

Wishing Well Programme Autumn 2016



The Wishing Well Base address is:

Wishing Well Project, Jubilee House
St. Paul's Street, Crewe CW1 2QA - 01270 256919

... and is located in Crewe Town Centre at the far end of the Asda car park

We are also located at:

The Georges Community Centre,
West St. Crewe, CW2 8SL - 01270 580566

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

- : tracey.bentley1@nhs.net - Project Manager
- : hilary.hamilton@nhs.net - Contracts and Funding
- : gill.tarrant@nhs.net - Older Persons Services/ Meal Deliveries/Help in the Home/ Day Clubs Catering Bookings/Room Hire Lifelong Learning, Community Courses & Work Related Accredited Training (Temporary)
- : mabyn.meredith@nhs.net - Parenting/Children & Families/Youth Activities & Training/ Teen Carers Project.
- : jessica.cole@nhs.net - Administration/Finance/Programmes/General Enquiries
- : a.antrobus@nhs.net - Day Clubs & Meal Deliveries Administration
- : jan.melia@nhs.net - Young Persons SEN Activities & Services Co-ordination
- : pam.young4@nhs.net - Volunteer Services Co-ordination
- : catherine_holligan@stlukes-hospice.co.uk - Befriending Service
- : joe.doran@nhs.net - Adult Carers' Services

Wishing Well also runs the IT Suite, Advice & Signposting Service and Community Caf  in the Eagle Bridge Health & Wellbeing Centre at Dunwoody Way, Crewe - open for public use Monday to Friday, 9am - 12noon

For more information on us and our services please check out our website at:
<http://www.wishingwellproject.com>



Supported by



Emergency First Aid Courses

Call 01270 256919 to Book

Food Hygiene Course (One Course of 4 weekly Sessions)

Wednesdays 16th, 23rd, 30th November

9.00am - 3.30pm at Jubilee House. Call 01270 256919 to Book

New, Longer Accredited Courses: Covering...

Basic IT, iPad & Mobile Phone skills - **Basic Housekeeping** - **Communication Skills: Building Confidence & Self Esteem, Working With Others & Keeping yourself Safe.**

Call 01270 256919 to Book

The Health Initiative: Healthy Cooking, Weight Management, Nutrition & Exercise Programme - Call 01270 256919 to Book

New Carers Projects x 2 - for both Teen Carers and Carers Caring for the Elderly

Call 01270 580566 for more information or to book onto courses

Monday

Time	Venue	Activity	Extra Info
9.30am-2.30pm Call for dates	The Georges Day 1 of 2	Interview skills	Accredited – FREE for those on JSA/ESA/WRAG or Universal Credit
9.30-2.30 Call for dates	The Georges Day 2 of 2	Interview skills	Accredited – FREE for those on JSA/ESA/WRAG or Universal Credit
9.30am – 2.30pm Call for dates	The Georges Day 1 of 2	ICT For Employment - Entry Level 3	Accredited – FREE for those on JSA/ESA/WRAG or Universal Credit
9.30am – 2.30pm Call for dates	The Georges Day 2 of 2	ICT For Employment - Entry Level 3	Accredited – FREE for those on JSA/ESA/WRAG or Universal Credit
9.30am - 2.30pm 14 th Nov	The Georges Day 1 of 2	Understanding what Volunteering is all About – L 1Vol course	Accredited – FREE for those on JSA/ESA/WRAG or Universal Credit
9.30am - 2.30pm 21 st Nov	The Georges Day 2 of 2	Understanding what Volunteering is all About – L 1vol	Accredited – FREE for those on JSA/ESA/WRAG or Universal Credit
9.30am – 2.30pm Ongoing	Jubilee House Crewe	Day Club for the Elderly 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 the Elderly	£12 per day including meal Call for Details
10.00 – 12noon Ongoing	Jubilee House	Sewing Group. (Self Help) Unsupervised	Call for details FREE & Ongoing - Just drop in!
11.30am Ongoing All Abilities	The Georges Comm. Centre	30min 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 and Just Turn Up! FREE – Refreshments provided
12.00 – 3.00pm 3 x wkly sesions	Eagle Bridge	CV Writing 21st & 28th Nov & 5th December	£1 per Subscriptions per Week
1.30 – 3.30pm Ongoing	Jubilee House	Art Dabblers (Unsupervised)	Places Available - Just Drop In
3.30 – 5.30pm Term Time	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!

