

## **REGULAR EVENTS: GENERAL**

### **DEEP HARMONY CHOIR**

Male Voice Choir rehearsals everyone who can sing welcome.

7.30 pm to 9 pm

Venue: Fred Longworth High School Print Shop Lane Tyldesley. Tel: 01942 874608

### **WHEELCHAIR BASKETBALL**

Wigan Warthogs – the town's only wheelchair basketball club is on the lookout for new members.

It meets regularly at Robin Park Sports Centre Loire Drive Wigan and is suitable for all ages and abilities.

More details from head coach Emma Tomkinson on 07875 144970 or email [info@wiganwarthogs.com](mailto:info@wiganwarthogs.com)

### **DORSET ROAD COMMUNITY CENTRE ATHERTON**

Dorset Road Community Centre Hagfold M46 9GJ

Monday

Morris Dancers 6.30 pm – 9 pm £2

Tuesday

Veterans Surgery 9.30 am – 3 pm

Street Dance and Cheerleading 5.30 pm – 6.30 pm

Karate 7.30 pm to 8.30 pm

Wednesday

Veterans Surgery 9.30 am – 3 pm

Men's Fitness 1 pm – 2.30 pm

Morris Dancers 6.30 pm – 9 pm

Thursday

Tai Chi 10.30 am – 12.30 pm

Active Living WLCT Craft Group 1 pm – 3 pm

Friday

Art Group 10 am - 12 noon

Yahweh Youth Group 7 pm – 9.30 pm

On site there is also a Private Day Nursery and Pre-school (2-4years) for more information on this service please contact Lyndsey Murray 01942 883987

The centre is also hired out for conferences and training sessions and is used by health and housing.

Contact 01942 884184 E-mail [hagfold@supanet.com](mailto:hagfold@supanet.com)

### **NORLEY HALL ADVENTURE PLAYGROUND**

Daily 10 am to 4 pm

Norley Hall is a free open access playground. Here at the playground children are encouraged to explore their environment challenge themselves get messy and most of all have fun.

Ages 5 to 16 years

Refreshments are available at a charge of 50p. Children under eight must be accompanied by an adult.

For more details email [norleyhall@wlct.org](mailto:norleyhall@wlct.org) or telephone 01942 487631

### **IN WIGAN'S WOODLANDS AND WETLANDS**

Wigan's Conservation volunteers meet Tuesday to Friday 9 am to 4pm

The Lakeside Office Three Sisters Local Nature Reserve Ashton-In-Makerfield Wigan WN4 8DD

To take part please ring Sue Cheryl Helen or Becky on 01942 726214

### **ART EXHIBITION AT SHEVINGTON LIBRARY**

The Village Art Gallery @ Shevington features work by Artist Carole Anne Eaves and Writer & CGI Artist Sue Gerrard throughout January 2018. Carole and Sue have worked combining paintings and poetry which becomes the main part of the exhibition and is entitled 'A Pier for All Seasons'. Sue also has a 'Valentine' themed exhibition in the cabinets entitled 'Within my Heart' and her 'Pale Boy Storyboard' exhibition is continued through from December 2017 as a free standing display.

Shevington Library opening times:- Monday 9-2; Tuesday 9-2; Wednesday 9-2; Thursday 12-5; Friday 12-5; Saturday 9-2 Tel: 01257 252618 [shevington.library@wigan.gov.uk](mailto:shevington.library@wigan.gov.uk)

### **DIGITAL SUITE AT PLATT BRIDGE COMMUNITY ZONE**

The 'Digital Suite' is open to residents of Abram Ward and offers free access to online training and support. In partnership with UK Online Centres and Wigan Council's 'The Deal for Communities' programme we are able to offer free access to a very wide range of courses to help people get online and improve their digital skills.

Whether you wish to learn how to use a computer save documents send an email try online shopping or print your CV - we can help. We can also offer residents courses that are a little different; for example learn how to create a family tree research a healthy diet or learn about local history.

Our team of volunteers can help you navigate through the courses if you're new to the 'digital age'!

The 'Digital Suite' will be open to the public Monday to Friday 9am until 5pm.

There is no need to book in advance but it is essential that you sign in/out of the building at the Platt Bridge Community Zone reception. For more information visit our website call 01942 732 022

### **THE SENSORY HUB & CAFÉ**

Ashland House Manchester Road Ince Wigan WN2 2DX

The café is now open Monday to Friday from 9.30 am to 2.30 pm serving fresh coffee; homemade cakes; Panini's and sandwiches. Come down to support us and have a look at what is being created by Sensoriel

### **REGULAR EVENTS: MONDAY**

#### **CHIROPODY/PODIATRY**

Every Monday Wigan and Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD.

A treat for your feet! Quality treatments for a range of foot conditions and nail cutting

All day appointments are available to carers. £15 Booking is essential.

To book telephone 01942 705959 or visit The Centre 3-5 Frederick Street Hindley Wigan WN2 3BD

Visit [www.wiganandleighcarerscentre.org.uk](http://www.wiganandleighcarerscentre.org.uk) or 'Like' and 'Receive Notifications' on our Facebook page

#### **COUNSELLING**

Every Monday Wigan and Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD.

To access the free person-centred counselling service please speak to the Carers Centre and ask to be put on our waiting list. Tuesday & Friday are also available. To book or find out more phone 01942 705959;

Visit The Centre 3-5 Frederick Street Hindley Wigan WN2 3BD; [www.wiganandleighcarerscentre.org.uk](http://www.wiganandleighcarerscentre.org.uk) or 'Like' and 'Receive Notifications' on our Facebook page for updates

#### **ASPULL COFFEE STOP**

Monday morning. 8.45 am to 11 am. Conveniently situated near The Fingerpost on Wigan Road Aspull

There's a welcome for anyone to come and enjoy a good chat good company and free tea coffee and toast.

The Coffee Stop also collects items for The Brick such as food and toiletries. Contact Denise: 01942 257732

### **WELFARE RIGHTS SERVICE**

Monday 9 am – 12 noon Sunshine House Wellington Street Wigan WN1 3SA

For welfare rights enquiries and advice, please email: [welfareadvice@wigan.gov.uk](mailto:welfareadvice@wigan.gov.uk)

### **COMMUNITY CAFÉ**

Every Monday 9 am to 1pm at Golborne Community Church High Street Golborne

Food and beverage is available at very competitive prices. More details from Kathy on 07446650712

### **STAY AND PLAY**

Every Monday 9.30 am to 11.30 am Higher Folds Community Centre Leigh

Cost of £1 each and <1year are free and includes a snack of milk/water and toast and tea and coffee.

The sessions will include crafts and activities singing soft play and meeting other parents/carers and children. Children from birth to school age are welcome. For more information contact: 01942674548

### **ACTIVE ASPULL**

Free Health Walks every Monday starting at 10 am from the Aspull Surgery Haigh Road

Walks last about one hour Please wear comfortable clothing and footwear. Telephone 01942 488481

### **ACTIVE TOTS**

Every Monday 10 am to 12 noon at [Leigh Indoor Sports Centre](#)

Drop in soft play session with toys and refreshments for toddlers and adults. Ages 0 to 5 years

For more details and costs contact 01942 487800

### **LEIGH & ATHERTON WRITERS**

Meet every Monday at As in Eden Walmsley Road Leigh 10 am to 11.30 am

Contact: [nelpenpen@hotmail.co.uk](mailto:nelpenpen@hotmail.co.uk) Tel: 01942 678454 (Hazel)

### **READERS CIRCLE**

Monday 10 am to 12 noon at Sunshine House Wellington Street Wigan

The group is for those who feel lonely and isolated or are suffering from early dementia

£4 each session Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **COFFEE MORNING**

Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan 10 am to 12 noon

All are welcome. No need to book. Refreshments provided.

To find out more phone 01942 705959

### **WIGAN COUNCIL WORK CLUB**

Every Monday from 10 am to 12 noon

Shakerley Community Centre, Cumberland Avenue, Shakerley, M29 8FU

Wigan Council run work clubs to help with CV building Job Search and advice into voluntary work training and employment. All ages and abilities are welcome. Contact: Diana Baybutt or Jennifer Gregory

Tel: 01942 486277 or 01942 486244 or Email: [employmentandskills@wigan.gov.uk](mailto:employmentandskills@wigan.gov.uk)

### **GET UP AND GROW**

Monday 10 am to 12.30 pm at Pennington Hall Park (near the tea room) St Helens Road Leigh WN7 4JD

Food growing/gardening sessions at sites across the borough open to all including accompanied children.

Most sites are accessible for wheelchair users. Booking is essential for the first session.

Contact Kath 07775 877851 [kath@wiganrowingnetwork.org.uk](mailto:kath@wiganrowingnetwork.org.uk) or [hannah@wiganrowingnetwork.org.uk](mailto:hannah@wiganrowingnetwork.org.uk)

### **TODDLER TIME**

Every Monday 10 am to 12 noon My Life CIC Pepper Lane Standish Wigan  
A variety of sessions: Mini music; dizzy dance; sticky art; giddy garden crew. Cost £3.  
Children must be accompanied by someone 18 years and over.  
Stay for lunch for a small donation: To book telephone 01257 472900

### **ADVICE ON HEALTHY EATING & WELLBEING**

Monday 10 am Clarington Place Manchester Road Ince Wigan  
Free. All welcome: Call 01942 826051 or 07772 922630 for more information.

### **DEMENTIA FRIENDLY TABLE TENNIS**

Mondays 10 am to 11.30 am Wigan TTC Platt Bridge Community Centre Victoria Street Wigan WN2 5AH  
According to research conducted by the Mayo Clinic table tennis is the perfect activity to help try combat dementia. £3 Have a cup of tea on us  
To register for the session contact Steve Rowe: [steve@aerobictabletennis.com](mailto:steve@aerobictabletennis.com)/07493436061

### **OASIS CAFÉ**

Mondays 10 am to 2 pm Purposed Life Church Turner Street Wigan (Opposite McDonalds)  
Light Lunches Cakes Refreshments. More details 01942 244743 or [enquiries@plcwigan.org](mailto:enquiries@plcwigan.org)

### **GET UP AND GROW**

Monday 10 pm to 4 pm at Haigh Hall Walled Gardens off New Road Haigh WN2 1PE  
Food growing/gardening sessions at sites across the borough. Open to all - including accompanied children. Most sites are accessible for wheelchair users. Contact [june.evans@blueyonder.co.uk](mailto:june.evans@blueyonder.co.uk)

### **PARK WORKOUT WALK**

Monday from 10.30 am to 11.15 am  
Mesnes Park Wigan (meet at Mesnes Lodge at the main entrance to the park)  
Ages 16+  
For full details contact 01942 404982. Email [sdu@wlct.org](mailto:sdu@wlct.org)

### **CAROL BARTON'S DANCE FITNESS**

Every Monday 10.30 am to 11.30 am  
Clifton Street Community Centre Poolstock Lane Worsley Mesnes WN3 5HN  
Energetic; fun dance class that will have you wondering why you didn't try it sooner!  
Cost £3.50. All events must be booked: 01942 241972/01942 615883  
[www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **TAI CHI**

Every Monday 10.30 am to 11.20 am Wigan Youth Zone Parsons Walk Wigan WN1 1HP  
Tai Chi is light exercise for all ages and abilities. Cost £2.50. All events must be booked.  
To book call 01942 241972 or 01942 615883 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)  
Note: Does not run during school holidays

### **EXERCISE CLASS**

Every Monday 10.30 am to 12.30 pm  
Wigan & Leigh Pensioners Link 27 Charles Street Leigh. Tel: 01942 261753

### **11 O'CLOCK CLUB**

Every Monday 11 am to 12 noon Wharfdale Henry Street off Chapel Lane Leigh WN7 2PG

Friendship Club: Activities include crafts quizzes and the occasional trip.

£2 Events must be booked. 01942 241972/01942 615883 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **11 O'CLOCK CLUB**

Every Monday 11 am to 12 noon Mahogany Care Home Marsden Street Newtown Wigan WN5 0TS  
Friendship Club; Activities include crafts quizzes and the occasional trip.

Cost £2. All events must be booked.

To book call 01942 241972 or 01942 615883 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **HEALTH & WELL BEING GROUP**

Monday 11 am to 1 pm at Sunshine House Wellington Street Wigan

We are a great bunch of people men and women of mixed ages and diverse interest that come together to share experience strength and hope ... don't be alone come along and join in.

Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **WALKING FOOTBALL**

Every Monday 11.30 am to 12.30 pm Powerleague Soccerdome Stadium Way Wigan WN5 0UN

Cost £4; All events must be booked. To book call 01942 241972 or 01942 615883

[www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **SOUP & SANDWICH**

Every Monday 11.30 am to 1 pm Shevington Methodist Church Gathurst Lane Shevington WN6 8GL  
Homemade fresh sandwiches; soup and cake - in a friendly environment Cost £3

All events must be booked.

01942 241972/01942 615883 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **PLAY BRASS BAND MUSIC FOR PLEASURE.**

Mondays 12 noon to 1 pm St. Stephen's Church Astley

A warm welcome for anyone who wants to play - or has played in the past and wants to restart.

Highly qualified staff will be on hand: Instruments to loan free of charge (subject to conditions)

More information ring 07739 577354

### **STANDISH LIPREADING SOCIETY**

Mondays 12.45 pm to 2.45 pm Standish Community Centre Church Street Standish

If your hearing isn't what it used to be join this friendly group and learn how to increase your lip-reading skills. More details ring 01257 472795 or 01257 424249

### **CAROL BARTON'S DANCE FITNESS**

Every Monday 1 pm to 2 pm St Marys Community Hall Newton Road Lowton WA3 1EW

Cost £3.50

All events must be booked

To book call - 01942 241972 or 01942 615883 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **MEMORABLE MELODIES**

Mondays 1 pm to 2.30 pm (except Bank Holidays) at As in Eden 14 Walmesley Road Leigh WN7 1YE

Singing workshops for people diagnosed with Dementia together with their Carers.

Informal; friendly; fun, with time for a drink and a chat, these are free sessions as part of Wigan Council's Dementia Friendly Leigh project.

Tel: 01942 269187/07811 764355 or As in Eden CIC [www.asineden.co.uk](http://www.asineden.co.uk)

### **WRITERS GROUP**

Monday from 1 pm to 3 pm at Sunshine House Wellington Street Wigan

Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com). With Louise Fab Class they have shared their love of writing. Come and join Louise on Mondays. Louise also runs open Mic on a regular basis. Class Fee £4.50.

### **MISSPLACES: WOMEN'S SHED**

Every Monday 1 pm—4 pm Platt Bridge Community Zone: 81 Ribble Rd, Platt Bridge, Wigan WN2 5EG

We welcome all women who have a hobby or skill, who would like to join like minded women, to share these skills and develop new ones. We are keen to provide workshops to encourage women to learn some basic DIY skills, to empower and promote independence. If you need any more information or want to have a chat about MissPlaces, please give me a ring on 07738 114 389.

### **DOMINOES**

Every Monday 1.15 pm for 1.30 pm start Devonshire Place Devonshire Road Atherton

£1-50 + 50p membership - contact Debra Wigan & Leigh Homes 07771 371491

### **CREATIVE AEROBICS**

Monday from 1.30 pm to 2.30 pm Sunshine House Wellington Street Wigan

This class is suitable for all ages and all abilities or disabilities £3 per session

Chair aerobics also incorporated in the class. No matter what ability or disability this class will find something for you. Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **BINGO AND GUITAR**

Monday 1.30 pm – 3 pm Winstor House Lounge, Helvellyn Road, Norley Hall, Wigan, WN5 9UR

£1 for per line and house; 20p for drinks Everyone welcome: Ask for Susan Sharples

### **BINGO**

Every Monday 1.30 pm to 3.15 pm Winstor House Hewelyn Road Wigan WN5 9XS

Cost £3.50: All events must be booked -call - 01942 241972 or 01942 615883

[www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **STANDISH PLEASANT HOUR**

Every Monday 1.30 pm to 3.30 pm Standish Community Centre Moody Street Standish

For the over 60's: A chance for people to get together for a chat; a cuppa; along with the occasional game of bingo. The group also organise days out and social events along with parties to mark special occasions. New members needed. All welcome.

More details ring 01257 421048

### **GET UP AND GROW**

Monday 1.30 pm to 3.30 pm at Guest Fold Allotments (opposite Atherton cemetery) Leigh Road Atherton

Food growing/gardening sessions at sites across the borough open to all including accompanied children.

Most sites are accessible for wheelchair users. Booking is essential for the first session.

Contact Kath 07775 877851 [kath@wigangrowingnetwork.org.uk](mailto:kath@wigangrowingnetwork.org.uk)

or Hannah 07904 272344 [hannah@wigangrowingnetwork.org.uk](mailto:hannah@wigangrowingnetwork.org.uk)

### **YOUNG AT HEART**

Every Monday 1.30 pm to 3.30 pm

Hindley Green Family Church Atherton Road Hindley Green Wigan WN2 4SQ

Social Group for the over 50's; Cost £3.50 All events must be booked.

To book call - 01942 241972 or 01942 615883 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **EXERCISE CLASS**

Every Monday 1.30 am to 3.30 pm

Wigan & Leigh Pensioners Link 27 Charles Street Leigh. Tel: 01942 261753

### **ZUMBA**

2 pm to 3 pm Beehive Community Centre Lindale Road Atherton M28 1BG

£4; Contact Gabby on 07841117029

### **GET BACK TO WORK CLUB**

Monday 2 pm to 4 pm YMCA Hilton Street Ashton-in-Makerfield WN4 8PD

Drop in sessions to browse and Job search.

### **KEEP FIT AND HEALTHY DURING PREGNANCY**

Expectant mothers are invited to attend the Aqua Natal class at Ashton Children's Centre

Mondays from 3 pm to 4 pm for a water based workout to support a healthy pregnancy.

### **OVER 50'S RACQUET SPORTS**

Every Monday 3 pm to 5 pm Leigh Sports Village Sale Way Leigh WN7 4JY

The sessions provide an opportunity for people to play badminton table tennis and short tennis under the guidance of a fully qualified coach. All equipment provided. This is a Social Group for the over 50's.

Cost £3-50. All events must be booked.

To book call - 01942 241972 or 01942 615883 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **DOG WALKING BY YOUR PET'S FRIEND – FREE**

Monday 3.30 pm to 4 pm Howe Bridge Sports Centre Atherton

Led by a qualified walk leader with dogs provided by 'Your Pet's friend', we are looking to encourage carers and loved ones who love to walk & love dogs to get together in a group outdoor social setting.

For more information please telephone 01942 488481 – we have had many requests for this and much interest so please book.

