**AgeUKIW Drop-in sessions** are held at:

**The Exchange** from **10 – 12noon every Wednesday**

**Island Cottages, 1 Taylor Court, The Green, Shorwell** between **10 – 11am every Monday.**

Pop in to chat to your local Community Development Officer, Judith Stratton, about remaining independent in your own home or other issues that are part of later life.

**Brighstone Primary School Community Lunch** - **Every Tuesday from 12pm** parents, grandparents and members of the community are invited to the school hall for a two course lunch. **For £3.40 you will get a roast dinner, pudding and tea or coffee.** Perhaps some of you might like to join them after the Coffee Morning. Please telephone the school office on a Monday if you would like to attend, the number is 740285.

**If you are interested in finding out more about any of the above or have ideas for other activities please contact Judith Stratton AgeukIW Community Development Officer on 525282 or email**[**judith.stratton@ageukiw.org.uk**](mailto:judith.stratton@ageukiw.org.uk)

**Terry’s Coffee Mornings –** If you enjoy getting together at our coffee morning why not give Terry’s coffee morning a go too? It is held on a Wednesday at different venues in Brighstone from 10 – 12 noon, here are details of those planned for March.

4th March: Joyce Dove, Lorien, Galley Lane

18th March: Jen and Reg Hunt, 13 Wilberforce Road

New venues always wanted, Call Terry Fisher on 740456.

***Lent Lunches from 12 – 2pm*** *21st & 28 Feb, & 28th March Scout Hut Brighstone, 7th March Brighstone Methodist Chapel, 14th March Shorwell Village Hall, 21st March Seely Hall Brook*

**March 2015**

**Look Inside!**

**Community Coffee Morning**

**Every Tuesday**

**from 10 – 12 noon**

**Methodist Church**

**Brighstone**

**Coffee Chatter Friendship**

**Hand massages Quizzes**

**Visiting organisations**

**Fun!**

***The Brighstone Community Coffee Morning is a partnership event coordinated by AgeUKIW, the Methodist Church, Brighstone and the Church of England***



**Community Coffee Morning**

**Bring and Buy –** Thank you to everyone who donated items to sell at our Bring and buy sale on 10th Feb and to all those who bought things and helped out on the day. We raised an amazing £74.15 which will be used to subsidise a spring event or outing for our regular visitors. We Please let Judith know if you have any suggestions of what we can do..

**3rd March – A very busy day! CAKE WEEK! Feel free to bring in a cake to share with your friends!**

**‘Action on Hearing Loss’** will be in the Wesley Room. The organization **provides support services to adults living with sight loss, hearing loss or dual sensory loss on the Isle of Wight.** They offer a Hearing Aid Cleaning service and replacement batteries for NHS hearing aids. If you would like more information about their services please contact them on 529533, Email: [iow@hearingloss.org.uk](mailto:iow@hearingloss.org.uk)

**Computer help –** David is back offering IT & mobile phone support.

**Lorraine Skipper - British Red Cross Equipment Loans Service** Talk to her if you would like to learn more about the Red Cross equipment loan service and take the opportunity to try out some of the gadgets that can help you maintain independence in your own home.

**Sue Hughes, Trading Standards** - Sue is paying a return visit to chat to anyone about concerns they have regarding scams, cold callers, traders or any other issue regarding consumer rights.

**Emma Lincoln, AgeUKIW Health and Wellbeing Development Officer** - Emma is currently working with Judith to make Brighstone and the surrounding villages the first Age Friendly Villages on the Island. She will be talking to people about her plans and invites you to suggest ways in which the community can be developed to make life easier for older residents.

**10th March  – Wight Seated Exercise** Paul Fifield runs seated exercise classes for small groups. He will be visiting the coffee morning and holding a short **‘taster session’** for those interested in finding out more about what is involved. Please **wear loose fitting clothing** if you would like to take part. Paul would like to collect names and contact numbers of anyone interested in him setting up regular classes in the area.

**17th March - Sue Carr from the Alzheimer’s Society.**  Are you interested in finding out more about **Alzheimer’s** from either a personal viewpoint or that of a carer/friend/family member? Then this is the person to meet.

**24th March- Computer help –** David is back offering IT & mobile phone support.

**31st March- Dance –** Michelle Hainsworth will be running a taster session of **slow, gentle exercise incorporating dance moves**. Her sessions help to keep you supple, strengthen muscles and encourage decision making and memory as her dancers often work in small groups to choreograph short dance sequences. She is interested in starting a group in this area and is keen to meet people who may be interested. Why not give it a go – you’re only young once!

**Shorwell - Judith Stratton, is currently working with Shorwell residents and organisations to increase opportunities for people of all ages to get together and have fun.**

Do you have an idea for a **social event, club, activity or service** that you would like to see taking place in Shorwell? If so **J**udith would like to hear from you and will be at the following venues if you would like to pop in to see her.

**Island Cottages, 1 Taylor Close, every Monday from 10—11am**

**The Crown Inn 11th March 10:30—12noon, call in for coffee and delicious cake for just £2.50**

**Shorwell Village Hall Monday 16th March 2—3pm, free refreshments !**