubilee House | Introduction to Sketching 6 x weekly sessions | £1 per session Materials provided |
| 10.00 – 12noon Ongoing | Jubilee House | Sewing Group. (Self Help) Unsupervised | Call for details FREE & Ongoing - Drop in! |
| 11.30 pm Ongoing All Abilities | The Georges Comm. Centre | 30 min Led Walk in the local countryside. | FREE – Just Turn up. Please Wear Suitable shoes & clothing |
| 11.00-12.00noon Call for Dates | Jubilee House | Singing Together – for 50+ year-olds | Phone for Dates & Turn Up! |
| 1.30 – 3.30pm Ongoing | Jubilee House | Art Dabblers (Unsupervised) | Places Available - Just Drop In |
| 3.30 – 5.30pm <u>Term Time</u> | Jubilee House | Family Activity Group – Art – Games – Cookery etc. | Drop in, no need to book – Places Available - FREE! |
| 3.30 - 5.30pm Ongoing | Jubilee House | Teen Carers Drop in & Social | Drop in, no need to book – Places Available - FREE! |
| 6.00 – 7.30pm Ongoing | Jubilee House | Get Healthy & Lose Weight club | £1 Subscription per week Just Turn up! |

Tuesdays

| Time | Venue | Activity | Extra Info |
|--|------------------------------|---|---|
| 9.30 - 11.30am 17 th April | Jubilee House | 5 – 15's Parenting 4 x weekly sessions | Call to book. NO CRECHE £1 Subscription per week |
| 11.30am – 1.30pm Ongoing | The Georges Community Centre | Over 55's Luncheon Club & Bingo Session | Two-course hot meal |
| 12.30 - 2.30pm 17 th April | Jubilee House | 0 - 6s Parenting 4 x weekly sessions | £1 subscription per week CRECHE Avail Call to book. |
| 12.30 – 2.30pm 17 th April | Jubilee House | Feeling Good, Inside and Out 6 x weekly sessions | £1 subscription per week CRECHE Avail. Call to book. |
| 1.30 - 3.00pm Ongoing | The Georges Community Centre | Make Friends with books- Social Readers Group | Just Turn up—Free |

Wednesdays

| Time | Venue | Activity | Extra Info |
|--|---|--|---|
| 9.30 -11.30am Term Time Only | St. Peter's Hall, Minshull Vernon | Parents & Tots Group Have fun with your tots | Snacks Provided £1.50 per adult&child, (50p per additional child) |
| 9.30am – 2.30pm Ongoing | Hardwicke Court Crewe | Day Club for Older People + Costs for WW Transport | £12 per day including meal |
| 9.15-11.15am 18 th April | Jubilee House | Assertiveness 6 weekly sessions | Call to book. £1 Subscription per week |
| 10.30-12.30 18 th April | Jubilee House | Art Hub Acrylic painting on Canvas all abilities welcome Therapeutic group | (for more info email) david-jewkes@sky.com £1 Subscription |
| 11.00am – 1.45pm Ongoing | Jubilee House | Over 55's Activity & Luncheon Club +Bingo | £3.50 for lunch. Call to book Activities |
| 12.00-2.00pm Ongoing | St Matthews' Hall Haslington, CW15TQ | <u>In Church Hall</u> - Social activities with a light Lunch | £2.50 per session Call for Information |
| 1pm - 2.30pm Ongoing | Jubilee House | OTAGO Home Exercise & Falls Prevention Group | Just turn up! Ongoing & FREE |
| 1.00-4.00 Call for dates | Call to book. £1 Subscription | Reiki Level 1 4wks Taught Day Course | Call to book. £1 Subscription |
| 2.30-4.30pm Call for dates | Jubilee House | Health & Nutrition 6 x weekly sessions | £1 Subscription per week |
| 1.00pm- 3.00pm 18 th April | Eagle Bridge IT Suite | Computers for You 6 x weekly sessions | Places available £1 Subscription per week |
| 6.30pm onwards | The Georges Community Centre | Judo – All Levels Adult & Children's Classes | Call 01270 580566 for information or drop in |
| 6.00-9.00 Call for dates | Jubilee House | Reiki Level 1 4wks Taught Night Course | Call to book. £1 Subscription |

