

WHAT'S ON IN COWES, NORTHWOOD & GURNARD: MONDAY'S

WHEN	WHAT	WHERE
7:30pm (2 nd Monday of the month)	MEDHAM W.I. The WI is a unique organisation shaped by its members to give women a voice and to be a force for good in the community. Visitors very welcome. Contact Valerie Andrew T: 01983 293 489 or Doreen Stevens T: 01983 293 510	Northwood Village Hall 364 Newport Road Northwood PO31 8PL
7pm – 10pm	MONDAY NIGHT IS BINGO NIGHT Tickets are on sale from 7pm. Bingo starts at 8pm. All Welcome. Please call 01983 292238	Isle of Wight Community Club Park Road Cowes PO31 7NP
10am - 11.30am	NATWEST MOBILE BANK	Isle of Wight Community Club Park Road Cowes PO31 7NP
10am – 12noon	'OUR ISLAND HISTORY' A lively and friendly Local History group spends the first half of the session talking about a specific topic of the Isle of Wight's history followed by questions and answers about the Island. You'll be surprised at the diverse range of information that gets discussed. Refreshments available. Call 01983 244180	Beckford Centre 5 Beckford Road Cowes PO31 7SE
2pm - 4pm	ART GROUP The group meets on Mondays and Thursdays to help and encourage each other to use a variety of mediums. The Art group is quite informal – and in the past it has invited external demonstrators if there is enough interest. Of course, the break for a hot drink and a biscuit helps encourage the creative flow. Why not pay us a 'looksee' visit? Everyone is welcome. Please call 01983 244180	Beckford Centre 5 Beckford Road Cowes PO31 7SE
9.30am - 11am	YOGA Please contact Judith Didham 01983 716144 or 07748 977634 judithdidham@btinternet.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR

Always call/email the group/venue before attending to make sure the activity is running as planned. Last updated 22nd March 2023.

Please contact michelle@lweh.org.uk if you have something to add or amend.

10am - 3pm (Monday to Friday)	COWES MEN'S SHED Open to everyone aged 18 and over and not just men. Free parking. Free membership. Call Adam 01983 209734 or email meninshedsCowes@gmail.com	25-26 Somerton Industrial Park Cowes PO31 8PA
11am - 11.30am	RHYME TIME FOR BABIES AND TODDLERS A free weekly half hour session of rhymes, actions and songs which could help your baby and toddler with their language development at the same time, allowing you and your baby to make new friends. There is no need to book, just come along with your baby and have fun. For details contact 01983 293341	Cowes Library Beckford Road Cowes PO31 7SG
10am – 12noon (1st and 3rd Monday of the month)	COWES LIBRARY GAMES CLUB FOR ADULTS For adults to socialise and enjoy playing a variety of board games or cards. If you like to play games such as scrabble, chess, draughts, cribbage or choose from a selection of many more, then come along. If you don't know how to play certain games, then our Supporters or others can show you. If you have any games you wish to donate to the library, then please bring them in. Refreshments are provided. For more information contact 01983 293341.	Cowes Library Beckford Road Cowes PO31 7SG
1:30pm – 3:30pm	ART GROUP Please contact Tony Westmore 01983 295550 tonywestmore1@gmail.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
5pm – 6pm	TAE KWAN-DO Please contact Pete Scotcher 07791 068079 pete@iowtkd.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
7pm – 9pm	COWES ART GROUP Please contact Ian Dawkins (currently fully subscribed)	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
2pm – 4pm	TABLE TENNIS Table Tennis in the Parish Room every Monday afternoon. £2.00 pp. All welcome – whether it's to watch or to play.	St Mary's the Virgin Church Church Road Cowes PO31 8HA

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10:30am – 12noon (3 rd Monday of the month)	VETERANS OUTREACH We will meet, greet and support you to access what you need. We offer welfare, wellbeing and clinical support. Please contact 02392 731 767 / admin@vosuk.org	Wight Military and Heritage Museum Northwood Camp 490 Newport Road Cowes PO31 8QU
2pm – 4pm	WARM WELCOME Every Monday, Wednesday and Friday. Come along for a warm comfortable space, to have a chat, a quiet read, or catch up on emails. Everyone is welcome. Free tea and coffee and other refreshments. Book exchange library. Board games. Free WiFi. Device charging. TV. Parking available. Dog friendly. Please call for more details: 01983 292238	Isle of Wight Community Club Park Road Cowes PO31 7NP
7pm - 9pm	1st NORTHWOOD SCOUT GROUP Scouts. 10½ to 14 years. Jump in and get muddy. Give back and get set. Scouts ignore the butterflies and go for it, and soon so will you. For more information contact Dave Searle, Group Scout Leader 07503 373106 / firstnorthwoodscoutgroup@hotmail.com	Northwood Scout Hut 53 Wyatts Lane Northwood Cowes PO31 8QA
7.30pm (4 th Monday of each month - except August and December)	NORTHWOOD FLORAL ART GROUP Membership is £20.00 per year. Visitors and new members are always welcome. Please contact Sally Martin on 01983 295416	Northwood Village Hall 364 Newport Road Northwood Cowes PO31 8PL
2:30pm – 4pm (1 st Monday of the month)	VOLUNTEER WITH MOUNTBATTEN Are you a Mountbatten volunteer? Have you volunteered with us in the past? Are you interested in becoming a volunteer? Visit our pop-in group to talk about volunteering with Mountbatten. Whether it is about your current role or finding out about new opportunities, you are very welcome.	Cowes Library Beckford Road Cowes PO31 7SG
12noon - 1pm	MONDAY LUNCHTIME PILATES This is an open level class open to non-members of the club too. All you need is a mat and a curiosity about moving and how to do it with more ease For more information contact Caroline Harrison 07808860952 / Info@carolineharrisonpilates.co.uk	Cowes Corinthian Yacht Club 39 Birmingham Road Cowes PO31 7BH

