




What's on Northeast IOW: Mondays		
When	What	Where
9.30am – 11.30am	Mum & toddler group - informal sessions where parents, carers, childminders, and their children can go to have fun and meet new people	Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN
10am – 12.30pm	Waves of Wellness - Water based therapy for suicide prevention and for those with mental health issues. Must be referred by support worker for this group. Support worker to contact Aspire Ryde on 01983 716020.	Shanklin/Sandown Seafront.
10am – 12.30pm	Aspire Kingdom Play - Home educated children and their siblings ONLY. £3 per family Contact Jemma for details 0771818 3456	Aspire Ryde, Dover Street, Ryde, PO33 1DR
10am – 12pm 	Village Coffee Morning – Community coffee morning. Living well information point will be visiting Wootton on the third Monday of each month.	Wootton Methodist Church, Station Road, Wootton, PO33 4RE
2.00pm – 3.00pm	Line Dancing	The East Side Curve, York Avenue, East Cowes, PO32 6RU
1:45pm – 3.45pm	Furniture Upcycling - Bring along an item to upcycle, purchase an item from us to upcycle, or upcycle something to be sold in our community hub. Cost: £3	Aspire Ryde Community Hub, High Street, Ryde, PO33
2.00pm – 2.45pm	Armchair travels with George - Every week we travel (via the magic of the internet) all around the world, visiting museums, zoos, gardens, galleries, national parks... the list goes on! These sessions are welcome to anyone. All you need to do is join via Zoom and I will do the technical side. We have a very friendly group so please get in touch if you are interested in coming along!	tm@volunteeringmatters.org.uk Or Call: Freephone 0808 196 6831
2.00pm – 4.00pm	Seaview Fun Choir - If you're interested, please feel free to contact me either on landline 716120 or mobile 07413028326	Seagrove Pavilion, 1 Spithead Close, Seaview PO34 5AZ
2.00pm - 4.00pm 	St Helens Coffee Afternoon & Living Well Information Point – Living well information point will be visiting St Helens on the first Monday of each month.	St Helens Community Centre, Upper Green Road, St Helens
2.00pm – 4.00pm	SingAbout Ryde – Gives you the chance to meet & sing with other people. It can help improve your memory, breathing, speech, movement and confidence, but most importantly, it's fun!	Ryde All Saints Church, Queens Road, Ryde, PO33 3AF

2.30pm – 3.30pm	The Heart Club Exercise Class - Please do not just turn up as numbers are still limited. You will be contacted by Lyn, to let you know which class is available to you. Contact info@islandheartcareclub.co.uk	Garfield Road Methodist Church, Ryde
3.00pm – 4.00pm	Snacking on Shakespeare - In this weekly workshop, Mary will look at sections of Shakespeare's plays and together you can read through or just listen and discuss meaning. If you are curious, interested or just fancy a go please call our number and we will send you a link. All welcome	gtm@volunteeringmatters.org.uk Or Call: Freephone 0808 196 6831
3.00pm - 5.30pm	Aspire Kingdom Play (term time only) - After-school drop-in session for children of all ages accompanied by responsible adult. £3 per child aged 1 and over. Under 1s free.	Aspire Ryde, Dover Street, Ryde, PO33 1DR
6pm – 8.30pm	Pole Fitness - Fitness class based on a pole. All levels welcome even brand-new beginners. Classes to be booked via https://bookwhen.com/wightarts Facebook: Wight Arts & Fitness Instagram: @wight_arts Cost: £8	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR
6.30pm – 8.30pm	Monday Club - Held at Oakfield football club, Slade Road, Ryde. Members meet to for a Games and Film night. Minibus lifts are available if required but will need booking in advance. PRICE- £3	Oakfield football club, Slade Road, Ryde
7pm – 9.00pm	GA Meetings - Gamblers Anonymous meetings – please contact Tom on 07546106675	Kingdom Play Café Area, Aspire Ryde, Dover Street, Ryde, PO33 1DR