### **THE LYMPHOMA ASSOCIATION**

Every Monday 3.30 pm Tesco Community Room Central Park Way Wigan

A Support group for anyone affected by Hodgkin and Non-Hodgkin Lymphoma Tel: 0808 808 5555

### **STANDISH IN BLOOM/INCREDIBLE STANDISH**

Standish in Bloom/Incredible Standish has a working party that meets every Monday at 4.30pm near the Three Dishes close to the Market Cross in Standish. We tidy the planted areas, weed and sweep street sides and edges, plant flowers, vegetables and herbs and paint the seats around the village, plus lots of other jobs.

The first Monday of every month Standish in Bloom/Incredible Standish meet at 6 pm in The Globe Inn Standish. For more information contact Tony Jones: [Anthony-jones52@sky.com](mailto:Anthony-jones52@sky.com)

### **THE TURNPIKE YOUTH THEATRE**

Every Monday at the Turnpike Gallery Leigh

All new drama sessions Ages 8 to 11: 4 pm to 5.30 pm: Ages 11 to 18 years: 6 pm to 8 pm

Full details & Costs ring Wayne Reedman 01942 404420

### **COMMUNITY SPORTS AND ACTIVITY SESSIONS – FOOTBALL**

Every Monday 5 pm to 6.30 pm Soccerdome Wigan

Age 15-19 years: For more information contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)



### **REGULAR SPORTS SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY**

Rebound Therapy Mondays (term time) 5 pm to 6 pm & 6 pm to 7 pm Abraham Guest Academy Wigan  
Ages 5-19 Booking is required so please contact Inspiring healthy lifestyles on 01942 488481  
Or email [k.barker@wlct.org](mailto:k.barker@wlct.org) [www.inspiringhealthylifestyles.org](http://www.inspiringhealthylifestyles.org)

### **MONDAY NIGHT MULTI-SPORTS**

Monday's from 5.30 pm till 7 pm. For 9 to 16 year olds  
WLCT are offering young people the chance to participate in free multi-sport activity sessions at Golborne High School. The community sport session is transferring from the high school to Legh Street Park and offers an excellent chance for participants to play sport and meet new friends and socialise.  
Activities available will include football handball rounders cricket Dodgeball ultimate Frisbee and many other sports. Contact 01942 404876/[c.fogg@wlct.org](mailto:c.fogg@wlct.org); on your arrival please report to the relevant sport.

### **ASPULL WARRIORS WRESTLING CLUB**

At the upstairs Gym at Aspull Rugby Union Football Club Woodshaw Park Woods Rd Aspull WN2 1PJ  
Training is on a Monday and Wednesday evening 5.30 pm to 7 pm for age 5 to 14 (up to 16 for new members who have never wrestled before) and 14 upwards from 7 pm to 8.30 pm.

### **SHEVINGTON YOUTH CLUB**

Every Monday Highfield Avenue Shevington  
Under 12's: 5.30 pm to 7 pm; 13 plus: from 7.30 pm to 9 pm. For more details contact 01257 423342

### **PARK WORKOUTS**

Every Monday 5.45 pm to 6.30 pm  
Tesco Leigh Extra Derby Street (takes place in the Community Room). Tel: 01942 404982 / [sdu@wlct.org](mailto:sdu@wlct.org)

### **STREET DANCE**

Weekly on Mondays from 6 pm to 7 pm for ages 8 upwards. Free. Golborne High School in the Dance Hall  
Meet the Dance Leaders and find out about taking part in the NW Street Games Festival and other Dance Festivals! Telephone 01942 404876

### **BEEKEEPING SESSIONS**

Monday each week: 6 pm to 7.30 pm at Worsley Hall Allotments 126a Poplar Avenue Worsley Hall Wigan  
For more details contact Kath 07775 877851 [kath@wigangrowingnetwork.org.uk](mailto:kath@wigangrowingnetwork.org.uk)  
or Hannah 07904 272344 [hannah@wigangrowingnetwork.org.uk](mailto:hannah@wigangrowingnetwork.org.uk)

### **SAILING**

Monday from 6 pm to 8 pm at Scotsman's Flash Wigan  
Cost: £5 for 8 years to 25 years old and £10 for over 25's. Ages: 8 upwards.  
All equipment and instruction is provided within the price.  
For more information please contact The WLCT Contact Centre on 01942 828508

### **WIND AND WAVE**

Every Monday from 6 pm to 8 pm at Scotsman's Flash Wigan  
Introduction to sailing available to ages 8+ Teaching the basics around rigging; launching waterside safety; sailing techniques etc. All equipment is provided; just bring a change of clothes and a towel.  
£5 ages 8 – 25; £10 ages 25+ Telephone 01942 769812

### **PARK WORKOUTS**

Monday 6 pm to 6.45 pm at Pennington Hall Park Leigh



Come and try out this fantastic equipment on our free 12 week blocks and see what outdoor workouts are all about! Wear comfortable clothes and trainers – don't forget to bring along some water.

### **REGULAR SPORTS SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY**

Multi Sports; Mondays (term time) 6 pm to 7.30 pm Robin Park Indoor Sports Centre Loire Drive Wigan  
Ages 5-16 Booking is required so please contact Inspiring healthy lifestyles on 01942 488481  
Or email [k.barker@wlct.org](mailto:k.barker@wlct.org) [www.inspiringhealthylifestyles.org](http://www.inspiringhealthylifestyles.org)

### **FOOTBALL AND SPORTS SESSIONS FOR YOUNG PEOPLE**

Mondays 5 pm – 6 pm - Girls Only Fitness & Gym Wigan Youth Zone, Parsons Walk, WN1 1RU\*

Mondays 6 pm - 7.30 pm – Football Hag Fold Multi-use games area, Dorset Road, M46 9NR

Mondays 6 pm – 7 pm – Football The Dean Trust Wigan, Greenhey, WN5 0DQ

Mondays 6 pm - 7.30 pm – Football Leigh Sports Village, Pitch 10, Sale Way, WN7 4JY

\*50p entrance fee in Wigan Youth Zone/Must be a member

Latics in the Community are running sessions are free (unless stated) and open to both boys and girls between the ages of 12-19.

For further information please call Tom Drake on 01942 318090, or e-mail [t.drake@wiganathletic.com](mailto:t.drake@wiganathletic.com)

### **WILL AND A WAY**

Every Monday St Peter's High School Howards Lane Orrell Wigan

Learn the craft of acting in a safe secure & professional environment. Ages 7 – 12 from 6 pm to 7.30 pm

Ages 12+ from 7.30 pm to 9 pm: More details & costs: Elise Williamson 07907 331 298

### **INTRODUCTION TO BEE-KEEPING**

6 week evening course on Mondays at Worsley Hall Community Allotments Worsley Hall Wigan

Full details from [www.wigangrowingnetwork.org.uk](http://www.wigangrowingnetwork.org.uk) or ring 07904 272344

### **GIRLS RUGBY UNION**

Every Monday 6.30 pm at Leigh RUFC Hand Lane Leigh

For Girls from Year7 to Year 10 Tel: 07500 966980 also see Trust in Leigh Facebook page

### **AUTISM SUPPORT GROUP GAMES NIGHT**

Every Monday 6.30 pm to 8.30 pm Patrick House 58 Leigh Road Leigh

Organised by 'Compassion in Action' Telephone: 01942 418 830. Free of charge

### **STANDISH LACE MAKERS**

Every Monday 6.45 pm to 9 pm. Standish Community Centre Moody Street Standish

More information ring 01257 421048

### **STUDIO 77**

Every Monday evening in Leigh C.E. Infant School Walmesley Road Leigh WN7 1YE

We have demonstrations experienced support and materials to help start you off or even if you are returning to drawing and painting. All beginners and experienced artists welcome to call in.

We would love to see you there. 7 pm. Why not come along to see what we can offer? Contact Rita Keegan (Tel. 01942 888873) [info@studio77art.co.uk](mailto:info@studio77art.co.uk) [www.studio77art.co.uk](http://www.studio77art.co.uk) facebook.com/Studio77Art

### **ANDYS MANCLUB**

Every Monday 7 pm Leigh Sports Village Sale Way Leigh

The group is a place where men can come together and talk about issues they have been facing the benefit being that there are other people who have been in similar situations and can help you with advice on how they dealt with the issue. Dave Drury LCT Forces Leigh Community Trust 01942 487 847 or 07562 116 612

### **WIGAN CHORAL SOCIETY**

Mondays 7.30 pm at Trinity United Reformed Church Milton Grove off Wigan Lane

Contact: [mnolan284@btinternet.com](mailto:mnolan284@btinternet.com) Tel: 01257 254686

### **ZUMBA**

Monday 7.30 pm to 8.30 pm at Sunshine House Wellington Street Wigan

Zumba with Annette Brown; £3.00 per class; Tel: 01942 820026; email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **ATHERTON CHESS CLUB**

Every Monday in the function room at the Atherton Arms on Tyldesley Road from 7.30pm

For more information contact club secretary Mr J Ward on 01942 674013 or visit [athertonchess.org.uk](http://athertonchess.org.uk)

### **GOT ANY FREE TIME ON YOUR HANDS LOOKING FOR A NEW HOBBY? WANT TO MAKE NEW FRIENDS?**

Any time you can give us will be very much appreciated. You could be acting painting putting on make-up making properties sewing costumes serving refreshments learning new skills. Everyone welcome between ages of 16yrs and 101yrs+. I can promise you will love being part of the Society no matter how much time you have to spare. You will find us in the St Joseph's Hall Chapel Street Leigh Lancs WN7 2PR. On Mondays and Thursdays we are usually there from 7.30 pm to 9.30 pm approx when we are rehearsing.

01942 604603 [stjosephsplayers.co.uk](http://stjosephsplayers.co.uk) [stjosephsplayers@gmail.com](mailto:stjosephsplayers@gmail.com)

### **OLD HALL BRASS BAND**

Mondays and Thursdays 8 pm to 9.45 pm at Jubilee Methodist Church Roby Mill Wigan WN8 0FQ

Contact: [paul@oldhallbrass.com](mailto:paul@oldhallbrass.com) Tel: 07889 271291

### **SCOTTISH COUNTRY DANCING FOR ALL!**

Every Monday Tuition 7 pm to 8 pm and general dancing from 8 pm to 10.30 pm

St. Teresa's Church Hall College Road Upholland Wigan WN8 OPY.

Everyone is welcome. You do not need to have a partner or to have done Scottish Country Dancing before. Interval - tea & biscuits available. Bar available. This is a very friendly group where everyone is so welcome. Just come along on the night or ring the Secretary 01942 861539 for more information

### **WIGAN MUSICAL THEATRE GROUP**

Meet Monday evenings 7.45 pm to 10 pm

Whitley Methodist Church Hall 93 Spencer Road Wigan WN1 2QR

New members always welcome on stage or backstage with scenery lighting or props.

More details ring 01942 204461/01257 423202

### **PLAY TOUCH RL**

Touch RL is back in Leigh. Contact [@stuartlittler3](https://www.instagram.com/stuartlittler3) to register your interest

Every Monday evening Leigh Miners Junior Section (opposite Bedford High)

### **COFFEE MORNING**

1st Monday each month from 10.30 am to 12 noon

Shakerley Community Centre Cumberland Road Tyldesley

visit: [www.dementiabuddy.co.uk](http://www.dementiabuddy.co.uk)

### **BOOK AND COFFEE MORNING**

First Monday of the month 10.30 am to 12 noon Orrell Post Methodist Church Orrell Road Orrell WN5 8HQ  
All profits to the charity of the month. No booking necessary

### **STANDISH METHODIST CHURCH LUNCHEON CLUB**

1st Monday in the month: Booking is essential - one week in advance.  
Please contact Kathryn on 01257 423947 to reserve your place or for more information

### **TEA CAKE.....MAKE!**

First Monday of the month 1 pm to 3 pm  
Shevington Library Gathurst Lane WN6 8AH.  
Dementia Friendly Activities in Standish and Shevington

### **ROYAL BRITISH LEGION – ASHTON BRANCH**

Meet on the first Monday of each month at 7.15 pm for a 7.30 pm start.  
To find out more ring John Burns on 07876 348638 or email [ashtonrbl@yahoo.co.uk](mailto:ashtonrbl@yahoo.co.uk)

### **ASPULL & HAIGH WI**

Meet 2nd Monday of each month at St Elizabeth's Church Hall Bolton Road Aspull.  
New members welcome. For more details: 01942 831413

### **SHEVINGTON READING GROUP**

Meet 2nd Monday of each month from 12 noon to 1 pm.  
Tel: 01257 252618 or call at Shevington Library

### **REFRESH YOUR MEMORY**

2nd Monday of the month 12.15 pm to 1.45 pm Church Lane Community Centre 243 Church Lane Lowton  
We provide an afternoon tea party service with beautiful china tea sets home-made cakes and "real" tea.  
We also have nostalgia items from the decades between the 1940s to the 1970s which can be passed around helping you to reminisce – along with display boards with lots of printed material of interest.  
The whole event will 'Refresh Your Memory'! Contact Dee McMillan for details and to book: 01942 723472

### **LYMPHOMA SUPPORT GROUP**

Every 2nd Monday at Tesco Community Space Wigan WN1 1XS

### **BLOOD CANCER SUPPORT GROUP**

Every 2<sup>nd</sup> Monday 3.30 pm to 5 pm: Tesco Community Space Central Park Way Wigan

### **TEA CAKE MAKE**

Every 2nd and 4th Monday of the month 2 pm to 3.30 pm  
Aspull Library Oakfield Crescent Aspull Wigan WN2 1XJ

Our friendly art and craft sessions are open to everybody who likes to keep their hands and minds busy.  
Sessions include glass painting pottery felting woodwork and rag rug making.  
For more information please contact Lizzie Griffiths on 07904 931003 [Elizabeth@thecraftworks.org.uk](mailto:Elizabeth@thecraftworks.org.uk)

### **DIAMOND PLUS GROUP**

2<sup>nd</sup> Monday of every month  
Are you aged 65 years or over?  
Come along and join our group at the YMCA Hilton Street Ashton-in-Makerfield Wigan

This group will be a great way to socialise by meeting new people and participate in the different activities that will be on offer. A light healthy lunch will be provided.

Contact Joyce on 01942 274684 or email: [joyce.gorman@ymcaashton.org](mailto:joyce.gorman@ymcaashton.org)

### **TEA; CAKE.....MAKE!**

3<sup>rd</sup> Monday of the month 1 pm to 3 pm at the Standish Library Cross Street Standish WN6 0HQ

Our friendly art and craft sessions are open to everybody who likes to keep their hands and minds busy.

For more information contact Lizzie Griffiths on 07904 931003 or email [Elizabeth@thecraftworks.org.uk](mailto:Elizabeth@thecraftworks.org.uk)

### **A CARERS CAFE IN WIGAN**

3<sup>rd</sup> Monday of the month 2 pm to 4 pm

The Hub St Mark's Church Victoria Street Newtown Wigan WN5 9BN

A drop in/cafe/activity afternoon for carers and those they care for. We are seeking to extend a very warm welcome to all who come plus refreshments activities and friendship.

Cost: £2 per session (but we won't turn anyone away if this is difficult)

### **BETTER THINGS**

Third Monday of the month 6.30 pm to 8.30 pm LG 5 Richmond Street Manchester

LGBT People with a learning disability. We offer a safe and friendly and supportive environment.

Share feelings talk about fears or issues. Make new friends. It's free – it's friendly – it's fun.

If you are interested or want to come along please ring Brenda on: 0161 7287616

### **DEMENTIA CARERS SUPPORT GROUP**

Last Monday of the month

Shevington Methodist Church Gathurst Lane Shevington Wigan WN6 9HA

10.30 am to 12.30 pm. Dementia Friendly Activities in Standish and Shevington

### **BREAST CANCER SUPPORT GROUP**

Have you or do you know someone who has suffered or suffering from Breast Cancer?

Everyone is welcome. Group meets on the last Monday of every month (apart from Bank Holidays).

11 am to 1 pm at the YMCA Hilton Street Ashton-in-Makerfield.

For further information contact Joyce Gorman tel: 01942 274684 email: [joyce.gorman@ymcaashton.org](mailto:joyce.gorman@ymcaashton.org)

### **REGULAR EVENTS : TUESDAY**

#### **AROMATHERAPY**

Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD

£15 for massage; reflexology etc: Booking in for appointments is essential - to book phone 01942 705959

#### **FORM FILLING**

Every Tuesday Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD

Gain support with form filling such as DLA/PIP Attendance allowance Carers Allowance ESA.

Booking is essential. Also available on Thursdays; to book or find out more phone 01942 705959

or call in at The Centre 3-5 Frederick Street Hindley Wigan WN2 3BD or visit

[www.wiganandleighcarerscentre.org.uk](http://www.wiganandleighcarerscentre.org.uk) or 'Like'/'Receive Notifications' on our Facebook page for updates

#### **WELFARE RIGHTS SERVICE**

Tuesdays 9 am – 12Noon Atherton Library York Street Atherton, M46 9JH

For welfare rights enquiries and advice, please email: [welfarerightsadvice@wigan.gov.uk](mailto:welfarerightsadvice@wigan.gov.uk)

### **ASPECTS OF CARE**

Every Tuesday 9 am – 3.30 pm Pemberton Masonic Hall, Chapel St, Wigan WN5 8JP  
For people with dementia and their carers Contact Shirley on 07792757793

### **COMMUNITY CAFÉ**

Every Tuesday 9 am to 1 pm Golborne Community Church High Street Golborne  
We are serving food and beverages at very competitive prices. For more details tel: 07446650712

### **TUESDAY CLUB**

Every Tuesday 9.30 am to 11.30 am Games at Higher Folds Community Centre Stirling Close Leigh  
Soup & Sandwich cost £2. 1.15 pm Bingo. 01942 615883/[brightdays@ageukwiganborough.org.uk](mailto:brightdays@ageukwiganborough.org.uk)

### **SERENDIPITY PATCHWORK & QUILTERS**

Every Tuesday 9.30 am to 12 noon Bispham Church Hall Upholland Road. Members make cushions bags toys & quilts. Beginners and experienced sewers welcome. More details contact Chris Parker 01695 632117

### **DEMENTIA FRIENDLY SWIMMING**

Every Tuesday 10 am to 11 am Wigan Life Centre South College Avenue Wigan  
£2 a session with Carer goes free with Lifestyle Plus 1 card

### **NORLEY ART GROUP**

Masonic Lodge Chapel Street Pemberton WN5 8JP  
We run two sessions on Tuesdays from 10 am until noon and from 1 pm until 3 pm Cost £2 per session including tea or coffee and biscuits.  
Tel: Lesley: 01942 236733/Dorothy: 01942 247653.  
You will find a warm welcome and friendship.

