



## My resilience matters pullout supplement for your folder

**We are Wythenshawe Good Neighbours** - working with and for you to make life better for older people. In our previous Newsletter, we promised updates for your **'My resilience matters' folder**. **This supplement is the first update** (hole-punched for you to slot it straight in). If you don't have a folder and would like one, let us know. Our contact details are on the back page.

We are starting with a New Year refresher about all our regular Wythenshawe Good Neighbours services and social meet-ups – as well as telling you about a few changes, including a NEW coffee morning to try out!



### • Our Volunteer Drivers Scheme

**If you have signed up to our new Membership Scheme, you can now start booking journeys through our Volunteer Drivers Scheme.** Several of our members have started to use the scheme (for regular appointments or one-off trips) and have given us very positive feedback.

**Do ring us before you make travel arrangements.** We run the Drivers Scheme daytime from Monday – Friday.

**The scheme isn't running over Christmas between Mon 25 Dec – Fri 5 Jan 2024. The service resumes from Mon 8 Jan.**

It is early days for our scheme, so whilst we might not always be able to accommodate you in our drivers' schedule, please do check with us because, if we can take you to your destination, it will cost you significantly less than a taxi and will be much more comfortable and convenient than using public transport.

**WGN Members can book car journeys by calling: 0161 905 3898.**

### Not a Wythenshawe Good Neighbours Member yet?

If you'd like to join (FREE until 31 March 2024 / £10 a year, thereafter) you need to complete a WGN Membership Form. You can become a WGN Member at any time.

**Please ring us on Tel: 0161 905 3898.** We can chat you through the simple process and tell you more about the Volunteer Drivers Scheme and other Membership benefits. Once signed up, you'll receive your personalised Membership Card, and you can start booking your car journeys with us.

## WGN Community Coffee Mornings

No need to book: stay for the duration or just pop in.

**Bring a friend, come with a carer, or on your own - we're a friendly bunch!**



### Every Tuesday: Wythenshawe Football Club

Altrincham Road, Wythenshawe M22 4US

Free car parking on site

Bus services: 370 / 371 stop nearby

**10am - 11.30am / Note: NEW TIMINGS** (earlier start and finish).

**£1.50 for tea / coffee (+ refills) and toast.** First 'welcome' visit is FREE.

### NEW on Thursdays (term time): Pioneer House High School

**WGN co-hosts with the school**

200 Yewtree Lane, Wythenshawe M23 0FF

On-street parking nearby

Bus services: 41 / 19 stop nearby

**10 – 11.30am (Term times only – check with WGN's office for specific dates)**

**£1.50 for tea / coffee (+ refills) and toast.** First 'welcome' visit is FREE.

### Every Friday: St. Andrew's Church

**WGN co-hosts with Emmaus South Manchester**

Brownley Road, Wythenshawe M22 0DW

Free car parking on site.

Bus services: 43 and 11 on Prinknash Road / Metrolink: Robinswood Road tram stop

**10.30am – 12 noon**

**£2 for tea / coffee (+ refills) and toast.**

If you'd like to join in with Bingo, please bring an extra £1.

### Don't drive? Public transport an issue for you?

If you'd like to go to the coffee mornings but can't get there, don't forget - if you're a WGN Member - we may be able to take you there and back through our Volunteer Drivers Scheme. **Ring us to make enquiries / to book: 0161 905 3898.**

## WGN Community Lunch:

No need to book: stay for the duration or just pop in.

Bring a friend, come with a carer, or on your own - you'll be made welcome!



### Every Tuesday: Northenden Social Club

412 Palatine Road, Northenden M22 4JT

Free car parking: (you must enter your car reg. on the touchscreen inside the club)

Bus services: 41 / 43 / 103 / 370 and 371 on Palatine Road

**12.30 – 2pm / £3 for a bread roll with various fillings, salad, chips; cake, tea, coffee (+ refills).** Please advise us in advance regarding dietary requirements. First 'welcome' visit is FREE.

### Day trips and special events throughout the year

We organise at least **two coach days out** each year - to seaside towns and shopping destinations. In addition, from time to time (funding permitting) we offer: **cultural trips** to local attractions / professional **guests to speak** at our lunch or coffee mornings on a range of topics / **special and seasonal events**. We'll keep you posted through our monthly Newsletters and in person at our community activities.

### Signposting to local support services

Wythenshawe Good Neighbours is part of the Age Friendly Wythenshawe Network. We are well connected to the wider community, and can help direct you to various local services offered by a range of organisations. These services could include:

- **support for carers**
- **health advice** – including screening programmes and falls prevention
- **tips for energy saving** and keeping warm at home
- **help managing debt**, safely and securely
- **getting back to work** and adult learning e.g. **digital skills**
- **volunteering opportunities**
- **what's on and where** – including at local venues and community centres.

Some of these topics will also be covered in our monthly Newsletters. We recommend that you keep information that is of interest or potentially useful to you in your 'My resilience matters' folder. If you haven't got one, please give us a ring or email us – our WGN contact details are on the back of this supplement.

## Get to know our Wythenshawe Good Neighbours team



(From left: Belinda / Helen / Sam / Kathryn)

**Samantha Days: Manager** - leads our staff team and manages volunteers; heads up venue and community partnerships and our organisation's funding; represents Wythenshawe Good Neighbours at a citywide level including on the Age Friendly Manchester Board.

**Kathryn Wolstencroft: Project Coordinator** - researches and writes WGN's monthly Newsletter; works on special projects and community collaborations, fundraising and promotional activity. Oh, and you'll see her at our community lunch and some of our coffee mornings!

**Helen Davis: Volunteer Drivers Scheme Assistant** - helps coordinate and run the scheme, including volunteer recruitment, administration and driving Members as part of the service. She schedules social media and runs our Facebook account. Meet Helen at our Tuesday lunch and coffee morning.

**Belinda Spencer: Volunteer Drivers Support Worker** - working with Helen, she also helps coordinate and administrate the scheme. Belinda is the newest member of our team. Some of you will meet her at our lunch and coffee mornings or, she may be your driver when you book a trip through our Volunteer Drivers Scheme!

### Wythenshawe Good Neighbours

Flat 6, Thorngrove House, 9 Thorngrove Avenue, Brooklands, M23 9PQ

**Volunteer Drivers Scheme Members: to book journeys, Tel: 0161 905 3898**

**Samantha Days:** Manager  
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