What's on Northeast IOW: Tuesdays


When	What	Where
Tuesdays	9.15, 10.20 and 11.25 normal exercises (these times are from beginning of June) 12.30 Tai Chi - can be done seated or standing Classes designed on the pulmonary rehab programme £30 for 5 sessions Andy Savage 01983 810932 or 07779 616189	St Helens community centre, Upper Green Road, St Helens
10.00am – 12.00pm	Shop & Drop – Assisted Shopping - Collected from home and taken to Tesco's to complete shopping. Assistance provided with shopping, checkout and carrying.	Tesco's Extra - Ryde
10.00am – 11.00am	Seaview gardening group	St Peters Church, Church St, Seaview PO34 5EN
10.00am – 11.00am	Zumba	The East Side Curve, York Avenue, East Cowes, PO32 6RU
10.00am – 12.00pm	Gaming Club – Over 18's - Like playing Xbox, switch, PlayStation? Our gaming club for adults	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR

10.00am – 12.00pm 	Ryde Coffee morning & Living Well Information Point - Information Point Drop In -At Aspire and Binstead Community Centre. Free, impartial, independent, and confidential information and advice on many things including benefits, budgeting, employment and housing. Living well information point will be in attendance weekly.	Ryde Baptist Church, George Street, Ryde, PO33 2JF
10.00am – 12.00pm	Seaview Art Group - We are an enthusiastic group of mixed ability artists who meet weekly at the pavilion. We are financially self-supporting and pay £10 per month. Contact Janice Berry - 01983 612772	Seagrove Pavilion, 1 Spithead Close, Seaview PO34 5AZ
10.00am – 12.00pm	Coffee Morning - Contact - churchwardenshtb@gmail.com 07784 056064	Holy Trinity, Church Rd., Bembridge PO35 5NA
11.00am – 12.00pm (Fortnightly)	Creative Writing	Town Hall, York Avenue, East Cowes, PO32 6RU
12.30pm - 1.15pm	Community Lunch - Donation based community lunch	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR
12.30pm – 2.00pm	Food for thought	Methodist Church, 98 Adelaide Grove, East Cowes, PO32 6DD
1.00pm – 3.00pm	Mental Wellness Group - We can sit and chat, do activities together or go for a walk. We have plenty of volunteers on hand both male and female.	Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN
1.00pm - 3.00pm	Craft Café - Bring any craft you are working on whether this be sewing, crochet, knitting, card making etc and craft with others whilst having a tea, coffee or cake.	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
1.30pm - 3.00pm	Kingdom Community Café	Aspire Ryde, Dover Street, Ryde, PO33 1DR
1.45pm - 3.00pm	Aspire Tea Dance - Open to all. Contact Aspire for more information 01983 716020	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR
1.45pm - 3.45pm	Write On! - Writing group for people who enjoy putting pen to paper. Any & all levels welcome to this informal group. £2 per session, refreshments provided.	Aspire Ryde, Community Hub, High Street, Ryde
2.00pm – 4.00pm 1 st Tuesday of the month	Alzheimer’s Café	The East Side Curve, York Avenue, East Cowes, PO32 6RU
2.00pm – 4.00pm	Bembridge Men in Sheds - Our shed is in Steyne Park and we go there at other times somewhat randomly so best to come to the Scout Hut first. Please call Ian 07714723382	Scout Hut in Mitten Road, Bembridge

2.00pm – 5.00pm	Bridge - Please come along to the pavilion and join us for a fun afternoon. Beverages and biscuits are provided for a great afternoon’s bridge for just £3. Contact Pam Edgerton on 01983 616346	Seagrove Pavillion, 1 Spithead Close, Seaview PO34 5AZ
2.30pm – 3.30pm fortnightly September to May	Bright Hour - A speaker is invited for each meeting. Subjects are varied. There is a time of worship, and the meeting ends with tea and biscuits.	Methodist Church, Chapel Road Binstead, PO33 3RT
3.30pm - 5.30pm	Aspire All Together - Closed soft play session for children with additional needs. Booking required. Contact Aspire for more information 01983 716020	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
5.00pm – 6.00pm	David Hunt Tai Chi – please call 07800501676	Bembridge Lifeboat field
5.00pm – 6.30pm 1 st Tuesday of the month	Reading Group	Town Hall, York Avenue, East Cowes, PO32 6RU
6:30pm – 8:30pm	Aerial Hoop - Fitness class based on an aerial hoop. All levels welcome even brand-new beginners. Classes to be booked via https://bookwhen.com/wightarts Facebook: Wight Arts & Fitness Instagram: @wight_arts Cost: £12	Kingdom Play Café Area, Aspire Ryde, Dover Street, Ryde, PO33 1DR
6.30pm – 8.30pm	Peoples First - A self-help group where members can have informal chats about life skills and guest speakers are often invited. This is held on a Tuesday night and is also at Oakfield football club, Slade Road, Ryde. Minibus lifts are available if required but will need booking in advance. PRICE- £1.50	Oakfield football club, Slade Road, Ryde
7.00pm – 9.30pm	Canine Assoc	The East Side Curve, York Avenue, East Cowes, PO32 6RU
7.30pm – 9pm	Ladies Group – Alternative 2 nd & 4 th Tuesdays	Methodist Church, 98 Adelaide Grove, East Cowes, PO32 6DD