### **AGE UK AT HIGHER FOLDS**

Every Tuesday 10 am to 12 pm  
Higher Folds Community Centre Stirling Close Leigh WN7 2UB

### **COFFEE CLUB**

Every Tuesday 10 am to 12 noon at Wigan & Leigh Pensioners Link 27 Charles Street Leigh  
More details ring Tel: 01942 261753

### **GET BACK TO WORK CLUB**

Tuesday 10 am to 12 noon YMCA Hilton Street Ashton-in-Makerfield WN4 8PD  
Drop in sessions to browse and Job search.

### **KNITTING GROUP**

Every Tuesday 10 am to 12 noon Golborne Library  
Free. Drop in group. We are a friendly and sociable sewing group.  
Come along and have a chat make new friends enjoy refreshments but most of all have lots of fun.  
Suitable for all ages and abilities

### **OVER 50'S TABLE TENNIS**

Tuesday mornings 10 am to 11.30 am Wigan TTC Platt Bridge Community Centre Victoria Street Wigan  
Play table tennis and stay nifty over fifty. Have A Cup Of Tea On Us. Cost £3 per person.  
To register for the sessions contact Steve Rowe by email: [steve@wigan TTC.co.uk](mailto:steve@wigan TTC.co.uk) or mobile 07493436061

### **PARK WORKOUTS**

Every Tuesday at Mesnes Park from 10.30 am to 11.15 am

Come and try out this fantastic equipment on our free 12 week blocks and see what outdoor workouts are all about! Wear comfortable clothes and trainers – don't forget to bring along some water.

Meet at the Outdoor Gym area age 16+. Free.

### **SOCIAL WALK**

Every Tuesday 10.30 am Shakerley Community Centre Cumberland Avenue M29 8FU

Get out and about for up to one hour with our fun friendly and FREE Leisurely walk - they are a great way to get back into being active! Wear comfortable clothing and footwear Dogs welcome on leads.

Refreshments are available at the end of the walk. For more information call Tracy Morris: 01942 488 481

### **STRENGTH AND FITNESS TRAINING**

Every Tuesday 10.30 am to 11.30 am Unit 2A Pagefield Industrial Estate Miry Lane Wigan

Tel for directions 01942 615883 Strength and fitness training tailored to the over 50's.

All events must be booked. To book call - 01942 241972 or 01942 615883

[www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays).

### **SWIM 'N' CHAT**

Every Tuesday 11 am -12 Noon "Wigan Baths" Wigan Life Centre College Avenue Wigan WN1 1NJ

Been exercising? Join us on the first floor for light refreshments - unlimited tea; coffee & biscuits. £1.00

All events must be booked. To book call 01942 241972/01942 615883

[www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **BEGINNERS WATERCOLOUR CLASS**

Tuesday 11 am to 1 pm Sunshine House Wellington Street Wigan. Class Fees £4.50

Beginners Watercolour class with Tony Bretherton. Tel: 01942 820026 or mail [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **WINSTON'S WISH DROP IN**

Every Tuesday 11 am to 1 pm at Compassion in Action Patrick House 58 Leigh Road Leigh WN7 1QR

For more details Ring 01942 418830

### **BEEKEEPING SESSIONS**

Every Tuesday: 11 am to 2 pm and Thursday 10 am to 2 pm Worsley Hall Community Allotments

126a Poplar Avenue (junction of Closebrook Road and Poplar Avenue) Worsley Hall Wigan.

Open to all. Booking required.

Contact Hannah 07904 272344 [hannah@wigangrowingnetwork.org.uk](mailto:hannah@wigangrowingnetwork.org.uk)

### **SPECIAL LUNCHES**

Tuesday 12 noon at Sunshine House Wellington Street Wigan

Special Lunches 3 Course Meal £4.50. Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **WIGAN WARBLERS**

We are looking for new members. The group meet at The Douglas Bank Pub Woodhouse Lane Wigan

Tuesday between 12 Noon and 2 pm. More details; Natasha Garswood at [natashagarswood@gmail.com](mailto:natashagarswood@gmail.com)

### **MARSH GREEN ART GROUP**

Marsh Green Art Group is on the hunt for new members. Each session is £2.

The group meet every Tuesday from 12 noon until 3 pm at St Francis Church Hall City Road Kitt Green

### **DANCE MOVES**

Every Tuesday 1 pm to 2 pm Astley and Tyldesley Methodist Church Hall Elliott Street Tyldesley M29 8JE  
Learn a variety of dance routines including Sequence dance Latin Line and FitSteps. No partner needed.  
Cost £3-50. All events must be booked. To book call 01942 241972 or 01942 615883  
[www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **FREE MONEY ADVICE SURGERY**

Every Tuesday from 1 pm to 3.30 pm at Wigan & Leigh Pensioners Link Centre 27 Charles Street Leigh  
We are reviewing online comparison web sites to attempt to reduce costs. Drop in or ring 01942 261753.

### **TEA CAKE AND MAKE**

Tuesday 1 pm to 3 pm at Sunshine House Wellington Street Wigan  
Tea Cake and Make with Elizabeth - learn a new craft every week. Cost £1  
Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **HEARING VOICES**

Tuesday 1 pm to 3 pm at Sunshine House Wellington Street Wigan  
This is a self-help group. Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **THE SQUARE PEG ART GROUP – ADULT ART WORKSHOP**

1 pm to 3 pm Sensoriel Ashland House Manchester Road Ince Wigan  
A different kind of art class; Artist-led health and wellbeing arts courses in a professional supportive environment. Suitable for all adults Courses run in 6 week blocks in term time only £36/6 weeks.  
For full details contact 07806 433269 or go to [www.umbrella-arts.org](http://www.umbrella-arts.org)

### **DAISY CHAIN STITCHERS**

Tuesday 1 pm to 3 pm at Clifton Street Community Centre Poolstock Lane Worsley Mesnes Wigan  
Learn and share traditional needlework and crafts; knitting crochet; embroidery; patchwork; quilting; tapestry and cross stitch – all in a friendly atmosphere. Please ring Marjorie on 01942 234880  
To book tel: 01942 241972/01942 615883 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **FAMILY HISTORY**

Every Tuesday 1 pm to 3 pm Shevington Library Gathurst Lane Wigan WN6 8HA  
Come along and discover your family tree Free All events must be booked.  
To book call 01942 241972 or 01942 615883  
[www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **COMPUTER CLUB**

Tuesday 1 pm to 3.30 pm at Sunshine House Wellington Street Wigan  
Computer Club Drop in supported by Wigan Union Learn Forum £1.00 includes a Drink  
Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **ST ELIZABETH'S OVER 60'S CLUB ASPULL**

Tuesday 1 pm to 3 pm at St Elizabeth's Church Hall Bolton Road Aspull  
Come for a chat a cup of tea and game of bingo.  
Details from Doreen or Terry on 01942 830662

### **PRIZE BINGO AT HIGHER FOLDS**

Every Tuesday 1 pm to 3 pm at Higher Folds Community Centre Stirling Close Leigh WN7 2UB



A chance to win a share of £50 at prize bingo prizes includes Tesco saving stamps plus a weekly prize raffle. Full book £4.10 or half book £2.30. Refreshments hot drinks and cakes included.

Lunch is also available at a small cost. Telephone: 01942 674548 or visit [www.higherfolds.co.uk](http://www.higherfolds.co.uk)

### **MEMORABLE LEIGH**

Every Tuesday 1 pm to 3 pm. Derby Room Turnpike Gallery Leigh

Local heritage & Reminiscence Storytelling with professional workshop leaders; a Dementia Friendly Event

To Book Contact Healthy Arts 07542 114383 or email [contactus@healthyarts.org.uk](mailto:contactus@healthyarts.org.uk)

### **DIAS (DROP IN AND SHARE) DROP IN CENTRE**

Tuesdays 1.30 pm to 3.30 pm Leigh Turnpike Centre for all those affected by domestic violence and abuse

No appointment or referral necessary. Appointments are available at other locations in the borough.

Please ring 01942 495230 for further details.

### **WIGAN DEMENTIA CAFÉ**

Every Tuesday 1.30 pm to 3.30 pm: The Wheel Wigan & Leigh College New Market Street Wigan

We offer a relaxed social gathering for people with dementia and their carers.

No Need to book - just turn up and ask for Pauline

### **GET UP AND GROW**

Tuesday 1.30 pm to 3.30 pm at Bolton Road Allotments Hope Street off Bolton Road Ashton in Makerfield  
Food growing/gardening sessions at sites across the borough.

Open to all including accompanied children. Most sites are accessible for wheelchair users. Booking is essential for the first session. Contact Hannah 07904 272344 [hannah@wigangrowingnetwork.org.uk](mailto:hannah@wigangrowingnetwork.org.uk)

### **FRIENDSHIP GROUP**

Every Tuesday 1.30 pm to 3.30 pm at Wigan & Leigh Pensioners Link 27 Charles Street Leigh

More Details ring Tel: 01942 261753

### **DROP IN ACTIVITIES**

Every Tuesday 1.30 pm to 4 pm Eliot Gardens Elliot Drive Worsley Mesnes Wigan

Organised by Wigan & Leigh Pensioners Link

### **ANCHOR BOOK CLUB**

Tuesday 2 pm St Clements Court Worsley Mesnes Drive Worsley Mesnes Wigan

Call 01942 492049 for details or see [www.anchor.org.uk](http://www.anchor.org.uk)

### **CLARINGTON PLACE FILM CLUB MANCHESTER ROAD INCE**

Every Tuesday Film club free to everyone. 2 pm: Contact 01942 826051 or 07772 922630

### **WIGAN AND LEIGH HOMES WORK CLUB**

Every Tuesday from 2pm until 4pm at Leigh Life 1-3 Westwell Street Westleigh

Wigan and Leigh Homes run work clubs on a weekly basis to help with CV building Job Search and advice into voluntary work training and employment.

All ages and abilities are welcome.

Contact: Diana Baybutt or Jennifer Gregory Tel: 01942 486557 or Email: [employmentandskills@walh.co.uk](mailto:employmentandskills@walh.co.uk)

### **MENTAL HEALTH SUPPORT GROUP**

Meeting Every Tuesday 1.30 pm till 3.30 pm at the YMCA Hilton Street Ashton-in-Makerfield

Telephone 01942 274684 Come along and meet new people and make friends

### **STREET DANCE**

Every Tuesday 5 pm to 6 pm Higher Folds Community Centre Stirling Close Leigh WN7 2UB  
Every Tuesday 5 pm to 5.45 pm for ages 5-8 years and 5.45 pm to 6.45 pm for ages 9+  
For more information please contact Michaela Griffiths T: 01942 404982 E: [Michaela.Griffiths@wlct.org](mailto:Michaela.Griffiths@wlct.org)

### **JOGGING FOR BEGINNERS**

Tuesday £1 per session at Wigan Life Centre Wigan WN1 1NJ 5.15 pm to 6 pm  
For more information or to book a place Text Julie Barton on 07590 230485 or Email [julie.barton@wlct.org](mailto:julie.barton@wlct.org)

### **CHILDREN'S DRAMA**

Tuesday 5.30 pm to 6.30 pm at Sunshine House Wellington Street Wigan  
Tel: 01942 820026 email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **STREET DANCE**

Every Tuesday Hag Fold Community Centre Dorset Road Atherton  
5.30 pm to 6.15 pm (ages 8-11): 6.15 pm to 7 pm (ages 12+). T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **REGULAR SPORTS SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY**

Rebound Therapy: Tuesdays (term time) 5.30 pm to 6.30 pm & 6.30 pm to 7.30 pm Lowton High School  
Ages 5-19: Booking is required so please contact Inspiring healthy lifestyles on 01942 488481 or  
Email [k.barker@wlct.org](mailto:k.barker@wlct.org) [www.inspiringhealthylifestyles.org](http://www.inspiringhealthylifestyles.org)

### **TACKLE THIS**

Is your child in Year 6 and would like to play rugby league?  
Orrell St James ARLFC trains: Saturday's am to 12 noon at Upholland Grammar School playing fields and  
Tuesdays 6 pm to 7 pm Robin Park Tel: 07798 658544

### **YOGA**

Tuesday 6 pm - 7 pm  
Beehive Community Centre Lindale Rd M28 1BG  
£5: Contact Donna on 07706570646

### **DOMINOES**

Every Tuesday 6 pm – 8 pm Winster House Lounge, Helvellyn Road, Norley Hall, Wigan, WN5 9UR  
Everyone welcome: drinks 20p Ask for Susan Sharples

### **FIT FANS**

Tuesday 6 pm to 8 pm at Montrose Skills Hub Montrose Avenue Wigan  
Take part in football and sports sessions; earn a Wigan Athletic replica shirt by completing the course;  
Receive free health checks and workshops; Get healthy and have fun. Sports courses and workshops are  
available to all participants. 01942 488530 or e-mail [c.baxter@wiganathleticct.com](mailto:c.baxter@wiganathleticct.com)

### **BOYS BRIGADE & GIRLS ASSOCIATION**

Tuesday Anchor Section: 6 pm to 7.10 pm St John's C of E Primary School Simpkin Street Abram  
Junior Section: 6.30 pm to 7.40 pm: Company Section: 7 pm to 8.10 pm  
Ages from 5 to 18 years. More details at [www.15thwiganbb.co.uk](http://www.15thwiganbb.co.uk)

### **CYCLE SPEEDWAY**

Astley & Tyldesley club sessions every Tuesday evening

Juniors (u-13s) start at 6.30 pm followed by seniors at 7.45 pm The sessions are open to all existing club members and newcomers at a cost of £3.50 per session which includes bike and helmet hire. The sessions take place at the floodlit cycle [www.astleycyclespeedway.org.uk](http://www.astleycyclespeedway.org.uk)

### **GOLBORNE HOCKEY CLUB**

Tuesday 7 to 9 pm Golborne Sports Club

We are looking for new players and invites anyone with an interest in hockey to training

For more information contact 07801 999298

### **SMITHS ACADEMY OPEN AGE CHOIR**

Meets most Tuesday Evenings 7 pm to 8.30 pm at The Lodge Mesnes Park Wigan

No audition just lots of fun friendship and a good singsong! More information from Abi on 07814 193335

### **MULTI-SPORTS**

Every Tuesday 7.30 pm to 9 pm Leigh Fire Station St Helen's Road Leigh

Ages 11+ Contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **LIVE LOUNGE: OPEN MIC**

Every Tuesday 7.30 pm Bailiff Bar The Old Courts Crawford Street, Wigan

Our aim is to create a friendly and welcoming venue for all skill levels to enjoy, whether you play the guitar, drums, keyboard, spoons or just want to get up and give us a song, that's what we're here for, and if you haven't bought your instrument with you, that's fine, you're welcome to use ours.

You can of course just come along, have a beer and enjoy the fantastic variety of music on offer.

We'll start at approx 7.30 every Tuesday, so come and join us in Wigan's Live Lounge and help us put music back into the heart of Wigan, after all, it's where it belongs... FREE ENTRY

### **ASHTON WRITERS**

'Sam's Bar' Ashton. Alternate Tuesdays at 8 pm [www.writer-circles.com/ashton.html](http://www.writer-circles.com/ashton.html)

### **WIGAN FOLK CLUB**

Every Tuesday from 8 pm to 11 pm Bowling Green Wigan Lane Wigan

The club has a Singaround format with an open music policy as long as it's acoustic and unplugged.

Singers; musicians songwriters poets are welcome. Entry free

### **WALKING FOOTBALL - LEIGH**

Westleigh High School on Tuesday's from 8 pm to 9 pm. Cost £4 per session.

Walking football sessions take place in Leigh for people looking for a low impact activity to help them get healthy. If you'd like to find out more contact Richard on 01942 488480 or e-mail [r.smith@wlct.org](mailto:r.smith@wlct.org)

### **ASHTON ART GROUP**

YMCA Hilton Street Ashton in Makerfield from 8 pm to 10 pm

The group meets each Tuesday evening for a varied programme including life and figure studies portrait and still life drawing. You are old enough to join the group at 16 but never too old as there is a wide range of ages and also abilities within the group.

Visit [www.https://www.facebook.com/AshtonArtGroup](https://www.facebook.com/AshtonArtGroup)

### **WIGAN RAMBLING & CLIMBING CLUB**

Hold social nights every Tuesday at 8.15 pm at Wigan Cricket Club Bull Hey Parsons Walk Wigan.

New members welcome. Contact Jill Shilladay on 01257 421926.

### **DEMENTIA CAFÉ**

First Tuesday of the month from 10.30 am to 12.30pm

The Diamond Club Grey Road (Off Old Road) Ashton-in-Makerfield WN4 9QW

Dementia Cafés offer a relaxed social gathering for people with dementia and their carers.

As well as a cuppa you can also get advice information support and to make new friends.

There is no need to book just come along and ask for Pauline.

For more information about the Dementia Cafés and Alzheimer's Society services tel. 01942 247837

Mobile: 07711 015330

### **FRIENDS TOGETHER**

Luncheon Club at St Pauls Church Goose Green

First Tuesday of the month from 11.45 am for a healthy bite to eat and entertainment.

Tel: Cliff on 01942 366996.

### **THE MEMORY ARMS**

Every 1st Tuesday of the month 1 pm to 3 pm at the Hare and Hounds Pub 142 Upholland Road Billinge

For people living with dementia and their Carers

Whilst the pub is closed to the public activities including darts pool dominos and music will be available to the group. For more information contact 07775921468

### **BILLINGE & GARSWOOD CARERS GROUP**

First Tuesday of the month 1 pm Foresters Arms Main Street Billinge

If you care for someone who is sick or has a disability a mental illness or is an elderly relative or friend you are invited to get involved. More details; 01744 892224 or 01744 895295 or email [info@carersgroup.org](mailto:info@carersgroup.org)

### **PIECE OF MIND**

1st & 3rd Tuesday of the month 11 am to 1.30 pm Lowton Community Hub Newton Road Lowton WA3 2BH

Enjoy afternoon tea whilst watching a classic film in a safe comfortable and supportive environment. Led by qualified specialists and supported by local volunteers our fortnightly dementia cafe and reflexology provides shelter and welcomed relief advice and support for both carers and people living with dementia.

