



# **Wishing Well Programme**

## **Summer 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

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gill.tarrant@wishingwellproject.net

**General Manager**  
**Assistant Manager & Older Persons Service Lead**

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

**Catering & Room Hire Bookings**  
**Lifelong Learning Courses & Education Lead**  
**Business Support**

mabyn.meredith@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**

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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](http://www.wishingwellproject.com)

Or Follow us on Twitter @TheWishingWellP



**New 6 week course  
Starts 18<sup>th</sup> May  
1pm – 2.15pm**

**PiYo – NEW EXERCISE CLASS**

**An exciting new workout class is coming to Jubilee House!! PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. £1 per week for the class, we provide the rest. (Suitable clothing and footwear required)**

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

**EMERGENCY FIRST AID AT WORK**

**24<sup>th</sup> May @ The Georges Community Centre 9.30am – 4pm**

**OR**

**22<sup>nd</sup> June @ Jubilee House 9.30am – 4pm**

**ONLY £1 – Call 01270 256919 to book**

**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 Choose!**

**New- sessions for disabled children and their families.**

**Parents & Tots** for- 0-5yr olds Monday 9.30-11.30

**@Jubilee House**

**14<sup>th</sup> & 21<sup>st</sup> May, 11<sup>th</sup> & 25<sup>th</sup> June, 9<sup>th</sup> & 23<sup>rd</sup> July**

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

**17<sup>th</sup> May, 7<sup>th</sup> June, 5<sup>th</sup> July – and a special event on 16<sup>th</sup> Aug 2pm – 4pm**

**Drop in for families** every Thursday 3.30-6.00 up until 26<sup>th</sup> July all welcome

**\*\*Look out for special summer events\*\***

**Donations welcome.**

## Mondays

Time	Venue	Activity	Extra Info
9.30am – 2.30pm Ongoing	Jubilee House	Day Club for Older People Additional costs for WW transport	£16 per day including meal Call for Details
9.30am – 2.30pm Ongoing	Dennis Round Court, Alsager	Day Club for Older People	£16 per day including meal Call for Details
9.30-11.30	Jubilee House	Parents & tots for disabled children and their families	14 <sup>th</sup> & 21 <sup>st</sup> May, 11 <sup>th</sup> & 25 <sup>th</sup> June, 9 <sup>th</sup> & 23 <sup>rd</sup> July
10am -12noon 4 <sup>th</sup> June	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!

## Tuesdays

Time	Venue	Activity	Extra Info
9.30 - 11.30am 5 <sup>th</sup> June	Jubilee House	5 – 15's Parenting 6 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 5 <sup>th</sup> June	Jubilee House	0 - 6s Parenting 6 x weekly sessions	£1 subscription per week CRECHE Avail Call to book.
12.30 – 2.30pm 12 <sup>th</sup> June	Jubilee House	Support the Supporter 4 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 <b>Term Time Only</b>	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	£16 per day including meal
9.15-11.15am 13th June	Jubilee House	Assertiveness 6 x weekly sessions	Call to book. £1 Subs per week
10.30-12.30pm 6 <sup>th</sup> June	Jubilee House	Art Hub Acrylic painting on Canvas all abilities welcome 6 week course	(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 23 <sup>rd</sup> May	Call to book. £1 Subscription	Reiki Level 1 4wks Taught Day Course	Call to book. £1 Subscription
1.00pm- 3.00pm 6 <sup>th</sup> June	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 23 <sup>rd</sup> May	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	£16 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	£16 per day including meal. Call for Details
10.00-12.00pm 7 <sup>th</sup> June	Jubilee House	Basic Housekeeping &Life Skills	7 Week course, £1 per week. Call to Book
12.00–3.00pm Ongoing	The Georges Centre <b>FREE Multi-Activity Session.</b>	<b>Otago, Led walk OR Crafts, Domino's</b>	(Lunch at 12 noon cost £2.50 ) Call for more info
1.00–3.00pm Call for dates	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 7 <sup>th</sup> June	Jubilee House	Building Confidence & Self Esteem	7 Week course, £1 per week. Call to Book
3.30-6.00	Jubilee House	Family drop in	Every wk up until 26 <sup>th</sup> July
3.30-6.00	Jubilee House	The Hangout	17 <sup>th</sup> May, 7 <sup>th</sup> June & 5 <sup>th</sup> July
7.30 - 10.00pm wkly	The Georges	Funky Choir. All Welcome	Just Drop in. First Night FREE

## Fr Fridays

Time	Venue	Activity	Extra Info
9.30 – 11.30am 8 <sup>th</sup> June	Jubilee House	Computers for Employment, incl. Excel, Word, & Outlook	7 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	£16 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 – 2.15pm 18 <sup>th</sup> May	Jubilee House	PiYo – New exercise class, a mixture of Yoga & Pilates. 6 Week course	£1 per week. Call to book a place
1.00pm - 2.30pm	Eagle Bridge Cafe	Knitting & Crochet Club	FREE Just drop in!
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 £4.75 - 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.**