What’s on Northeast IOW: **Wednesdays**


When	What	Where
9am – 1pm	Home Start - Home-Start is a local community network of trained volunteers and expert support helping families with young children through their challenging times. We are there for parents when they need us the most because childhood can’t wait.	Methodist Church, 98 Adelaide Grove, East Cowes, PO32 6DD
9.30am – 12.30pm	Town Crafters – Meeting Room	The East Side Curve, York Avenue, East Cowes, PO32 6RU

9.45am – 12.15pm	Short Mat Bowls	Town Hall, York Avenue, East Cowes, PO32 6RU
10am – 3pm	Open House - Coffee, chat, light lunches and activities. Lunch is served between 12:00 and 1:30 pm.	Wootton Methodist Church, Station Road, Wootton, PO33 4RE
10.00am – 11.00am term time	Under 5's Rhyme Time	The East Side Curve, York Avenue, East Cowes, PO32 6RU
10.00am - 11.00am	Growing Great Things & Aspire Gardening - Gardening groups and activities for all ages & abilities delivered by our fantastic gardening team in our tranquil garden area.	Community Garden, Aspire Ryde, Dover Street, Ryde, PO33 1DR
10.00am – 12.00pm alt Wednesday	The Sunshine Group - Friendship and fun for anyone who would like some company. We offer refreshments games, quizzes, table tennis, and darts. This is a fun group . We welcome everyone and we are a dementia friendly group. If you want to know more ring Sue & Pete on 568041.	Ryde Methodist Church, 14 Garfield Road, Ryde, PO33 2PT
10.30am – 12.30pm	Knit & Natter - Bring a project or help us to make items to raise funds! First time at the groups is free and £2 thereafter	Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN
11.00am - 12.00pm	Bacon Butties & Banter - A chance for members of the community to come together & socialize over a bacon sandwich & a hot drink	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR
10.00am - 12.30pm	Aspire Kingdom Play 0-5 years - £3 per family	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
11.30am - 2.30pm	Dementia Lunch Club (1st & 3rd Wednesday of the month) - To book please call Ruth on 07773440657 by 8.30pm on the Sunday prior to the club	St Helens Community Centre, Upper Green Road, St Helens
1.00pm - 3.00pm	Kingdom Community Café	Aspire Ryde, Dover Street, Ryde, PO33 1DR
1.00pm – 3.00pm 2nd & 4th Wednesday of the month 	Bembridge Parish Council Coffee afternoon & Living Well information point – Bembridge Community support group coordinated by Bembridge Parish Council, there will be a limited amount of donated non-perishable food items available. Living well information point will be in attendance.	Bembridge Methodist Church, Forelands Road, Bembridge, PO35 5UD
3.00pm - 5.30pm	Aspire Kingdom Play (term time) - After-school drop-in session for children of all ages accompanied by responsible adult. £3 per child aged 1 and over. Under 1 ^s free.	Aspire Ryde, Dover Street, Ryde, PO33 1DR
4.00pm - 5.30pm	Aspire Adult Bible Study – Dwell Group	A.R.C.H, High Street, Ryde, PO33 2HT

4.00pm – 6.30pm	Slimming World	Town Hall, York Avenue, East Cowes, PO32 6RU
6.00pm – 7.00pm	David Hunt Tai Chi – please call 07800501676	East Cowes Esplanade
6.00pm - 9.00pm	Pole Fitness - Fitness class based on a pole. All levels welcome even brand-new beginners. Classes to be booked via https://bookwhen.com/wightarts Facebook: Wight Arts & Fitness Instagram: @wight_arts Cost: £8	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR
7.00pm – 9.00pm	Bingo	Town Hall, York Avenue, East Cowes, PO32 6RU
7.00pm – 9.00pm	Town Crafters – Meeting Room	The East Side Curve, York Avenue, East Cowes, PO32 6RU