For more information please contact 07716149100 or visit [www.lowtoncommunity.co.uk](http://www.lowtoncommunity.co.uk)

### **ORRELL & DISTRICT HORTICULTURAL SOCIETY**

Meet first Tuesday of the month 7.30 pm. Independent Methodist Church Fleet Street Pemberton

Any visitors made welcome. All aspects of horticulture including gardening are included in the programme of talks

### **GARDENING CLUB**

Every other Tuesday at Westfield Community School Montrose Drive Wigan

For children; parents' and their Carers For more details ring 01942 776007

### **JOINING THE WLCT HEALTH WALK**

Pennygate Medical Centre Market Street Hindley Wigan

10 am. Every other Tuesday to book or find out more phone 01942 705959

### **DEMENTIA CAFÉ**

Second Tuesday of the month from 1.30 pm to 3.30 pm St. Wilfrid's Parish Hall Church Street Standish

Dementia Cafés offer a relaxed social gathering for people with dementia and their carers. As well as a cuppa you can also get advice information and support and make new friends. There is no need to book just come along and ask for Pauline. For more information Tel. 01942 247837; 07711 015330

### **STANDISH PROBUS CLUB**

Meet 2nd Tuesday of each month at Ashfield House Ashfield Park Drive Standish.  
From 10.30 am to 12 noon. New members welcome.  
For more information call 01257 424994.

### **DEMENTIA FRIENDLY**

Second Tuesday of every month at the YMCA Hilton Street Ashton-in-Makerfield WN4 8PD  
For those living with Dementia and their carers; various activities will take place lunch will be provided.  
This is a bookable event. There will be a small charge of £2.50 per person for sustainability.  
Contact [joyce.gorman@ymcaashton.org](mailto:joyce.gorman@ymcaashton.org) or telephone 01942 274684

### **LUNCH CLUB**

Second Tuesday of the month  
Orrell Methodist Church Orrell Road. From 11.30 am to 1 pm. Cost £2. Everyone welcome

### **PARBOLD NEWBURGH AND DISTRICT U3A**

Horizons - our twice monthly social meetings are open to everyone on the 2nd and 4th Tuesday of the month between 1.30 pm and 3.30 pm at the Scout Hut on Parbold Hill (behind Christ Church).  
You are welcome to join us for a chat and refreshments and to find out more about what is on offer.  
There is usually a speaker on the 4th Tuesday.  
For more information visit: [www.u3asites.org.uk/parbold-newburgh](http://www.u3asites.org.uk/parbold-newburgh) or telephone 01257 400254

### **HERE & THERE**

Second Tuesday 2 pm to 3.30 pm Wigan Youth Zone Parson's Walk Wigan WN1 1RU  
Speakers; music; cake and laughs; all events must be booked.  
To book; 01942 241972 or 01942 615883 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **WIGAN AND LEIGH PARKINSON SUPPORT GROUP UK**

Meet every Second Tuesday of the month at Standish Community Centre Moody Street Standish  
Sessions: 2.15 pm to 4.15 pm; Nice friendly relaxed atmosphere.  
Come along and meet new people.  
For further details contact Jean on 01942 730176/Community Centre on 01257 421048  
More details about each meeting from Lisa Osborne Nurse Specialist - 01942 264831  
Vee Macintyre – Parkinson's Local Adviser - 0344 225 3659

### **YOGA AND MEDITATION FOR CARERS**

Fortnightly from 25th August 1 pm to 2 pm at Studio One Yoga Standish WN6 0HA  
Dementia Friendly Activities in Standish and Shevington

### **MAGICAL MEMORIES**

2nd Tuesday of the month 2 pm to 3.30 pm Leigh Library  
Join us for an afternoon of friendship and reminiscence at one of our Magical Memories events.  
Each event has a fun theme with artistes to entertain themed quizzes bingo and includes refreshments.  
If you or someone you know would benefit from the group please come and join us.  
All our activities are dementia-friendly and suitable for anyone living with dementia and their carer's and families.  
For further details and booking information visit our website [www.wigan.gov.uk](http://www.wigan.gov.uk)

### **LUNCHEON CLUB**

Every Third Tuesday at St John's Church Abram Cost £3.50 per person: Booking essential 01942 861714

### **MAGICAL MEMORIES**

3<sup>rd</sup> Tuesday of the month 1pm to 3 pm Ashton Library

Join us for an afternoon of friendship and reminiscence at one of our Magical Memories events.

Each event has a fun theme with artistes to entertain themed quizzes bingo and includes refreshments.

If you or someone you know would benefit from the group please come and join us.

All our activities are dementia-friendly and suitable for anyone living with dementia and their carer's and families. For further details and booking information visit our website [www.wigan.gov.uk](http://www.wigan.gov.uk)

### **PIECE OF MIND**

1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month 11 am to 1.30 pm

Lowton Community Hub Newton Road Lowton WA3 2BH

Enjoy afternoon tea whilst watching a classic film in a safe comfortable and supportive environment.

Led by qualified specialists and supported by local volunteers our fortnightly dementia cafe and reflexology provides shelter and welcomed relief advice and support for both carers and people living with dementia.

For more information please contact 07716149100 or visit [www.lowtoncommunity.co.uk](http://www.lowtoncommunity.co.uk)

### **ROYAL BRITISH LEGION STANDISH**

Meet 2<sup>nd</sup> Tuesday of each month

Standish Unity Club Cross Street Standish at 7.30 pm: All ex-service personnel are very welcome

### **WIGAN STANZA**

Wigan Stanza is a voluntary group set up under the auspices of the Poetry Society.

The group meets on the fourth Tuesday of every month at 7 pm to 9 pm

Little 15 Wallgate Wigan to promote the enjoyment of poetry and the work of the Poetry Society

Contact [Irene.thomas@hotmail.co.uk](mailto:Irene.thomas@hotmail.co.uk) 07897 623158

### **DEMENTIA CAFÉ**

Fourth Tuesday of the month (in term time) from 1.30 pm to 3.30 pm

The Wheel Restaurant Wigan and Leigh College New Market Street Wigan WN1 1RS

Dementia Cafés offer a relaxed social gathering for people with dementia and their carers. As well as a cuppa you can also get advice information and support and make new friends. There is no need to book just come along and ask for Pauline. For more information contact 01942 247837 Mobile: 07711 015330

### **EAT CAKE & KNIT GROUP**

Every other Tuesday Brian Boru Club 55 Bryn Street Ashton in Makerfield Wigan. Tel: 01942 742999

### **FAMILY BUSH CRAFT**

Every 3 weeks on Tuesday 1 pm to 3 pm at [Pennington Flash](#) Leigh

Learn how to build shelters cook on a campfire use Kelly kettles and forage for food on this exciting event. Stout footwear required. Children must be accompanied.

Booking is essential Ages 5+.

More details & costs email [contact@wlct.org](mailto:contact@wlct.org) or telephone 01942 828271

### **FINANCIAL SOLUTIONS:**

Last Tuesday in the month 9 am-12.30 pm Wigan & Leigh Pensioners Link, 27 Charles Street, Leigh

Provided by St James's Place make an appointment with Pensioners Link Reception Desk 01942 261753

### **PEER SUPPORT & FRIENDSHIP GROUP**

The last Tuesday of each month 10.30 till 12pm

Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD

For parent carers of children with disabilities who are grown up themselves.

To book or find out more phone 01942 705959 or call in 3-5 Frederick Street Hindley Wigan WN2 3BD

Visit [www.wiganandleighcarerscentre.org.uk/](http://www.wiganandleighcarerscentre.org.uk/) 'Like' and 'Receive Notifications' on Facebook for updates

### **REGULAR EVENTS: WEDNESDAY**

#### **SOCIAL MEDIA**

Every Wednesday Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD  
One-to one support with social media such as Facebook Skype search the internet emails etc.  
Call the centre to book. This can also be done on other days. To book phone 01942 705959

#### **RELAX WITH A MASSAGE MANICURE OR FACIAL APPOINTMENT.**

Every Wednesday Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD  
Cost £10 Booking Essential Call the centre to book. To book phone 01942 705959

#### **HEALTH TRAINER**

Wednesday 9 am to 1 pm at Sunshine House Wellington Street Wigan

Please ask about Self-Referral or ask your GP. Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

#### **COMMUNITY CAFÉ**

Every Wednesday 9 am to 1 pm Golborne Community Church High Street Golborne

We will be serving food and beverages at very competitive prices.

More details from Kathy: 07446650712

#### **COFFEE MORNING**

Every Wednesday 9.30 m -11 m Winster House Lounge, Helvellyn Road, Norley Hall, Wigan, WN5 9UR.

Everyone welcome; £1 for tea and toast; ask for Susan Sharples

#### **ACTIVE TOTS**

Every Wednesday from 9.30 am to 11.30 am at [Leigh Indoor Leisure Centre](#)

Drop in soft play session with toys and refreshments for toddlers and adults.

The venue is available for birthday parties.

Age 0 to 5years; Telephone 01942 487800

#### **YOGA SESSION**

Every Wednesday 10 am to 11 am at Standish Community Centre Moody Street Standish

More information ring 01257 421048

#### **DROP IN TEA AND CHAT WITH ACTIVITIES**

Wednesday 10 am to 11.30 am at Elmridge Court Lowton: Organised by Wigan & Leigh Pensioners Link

#### **WRITING THERAPY**

Meet every Wednesday 10 am to 12 noon at Marsh Green Community Centre Kitt Green Road Wigan

A creative writing and therapy group with a variety of health and social issues.

For more details ring Irene on 07897 623158 or just turn up on the day.

#### **PEMBERTON PENS**

Wednesday 10 am to 12 noon Marsh Green Community Centre Kitt Green Road WN5 OEF

More details from 01942 236337



### **ART CLASS**

Every Wednesday 10 am to 12 noon

Wigan & Leigh Pensioners Link 27 Charles Street Leigh 01942 261753

### **GET BACK TO WORK CLUB**

Wednesday 10 am to 12 noon YMCA Hilton Street Ashton-in-Makerfield WN4 8PD

Drop in sessions to browse and Job search.

### **ROYAL BRITISH LEGION OUTREACH SERVICE**

Wednesday 10 am to 12 noon at The Life Centre in Wigan

For serving or former Armed Forces personnel

The outreach point can offer valuable information for armed forces members and veterans on anything from returning to civilian life to social care support. Tel 01942 489611 or (Free phone) 0808 802 808

### **FOOD BANK**

Every Wednesday 10 am to 12 noon Golborne Community Church High Street Golborne

We are part of the Leigh and Astley Food Bank and open our doors to refugees

### **TEA /COFFEE & CHAT**

Wednesday 10 am to 12 noon

At Elmridge Court Robson Way off Edgerton Road Lowton WA3 2RD

Information Activities Friendship Social / Wellbeing Sharing Ideas

£1.50 donation (includes refreshments). Please Contact Sue on 01942 261753 for more information.

### **OASIS CAFÉ**

Mondays 10 am to 2 pm Purposed Life Church Turner Street Wigan (Opposite McDonalds)

Light Lunches Cakes Refreshments. More details 01942 244743 or [enquiries@plcwigan.org](mailto:enquiries@plcwigan.org)

### **WORSLEY HALL COMMUNITY ALLOTMENT - GARDENING AND FOOD GROWING**

Wednesday 10 am to 3.30 pm

The Allotment 126a Poplar Avenue (junction of Poplar Avenue and Closebrook Road) Wigan

Food growing/gardening sessions plus other allotment projects

- building sheds and cold frames
- keeping chickens
- gardening for wildlife
- craft projects

Open to all. Accessible for wheelchair users (please contact us in advance)

Contact Kath [07775 877851](tel:07775877851) [kath@wigangrowingnetwork.org.uk](mailto:kath@wigangrowingnetwork.org.uk)

### **WITHOUT WORDS**

Wednesdays from 10 am until 2pm at the Trust in Leigh offices on Market Street Leigh

A support group for adults with Autism which will help members develop skills/opportunities by building on social skills and networks education voluntary and paid employment as well as organising social events.

### **ART & SOUL ART GROUP**

Are you interested in art and want to paint for pleasure? Why not join the Art & Soul art group?

Meet every Wednesday between 10 am to 2 pm at St John's Methodist Church Hall Hindley.

Monthly tutorial workshops benefit beginners and experienced painters. You will be very welcome and make new friends. For more information please call Joyce or Jocie on 07818615406 or 07874307803.

### **COFFEE MORNING AND THERAPY SESSIONS**

Every Wednesday 10 am – 3 pm Marsh Green Community Centre, Kitt Green Rd, Wigan WN5 0EF  
Wigan Multiple Sclerosis Therapy Centre Contact Heather Read on 07702025280

### **FRIENDSHIP CIRCLE**

Wednesday 10 am to 3 pm at Sunshine House Wellington Street Wigan

£3 (Lunch/transport not included). This is designed around people who are lonely isolated may need some support and who enjoy the company of others.

This is a mixed group of men and women. 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **LADIES HEALTH & FITNESS**

Every Wednesday arrive 10 am to start at 10.15 am at the YMCA Hilton Street Ashton-in-Makerfield  
Come along keep fit to music and make new friends all welcome.

Please contact Reception 01942 274684 for any other information look forward to seeing you.

### **SILVER CHOIR**

Every Wednesday 10.15 am to 11.45 am; Rehearsals at Argyle Street Methodist Church Hindley WN2 3PN

New members welcome. Cost £3.00. All events must be booked. To book: 01942 241972 or 01942 615883

\*Does not run in school holidays

### **PARK WORKOUTS**

Every Wednesday from 10.30 am to 11.15 am at Pennington Hall Park Leigh

Come and try out this fantastic equipment on our free 12 week blocks and see what outdoor workouts are all about! Wear comfortable clothes and trainers – don't forget to bring along some water.

Meet at the Outdoor Gym area age 16+. FREE.

### **WALKING FOOTBALL**

Every Wednesday 10.30 am to 11.30 am; Power league Soccerdome Stadium Way Wigan WN5 0UN

And get your fix. For further details contact Alan on 07815 928060

Cost £4 [www.Facebook.com/AgeUKWiganBrightDays](http://www.Facebook.com/AgeUKWiganBrightDays)

### **TAI CHI**

Wednesdays 10.30 am to 11.30 am Beehive Community Centre Lindale Road Atherton M28 1BG

Based on Sun style Contact Cath on 07534 086447

### **BOWLING CLUB**

St Marie's Bowling Club Old Beechfield Gardens Standish.

Adult bowling every Wednesday: 10.30 am to 12 noon

Newcomers get 2 free sessions and free bowls hire.

Contact John 01257 423550 Stephen 01257 422690 or Dave on 01257 400621.

### **DANCE WEDNESDAYS**

10.30 am to 12 noon. The Rose Club Atherton Road Hindley Wigan WN2 3EU

A fun accessible and inclusive dance and movement session for anyone who wants to get moving and have a good time. All Dance Syndrome activities are inclusive and innovative. Our trained dancers both with and without learning disabilities work alongside each other to offer weekly community dance sessions for everyone. Drop in to any of our sessions.

For more information please contact Dawn at DanceSyndrome

Tel: 07875 128015 Email: [dawn@dancesyndrome.co.uk](mailto:dawn@dancesyndrome.co.uk) [www.dancesyndrome.co.uk](http://www.dancesyndrome.co.uk)

### **WALKING FOOTBALL - WIGAN**

10.30 am to 11.30 am at the Soccerdome Stadium Way Wigan.

Cost £4 per session. Walking football sessions take place in Wigan for people looking for a low impact activity to help them get healthy. Contact Richard on 01942 488480 or e-mail [r.smith@wlct.org](mailto:r.smith@wlct.org)

### **FREE 'TECH CAFÉ**

Every Wednesday 10.30 am to 12 noon

Abram St John the Evangelist Parish Church Warrington Road Abram Wigan

A Free 'Tech Cafe' that will provide access to the Internet, IT equipment such as laptops, tablets and printing facilities, and basic tech support - so if you need to check your emails, print off a document, complete a job search or any other tech task, why don't you drop by – beverages, snacks and printing are also available at a small charge. For more information please contact [hayley@wehearttech.com](mailto:hayley@wehearttech.com)

### **THE PAPERBACK WRITERS**

Every Wednesday at The Coffee Stop at Railway Road in Leigh from 10.30 am to 12.30 pm.

We are looking for more creative people to share their ideas, inspirations, poems and scripts with. You do not need to be experienced, just keen to develop your creative writing skills.

Workshops led by professional writer Julie McKiernan give members feedback on their writing and teach them how to apply different styles and techniques with practical exercises. The meeting place is not suitable for people with mobility issues. For more information e-mail [juleswriter@hotmail.com](mailto:juleswriter@hotmail.com)

### **HINDLEY – DEMENTIA SHARED READING GROUP**

Every Wednesday 11 am to 12.30 pm (free)

Wigan & Leigh Carers Centre 7 Frederick Street Hindley WN2 3BD

We warmly welcome new members to join our shared reading group for people living with dementia and their carers. It's a great chance to read listen and talk together in a warm and friendly environment. This group is suitable for people with any level of dementia and with any level of reading experience. If you are interested contact Chris E: [christopherlynn@thereader.org/07807\\_106838](mailto:christopherlynn@thereader.org/07807_106838). Free parking outside the venue

### **TRINITY LUNCH CLUB**

Every Wednesday 11.30 am to 2 pm Trinity United Reformed Church Milton Grove Wigan

Two course lunch £4.00. Spaces are now available. To book ring Peter on 01942 571409

### **SOUP & SANDWICH FROM BRIGHT DAYS**

12 noon to 1.30 pm at St John's Parish Church Warrington Road Abram Wigan

Reaching out to people age 50+ Cost £2. [brightdays@ageukwiganborough.org.uk](mailto:brightdays@ageukwiganborough.org.uk) or call 01942 615883

### **SPECIAL LUNCHESES**

12 noon at Sunshine House Wellington Street Wigan Tel: 01942 820026 email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com).

Special Lunches 3 course lunch £4.50 (includes Tea B&B)

### **JAMMING SESSIONS**

Every Wednesday 12.30 pm to 2.30 pm The Old Courts Crawford Street Wigan

Dust off your instruments and come down. No tuition just good old hearty music making with like minded friends. Cost £3.50. All events must be booked. To book call - 01942 241972 or 01942 615883

### **OVER 60's FRIENDSHIP CLUB**

Wednesday 1 pm at Holy Family Parish Hall Hindley

Contact Kath Prior on 01942 861995

### **DROP-IN COFFEE**

Every Wednesday 1 pm to 2.30 pm Queens Hall Market Street Wigan  
Organised by Wigan & Leigh Pensioners Link

### **FOOTBALL 4 FORCES**

Wednesday: 1 pm to 3 pm. Wigan Youth Zone Parsons Walk Wigan WN1 1RU  
Football4Forces sessions are for ex-servicemen reserves cadets and those still serving in the armed forces aged 16-65 and are provided thanks to funding from the Ministry of Defence Covenant Fund.

