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October 2021 Edition

**What’s On Where?**

As part of our commitment to serve our community Home Instead have compiled a list of Activities and Clubs that have now started to meet again to make looking for a local club or a past time easier than ever. Lists will be updated ongoing as clubs begin to open their doors once again.

| Clubs and Activities | | | | | | | |  |  |
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| Telford Wellington | Mon | Tue | Wed | Thu | Fri | Sat | Sun |  | **To avoid disappointment, It Is always best to call your chosen activity or Club in advance as numbers May be limited due to Health & Safety and**  **restrictions.**  Could You be our next CareGiver of the year?  Home Instead are recruiting now! Do you have a heart of gold and can spare time each week to care?  If the answer is Yes, then please read on.  Home Instead are Investors in people, we have an unrivalled training package for everyone that joins the home instead family; So whether you have cared for a loved one or had many years in social care we would love to hear from you; What's more our rates of pay are very competitive.  You will receive ongoing support throughout your career with Home Instead.  For Further Information how you can join the Home Instead Multi award winning team  call Andrea on  01952 476720 |
| **Armchair Exercise**, Oliver Court, Ladycroft, Wellington TF1 3BU 01952 242 402 (small payable fee to join in) |  | Every Tues 2:30pm-3:30pm |  |  |  |  |  |  |
| **Computer Club**, Oliver Court, Ladycroft, Wellington TF1 3BU 01952 242 402 (Free to attend) All abilities welcome |  |  | Every Weds 2pm - 4pm |  |  |  |  |  |
| **Knit and natter**, Oliver Court, Ladycroft, Wellington, TF1 3BU 01952 242 402 (Free to attend) |  |  |  | Every Thurs  2pm - 4pm |  |  |  |  |
| **Afternoon Tea**, Oliver Court, Ladycroft, Wellington, TF1 3BU 01952 242 402 (Free to attend, Bring a cake to share if you would like) |  |  |  |  | Every Friday  2pm- 4pm |  |  |  |
| **Mature Mega mix**, Wellington Civic & Leisure Centre, Larkin Way, Tan Bank, Wellington TF1 1LX 01952 825239 (Small Fee Payable) |  |  |  |  |  | Every  11am -11:45am |  |  |
| Telford Wellington Continued | MON | TUE | WED | THU | FRI | SAT | SUN |  |
| **Adult Swim & Seniors Swim** Wellington Civic & Leisure Centre, Larkin Way Tan Bank, TF1 1LX  01952 825239 (£1.00 Swim with a TLC card) | Every  Day | Every  Day | Every  Day | Every  Day | Every  Day | Every  Day | Every  Day |  |
| **Telford & Wrekin All Age Carers Centre** Hazeldine House, Central Square Telford, TF3 4JL (01952 240209) Check for availability and Events |  | Call for  Availability | Call for  Availability | Call for  Availability | Call for  Availability |  |  |  |
| **Art for Enjoyment,** Wellington Methodist Church, Wellington, TF1 1LU Liz 07970 709116 (Fees Apply) |  | 10:30am -12:30 &  1:30 - 3:30pm |  | 1:30pm -  3:30pm |  |  |  |  |
| Telford Brookside |  |  |  |  |  |  |  |  |
| **Seated Exercise**, Brookside Central Community Centre, Bembridge,TF3 1LP 01952 382180 (Small Fee Applicable) |  |  |  | 23rd Sept  10am- 11am |  |  |  |  |
| **Bingo,** Brookside Central Community Centre, Benbridge, TF3 1LP. 01952 382 180 (Small fees may apply) | Every Mon  7pm - 9pm |  |  |  | Every Fri  7pm - 9pm |  |  |  |
| **Craft Group,** Brookside Central Community Centre, Bembridge,TF3 1LP 01952 382 180  (Bring your own craft or make something there) | Every Mon  12:30 -2pm |  |  |  |  |  |  |  |
| Telford Dawley | MON | TUE | WED | THU | FRI | SAT | SUN |  |
| **Tai Chi,** Dawley House, Burton Street Dawley TF4 2ES 01952 567 910 | 1:30- 4pm |  |  |  |  |  |  |  |
| **Sequence Dancing**, Dawley House, Burton Street, TF4 2ES 01952 567 910 |  | 1:30- 4pm |  |  |  |  |  |  |  |
| **Art Group**, Dawley House, Burton Street TF4 2ES, 01952 567 910 |  |  | 10:00am -12 Midday |  |  |  |  |  |
| **Fellowship (Church Service),** Dawley House Burton Street TF4 2ES 01952 567910 |  |  |  |  | 10:00am -11:30am |  |  |  |
| **Dawley Dinner**, Dawley House Burton Street TF4 2ES  01952 567 910 (a small charge of £4.50 for a (two course dinner) |  |  |  | 12:30-2:30pm |  |  |  |  |  |
| **Memory Café,** Dawley Town Hall Annex, New Street, TF4 3JR Siobhan 07903 175997 (Free to attend) | 10am -12 Every 2nd Mon of the Month |  |  |  |  |  |  |  |  |
| **Christian Fellowship**, Dawley House Burton Street, TF4 2ES 01952 567 910 |  |  |  |  |  |  | 9:00am - 2pm |  |  |
| **Line Dancing,** Dawley Town Hall, New street, TF4 3JR Tel: 01952 567910 |  | 7pm - 10pm |  |  |  |  |  |  |  |
| **Chair Yoga**, Dawley Town Hall, New Street, TF4 3JR 01952 567 910 (small fee may apply) |  |  | 11:00am 12:00 midday |  |  |  |  |  |  |