What's on Northeast IOW: **Thursdays**

When	What	Where
9.00am – 3.00pm term time	Adult Community Learning	The East Side Curve, York Avenue, East Cowes, PO32 6RU
9.30am – 12.00pm	Arts and Crafts - includes tea and coffee. Bring what you're doing - it's not a class but they help each other out. Brenda Hart 07977 866821	St Helens Community Centre, Guildford Rd, St Helens, Ryde PO33 1UH
10.00am – 12.00pm 2 nd Thursday of the month	Mountbatten drop-in session	The East Side Curve, York Avenue, East Cowes, PO32 6RU
10.00am - 12.00pm	Diversion & Liaison Service	Main Hall, Stage Area, Aspire Ryde, Dover Street, Ryde, PO33 1DR
10.00am – 12.00pm	Community Coffee Morning	Methodist Church, 98 Adelaide Grove, East Cowes, PO32 6DD
10.00am - 12.00pm	Coffee, cake & Know –How (Skills Hub) - Maths & English lessons, tech help, laptops available	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
10.30am – 12.30pm	Games Group - Sit and watch or join in, funny games to make you laugh! First time at the groups is free and £2 thereafter	Parkside Pavilion, Vectis Road, East Cowes, PO32 6HN
10.30am - 12.00pm	Bereavement Café - A safe & comfortable environment to meet others, speak about our experiences, ask questions & share resources while making new friends	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR

1 st Thursday of the month		
10.30m – 12pm 1 st Thursday of the month 	Fishbourne Coffee Morning – Join us for a cup of tea or coffee and a chat! Find out what is going on in your local area. Representatives from the Parish Council, Aspire Ryde, and Citizens Advice will be there to provide information & advice. Living well information point will be in attendance.	Royal Victoria Yacht Club, Fishbourne Lane, Ryde PO33 4EU
11.00am – 12.00pm	Paracise - Ideal for those who find regular fitness classes too demanding, or who haven't exercised for a long time, or who are coming back from injury.	Town Hall, York Avenue, East Cowes, PO32 6RU
11.30am	The Baby Development Course – A course for babies up to 6 months old covering Calming techniques, Baby sign language, Baby massage, Tummy time play, Sensory play, Baby yoga	Binstead Methodist Church Hall, Chapel Road, Ryde PO33 3RT
11.30am – 12.30pm	Singing 4 breathing – Weekly signing classes for anyone with breathing conditions. Please contact Kay 07956149091	Binstead Community Centre, PO33 3SB
12.30pm - 1.15pm	Community Lunch	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR
12.30pm - 3.00pm	Kingdom Community Café	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
12.30pm – 4.00pm	Wessex Cancer Trust Outreach Session - offering befriending support and therapy writing courses	Ryde Library, George Street, Ryde, PO33 2JE
1.00pm - 3.00pm	Craft Café - Bring any craft you are working on whether this be sewing, crochet, knitting, card making etc and craft with others whilst having a tea, coffee, or cake.	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
1.30pm – 3.00pm 1 st & 3 rd Thursday of the month	Bereavement Café	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
2.00pm – 4.00pm	Nettlestone and Seagrove Mens Shed drop-in meeting - Our drop-in meetings are normally held from 2 to 4pm at the workshop on Thursdays when we aren't "working" so we can chat without machine noise. These are more social events at which we discuss our current projects and members may bring along their own work to show around. Come along and join us, ALL adults are welcome.	Seaview Recreation Ground, Seagrove Farm Road, Nettlestone And Seaview PO34 5HU