To find out more about the Football 4 Forces programme contact Men's Health Co-Ordinator Chris Baxter on 01942 488 530 or email [c.baxter@wiganathletic.com](mailto:c.baxter@wiganathletic.com)

### **CREATIVE CARD MAKING**

Every Wednesday 1 pm to 3 pm Patrick House 58 Leigh Road Leigh WN7 1QR  
Organised by Compassion in Action 01942 418 830. Free of charge

### **SEQUENCE DANCE.**

Every Wednesday 1 pm to 3 pm Platt Bridge Community Centre Victoria Street WN2 5HA  
No tuition. No partner needed. Cost £2.00  
All events must be booked. To book call - 01942 241972 or 01942 615883

### **ADVENTURE TOTS**

Every Wednesday 1.15 pm to 2.15 pm  
Norley Hall Adventure Playground Norley Hall Wigan; Indoor and outdoor activities plus craft activities.  
Refreshments are available for a small charge.  
Ages 0 to 5 Contact the play team on 01942 487631 for more information

### **HEALTHY WALK**

Wednesday 1.30 pm to 2.15 pm [Norley Hall Adventure Playground](#) Montrose Avenue Wigan  
Get out and about with our fun friendly guided health walks; they are a great way to get back into being active! Wear comfortable clothing and footwear.  
Meet inside the cabin at Norley Hall Adventure Playground.  
Refreshments are available on return. Prams welcome. Dogs welcome on lead.  
More details 01942 487631 or Email [j.lane@wlct.org](mailto:j.lane@wlct.org)

### **CALLIGRAPHY CLASS**

Wednesday 1 pm to 3 pm Sunshine House Wellington Street Wigan  
Calligraphy Class: £4.50 per class. Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **BINGO**

Every Wednesday 1.15 pm for 1.30 pm start; Devonshire Place Devonshire Road Atherton  
£2 for 6 tickets + 50p membership; for more details contact Debra Wigan & Leigh Homes 07771 371491

### **'STRICTLY' FOR BEGINNERS**

Every Wednesday 1.30 pm – 2.30 pm Aspull Methodist Church Hall Wigan Road Aspull WN2 1DP  
Cost £3.50. All events must be booked. To book call - 01942 241972 or 01942 615883

### **KNIT & CROCHET**

Every Wednesday except the last Wednesday of month 1.30 pm to 3.30 pm  
Wigan & Leigh Pensioners Link 27 Charles Street Leigh. More Details: 01942 261753

### **SEQUENCE DANCING AND/OR BINGO**

Every Wednesday 1.30 pm – 4 pm St Francis Hall, City Road, Wigan  
Everyone welcome Ask for George or Brian, or ring George on 07858731246

### **DOMINOES**

Every Wednesday 1.45 pm to 3.30 pm Westwood Grange Ince Wigan WN3 4LB  
Cost 50p contribution. All events must be booked. To book call 01942 241972 or 01942 615883

### **AUTISM SUPPORT GROUP**

Every Wednesday 2 pm to 4 pm Haven House Well-being Centre 66-68 Leigh Road Leigh WN71RX  
To attend you must be over 18 years of age and be clinically diagnosed or seeking a diagnosis of an Autistic Spectrum Condition. We are a social life-line. We offer a chance for individuals to discuss topics; these include Health Training Safety Finance and other Autism related topics. Autistic Wigan offers opportunities to meet others with an Autistic Spectrum Condition for friendship and understanding Social events and activities. Add "Autistic Wigan" on Facebook Organised by Compassion in Action 01942 418 830. Free.

### **WIGAN COUNCIL WORK CLUB**

Every Wednesday from 2pm until 4pm  
Wigan and Leigh Homes run work clubs on a weekly basis to help with CV building Job Search and advice into voluntary work training and employment. All ages and abilities are welcome.  
We are based at Bramble House Broom Road Worsley Hall.  
Contact: Diana Baybutt or Jennifer Gregory. Tel: 01942 486557. Email: [employmentandskills@walh.co.uk](mailto:employmentandskills@walh.co.uk)

### **CARPET BOWLS**

Wednesday 2pm Clarington Place Bird Street Ince Wigan WN2 2AS Beginners to advanced; free to all

### **STREET SOCCER ACADEMY**

A weekly football based education programme at Robin Park Arena every Wednesday afternoon for individuals with backgrounds related to homelessness offending addictions mental health challenges and long-term unemployment. More details from Andrew Thorp 01204 417846 or 07825 314 603

### **THAI CHI**

Every Wednesday 2:30pm till 3:30pm Hindley Library and Community Centre, First Avenue, Hindley, Wigan  
Cost £3-50 Email: [info@crispcic.co.uk](mailto:info@crispcic.co.uk) Telephone: 01942 316 455

### **WEEKLY SOCIAL AFTERNOON**

Charlie's Coffee Factory 80 Market Street Hindley WN7 3JU 2.30 pm to 4 pm  
Tea coffee and cake afternoons for the over 50's: A member of staff from Pensioners Link will provide information and help regarding the over 50's.  
For more details regarding any of the above events please contact Sue on 01942 261753

### **WILL & A WAY SENIOR CLASS**

Every Wednesday 3.30 pm to 5 pm Kings Church Upper George Street Tyldesley  
For the Over 50's you will be taught all the tools you need to perform to a high standard.  
More details & Costs Elise Williamson 07907 331 298

### **CHILD BEREAVEMENT CHARITY DROP IN SESSIONS**

Winston's Wish Sunshine House Community Hub in Wigan 3.30 pm to 5.30 pm  
A charity for bereaved children offers weekly drop-in support sessions for families in the borough.  
For further details about the drop-in visit [winstonswish.org.uk/drop-in](http://winstonswish.org.uk/drop-in)

### **FREE HOMEWORK CLUB**

Every Wednesday 4 pm to 6 pm Platt Bridge Community Zone Ribble Road Platt Bridge

For parents / guardians and their children Inclusive and welcoming environment

Resources provided or bring your own Experienced teacher on hand to help

For more information call 01942 732 022 [www.mytutorservices.co.uk](http://www.mytutorservices.co.uk)

### **REGULAR SPORTS SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY**

Wheels for All: Wednesdays (term time) 5pm - 6pm Robin Park Arena Loire Drive Wigan

Ages 5-19 Booking is required so please contact Inspiring healthy lifestyles on 01942 488481 or

[k.barker@wlct.org](mailto:k.barker@wlct.org) [www.inspiringhealthylifestyles.org](http://www.inspiringhealthylifestyles.org)

### **REGULAR SPORTS SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY**

Rebound Therapy: Wednesdays (term time) 5pm - 6pm Leigh Indoor Sports Centre

Ages 5-19 Booking is required so please contact Inspiring healthy lifestyles on 01942 488481

Or email [k.barker@wlct.org](mailto:k.barker@wlct.org) [www.inspiringhealthylifestyles.org](http://www.inspiringhealthylifestyles.org)

### **FOOTBALL AND SPORTS SESSIONS FOR YOUNG PEOPLE**

Wednesdays 5 pm – 6 pm – Football Hindley Leisure Centre, Mornington Road, WN2 4LG

Wednesdays 6 pm – 8 pm – Football Wigan Youth Zone, Parsons Walk, WN1 1RU\*

\*50p entrance fee in Wigan Youth Zone/Must be a member

Latics in the Community are running sessions are free (unless stated) and open to both boys and girls between the ages of 12-19. For further information please call Tom Drake on 01942 318090, or e-mail

[t.drake@wiganathletic.com](mailto:t.drake@wiganathletic.com)

### **ASPULL WARRIORS WRESTLING CLUB**

Based at the upstairs Gym at Aspull Rugby Union Football Club Woodshaw Park Woods Rd Aspull WN2 1PJ

Training is on a Monday and Wednesday evening 5.30 pm to 7 pm for age 5 to 14 (up to 16 for new members who have never wrestled before); 14 upwards from 7 pm to 8.30 pm.

### **JOGGING FOR BEGINNERS**

Wednesday 5.15 pm to 6 pm Unity House Wigan WN3 4HE Cost £1 per session

For more information or to book a place Text Julie Barton on 07590 230 485 Email [julie.barton@wlct.org](mailto:julie.barton@wlct.org)

### **GAMES & ACTIVITIES**

Every Wednesday 5.30 pm to 7 pm St Barnabas Church Hall Marsh Green Wigan

Ages 8-11; more information from Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **REGULAR SPORTS SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY**

Dance and Cheerleading: Wednesdays (term time) 6pm - 7pm Robin Park Arena Loire Drive Wigan

Ages 5-19; Booking is required so please contact Inspiring healthy lifestyles on 01942 488481

Or email [k.barker@wlct.org](mailto:k.barker@wlct.org) [www.inspiringhealthylifestyles.org](http://www.inspiringhealthylifestyles.org)

### **FIT FANS**

Wednesdays 6 pm to 8 pm at RL Hughes Primary School Ashton

Take part in football and sports sessions and earn a Wigan Athletic replica shirt. Free to men over 25.

Receive free health checks and workshops. Get healthy and have fun

For information on sessions call 01942 488 530 or e-mail [c.baxter@wiganathleticct.com](mailto:c.baxter@wiganathleticct.com)

### **PARK WORKOUTS**

Every Wednesday Mesnes Park 6 pm to 6.45 pm: Meet at the Outdoor Gym area age 16+. FREE.



Come and try out this fantastic equipment on our free 12 week blocks and see what outdoor workouts are all about! Wear comfortable clothes and trainers – don't forget to bring along some water.

### **FOOTBALL 4 FORCES**

Every Wednesday 6 pm to 7 pm Leigh Sports Village Sale Way Leigh WN7 4JY

Football 4 Forces sessions are for ex-servicemen reserves cadets and those still serving in the armed forces aged 16-65 and are provided thanks to funding from the Ministry of Defence Covenant Fund. To find out more about the Football 4 Forces programme please contact Men's Health Co-Ordinator Chris Baxter on 01942 488 530 or email [c.baxter@wiganathletic.com](mailto:c.baxter@wiganathletic.com)

### **HELP WITH HOMEWORK**

These informal sessions are for both parents and their children to help complete any school or homework. We work with parents to help develop their skills so that they can more confidently help support their own children. For children we are offering an informal and inclusive learning environment where peer to peer and professional support is available. A fully qualified and experienced teacher is on hand to help if needed. However if you prefer you can work independently and 'get your work done'. All sessions are free. Call Ben on 01942 732 022 or email him on [ben@mytutorservices.co.uk](mailto:ben@mytutorservices.co.uk)

### **J D STARS MORRIS DANCERS**

Every Wednesday East Leigh Labour Club Butts Street Leigh

Age up to 10 years 6.15 pm to 7 pm

Juniors 11 years to 16 years 7 pm to 8 pm

Seniors 16 years + 8 pm to 9 pm: More details [jdstars@sky.com](mailto:jdstars@sky.com) Come & Join Us

### **BILLINGE BOYS**

Wednesday nights during term time at Billinge Family Church Crank Road

From 6.15 pm to 7.30 pm. Come and play games; do crafts and go on fun days out! Ages 5 to 8 years £1.50 per week - includes tuck. All helpers DBS checked.

Tel: Captain Mark Stannis Street on 07906299858

### **ANVIL STREET DRUMMERS**

6.30 pm to 9 pm at St. Mary and St. Johns Parish Church Hall Standishgate.

We play South American rhythms such as samba and maracatu on large wooden drums called alfaias.

Contact: [christopherpery@tesco.net](mailto:christopherpery@tesco.net) Tel: 01942 238355.

### **GIANT STEPS ON THE ROAD TO RECOVERY**

Regular workshops at ALRA at Trencherfield Mill on Wednesday from 6.30 pm to 8.30 pm

A group which brings together people on the path to recovery from substance misuse addiction is developing an exciting partnership with a local dance organisation.

Call Claire Morris 07801 478 548 or find Fallen Angels Dance Theatre on Facebook and Twitter

### **REGULAR JUNIOR TRAINING WIGAN RUGBY UNION CLUB**

Wednesday Evening 6.30 pm at Douglas Valley Leyland Mill Lane Wigan

A particular welcome for the under 7's under 8's under 9's under 10's - parents welcome!!

### **YOUTH CAF & BOXING CLUB**

Every Wednesday 6.30 pm to 9 pm Atherton Fire Station Gloucester Street Atherton Manchester M46 0JT  
Ages 11+

Contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)



### **LEIGH COMMUNITY CHOIR**

Meet every Wednesday at 6.45 pm Turnpike Centre Leigh

For men and women of all abilities; more details on Facebook see Leigh Community Choir

### **GOLBORNE BAND**

Juniors 7 pm to 8 pm; Senior's 8 pm to 10 pm Church Lane Community Centre Church Lane Lowton

The Band gives concerts in a variety of venues and accompanies walking days and carnivals and plays in competitions. Contact: [colin.johnson15@btopenworld.com](mailto:colin.johnson15@btopenworld.com) Tel: 01925 224659.

### **BRUSH UP**

Standish Art Group meets every Wednesday Standish Community Centre Moody Street Standish

From 7 pm to 9 pm. No experience is necessary and the group covers all types of artistic media.

For more details ring Geoff Grant on 07514 801285 or Shevington Library 01257 252618

or [shevington.library@wiganmbc.gov.uk](mailto:shevington.library@wiganmbc.gov.uk)

### **WIGAN COMMUNITY CHOIR**

Wednesday 7 pm to 9 pm Sacred Heart Catholic Primary School Springfield Road Wigan

Wigan Community Choir is a choir for anyone who has ever wanted to sing.

Contact: [wigancommunitychoir@hotmail.com](mailto:wigancommunitychoir@hotmail.com) Tel: 01942 824923.

### **WIGAN STEAM – MAKER NIGHT**

Every Wednesday 7 pm Wigan Steam, Library Street, Wigan: Join us for making, tinkering, crafting, and learning. Textiles, coding, pottery, electronics, screen printing, raspberry pi. Go to [www.wigansteam.co.uk](http://www.wigansteam.co.uk)

### **ROUNDERS**

Every Wednesday 7.30 pm

Standish Community High School Kenyon Road Standish Wigan WN6 0UX 01942 404982/[sdu@wlct.org](mailto:sdu@wlct.org)

### **PLATFORM THEATRE COMPANY**

Wednesdays 7.30 pm to 9.30 pm The Old Courts Crawford Street Wigan

Community drama group Director of Platform Theatre Company, Martin Green, has a strong background in professional and community drama. He will be heading up the workshops which offer skills-training in voice and movement, confidence-building and an opportunity to create and take part in live performances

Cost: £5 per week; some free places for low incomes. Contact Martin on 07542 114383 or email [martin@greenroom-creative.co.uk](mailto:martin@greenroom-creative.co.uk)

### **SCRIPTSHOP**

Wednesday at Pensioner's Link Charles Street Leigh 7.30 pm to 9.30 pm We are the only script-based writing group in the borough. Our aim is to bring the scripted dialogue to life so that the writer can see its dramatic potential. [jobwal@googlemail.com](mailto:jobwal@googlemail.com) (Secretary John Darby) Tel: 07904 464156.

### **STREET DANCE ARTS & CARFTS**

Every Wednesday 7.30 pm to 9 pm St Barnabas Church Hall Marsh Green Wigan

Ages 8 to 11: for more information contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **SING THE MOVIES**

Orrell Music & Dramatic Society is on the lookout for new members to the group for its next musical production which is a concert based on songs from the movies. Rehearsals are every Wednesday at Salem Church Hall Church Street Orrell. Starting at 7.45 pm

Details from Carol on 01695 622713

### **LEIGH COMMUNITY SINGERS**

Wednesdays: now at 7.45 pm - we have the Leigh Community Choir and meet at 7.30 pm at the Turnpike Leigh. Please come along and enjoy an hour of community singing

Contact CreativeLEIGH Office 01942 404469 or Wayne Reedman Mob: 07933 239823

### **WIGAN VOICES IN HARMONY – FORMERLY WIGAN GILBERT AND SULLIVAN SOCIETY**

Perform a wide range of music and also raise money for charity.

Would-be new members and prospective conductors should ring 01277 400852.

Or come to a rehearsal at Wigan Baptist Church Scarisbrook Street - Wednesdays from 7.45 pm to 9.30 pm

### **PIER TOWN CHORUS**

Wednesday evening: The Swinley; 8 pm to 10 pm

Contact [musicaldirector@piertownchorus.com](mailto:musicaldirector@piertownchorus.com) Tel: 07855 583328.

We are a male voice choir that sings in the Barbershop Harmony style.

### **RIVERSIDE HARMONY CHORUS**

Meets most Wednesday Evenings 8pm to 9.30 pm

Diamond Jubilee Club Ashton-In-Makerfield

Ladies close 4-part harmony barbershop style chorus. Ring Abi on 07814 193335 for more details

### **ACTIVE CAFE**

On the first Wednesday of every month 10.30 am to 12 noon [Leigh Cricket Club](#)

Every month carers & loved ones receive a warm welcome at our 'Active Café'.

Enjoy exercise & creative activities. Helping you live well with dementia. Tel: 01942 488 481

### **THE MACULAR SOCIETY**

First Wednesday of the month 10.30 am to 12 noon Tesco Community Room Wigan

Do you have a visual impairment? Would you like to attend a support group?

More details contact Caroline on 01257 401834

### **ACTIVE DEMENTIA CAFÉ**

Every 1st Wednesday of month 10.30 am to 12.30 pm

Leigh Fire Station Community Room St Helens Road Leigh WN7 3PA.

Every month carers & loved ones receive a warm welcome at our 'Active Café'. Enjoy evidence based exercise & creative activities. Helping you live well with dementia. For more information: 01942 488 481

### **MAGICAL MEMORIES**

Tyldesley Library is holding a Magical Memories session on the first Wednesday of each month.

Booking is essential; ring 01942 404738; email [Tyldesley.Library@wlct.org](mailto:Tyldesley.Library@wlct.org) or call at the library.

Lunch is included.

### **ARCHAEOLOGICAL MEETINGS**

Wigan Archaeological Society meets on the first Wednesday of the month at The Standish Suite Bocket Hotel Mesnes Road Wigan 7.30 pm for lectures and discussions.

Contact Bill Aldridge on 01257 402342.

### **WOMENS FELLOWSHIP**

Meet on the first Wednesday of every month at St Anne's Church Beech Hill Avenue at 7.45 pm.

Speakers give talks on interesting topics plus there are quizzes and bingo.

For more information contact Kath Owen on 01942 231683/e-mail [kathowen@live.co.uk](mailto:kathowen@live.co.uk).

### **WIGAN LIBRARY DEMENTAIA: READ TO CARE GROUP**

2<sup>nd</sup> Wednesday of every month 10 am Wigan Library Wigan Life Centre The Wiend Wigan

For more information ring 01942 827621

### **WIGAN HISTORY TALKS**

Wigan Family & Local History Society

Meet on the second Wednesday of the month at St Andrews Parish Centre 120 Woodhouse Lane Wigan

Charge £2.50 per meeting including tea/coffee. More information at [www.wiganworld.co.uk/familyhistory](http://www.wiganworld.co.uk/familyhistory)

### **COFFEE MORNING**

Second Wednesday of each month Kingsleigh Methodist Church King Street Leigh

Coffee morning start time is 11.15 am Crossroads Carers Support Group (C.C.S.G.)