The Home Instead “Be A Santa to a Senior” is Back by popular demand!

Plan are already underway for the Be a Santa to a senior campaign. Last year was a big success and this year Is set to be even better.

For those who may not aware of this worthy campaign, It’s all about coming together as a community and reaching out to those with a gift who will be spending Christmas alone.

So how can you get Involved I hear you say.

1. You can either donate a small gift.
2. Have a drop of point
3. Identify a senior spending Christmas alone
4. Spread the word

For more Information call Siobhan on 07903 175 997.

| Clubs and Activities | | | | | | | |  | Did you Know? |
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| Telford Sutton Hill | Mon | Tue | Wed | Thu | Fri | Sat | Sun |  | A picture containing text  Description automatically generated  Home Instead have partnered with Alzheimer’s Society and are able to offer Free Singing for the Brain Sessions. For More Information contact Siobhan on 07903 175 997 |
| **Mature Movers,** Hub on the Hill, Community Centre Sutton Hill, TF7 4HG 01952 898052 |  |  |  | Every 3pm-4pm |  |  |  |  |
| Newport Church Aston |  |  |  |  |  |  |  |  |
| **Whist group,** Church and Chetwynd Aston Hall TF10 9JG 07761 256195 | 7pm- 10pm |  |  | Every Thurs  2pm - 4pm |  |  |  |  |
| **Bowling Group,** Church and Chetwynd Aston Village Hall TF10 9JG 07761 256195 (small fee may apply) |  | Every 10am - 12 midday |  |  |  |  |  |  |
| **Ballroom Tea Dance,** Church Chetwynd Aston Village Hall, TF10 9JG 07761 256195 (small fee may apply) |  | Every  1pm - 3pm |  |  |  |  |  |  |
| **Yoga Group,** Church Chetwynd Aston Village Hall TF10 9JG 07761 256195  (small fee may apply) |  |  |  |  | Every  10:30 am - 12:00 midday |  |  |  |  |
| **Movement Matters,** Church Chetwynd Aston Village Hall TF10 9JG 07761256195 (small fee may apply) |  |  |  | 9:15 am- 10:45 am |  |  |  |  |  |