Tuesday

Time	Venue	Activity	Extra Info
9.30 - 11.30am Call for Dates	Jubilee House	NEW 5 – 15's Parenting 6 weekly sessions	Call to book. NO CRECHE £1 Subscription per week
9.30am - 1.45pm 15th November	The Georges Community Centre	Basic IT/iPad & Smart Phone 7 week course (30 hours)	Call to book. £1 Subscription per week
11.30am – 1.30pm Ongoing	The Georges Community Centre	Over 55's Luncheon Club & Bingo Session	Two-course hot meal Call 01270 580566 to Book
12.30 - 2.30pm Call for Dates	Jubilee House	0 - 6s Parenting 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
1.30 - 3.00pm Ongoing	St. Mary's Church Alsager	Sing & Ring - (You don't have to be a good singer)	Just Turn up! Refreshments available

Wednesday

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 Subscription per week
9.30am – 2.30pm Ongoing	Hardwicke Court Crewe	Day Club for the Elderly + Costs for WW Transport	£12 per day including meal Call for Details
11.00am – 1.45pm Ongoing	Jubilee House	Over 55's Activity & Luncheon Club +Bingo	£3.50 for lunch. Call to book Activities are FREE
12.00-2.00pm Ongoing	St Matthews' Hall Park Rd. Haslington CW15TQ	<u>In Church Hall</u> - Social activities with a light Lunch	£2.50 per session Please ring for information
12.30 - 2.30pm Call for Dates	The Georges Community Centre	Assertiveness Classes 6 weekly sessions	Call to book. £1 Subscription per week
12.30 - 2.30pm Term Time Only	The Georges Community Centre	Parents & Tots Group Have fun with your tots	Refreshments Available £1.50 per Session
1.00 – 2.00pm Ongoing	Jubilee House	Wishing Well OTAGO Home Exercise & Falls Prevention Group	Just turn up! Ongoing & FREE
1.00 – 3.00pm Call for Dates	Eagle Bridge IT Suite	Getting started - 6 week Computer Class for Beginners	Places Available £1 Subscription per week
6.30pm onwards Weekly	The Georges Community Centre	Judo – All Levels Adult & Children's Classes	Call 01270 580566 for information or drop in

Thursday

Time	Venue	Activity	Extra Info
9.00am – 1.00pm 17 th November	The Georges Community Centre	ICT for Employment Level 1 3 week course	Call to book. £1 Subscription per week
9.30 – 11.30am	Jubilee House	Scrapbooking Club	Places Available – £2.00 subs
9.30am – 2.30pm (Half-day 10.30 -1.00)	Union St. Comm. Centre Sandbach	Day Club for the Elderly	£12 per day Including 2 course lunch £6.00 half day
9.30am – 2.30pm Ongoing	Manor Court Nantwich	Day Club for the Elderly Add. costs for WW Transport	£12 per day including meal Call for Details
12.00–3.00pm Ongoing	The Georges Centre – Social day FREE Multi-Activity Sess.	1–1.45+pm Otago (Seated Exercise) 2–2.30pm Led walk OR Boogie, Crafts, Cards, Singing, Bowls - You choose	(Lunch at 12 noon cost £2.50) Just Pop in or Call for info
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 - 3.00 pm Cal for Dates	Jubilee House	Cookery - Nutritious Meals on a Budget. 6 wks	Call to book. £1 Subscription per week
1.30 – 3.30pm 2 wkly	The Georges	Senior Carers Social Group.	Ring 01270 580566 for dates.

Thursday Continued

Time	Venue	Activity	Extra Info
6.00 – 9.00pm 12 th January 2017	Jubilee House NEW 2017 DATE	Reiki Level 1 - 4 week Taught Evening Course	Call to book. £1 Subscription per week
7.30 - 10.00pm wkly	The Georges	Funky Choir. All Welcome	Just Drop in. First Night FREE

Friday

Time	Venue	Activity	Extra Info
9.30am – 2.30pm Ongoing	Grosvenor Court, Crewe	Day Club for the Elderly Additional costs for WW Transport	£12 per day inc. meal Call for Details
11.00am – 1.45pm Ongoing	Jubilee House	Over 55's Luncheon Club +Bingo	£3.50 for lunch. Call to Book
9.30 – 11.30am 18 th November	Jubilee House NEW DATE	Getting to Grips with your iPad/Tablet/Smartphone	£1 subs per week. 6 week course. Call to book a place
1.00pm – 2.30pm Ongoing	Eagle Bridge Cafe	Knitting & Crochet Club	FREE Just drop in!
1.00-3.00pm Coming in the new year	Jubilee House	Reiki Level 6 week course	Call to book. £1 Subscription per week
1.00– 3.00pm Call for Dates	The Georges Community Centre	Internet & Email Skills – 6 week course	Places Available. Call to Book £1 Subs per week
6.00 – 8.00pm Every Week	The Georges Community Centre	Youth Club for 10 – 14 year olds (High School age)	No Cost Snack Provided

WISHING WELL COMMUNITY CAFÉ

at Eagle Bridge Health Centre
- open 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 on an hourly or longer term basis.

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 directions to local services, activities and facilities.

Help given with online job searches and with CV development.

WISHING WELL SERVICES FOR OLDER PEOPLE

Wishing Well offers a range of Day Clubs at locations throughout South East Cheshire.

Services include support in your own home; eg. Cleaning, Ironing, Shopping, Transport and 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**

Befriending Service – Call Catherine for more Information on 01270 376686

VOLUNTEERS

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

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