Staffed and run by volunteer carers. Contact 07807210913 Email: [ccsg.group@hotmail.com](mailto:ccsg.group@hotmail.com)

### **DEMENTIA CAFÉ**

Third Wednesday of the month from 10.30 am to 12.30 pm

Leigh Cricket Tennis and Bowling Club Beech Walk (Off St. Helens Road) Leigh WN7 3LH

Dementia Cafés offer a relaxed social gathering for people with dementia and their carers. As well as a cuppa you can also get advice information and support and make new friends. There is no need to book just come along and ask for Pauline. For more information about the Dementia Cafés and Alzheimer's Society services contact 01942 247837 Mobile: 07711 015330 Email: [pauline.blackie@alzheimers.org.uk](mailto:pauline.blackie@alzheimers.org.uk)

### **MAGICAL MEMORIES**

Every 3<sup>rd</sup> Wednesday of the month we will be holding a magical memories afternoon tea at Chapter One Tea Rooms in Hindley Library; 12.30 pm to 2.30 pm

To book please contact us on: 07872 180 162 or book online at [www.chapteronetearooms.co.uk](http://www.chapteronetearooms.co.uk)

### **REFRESH YOUR MEMORY**

3<sup>rd</sup> Wednesday of the month 1.45 pm to 3.15 pm

The Grange Centre Highfield Grange Avenue Winstanley

A dementia friendly group - we provide an afternoon tea party service with beautiful china tea sets home-made cakes and "real" tea. We also have nostalgia items from the decades between the 1940s to the 1970s which can be passed around helping you to reminisce – along with display boards with lots of printed material of interest. The whole event will *Refresh* Your Memory!

Contact Dee McMillan for more details and to book your place: 01942 723472 (£3 entry charge)

### **LEIGH ARTHRITIS CARE SUPPORT GROUP**

Meet every 3<sup>rd</sup> Wednesday of the month. 2 pm to 4 pm

Kingsleigh Methodist Church King St Leigh For more information about the Leigh Arthritis Care Support Group contact chairman John Knowles on 01942 704704 or e-mail [jsselwonk@blueyonder.co.uk](mailto:jsselwonk@blueyonder.co.uk)

### **MAKING ARRANGEMENTS**

Wigan Floral Art Club meet every third Wednesday St Michael's Church Hall Shaw Street Wigan

All arrangements done by qualified demonstrators. Call 07881 483053 or [k.j.s@blueyonder.co.uk](mailto:k.j.s@blueyonder.co.uk) .

### **WIGAN, LEIGH & DISTRICT PARKINSONS SUPPORT GROUP**

Meet every Fourth Wednesday 1.30 pm to 3.30 pm; Kingsleigh Community Centre King Street Leigh

More details about each meeting from Lisa Osborne Nurse Specialist - 01942 264831

Vee Macintyre – Parkinson's Local Adviser - 0344 225 3659

### **GOLBORNE WOMEN'S INSTITUTE**

4<sup>th</sup> "Wednesday in the month 6.45 pm Golborne Community Primary School Talbot Street Golborne  
For more details contact Enid on 01942 729875 or Avril on 01942 726033

### **MAGICAL MEMORIES**

The last Wednesday of the month 11.30 am to 1 pm Shevington Library  
Join us for an afternoon of friendship and reminiscence at one of our Magical Memories events.

Each event has a fun theme with artistes to entertain themed quizzes bingo and includes refreshments.  
If you or someone you know would benefit from the group please come and join us.  
All our activities are dementia-friendly and suitable for anyone living with dementia and their carer's and families.

For further details and booking information visit our website: [www.wigan.gov.uk](http://www.wigan.gov.uk)

### **LUNCH CLUB**

The last Wednesday of month 12.30 pm  
Wigan & Leigh Pensioners Link 27 Charles Street Leigh.  
For more details & to book: Tel: 01942 261753

### **REGULAR EVENTS: THURSDAY**

#### **REIKI**

All day Thursday Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD  
£10 a Japanese technique for stress reduction and relaxation that also promotes healing  
Booking essential; to book or find out more phone 01942 705959

#### **REFLEXOLOGY**

All day Thursday Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD  
A treatment based on the principle that there are points on the feet and hands that map via the nervous system to corresponding parts of the body. A very relaxing and enjoyable treatment: Cost £10. Booking is essential.  
To book or find out more phone 01942 705959; [www.wiganandleighcarerscentre.org.uk](http://www.wiganandleighcarerscentre.org.uk) or 'Like' and 'Receive Notifications' on our Facebook page for updates

#### **HOLISTIC THERAPY**

Every Thursday by appointment only  
Wigan & Leigh Pensioners Link 27 Charles Street Leigh. To make appointment ring Tel: 01942 261753

#### **YOUR CHOICE COFFEE MORNING IN LOWTON**

Every Thursday from 9 am to 11.30 am  
'Your Choice' is a friendly group – we have a great coffee morning at Lowton St Marys Community Centre  
Tea and a toasted tea cake just £1 - a bargain. Lovely people who make you really welcome.

#### **BENEFITS ADVICE**

Every Thursday, 9 am - 12 noon. Wigan & Leigh Pensioners Link 27 Charles Street Leigh WN7 1DB  
"Drop-in Surgery" with Tracey, Culture & Customers Facing Welfare Wigan Council

#### **WELFARE RIGHTS SERVICE**

Thursday 9 am – 12 noon Pensioners Link 27 Charles Street, Leigh WN7 1DB  
For welfare rights enquiries and advice, please [welfarightsadvice@wigan.gov.uk](mailto:welfarightsadvice@wigan.gov.uk)

### **ASPECTS OF CARE**

Every Thursday 9 am – 3.30 pm Pemberton Masonic Hall, Chapel Street Wigan WN5 8JP  
For people with dementia and their carers: Contact Shirley on 07792757793

### **LITTLE DUCKLINGS**

Every Thursday 9.30 am to 11.30 am Pelican Centre Tyldesley  
Stay & Play for ages 0 – 5 years Children's play sessions & activities. Cost £2 To Book ring 01942 882722

### **FREE SESSIONS FOR CARERS ONLY AT SUNSHINE HOUSE COMMUNITY HUB SCHOLES WIGAN**

Thursday 10 am to 12 noon - Pencil Drawing for Beginners and works up to advanced standard.  
1 pm to 3 pm - Watercolour Class – advanced  
7 pm to 9 pm - Sculpting Class  
Booking essential please contact Gail at The Carers Centre 01942 705959.

### **ART GANG**

Every Thursday 10 am to 12 noon  
Wigan & Leigh Pensioners Link 27 Charles Street Leigh. More Details ring Tel: 01942 261753

### **CAFE AND GOOD AS NEW SALE**

Thursday 10 am - 1pm Beehive Community Centre Lindale Rd M28 1BG

### **UKULELE GROUP**

Every Thursday 10.30 am - 11.30 am Argyle Street Methodist Church Hindley WN2 3PN  
\*New members welcome\* Cost £4.00 and £1 for Ukulele hire. All events must be booked  
To book call - 01942 241972 or 01942 615883

### **BEEKEEPING SESSIONS**

Every Tuesday: 11 am to 2 pm and Thursday 10 am to 2 pm  
Worsley Hall Community Allotments 126a Poplar Avenue (junction of Closebrook Road and Poplar Avenue)  
Worsley Hall Wigan. Open to all. Booking required.  
For more details contact Hannah 07904 272344; [hannah@wiganrowingnetwork.org.uk](mailto:hannah@wiganrowingnetwork.org.uk)

### **COFFEE MORNING AND THERAPY SESSIONS**

Every Wednesday 10 am – 3 pm Marsh Green Community Centre, Kitt Green Rd, Wigan WN5 0EF  
Wigan Multiple Sclerosis Therapy Centre Contact Heather Read on 07702025280

### **DRAWING AND SKETCHING GROUP**

Every Thursday 10 am to 4 pm Golborne Library  
Free drop in group Make new friends; refreshments served; suitable for all abilities

### **GET UP AND GROW**

Thursday 10 pm to 4 pm at Haigh Hall Walled Gardens off New Road Haigh WN2 1PE  
Food and growing/gardening sessions at sites across the borough  
Open to all - including accompanied children.  
Most sites are accessible for wheelchair users.  
Contact June Evans - [june.evans@blueyonder.co.uk](mailto:june.evans@blueyonder.co.uk)

### **HELP FOR VETERANS**

Every Thursday Sunshine House Wellington Street Scholes Wigan

Armed services veterans could access financial help through a new fund. A local branch of Our Local Heroes Foundation has been set up in the area. Visit Sunshine House or email [kelly@ourlocalheroes.org.uk](mailto:kelly@ourlocalheroes.org.uk)

### **SOCIAL WALKING GROUP**

Meet every Thursday at 10.30 am outside St John's Church Mosley Common  
Suitable for beginners and those returning to exercise; Walking for Health Accredited.  
Refreshments and facilities afterwards (in the Church Lounge community space)  
Organised by Boothstown Medical Centre & Patient Participation Group

### **VETERAN'S BRUNCH "FINDING FRIENDSHIPS... JOINING FORCES"**

Thursday 11 am to 1 pm Compassion in Action Patrick House 58 Leigh Road Leigh WN7 1QR  
For further details please contact Keith on 01942 418830

### **OVER 50'S RACQUET SPORTS**

Every Thursday 11 am to 1 pm Robin Park Tennis Centre Loire Drive Wigan  
Badminton; Table Tennis & Short Tennis – all under the guidance of a qualified coach  
Cost £3.40 and all equipment provided

### **MEN'S SHEDS**

Every Thursday 11 am to 2 pm Platt Bridge Community Zone 81 Ribble Road Platt Bridge Wigan  
Each Men's Shed's session will be tailored to individuals need.

Shed activities can involve:

- Wood making projects (carpentry joinery turning carving furniture renovation)
- Gardening projects
- Tool renovation
- Model engineering (model railways planes)

Contact 01942 732022 for further details and ask for Dave Chris or Fred

### **SOUP & SANDWICH**

Thursday Cherry Tree Court Atherton from 11.30 am to 1 pm. Cost £2.

More details from Age UK 01942 615883 or email [brightdays@ageukwiganborough.org.uk](mailto:brightdays@ageukwiganborough.org.uk)

### **SOUP & SANDWICH**

Every Thursday 11.30 am to 1.30 pm Clarington Place Bird Street Ince WN2 2AS

Homemade fresh sandwiches soup and cake served with a smile.

Cost £3.00

All events must be booked. To book call - 01942 241972 or 01942 615883

### **PLATT BRIDGE COMMUNITY ZONE HOSTS A 'PAY AS YOU FEEL' CAFÉ**

Every Thursday from 11.45 am to 1.15pm

The project is in partnership with 'Fur Clemt' Café and is part of the Real Junk Food project.

The aim of the Café is to support Food Poverty; therefore all food is served as a 'Pay as You Feel' so whatever you would like to pay that is what you pay.

### **LUNCHEON CLUB AT CLARINGTON PLACE**

Age UK hold a luncheon club at Clarington Place Manchester Road Ince

Every Thursday from 12 noon; Soup and a sandwich with a drink for only £2; everyone welcome;

Free Art Class for beginners from 1 pm

### **FREE COMMUNITY LUNCH**

Every Wednesday from 12 Noon to 2 pm

Bryn Christian Community Church Cooke Street off Downall Green Road Bryn

For those feeling lonely isolated or looking for new friends; more details from 01942 700190

### **WIGAN ROTARY CLUB**

Wigan Rotary Club meets at the Owls Restaurant Rectory Lane Standish

Thursday 12.30 pm for lunch and a meeting - Rotary Clubs welcome both men and women and if you are interested in finding out more about Rotary then please contact the Club Secretary Colin Wilkinson on 01942 742692 [wiganrotary1924@virginmedia.com](mailto:wiganrotary1924@virginmedia.com) [www.wiganrotaryclub.org.uk](http://www.wiganrotaryclub.org.uk)

### **FORM FILLING**

Every Thursday afternoon Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD

Gain support with form filling such as DLA Carers Allowance and more. Booking is essential.

To book or find out more phone 01942 705959

### **“WALK AND TALK” GROUP**

Every Thursday at Mesnes Park Wigan at 1pm

The “Walk and Talk” group Wigan provide an opportunity to enjoy some exercise have a relaxing drink and socialise making new friends. Meeting at the main gates next to the lodge in the park a warm and friendly welcome is ensured to visitors to the group. Patients have a pleasant walk around the park and then enjoy conversation as they meet for tea and coffee after.

Macmillan decided to establish this new group in response to inquiries being made by visitors to the centre. Patients wanted to know about what support groups were available and also how to remain physically active whilst they were undergoing treatment for cancer.

### **BEGINNERS ART CLASS**

Every Thursday at 1 pm Clarington Place Manchester Road Ince Wigan

Free event - all welcome. Call 01942 826051 or 07772 922630 for more information

### **DEMENTIA SHARED READING GROUP**

Every Thursday 1.30 pm to 2.30 pm (free)

Belong Atherton 55 Mealhouse Lane Atherton Manchester M46 0EU

We warmly welcome new members to join our shared reading group for people living with dementia and their carers. It's a great chance to read listen and talk together in a warm and friendly environment. This group is suitable for people with any level of dementia and with any level of reading experience.

If you are interested contact Chris E: [christopherlynn@thereader.org](mailto:christopherlynn@thereader.org) /07807106838

### **TEA DANCE AT HIGHER FOLDS**

Every Thursday Higher Folds Community Centre Stirling Close Leigh WN7 2UB

Tea Dance Thursday's 1 pm to 3 pm. Telephone: 01942 674548 [www.higherfolds.co.uk](http://www.higherfolds.co.uk)

Put on your dancing shoes and step back into an age of elegance.

Everybody is welcome and it's a great opportunity to meet friends old and new.

Subs are £3.00 per week

### **FAMILY HISTORY**

Every Thursday 1 pm to 3 pm

Wigan & Leigh Pensioners Link 27 Charles Street Leigh

Get help tracing your genealogy.

More Details ring Tel: 01942 261753



### **HAPPY CIRCLE**

Every Thursday 1 pm to 3 pm Standish Methodist Church Standish WN6 0HA: Friendship Group.  
Car parking available Cost £3: All events must be booked. To book call - 01942 241972 or 01942 615883

### **THURSDAY CLUB**

Meet every Thursday from 1 pm to 3.30 pm at St Marie's Church Hall Standish.  
Looking for new members age 60 and over for a chat games of dominoes and bingo. Tel: 01257 422225

### **DOMINO DRIVE**

Every Thursday from 1.15 pm to 3.15 pm St. Nathaniel's Community Centre Ridyard Street Platt Bridge  
£1.50 including prizes and refreshment Ring Janice on 01942 496192

### **PARK WORKOUTS**

Thursdays 1.30 pm to 2.15 pm (meet at the outdoor gym area at Pennington Hall Park)  
16+ More details Telephone 01942 828508 Email [leisureenquiries@wlct.org](mailto:leisureenquiries@wlct.org)

### **MOVE AND TONE EXERCISE CLASS**

Every Thursday 1.30 pm to 3.00 pm Wigan & Leigh Pensioners Link 27 Charles Street Leigh  
Why not come along and enjoy gentle exercises and have some fun at the same time

### **WIGAN WOMEN'S FRIENDSHIP CLUB**

Thursday 1.45 pm to 3.15 pm Penson Street Wigan (Swinley Labour Club is on the corner)  
Are you free on a Thursday afternoon if so why not come along to The Wigan Women's Friendship Club.  
We are offering a free taster session to everyone. We meet every Thursday apart from the first Thursday of the month. We have a varied programme of speakers; outings; meals out etc. so do come along and join us we would love to have some more new members. You will be most welcome. For more information please email [joycebridge6@gmail.com](mailto:joycebridge6@gmail.com).

### **SEWING CIRCLE**

Every Thursday 2 pm to 4 pm St Luke's Church Orrell  
For anyone interested in sewing knitting crotchet embroidery Tel: Sybil 01695 632202

### **SOCIAL AFTERNOON**

Thursday 2 pm to 4 pm Dean Court Mayfield Road Orrell WN5 0HW  
Information Activities Friendship Social/Wellbeing Sharing Ideas  
Tea /Coffee/Biscuits included. Contact Sue or Danielle on 01942 261753 for more information.

### **MEMORY BOARD MAKING CLASS**

Thursday from 2pm at Clarington Place Manchester Road Ince Wigan  
Free. All welcome. Call 01942 826051 or 07772 922630 for more information.

### **DELIVERED IT SESSION**

Thursday 2 pm to 4 pm YMCA Hilton Street Ashton-in-Makerfield WN4 8PD  
This will be a bookable session so please call for further information) telephone 01942 274684  
or email [joyce.gorman@ymcaashton.org](mailto:joyce.gorman@ymcaashton.org)

### **WELFARE RIGHTS SERVICE**

Thursday 2 pm- 4 pm Marsh Green library Harrow Road Marsh Green Wigan WN5 0QL  
For welfare rights enquiries and advice, please email: [welfarerightsadvice@wigan.gov.uk](mailto:welfarerightsadvice@wigan.gov.uk)

### **X ZONES**

Every Thursday at Hindley Fire Station from 4 pm to 6.30 pm for children aged 8 years and above  
7.30 pm to 9.30 pm for children from 13 to 18 years. For more details ring 01942 487741

### **FRANKIE'S GROUP AT BROADMEAD**

We meet every Thursday between 4 pm and 7.30 pm

The group is open to anyone who feels lonely or isolated.

Come along and meet with others participate in a craft activity play pool or sing along on the karaoke or just chill out and chat to your friends.

We serve beans on toast have fantastic scones and brews; it really is a very relaxed atmosphere.