| Clubs and Activities |
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| Newport | MON | TUE | WED | THU | FRI | SAT | SUN |  | Home Care with a Difference! |
| **Singing For the Brain** VIRTUAL EVENT Home Instead contact Siobhan 07903 175 997 |  |  | Last  Wednesday of the month |  |  |  |  |  |
| **Creation Art Class**, Cosy hall Newport, TF10 7LD 01952 417598 |  | Every  1pm - 3:15pm |  |  |  |  |  |  |  |
| **Yoga,** Cosy Hall, Newport, Water Lane Newport, TF10 7LD |  | 9:30 am - 10:30 am |  |  |  |  |  |  | Are you looking for a care provider with a difference? Are you one of the many that have trawled the Internet minefield for care or made several calls to providers looking for care suitable for your loved one? to be left confused to what or would be best? If this sounds like you, you are not alone, many of our clients have also been in this position.  Home Instead are an award-winning care provider that truly do put the client at the heart of everything they do. With a one-hour minimum call Home Instead can truly provide your loved one with the very best in companionship and care.  For a free no Obligation consultation call our care team today on  01952 476720 |
| Muxton Telford |  |  |  |  |  |  |  |  |  |
| **Join us 4 a Cuppa** St Johns Church Muxton Saltwells Drive TF2 8RJ 01952 670033 |  |  |  |  | 1st Friday of the month |  |  |  |
| Oakengates Telford |  |  |  |  |  |  |  |  |
| **Knit,Natter and Chatter,** The Wakes Théâtre Square, Oakengates TF2 6EP 01952 567 500 (£2.00 fee applies) | 11:00am - 12:30 pm |  |  |  |  |  |  |  |  |
| **Card Making Workshop,** The Wakes Theatre Square, Oakengates, TF2 6EP 01952 567500 (£2.00 fee applies) | 1pm - 2 pm |  |  |  |  |  |  |  |  |
| **Seated Exercise Over 50s** The Wakes Theatre square, Oakengates, TF2 6EP 01952 567 500 (£3.00 fee applies) |  | 1pm - 2pm |  |  |  |  |  |  |  |
| **Tai Chi** The wakes Theatre Square Oakengates TF2 6EP 07871594460 (fee may apply) |  |  | 6pm -  7:30 pm |  |  |  |  |  |  |

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| Shifnal | MON | TUE | WED | THU | FRI | SAT | SUN |
| **Forget me not,** St Andrews Church Shifnal, TF11 9AB 01952 463694 |  |  |  | Every Third Thursday of the Month 2:30 - 4:30 pm |  |  |  |
| **Chair Yoga, Tea and Chat ,** St Andrews Church, Shifnal TF11 9AB Michelle 07970 731174. |  |  | Every  12:00pm -1pm |  |  |  |  |
| **Open Doors,** St Andrews Church Shifnal TF11 9AB 01952 463694 |  | 10:30am - 12:30pm |  |  |  |  |  |
| Albrighton |  |  |  |  |  |  |  |
| **Care and Share Group**, The Methodist Hall WV7 3JA Leslie 07803 589279 |  |  |  |  | 1st and 3rd Friday of Each month 12:30 -3:30pm |  |  |
| Market Drayton |  |  |  |  |  |  |  |
| **Care and Share Group,** Charter Court Market Drayton, TF9 1RT, Sarah Sweeney 07816 297795 (Fees apply) |  | 1st & 3rd Tue of Every Month 12:30 - 3:30pm |  |  |  |  |  |

Memory Café Opening Soon

Home Instead East Shropshire are delighted to announce that from the 11th October and every 2nd Monday of the Month thereafter they will be opening a Memory Café In the Dawley Town Hall Annex, specifically for those living and caring for those with Dementia. This will be the first of several cafés that will be opening across East Shropshire For more Information then please call Siobhan on 07903 175 997.

| Clubs and Activities |
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| Telford Central | MON | TUE | WED | THU | FRI | SAT | SUN |
| **Afternoon Tea & Discussions, scam awarness** Telford & Wrekin All age, Carers Hazeldine House, Central Square. TF3 4JL.  Tel Danielle 01952 240209 |  |  |  | 14th Oct  1:30pm |  |  |  |
| |  | | --- | | **Carers Walk Telford,** Telford & Wrekin All age Carers, Hazeldine House, Central Square. TF3 4JL. Ring for more details  Tel Danielle 01952 240209 | |  |  |  | 21st Oct  Walk starts at 11:00am |  |  |  |

Event Happening?

Do you have an event you would like to Advertise here? We can feature It In our monthly Activities list for free.

Please call Siobhan on 07903 175 997