2.00pm – 3.00pm	Play Reading - Our Thurs play reading sessions are taken by Mary Chater, an actress with 35 years' experience in TV and theatre, including the RSC, West End and the National Theatre. Mary will look at sections of plays, and you have a chance to read through as a character! So, if you've always wanted to practise your silly voices, now's the time to give them a go. Light-hearted and playful, this workshop is one not to miss. You are welcome to join to listen. If you don't want to go online, one of Mary's bands of merry people will send you a script and ring weekly to practise. No experience necessary	gtm@volunteeringmatters.org.uk Or Call: Freephone 0808 196 6831
2.00pm – 4.00pm Every other Thursday	Dementia Afternoon Tea Club - £5 Per person, this includes a selection of sandwiches, cakes, mince pies and tea and coffee. To confirm your attendance please call us on 01983 218318 OR the link below (and ensure everyone has enough cake!)	Bembridge Methodist Hall, Foreland Rd, Bembridge, PO35 5UD
3.30pm – 5.30pm (term time)	CREATE - An after school drop-in club 3.30 pm to 5.30 pm every Thursday during term time, Lego, art+craft, games, music and free food and drink. Children must be accompanied by a parent/carer, come and join the fun!	Wootton Methodist Church, Station Road, Wootton, PO33 4RE
6.30pm - 8.30pm	Robin Hill Foundation - Chris Hill's Beat my addictions with Sara Coombes.	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR
1.30pm - 3.00pm 3rd Thursday of the month	Bereavement Café (3rd Thursday of the month) - A safe & comfortable environment to meet others, speak about our experiences, ask questions & share resources while making new friends	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR

What's on Northeast IOW: Fridays

When	What	Where
9.20am – 10.00am	Paracise (online) - www.isleofwightfitness.com/timetable	Online
9.45am -12.15pm	Short Mat Bowls	Town Hall, York Avenue, East Cowes, PO32 6RU
10.00am - 12.30pm	Aspire Treasure Box – Toddler Group (Term time) Contact Aspire for more information on 01983 716020.	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
10.00am – 12.00pm	Petanque or carpet bowls - We charge £2 for each 2 hour session which also pays for the refreshments. Suitable for wheelchairs.	Seagrove Pavilion, 1 Spithead Close, Seaview PO34 5AZ
10.00am – 12.00pm 4 th Friday of the month	Buggy Walks – Join local families for monthly guided buggy walks – fresh air, exercise, conversation, and a trip to the park!	The Pavilion Vectis Road, East Cowes PO32 6HN

10.00am – 12.00pm 2 nd Friday of the month	Buggy Walks – Join local families for monthly guided buggy walks – fresh air, exercise, conversation, and a trip to the park!	Puckpool Park, PO34 5AR
10.00am - 12.00pm	Healthy Lifestyles	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR
10.30am -11.30am	Clarries – A chance to chat laugh & share together	Evangelical Church, Clarence Road, East Cowes, PO32 6ES
10.30am – 11.10am	Paracise	Methodist Church, Ryde
11am – 1.00pm 2 nd Friday of the month	Alzheimer’s Society Dementia Support Services One to one opportunity to speak to a Dementia Support Worker whether waiting for or had a diagnosis, you are family member or friend of someone living with Dementia or just wanting to know more. Please pop in for a chat and one to one support No appointment needed	Ryde Library, George St, Ryde, PO33 2JE
1.00pm - 3.00pm	Kingdom Community Café	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
2.00pm – 5.00pm	Mah Jong Group – fascinating traditional Chinese game? Join us at 2.00pm on Friday afternoons in The Cloisters adjacent to Holy Trinity Church	For information and to register your interest contact Anne at annelpent@gmail.com or call 07511 505594
2.00pm – 4.30pm 2 nd Friday of each month	Roving Lens Photographers - Photographic Projects for you each month and your images are then discussed with positive and constructive comments offered and demonstrated.	Seagrove Pavilion, 1 Spithead Close, Seaview PO34 5AZ
2.00pm – 5.00pm 1 st & 3 rd Friday of the month	Careless Solicitors	The East Side Curve, York Avenue, East Cowes, PO32 6RU
3.00pm - 5.30pm	Aspire Kingdom Play (term time) After-school drop-in session for children of all ages accompanied by responsible adult. £3 per child aged 1 and over. Under 1 ^s free.	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
3.00pm - 5.00pm	Gaming Club – Under 18’s After-school drop-in session for children of all ages accompanied by responsible adult. £3 per child aged 1 and over. Under 1 ^s free.	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR

5:00pm – 7:00pm	Music Club (once per month – last Friday of the month) 11 – 17 yrs – music club for children, food provided, please phone to book, email or message on Facebook – 01983 716020 – meme@aspireryde.org.uk – www.facebook.com/AspireCreativeHub	Creative Hub, Aspire Ryde, Dover Street, Ryde, PO33 1DR
6.30pm – 8.30pm	Friday Club - These nights are very popular and are held every week at Oakfield football club, Slade Road, Ryde, There is a disco, darts, pool, large screen tv, bar etc Minibus lifts are available if required but will need booking in advance. PRICE- £3	Oakfield football club, Slade Road, Ryde
7.45pm - 9.15pm	AA Meetings - Alcoholics Anonymous Meetings – please contact 07900904824 for more information.	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR

What's on Northeast IOW: Saturdays / Sundays

When	What	Where
8.00am - 11.30am	Forgotten Veterans UK - Sunday Breakfast club on the first Sunday of every month	Community Hall, Aspire Ryde, Dover Street, Ryde, PO33 1DR
11.00am – 3.00pm	Saturday Club - This club attracts around 30-40 members. and is held every week at Oakfield football club, Slade road, Ryde. We do different activities every week such as film days, themed days, pool tournaments, arts and crafts, various games and we also go out and about. Food is available for £2.50 or you can bring a packed lunch with you. Mini bus lifts are available if required but will need booking in advance. PRICE- £3.00	Oakfield football club, Slade road, Ryde
3.30pm - 5.30pm	Aspire Kingdom Play – Saturday & Sunday Drop-in session for children of all ages accompanied by responsible adult. £3 per child aged 1 and over. Under 1 ^s free.	Kingdom Café, Aspire Ryde, Dover Street, Ryde, PO33 1DR
4pm Monthly	Garfield Film Club – Saturday This runs on a Saturday 4 pm once a month open to all . This groups is run free of charge. For Further information please call Sue & Pete 568041	Ryde Methodist Church, 14 Garfield Road, Ryde, PO33 2PT
2.00pm – 4.00pm	Men Only Walk & Talk – Sundays – Our Walk & Talk group is an opportunity to get out of the house, get some fresh air, chat, and meet new, possibly even interesting people . Book online www.menonlyiow.co.uk	Puckpool Park, Puckpool Hill, PO34 5AR

What's on Northeast IOW: Miscellaneous

When	What	Where
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<p>TBA - When: Weekly telephone calls at a time you choose No experience necessary.</p>	<p>Creative Writing - is a chance for you to start or practise your writing skills and get your ideas and stories written down. A volunteer is matched with every person joining the writing group. The volunteer will call you weekly, the project lasts 8 weeks. The volunteer can help you with your ideas or type out the ideas for you to share with family or friends. The weekly call lasts 30min and you will receive a pack in the post to get your started. You have a chance to share your stories with others later in the programme (if you choose). You don't need experience, just enthusiasm. All welcome</p>	<p>gtm@volunteeringmatters.org.uk Or Call:Freephone 0808 196 6831</p>
<p>Monday - Friday 10am-4pm</p>	<p>Day Centre - A Day centre that promotes sports and a healthy diet to people with disabilities. Oakfield Football Club, Slade road, Ryde. Prices are per half/ full day and vary due to individual needs. For more information please call our office on 865865</p>	<p>Oakfield Football Club, Slade road, Ryde.</p>
<p>Weekly 30min chats</p>	<p>Telephone Pals - If you would like someone to give you a call to have a weekly chat with, we have lovely telephone pals that will do just that. At a time you agree between you both, our telephone pal will ring each week for half an hour. Just give us a good idea of your interests and we will try and match someone for you to get a regular call from. You will be told who will call & when and we are always on hand to speak with you if you cant make the call that day</p>	<p>gtm@volunteeringmatters.org.uk Or Call: Freephone 0808 196 6831</p>
<p>Thursday mornings</p>	<p>Bembridge Wheelers - an informal, social cycling group with members from the Bembridge, St Helens and Seaview areas: most are retired and an increasing proportion of us now have e-bikes. Rides are on Thursday mornings, typically for 15-25 miles, and incorporate an all-important 'coffee-stop' at which we review the merits of maturity and sort out a few national and international problems. Start points are generally at Bembridge and St Helens, but sometimes elsewhere, and routes include roads, cycle paths, tracks and bridleways.</p>	<p>Contact Nigel Hastings: 874261 or hastingsnigel01@gmail.com</p>
<p>Wednesday or Fridays at 1pm every fortnight Thursday at 12pm every fortnight</p>	<p>Breathe and Recover – yoga - 1 hour online via Zoom Group classes (up to 20 people per session). 1 to 12 sessions available per person</p>	<p>To refer yourself or someone to a session please email us on contact@breatheandrecover.com</p>