Ring Carol: 07725 305435; Lesley: 07799 054923

### **STREET DANCE**

Every Thursday 5 pm to 6 pm Ashton St Thomas Church Hall 18 Warrington Rd Ashton

Ages 8+; for more information please contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **REGULAR SPORTS SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY**

Rebound Therapy: Thursdays (term time) 5pm - 6pm & 6pm - 7pm Leigh Indoor Sports Centre

Ages 5-19 Booking is required so please contact Inspiring healthy lifestyles on 01942 488481

Or email [k.barker@wlct.org](mailto:k.barker@wlct.org) [www.inspiringhealthylifestyles.org](http://www.inspiringhealthylifestyles.org)

### **NEW LATICS DISABILITY MULTI SPORT SESSIONS**

Every Thursday 5.30 pm to 6.30 pm Leigh Sport Village Sports Hall

Sessions are free of charge. Ages 8 to 16 years; Call 01942 488 530 or e-mail [j.pym@wiganathleticct.com](mailto:j.pym@wiganathleticct.com)

### **FOOTBALL 4 FORCES**

Thursday 5.30 pm to 7.30 pm Robin Park Arena Loire Drive Wigan WN5 0UH

Football 4 Forces sessions are for ex-servicemen reserves cadets and those still serving in the armed forces aged 16-65 and are provided thanks to funding from the Ministry of Defence Covenant Fund. To find out more about the Football 4 Forces programme please contact Men's Health Co-Ordinator Chris Baxter on 01942 488 530 or email [c.baxter@wiganathletic.com](mailto:c.baxter@wiganathletic.com)

### **STREET DANCE**

Thursday Stubshaw Cross Labour Club - Walter Street Ashton-in-Makerfield Wigan WN4 8TP

5.30 pm – 6.15 pm ages 5-8 years boys and girls: 6.15 pm – 7 pm ages 8-16 years boys and girls

Costs: £1 No need to book; contact Michaela Griffiths on [michalea.griffiths@wlct.org](mailto:michalea.griffiths@wlct.org) or 01942 488495

### **CHILDREN'S COMMUNITY CHOIR**

6 pm to 7.30 pm. The Turnpike Gallery

All 8-12 year olds welcome! No Auditions come and join the fun. FREE

### **CRICKET CALL**

Highfield Cricket Club is calling all Year 5 & 6 pupils to its coaching programme currently at

The Deanery High School from 6 pm to 7 pm at their ground on Billinge Road Highfield

There are qualified coaches at all sessions. More details from Gary Speakman on 07721 639970

### **ZUMBA AT LOWTON**

Thursday from 6pm Lowton CE High School

The cost of each session is £2. If you would like to come along just contact Cheryl Collins at the Sports Development Unit on email [c.collins@wlct.org](mailto:c.collins@wlct.org) or phone 01942 828546

### **FOOTBALL AND SPORTS SESSIONS FOR YOUNG PEOPLE**

Thursdays 5 pm – 6 pm – Football Hindley Leisure Centre, Mornington Road, WN2 4LG

Thursdays 5.30 pm - 6.30 pm – Football Bedford High School, Manchester Road, WN7 2LU

Thursdays 6 pm – 9 pm - Multi Sports Wigan Youth Zone, Parsons Walk, WN1 1RU\*

\*50p entrance fee in Wigan Youth Zone/Must be a member

Latics in the Community are running sessions are free (unless stated) and open to both boys and girls between the ages of 12-19. For further information please call Tom Drake on 01942 318090, or e-mail [t.drake@wiganathletic.com](mailto:t.drake@wiganathletic.com)

### **STREET DANCE**

Every Thursday 6.15 pm to 7.15pm Shakerley Community Centre Cumberland Ave Tyldesley

Ages 8-16: For more information contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **MANDALA ART GROUP**

Every Thursday 6.30 pm to 8.30 pm Patrick House 58 Leigh Road Leigh WN7 1QR

Organised by Compassion in Action 01942 418 830. Free of charge

### **STANDISH PLEASANT HOUR**

Every Thursday 6.30 pm to 8.30 pm

Standish Community Centre Moody Street Standish

For the Over 60's: this is a chance for people to get together for a chat and a cuppa along with the occasional game of bingo. The group also organise days out and social events along with parties to mark special occasions. New members needed. All welcome. More details ring 01257 421048

### **DANCE CIRCLE**

Upholland Circle Dance Group. Upholland Methodist Church Alma Hill Upholland Wigan

Thursday 7.30 pm to 9 pm

### **MULTI-SPORTS & STREET DANCE**

Every Thursday: 7.30 pm to 9 pm: Hindley Fire Station Borsdane Avenue Hindley Wigan WN2 3QB

Ages 11+: Contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **GOT ANY FREE TIME ON YOUR HANDS LOOKING FOR A NEW HOBBY? WANT TO MAKE NEW FRIENDS?**

Any time you can give us will be very much appreciated. You could be acting painting putting on make-up making properties sewing costumes serving refreshments learning new skills.

Everyone welcome between ages of 16yrs and 101yrs+. I can promise you will love being part of the Society no matter how much time you have to spare. You will find us in the St Joseph's Hall Chapel St. Leigh Lancs WN7 2PR.

On Mondays and Thursdays we are usually there from approximately 7.30 pm to 9.30 pm when we are rehearsing. You can ring Pauline on 01942 604603 or visit our website [www.stjoseph'splayers.com](http://www.stjoseph'splayers.com)

### **OLD HALL BRASS BAND**

Monday and Thursday 8 pm to 9.45 pm: Jubilee Methodist Church Roby Mill Wigan WN8 0FQ

Contact: [paul@oldhallbrass.com](mailto:paul@oldhallbrass.com) Tel: 07889 271291.

### **ASHTON ART GROUP**

We invite residents to explore their creative side by attending our regular meetings.

The group meets on Thursday between 8 pm and 10 pm at the Heath Road day centre on Heath Road.

To find out more email [janetlowe\\_artgroup@msn.com](mailto:janetlowe_artgroup@msn.com)

### **LINE DANCING**

Alternate Thursdays 7.30 pm to 9 pm Beehive Community Centre Lindale Road M28 1BG  
Contact Mavis on 01617997178

### **FOOD FOR THOUGHT**

Every 1st and 3rd Thursday 10 am to 12noon at Aspull Methodist Church Wigan Road Aspull WN2 1DP  
Food for Thought is a cookery and conversation group for people living with dementia and their carers  
By preparing and enjoying food together people can share a familiar experience in a supportive environment. For more information 07963933337 or email [admin@food4thoughtcic.co.uk](mailto:admin@food4thoughtcic.co.uk)

### **TIME FOR TEA**

First Thursday of the month 10 am to 12 noon  
Kingsleigh Church King Street Leigh WN7 4LR (across from the bus station)  
Come and enjoy tea coffee cake and a catch up. All events must be booked; 01942 241972/01942 615883

### **MEN'S SOCIAL GROUP**

First Thursday 1 pm to 2.30 pm at the Carers Centre Frederick Street Hindley Wigan  
If you are a male carer registered with the Carers Centre why not come along for a cake and a brew and meet other carers. You can register as a carer by contacting the Carers centres reception on 01942 705959 or call into the centre 3-5 Frederick Street Hindley Wigan WN2 3BD

### **LOVE AUTISM YOUTH GROUP**

Meet first Thursday of the month 6.30 pm to 8 pm at True Colours CIC at The Surgery Bengal St Leigh  
Further details from Louise Snowden or Andy Sampson at [loveautismnw@hotmail.com](mailto:loveautismnw@hotmail.com)

### **FRIENDSHIP GROUP**

Every 2nd and 4th Thursday 10 am to 12noon at Aspull Methodist Church Wigan Road Aspull WN2 1DP  
For those living with dementia and their carers Come along and join in a fun filled reminiscence and memories time with singing dominoes music crafts knitting drawing and carpet bowls too. There is also a quiet space for those wanting to relax. Come along and enjoy cuppa a chat a warm smile and a friendly handshake. To book a place please contact Agnes on 01942 537335 or 07881 965175.

### **TASTEBUDS DEMENTIA CAFÉ**

Meet on the second Thursday of each month Platt Bridge Community Zone Ribble Road Platt Bridge  
11 am to 1 pm; the two hour session will offer a relaxed social gathering where you can access advice and information or just meet for a chat and a coffee. Contact Julie or David on 01942 732022

### **STANDISH QUILTERS**

Every other Thursday 1.30 pm to 4 pm  
Standish Community Centre Moody Street Standish - for more information ring 01257 421048

### **DISCOVER HISTORY**

Aspull & Haigh Historical Society meet on the second Thursday of the month  
New members welcome  
Our Lady's R C Church Hall Haigh Road Aspull 2 pm to 4 pm  
Call Anne Crennin on 01942 831392

### **STANDISH WI**

Meet on the 2<sup>nd</sup> Thursday of each month at Ashfield House Hotel Standish at 7 pm

### **ATHERTON WI**

2<sup>nd</sup> Thursday of every month at St Richards Parish Centre Atherton 7.30 pm  
All women are welcome to attend.

### **SEVEN STARS SWORD & STEP DANCERS**

We practise at [Holy Family Parish Hall](#) in Tram Street Platt Bridge Wigan  
2nd 4th (and any 5th) Thursday evening: Dance for fun (and sometimes money) - new members welcome.

### **DANCE AND DOMINOES**

2nd & 4th Thursday of the month 1 pm to 3pm Shevington Methodist Church Gathurst Lane WN6 9AH  
Dementia Friendly Activities in Standish and Shevington

### **STANDISH COMMUNITY FORUM**

Please come and join us on the 2nd Thursday of each month at 7 pm: All are welcome.  
Community Centre Moody Street (off Church Street) Standish [facebook.com/standishforum](https://www.facebook.com/standishforum)

### **DEMENTIA CAFÉ**

3rd Thursday of the month  
10am to 12 noon Bridgewater Day Care Community Centre Queen Street Golborne WA3 3AF  
A Dementia Café and a Carers Support meeting the café and meetings are open to the community as a whole to support carers looking after loved one's living with a form of Dementia and provide an environment for both carers and the cared for to make new friends in an informal warm and friendly setting. Call 01942 723 115 for more information

### **ACTIVE CAFÉ**

Every 3<sup>rd</sup> Thursday of the month 10.30 am to 12.30 pm  
Diamond Club Grey Road Ashton: Every month carers and loved ones receive a warm welcome at our 'Active Café'. Enjoy evidence based exercise and creative activities. Helping you to live well with dementia  
For more information call 01942 488 481

### **REFLEXOLOGY**

1.30 pm to 3.30 pm. Once a month  
Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan  
£10 appointments are available. This is an alternative therapy involving the physical act of applying pressure to the hands or feet. Booking is essential. To book or find out more phone 01942 705959

### **REGULAR EVENTS : FRIDAY**

#### **REFLEXOLOGY**

All day Friday Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan WN2 3BD  
£10 appointments are available. Booking is essential. To book or find out more phone 01942 705959

#### **JOGGING FOR BEGINNERS**

Friday 9.30 am to 10.15 am:  
Three Sisters Recreation Area Bryn WN4 8DD  
For more information or to book a place text Julie Barton on 07590 230 485/email [julie.barton@wlct.org](mailto:julie.barton@wlct.org)

#### **ASHTON PHOENIX ART GROUP**

Friday 9.45 am to 11.45 am Ashton Scout Hut Woodedge Ashton  
Regular workshops and resident artists to provide help for beginners.  
More details ring Betty on 01942 715697 or Eileen on 01942 720521

### **TABLET/COMPUTER GROUP**

Meets every Friday 10am until 11.30am

Pensioners Link 27 Charles Street Leigh Lancs WN7 1DB

For absolute beginners on all forms of computer technology, this is not a formal class - so nothing to be afraid of if you have a tablet laptop or desktop computer and want to learn more about them at your own pace why not come along and join us. More details Telephone 01942 261753

### **COFFEE MORNING IN LEIGH**

Every Friday from 10 am to 12 noon Wigan & Leigh Pensioners Link Centre 27 Charles Street Leigh.

### **WATERCOLOUR CLASS**

Friday 10 am to 12 noon at Sunshine House Wellington Street Wigan

Lea Nixon Watercolour Class this class is suitable for intermediate to advance students.

Classes £4.50 Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **COFFEE MORNING IN SHEVINGTON**

Every Friday from 10 am to 12 noon Shevington Methodist Church

### **CLARINGTON PLACE SUPPORT GROUP MANCHESTER ROAD INCE**

Every Friday 10 am

Support group meeting for anyone that suffers from depression to dementia. Free.

Call Darryl Jackson 01942 826051 or 07772 922630.

### **WALKING GROUP**

Every Friday 10 am to 12 noon

Haven House Well-being Centre 66-68 Leigh Road Leigh WN71RX

Organised by Compassion in Action 01942 418 830. Free of charge

### **GET UP AND GROW**

Friday 10 am to 12.30 pm at Lilford Park (old rangers' depot) Elmridge Leigh WN7 1HN

We are running food growing/gardening sessions at sites across the borough open to all including accompanied children. Most sites are accessible for wheelchair users.

Booking is essential for the first session.

Contact Kath 07775 877851 [kath@wiganrowingnetwork.org.uk](mailto:kath@wiganrowingnetwork.org.uk) or

Hannah 07904 272344 [hannah@wiganrowingnetwork.org.uk](mailto:hannah@wiganrowingnetwork.org.uk)

### **CAFE AND GOOD AS NEW SALE**

Friday 10 am to 1 pm

Beehive Community Centre Lindale Road M28 1BG

### **FRIENDSHIP CIRCLE**

Friday 10 am to 3 pm at Sunshine House Wellington Street Wigan

Friendship Circle £3 (lunches and transport not included)

This is designed around people who are lonely isolated may need some support and who enjoy the company of others. This is a mixed group of men and women. 01942 820026/[bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **REMEMBER DEMENTIA CAFÉ**

Every Friday 10 am to 12 noon Higher Folds Community Centre Stirling Close Leigh WN7 2UB

Families and carers living with Dementia are invited to come along and have a cup of tea in our warm and welcoming atmosphere. Enjoy reminiscing with one another and join in with the games quizzes books films and other activities to bring back memories. Tai Chi and gentle chair exercise is also available  
For more details telephone: 01942 674548 [www.higherfolds.co.uk](http://www.higherfolds.co.uk)

### **HELP FOR VETERANS**

Every Friday at Sunshine House Wellington Street Wigan from 10 am to 3 pm.  
Armed services veterans could access financial help through a new fund. A local branch of Our Local Heroes Foundation has been set up in the area. Email [kelly@ourlocalheroes.org.uk](mailto:kelly@ourlocalheroes.org.uk)

### **COFFEE MORNING**

Every Friday 10.30 am to 11.30 am Grosvenor Court Orrell Road Orrell Wigan  
Tea and toast are served from 10.30 am Prices as displayed. All events must be booked.  
To book: 01942 241972 or 01942 615883

### **GOLDEN YEARS**

Every Friday 11 am to 2 pm at Higher Folds Community Centre Stirling Close Leigh WN7 2UB  
Everyone is very welcome to come along meet new friends and enjoy a wide range of social activities including games quizzes prize bingo and classic films. Tai Chi a gentle sit down exercise class is available every week. Trips and parties are planned throughout the year. Subs are £2 per week plus lunch.  
Telephone: 01942 674548. [www.higherfolds.co.uk](http://www.higherfolds.co.uk)

### **NEW BEGINNINGS COUNSELLING SERVICE**

Friday 11 am to 1pm at Sunshine House Wellington Street Wigan  
New Beginnings Counselling Service; Self-Referral  
If you feel you need support then please contact us and we can arrange an initial interview for you.  
Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **DEMENTIA-FRIENDLY SWIM**

Every Friday 11.15 am to 12.15 pm Howe Bridge Leisure Centre Cost £2 per person (carer swims free)

### **SOUP & SANDWICH FROM BRIGHT DAYS**

Every Friday from 12 noon to 1.30 pm. Cost £2 at St John's Parish Church Warrington Road Abram Wigan  
Reaching out to those aged 50+.  
Contact Bright Days Team on 01942 615883  
or email [brightdays@ageukwiganborough.org.uk](mailto:brightdays@ageukwiganborough.org.uk)

### **FRIENDSHIP CLUB**

Friday 12.30 pm to 2pm at Sunshine House Wellington Street Wigan  
Friendship Club for men and women over 60. Dominoes/bingo and tea & biscuits)  
Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **POTTERY CLASSES**

Friday 1 pm to 3 pm at Sunshine House Wellington Street Wigan  
Pottery Classes with Lizzie - beginners to experienced Tel: 01942 820026. Email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **BINGO**

Every Friday 1 pm to 3 pm Hesketh Manor Bullough Street Atherton M46 0DL  
So much bingo so little time. Prices as displayed.  
All events must be booked. To book call - 01942 241972 or 01942 615883



### **BRIGHT DAYS RADIO SHOW**

Every Friday 1 pm to 3 pm Age UK Wigan Borough Office 68 Market Street Wigan WN1 1HX  
In the style of a 'Northern Archers' - if you'd be interested in being involved please get in touch.  
All events must be booked. To book call - 01942 241972 or 01942 615883

### **YOUNG AT HEART OVER 60S**

Every Friday 1 pm – 3.45 pm. Bramble House/Bramble Gr, Wigan WN5 9PR  
Crafts and/or Prize Bingo Drop in 1 – 3.45pm £2.00 for activities, drinks and cake Ask for Rita

### **SCRABBLE CLUB**

Every Friday 1 pm to 4.30 pm Tyldesley Library Stanley Street Tyldesley  
A weekly social group who enjoy playing scrabble  
Lead by a volunteer with refreshments at a small cost. More details ring 01942 404738

### **WIGGLES GIGGLES STORIES AND RYHME**

Every Friday 1.30 pm to 2.30 pm. Golborne Library  
Rhymes and dancing followed by stories and craft  
Free activity with juice and a biscuit for each child open to all children under 5 years old

### **FRIDAY SOCIAL GROUP**

Every Friday from 1.30 pm Venue: Brian Boru Club 55 Bryn Street Ashton in Makerfield Wigan.  
More details ring Tel: 0151 237 3987

### **FRIENDSHIP GROUP**

Every Friday except 1st Friday of month 1.30 pm to 3.30 pm  
Wigan & Leigh Pensioners Link 27 Charles Street Leigh.  
More details ring Tel: 01942 261753

### **OVER 50? MIND OVER MATTER**

Fridays, 1.30pm – 3.00pm Pensioners Link Alan Taylor House, 27 Charles Street, Leigh, WN7 1DB  
Shared Reading/Relaxation: a place to relax, make new friends and share stories with others  
You can just drop in, sit down and enjoy a great story or poem – no pressure to talk or read.  
To book a place or for further details, please contact Chris Lynn, The Reader on 07807 106 838

### **GET BACK TO WORK CLUB**

Friday 2 pm to 4 pm YMCA Hilton Street Ashton-in-Makerfield WN4 8PD  
Drop in sessions to browse and Job search.