Thursdays

| Time | Venue | Activity | Extra Info |
|--|---|--|--|
| 9.30 – 11.30am | Jubilee House | Scrapbooking Club | Places Available – £2.00 |
| 9.30am – 2.30pm ongoing | Union St. Comm. Centre Sandbach | Day Club for Older People | £12 per day including meal. Call for Details |
| 9.30am – 2.30pm Ongoing | Manor Court Nantwich | Day Club for Older People Additional costs for WW Transport | £12 per day including meal. Call for Details |
| 10.00-12.00pm Late April (call for dates) | Jubilee House | Basic Housekeeping &Life Skills | 15 Week course, £1 per week. Call to Book |
| 12.00–3.00pm Ongoing | The Georges Centre FREE Multi-Activity Session. | 1–1.45 Otago 1.30-2.00pm Led walk OR Crafts, Domino's | (Lunch at 12 noon cost £2.50) Call for more info |
| 1.00–3.00pm 19 th April | Jubilee House | Cookery on a Budget 6 x weekly sessions | £1 per week. All ingredients provided |
| 1.00 – 3.00pm Ongoing | Eagle Bridge Ground floor IT Suite | Work Club. IT & Internet access and help | Just Drop In or call 01270 256919 for info |
| 1.00-3.00pm Late April (call for dates) | Jubilee House | Building Confidence & Self Esteem | 15 Week course, £1 per week. Call to Book |
| 3.30-6.00 | Jubilee House | Family drop in | 11 th & 25 th Jan 8 th & 22 nd Feb 8 th & 22 nd March |
| 3.30-6.00 | Jubilee House | The Hangout | 4 th & 18 th Jan 1 st & 15 th Feb 1 st 15 th & 29 th March |
| 7.30 - 10.00pm wklly | The Georges | Funky Choir. All Welcome | Just Drop in. First Night FREE |

Fridays

| Time | Venue | Activity | Extra Info |
|---|------------------------------|--|--|
| 9.30 – 11.30am Late April (call for dates) | Jubilee House | Computers for Employment, incl. Excel, Word, & Outlook | 15 Week course, £1 per week. Call to Book |
| 9.30-2.30 Ongoing | Grosvenor Court, Crewe | Day Club for Older People Additional costs for WW Transport | £12 per day Inc. meal Call for Details |
| 9.30-11.30 On going | Jubilee House | Learn the ancient art of Parchment craft | £3.00 per session |
| 11.00am – 1.45pm Ongoing | Jubilee House | Over 55's Luncheon Club +Bingo | £3.50 for lunch. Call to Book |
| 1.00pm - 2.30pm | Eagle Bridge Cafe | Knitting & Crochet Club | FREE Just drop in! |
| 1.00-3.00 Call for dates | Jubilee House | Health & Safety course 6 weeks | Places available £1 Subscription per week |
| 6.00 – 8.00pm Every Week | The Georges Community Centre | Youth Club for 10-15 year olds (High School age) Teen Carers Support 13 - 19yrs | No Cost Snack Provided |

WISHING WELL COMMUNITY CAFÉ

At Eagle Bridge Health Centre- opens from 8.30am – 2.30pm Monday to Friday

JUBILEE HOUSE & THE GEORGES COMMUNITY CENTRE

A range of rooms are available to hire at competitive rates at hourly or longer term rates.
Children's parties - only £20 per hour, with catering provided if required.

Delivered outside catering, buffets and refreshments for meetings, conferences and functions. Call 01270 256919 for more info or sample menu's

EAGLE BRIDGE HEALTH & WELLBEING CENTRE

Our volunteer-staffed IT suite at Eagle Bridge enables and supports visitors to access online health & lifestyle information and services. Our Advice & Signposting Service located both in our Eagle Bridge Office and in the IT Suite provides information to local services, activities and facilities.

Help given with online job searches and with CV development.

WISHING WELL SERVICES FOR OLDER PEOPLE DAY CLUBS & HOT MEALS

Wishing Well offers a range of Day Clubs at locations throughout East Cheshire. Services include support in your own home; e.g. Cleaning, Ironing, Shopping, Transport & daily lunchtime hot meal deliveries.

The meals provided are focused on healthy eating and are freshly cooked, nutritious and filling, for £4.50 - delivered to you

VOLUNTEERS

Want to help in your community? We offer a wide range of volunteering opportunities, with training provided

Call Laura Jackson on 01270-256919

For more information about Wishing Well and our programmes – CALL 01270 256919.