### **WELFARE RIGHTS SERVICE**

Friday 2 pm – 4 pm. Golborne Library Lowton Road, Golborne  
For welfare rights enquiries and advice, please email: [welfarerightsadvice@wigan.gov.uk](mailto:welfarerightsadvice@wigan.gov.uk)

### **X ZONES**

Town centre on Fridays 4 pm to 6 pm.  
Saturdays 10 am to 1 pm; in the shops underneath the town hall  
At Westleigh High School on Fridays 4 pm to 6 pm (for school years 7 and 8);  
6.30 pm to 9 pm (for years 9 10 11)  
For more details contact Wigan Council on 01942 487978  
Email [restorativesolutions@wigan.gcsx.gov.uk](mailto:restorativesolutions@wigan.gcsx.gov.uk)

### **REGULAR SPORTS SESSIONS FOR CHILDREN AND YOUNG PEOPLE WITH A DISABILITY**

Rebound Therapy: Fridays (term time) 5pm - 6pm Lowton High School

Ages 5-19 Booking: [www.inspiringhealthylifestyles.org](http://www.inspiringhealthylifestyles.org)

### **FOOTBALL BADMINTON GYM ACCESS AND LEISURE TIME**

Every Friday 5 pm to 8 pm Ashton Leisure Centre Old Rd Ashton-in-Makerfield Wigan

Ages 12+: contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **FREE TRAINING SESSIONS TO 910 & 11 YEAR OLDS**

Astley VIP Boxing; Weekly session every Friday at 5pm

The session will be completely FREE. There will be no charges for any of the kids that attend. All they need to do is register via Astley VIP Boxing's web page. More information from Damian Jones on 01942 275 634 or email [info@astleyvip.com](mailto:info@astleyvip.com)

### **FOOTBALL & STREET DANCE**

Every Friday 6 pm to 7 pm Central Park Montrose Avenue Wigan

Ages 8-18 for more information contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **FOOTBALL AND SPORTS SESSIONS FOR YOUNG PEOPLE**

Fridays 6 pm - 7.30 pm – Football Hag Fold Multi-use games area, Dorset Road, M46 9NR

Fridays 5 pm – 7 pm - Multi Sports The Dean Trust Wigan, Greenhey, WN5 0DQ

Fridays 7 pm – 8 pm – Football St Judes Rugby Club, Keats Avenue, Wigan, WN3 5UB

Fridays 5 pm – 7 pm - Multi Sports Westleigh High School, Westleigh Lane, WN7 5NL

Latics in the Community are running sessions are free (unless stated) and open to both boys and girls between the ages of 12-19. For further information please call Tom Drake on 01942 318090, or e-mail [t.drake@wiganathletic.com](mailto:t.drake@wiganathletic.com)

### **STANDISH CHORALE**

Every Friday Rehearsals from 7.30 pm to 9.30 pm St Wilfrid's Church Vestry. If you are over 18 and like singing you will be welcome. Contact Neil Heyes at [neilHeyes13@gmail.com](mailto:neilHeyes13@gmail.com)

### **SPORTS AND LEISURE TIME**

Every Friday 7.30 pm to 9 pm Central Park Montrose Avenue Wigan

Ages 13+ for more information contact Steven Eastwood T: 01942 828510 E: [s.eastwood@wlct.org](mailto:s.eastwood@wlct.org)

### **MUSIC IN MIND**

First Friday of every month 1.30 pm to 3 pm

The Wheel Restaurant Wigan & Leigh College Parsons Walk Wigan

Live interactive music sessions.

Cost £3.50 per session including tea coffee & cake.

Ring Ian 07954 390970 or Alan 07584 499497

### **LEIGH DEMENTIA CARERS SUPPORT GROUP**

First Friday of each month at Pensioners Link 2 pm to 4 pm

All carers welcome for an informal chat about their caring roll with other like-minded carers.

Alwyn Longworth Chairperson: Contact Phone Number 01942 883516

### **PRACTICAL DAYS AT KIRKLESS INCE**

First Friday of every month

Please contact Sue Lonsdale to book on 01942 726214 or email [slonsdale@lancswt.org.uk](mailto:slonsdale@lancswt.org.uk)

### **MEMORIES – DEMENTIA FRIENDLY ACTIVITIES IN STANDISH AND SHEVINGTON**

1st & 3rd Friday of the month

2 pm to 4 pm Shevington Methodist Church Gathurst Lane WN6 9AH

### **LEIGH AND DISTRICT U3A**

The first and third Friday of each month at 1 pm

Leigh Miners Welfare Institute off Twist Lane Leigh on the first Friday is a speakers meeting and the third Friday a regular meeting. We normally charge £1 for admission which includes tea or coffee. You are welcome to come along to see what we can offer keep your mind active learn something new and make new friends. Visit our website Leigh & District U3A or contact us on 07941 479083

### **ASHTON IN MAKERFIELD & DISTRICT U3A**

The first and third Friday's 12.30 pm

Stubshaw Cross Labour Club Walter Street off Bolton Road Ashton in Makerfield

The first Friday is a speaker meeting and the third Friday a regular meeting.

For more information contact John Gostelow on 01942 243614

### **CARERS TALKING SPACE**

First and third Friday of the month from 1.30 pm to 3.30 pm

Christopher Home entrance Royal Albert Edward Infirmary Wigan Lane Wigan

Do you care for someone who is living with dementia? The Carers Talking Space is an area for carers to speak with representatives from numerous groups including the Alzheimer's Society for information support and sign-posting to the right professionals in relation to the health and well-being of themselves and the person being cared for. More details Tel. 01942 247837 Email: [jade.clayton@alzheimers.org.uk](mailto:jade.clayton@alzheimers.org.uk)

### **DIRECTIONS CARERS SUPPORT GROUP**

Meet every other Friday from 11 am to 2 pm

Orrell and offers friendship and support for carers. For more details ring Olwyn on 01695 228549

### **TEA DANCE**

Second Friday of the month 1.30 pm to 3.30 pm Standish Community Centre Moody Street Standish

Very popular Includes refreshments; for more details ring 01257 421048

### **DEMENTIA CAFÉ**

Every Third Friday in the month: Atherton Library York Street (off Bolton Road) Atherton

10 am to 12 noon

### **MAKING MEMORIES**

On the 4th Friday of the month

10 am to 12 noon Standish Library Cross Street Standish WN6 0HQ

Dementia Friendly Activities in Standish and Shevington

### **CARERS SUPPORT GROUP**

3rd Friday of the month

10 am to 12 noon at Bridgewater Day Care Queen Street Golborne WA3 3AF

A Dementia Café and a Carers Support meeting the café and meetings are open to the community as a whole to support carers looking after loved one's living with a form of Dementia and provide an environment for both carers and the cared for to make new friends in an informal warm and friendly setting. Call 01942 723 115 for more information

### **AUTISM SUPPORT GROUP**

4<sup>th</sup> Friday of the month 10 am to 12 noon Wigan & Leigh Carers Centre Frederick Street Hindley

Do you look after someone with autism or Asperger's?

Come along for a chat support & information.

For more details ring 01942 705959 and speak with either Anne or Carmen.

### **FRIDAY FRIENDSHIP DAY**

Last Friday of the month Sunshine House Wellington Street Wigan 10 am to 3 pm

Welcome Tea & Toast & Natter

Lots of different games, chair based exercises, Activity Hour, Fish & Chip Lunch, Finish with a sing along.

Cost for the day £12.50

More details & booking 01942 820026

### **COFFEE MORNING**

Last Friday in each month

Orrell Methodist Church, Church Street, Orrell from 10 am

Organised by Orrell & Billinge Network

### **BREAKFAST COFFEE MORNING**

Last Friday in the month at St Andrews Parish Church Woodhouse Lane Springfield

10 am to 12 noon. Cards for sale; Chocolate tombola; Raffle toast; hot & cold refreshments

All profits to Christies.

### **CREATIVELEIGH**

The Turnpike has a Senior Afternoon Cinema Club especially for senior citizens to come along meet new people and watch a classic film.

Doors open 12.30 pm for a prompt 1 pm start.

Annual membership is £12.00 for a film every last Friday of the month.

For more information visit [www.leighfilmsociety.com](http://www.leighfilmsociety.com)

### **LEIGH FILM SOCIETY**

Leigh Film Society meets the last Friday of the month at the Turnpike Gallery Leigh.

Doors open at 7 pm for a prompt 7.30 pm start. Cost £2 per month.

Come along to watch something different. Refreshments are available.

We do not have a licence to sell alcohol but you are welcome to bring your own.

### **LEGAL ADVICE BY MCHALE BAKER:**

Last Friday in the month, Wigan & Leigh Pensioners Link, 27 Charles Street, Leigh WN7 1DB

Wills, Lasting Power of Attorney, etc. appointments necessary Phone 01942 261753

### **LEIGH FOLK CLUB**

Third or fourth Friday of the month Leigh Conservative Club Railway Road Leigh

Contact: [akolytemusik@gmail.com](mailto:akolytemusik@gmail.com) Tel: 0161 794 9721 or 07796 670663.

### **AUTISM CARERS SUPPORT GROUP**

4th Friday of the month 10 am to 12 Noon

Wigan & Leigh Carers Centre 3-5 Frederick Street Hindley Wigan.

Peer support group for carers of people with autism.

To book or find out more phone 01942 705959

## **REGULAR EVENTS: SATURDAY**

### **LADIES SECTION OF THE ASTLEY & TYLDESLEY CYCLING CLUB**

Bull's Head 504 Manchester Road Astley M29 7BP at 8.30 am

Alternatively riders can join the group at the Greyhound roundabout in Leigh at the junction of the A580 and A574 at 8.45 am. The rides are a good social occasion with a coffee stop halfway.

Any ladies wishing to participate are urged to do so.

Visit the club's website at [www.astleycyclespeedway.org.uk](http://www.astleycyclespeedway.org.uk) or contact Denise at [denbailey@hotmail.co.uk](mailto:denbailey@hotmail.co.uk)

### **PENNINGTON FLASH PARKRUN**

Every Saturday at 9 am Pennington Flash Country Park Leigh

It's free! But please register before your first run: Only ever register with parkrun once

Don't forget to bring a printed copy of your barcode (request a reminder). If you forget it you won't get a time.

It is entirely organised by volunteers - email [penningtonflashhelpers@parkrun.com](mailto:penningtonflashhelpers@parkrun.com) to help.

Full details and how to register <http://www.parkrun.org.uk/penningtonflash/>

### **COMMUNITY WAREHOUSE**

No 4 Hodson Street Wigan WN3 4EN (behind Go Outdoors) 9am to 1pm

Tel 01942 417290 or visit the website [www.communitywarehouse.org.uk](http://www.communitywarehouse.org.uk).

For more information on The Brick visit: [www.thebrick.org.uk](http://www.thebrick.org.uk)

### **SATURDAY SAILING CLUB**

Scotsman's Flash Saturdays between 9.30 am and 12 noon

The Saturday Sailing Club is for anyone who wants to have a go at sailing or windsurfing.

It's not only fun - you can get a Royal Yachting Association qualification while learning:

Rigging	Rope work	Launching and recovery	Waterside safety
Sailing techniques and manoeuvres		Meteorology (studying the weather)	Theory

It doesn't matter if you've never tried sailing or windsurfing before our friendly and experienced staff are here to help you. Cost: £4 per young person and £15 per adult.

All equipment is provided. Just bring a change of clothes and a towel.

Call 01942 828271 or email [outdooreducation@wlct.org](mailto:outdooreducation@wlct.org)

### **LEIGH ARMED FORCES BREAKFAST CLUB**

Every Saturday at 10 am The Thomas Burke 20a Leigh Road Leigh

Please support and promote an important new network supporting Armed Forces Families

### **FREE SESSIONS FOR CARERS ONLY AT SUNSHINE HOUSE COMMUNITY HUB SCHOLES WIGAN**

Saturday 10 am to 12 noon

Art Classes - different media each week.

Contact Gail at The Carers Centre 01942 705959

### **ANIMAL MAGIC SESSIONS**

Every Saturday morning from 10 am until 12 noon.

Come along to our animal magic sessions Learn all about our animals and get involved in feeding mucking out learn how to handle them and even do some crafting with our sheep's wool. £5 for members £6 non members but please book 01257 472900 or [info@my-life.org.uk](mailto:info@my-life.org.uk)

Fun for all the family - any age any ability parents go free!!

### **FOOTBALL ACADEMY**

Every Saturday at [Ashton Leisure Centre](#)

Boys and girls can learn the key skills of football on our eight week course in a fun and friendly environment with qualified coaches.

Age 5 years to 7 years from 10 am to 11 am; Age 8 years to 12 years from 11 am to 12 noon

For more details telephone 01942 720826

### **BOWLING CLUB**

St Marie's Bowling Club Old Beechfield Gardens Standish

Youth bowling every Saturday morning from 10.30 am to 12 noon for ages 7 to 17 years

Newcomers get 2 free sessions and free bowls hire

More details from John Fowler on 01257 423550 or Stephen Ashcroft on 01257 422690

### **HELP FOR VETERANS**

Every Saturday at Sunshine House Wellington Street Wigan

10 am to 3 pm. Armed services veterans could access financial help through a new fund.

A local branch of Our Local Heroes Foundation has been set up in the area.

For further details go to the Sunshine House or email [kelly@ourlocalheroes.org.uk](mailto:kelly@ourlocalheroes.org.uk)

### **"SOAPBOX YOUTH THEATRE"**

Times: Saturdays: Ages 5 up to 11 years: 10am to 11.30 pm Ages 11 to 18 years: 11.30pm to 1pm

Sessions are only £2.50 per young person. Drama Teacher: Miss Verity Bow.

No appointment necessary, just turn up before appropriate session and speak to Verity.

NB: We do 2 or 3 productions per year in the mix of confidence building drama exercises/challenges, be mindful that although we offer our classes regularly throughout term times around the whole year, when we get close to a production you may be advised to register your young person now for the next block of sessions and rehearsals

For further information please call: (01942) 404469

### **CREATIVELEIGH – CREATIVELEIGH ARTSPACE**

Saturday CreativeLEIGH has launched art sessions in the Turnpike Gallery.

Will be meeting from 11 am to 2 pm on Saturdays to draw paint chat have a cuppa... and motivate and inspire each other in all things creative.

All ages (16+) and all artists from beginner to expert are very welcome to join.

CreativeLEIGH provide the space; just bring your own materials!

[facebook.com/pages/Creative-LEIGH-ArtSpace](https://facebook.com/pages/Creative-LEIGH-ArtSpace) [twitter.com/CLArtSpace](https://twitter.com/CLArtSpace)

### **X ZONES**

Westleigh Village Club Westleigh Lane. Saturdays from 11.30 am to 1.30 pm

For more details on X Zones sessions email [restorativesolutions@wigan.gcsx.gov.uk](mailto:restorativesolutions@wigan.gcsx.gov.uk) or 01942 487978

### **SPECIAL LUNCHESES**

Saturday 12 noon at Sunshine House Wellington Street Wigan Special Lunches

3 course lunch which includes Soup Main Meal with 2 vegetables; Sweet; Tea

Cost is £4.50 per person.

Free draw for free meal. Everyone is welcome.

Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **SCULPTING**

Saturday from 1 pm to 3 pm at Sunshine House Wellington Street Wigan  
Sculpting with Paul Foster Cost £4.50. This class uses recycled materials and a list can be found on Face Book. Tel: 01942 820026 or email [bn.arttoart@gmail.com](mailto:bn.arttoart@gmail.com)

### **FAMILIES TOGETHER**

Meet at Church Hall St Pauls C E School on Saturday from 4 pm to 5.30 pm.  
Call Christiane on 01942 242984 or email [Christiane\\_cook@hotmail.com](mailto:Christiane_cook@hotmail.com)

### **THE SHEVINGTON AND DISTRICT ART GROUP**

The art group at Shevington Library meet on alternate Saturday mornings  
From 10 am to 12 noon. Free.

We accept all levels of ability with the main focus being on the creation of a social and friendly atmosphere. New members are always more than welcome to come along and join in.

### **'WHO LET THE DADS OUT?' IN ABRAM**

3rd Saturday of each month 9.30 am

St John the Evangelist Parish Church Warrington Road Abram Wigan is running activity sessions for fathers and children to attend together. These sessions give dads and their children the opportunity to spend time with each other mix with other families and have fun. [revannstein@yahoo.com](mailto:revannstein@yahoo.com) Tel: 01942 865647

### **BEREAVEMENT SUPPORT GROUP**

Last Saturday of the month at 12.15 pm at Holy Family Parish Hall Hindley  
More Details from Mary Marsh on 01942 701091

### **FOOTBALL AND SPORTS SESSIONS FOR YOUNG PEOPLE**

Saturdays 6 pm – 8 pm – Football Wigan Youth Zone, Parsons Walk, WN1 1RU

\*50p entrance fee in Wigan Youth Zone/Must be a member

Latics in the Community are running sessions are free (unless stated) and open to both boys and girls between the ages of 12-19.

For further information please call Tom Drake on 01942 318090, or e-mail [t.drake@wiganathletic.com](mailto:t.drake@wiganathletic.com)

### **REGULAR EVENTS : SUNDAY**

#### **TINY TOTS TENNIS**

Every Sunday [Ashton Leisure Centre](#)

Help your child to learn the basics of tennis and enjoy the game through a series of fun activities based on the fundamental areas of balance co-ordination agility movement racquet and ball skills.

Parents join in the lesson too to help their child and make it fun.

Ages 3-5 plus parents 2.15 pm to 3 pm

Ages 6 to 9 years 3 pm to 4 pm

More details 01942 720826

#### **JUNIOR HOCKEY TRAINING**

Sundays 10 to 11 am Golborne Sports Club

Junior hockey training (contact Amy on 07903 213021) and Back to Hockey sessions

Contact Dawn on 07951 019530 Golborne Hockey Club



**STROLL SAUNTER OR SPRINT**

The 3<sup>rd</sup> Sunday of Every Month at 6pm Meet at the Lake

Friends of Amberswood invite you to join us for a laugh and a lap or two! Whatever the weather!

No upper or lower age limit [www.friendsofammerswood.co.uk](http://www.friendsofammerswood.co.uk)

**CAR BOOT SALE**

Last Sunday of every month Sunshine House Annex, Wellington Road, Wigan

To book your spot in advance and at discount rate please visit Sunshine House Community Centre, Wellington Street Scholes Wigan

**PARBOLD FLEA MARKET**

9 am to 2 pm on the last Sunday of the month

Parbold Village Hall The Green Parbold Entrance fee 50p

**WIGAN JAZZ CLUB**

Last Sunday of every month (Sept to June) 12.30 pm to 3 pm

Whelley Ex-Servicemen's Club Vauxhall Road Wigan WN1 3LU

Please visit [www.wiganjazzclub.co.uk](http://www.wiganjazzclub.co.uk) for details and any changes to this schedule

**PLEASE SEE 'EVENTS' SECTION FOR 'ONE-OFF' EVENTS**