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10am – 12noon	RENEW WELLBEING CAFÉ A safe place where it's OK to not be OK. All welcome. Contact mandy@renewwellbeing.org.uk / 07379 438633	Cowes Baptist Church Victoria Road Cowes PO31 7JJ
8:30pm	QUIZ NIGHT Weekly Quiz Night at the Woodvale. Please call 01983 292037	The Woodvale 1 Princes Esplanade Cowes PO31 8LE
10am – 11am – Improvers / Intermediate 11am – 12noon – Beginners / Improvers	DAWN PILATES Have you ever thought about trying Pilates? There are 2 Mixed Ability Classes. £8.00 pp. Contact Dawn Middleton to reserve your space 07539 544865 / dawn.e.middleton@gmail.com	St Mary's the Virgin Church Church Road Cowes PO31 8HA
10am – 12noon	GARDENING CLUB Do you enjoy Gardening? Come and Join the St Mary's Church Gardening Club for some sociable gardening in the grounds of the Church. Everyone Welcome. Please call 01983 292509 for more information.	St Mary's the Virgin Church Church Road Cowes PO31 8HA

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WHAT'S ON IN COWES, NORTHWOOD & GURNARD: TUESDAY'S

WHEN	WHAT	WHERE
10am - 3pm (Monday to Friday)	COWES MEN'S SHED Open to everyone aged 18 and over and not just men. Free parking. Free membership. Call Adam 01983 209734 or email meninshedscowes@gmail.com	25-26 Somerton Industrial Park Cowes PO31 8PA
1:30pm – 4pm	TEA DANCE In the lounge bar from 1:30pm – 2pm. Strictly Ballroom from 2pm – 4pm (Sequence, Ballroom, Line Dancing etc). Cost £3.00 per person, including tea. Please call 01983 292238.	Isle of Wight Community Club Park Road Cowes PO31 7NP
10am – 12noon	SPINNEY QUILTERS Val Cleary - Currently fully subscribed	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
5.45pm - 7.15pm	YOGA Please contact Elizabeth Bolwell 07817 050893 / elizabethbolwell@gmail.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
7.30pm - 9.30pm	INTERNATIONAL DANCE Please contact Mavis Bownas 01983 291134 / mavis.bownas@hotmail.co.uk	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
9:30am – 11am (term time only)	TUESDAY TODDLERS A friendly and lively group for children and their parents/carers. We have a wealth of toys for free play and have craft activities and song time every week. £2 per family which includes a hot drink and snack for children. Please call Shirley Goldsmith on 01983 246036 or email rtgoldsmith@hotmail.co.uk	Cowes Baptist Church 1 Moorgreen Road Cowes PO31 7LJ

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LIVING WELL
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Pan Together



Charity Number: 1163336

WEST AND CENTRAL LOCALITY



LIVING WELL
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<p>10am - 4pm (Open Tuesdays and Fridays - last entry 3:15pm)</p>	<p>IW CLASSIC BOAT MUSEUM The Classic Boat Museum and Restoration Workshop in West Cowes is open to visitors. It's a great day out for all ages with lots to see and do. Please call 01983 280723.</p>	<p>IW Classic Boat Museum 117a Medina Yard Thetis Road Cowes PO31 7DJ</p>
<p>10:30am – 12noon (1st Tuesday of the month)</p>	<p>COFFEE MORNING Held in the Parish Room. £3.00 pp for Tea, Coffee and Cakes. There will be a Raffle with all proceeds going towards the building's upkeep. All welcome – including dogs. Please call 01983 292509.</p>	<p>St Mary's the Virgin Church Church Road Cowes PO31 8HA</p>
	<p>INFORMAL KNITTING GROUP Please contact 01983 295171 for more information.</p>	<p>Duke of York Pub Mill Hill Road Cowes PO31 7BT</p>
<p>3pm</p>	<p>FRIENDSHIP TEA AFTERNOON Everyone is Welcome to come and Enjoy a cup of tea together, a chance to meet up with old friends and make new ones. Whether you come in on your own, with a friend, or part of a group – everyone is welcome! You might come in the door not knowing anyone but you will leave having had a lovely time and meeting new people. Please call for more details: 01983 243300</p>	<p>The Portland Inn 2 Worsley Road Cowes PO31 8JN</p>
<p>10:30am – 12:30pm</p>	<p>SINGABOUT A social singing activity based on recognised music therapy. to improve memory, breathing, speech, movement and confidence. It's a great opportunity to meet people. Singing has been shown to help manage various long term conditions - dementia, cancer, respiratory and coronary illnesses as well as providing a boost to combat depression/mental illnesses. We include a variety of music: traditional rounds/rhymes, songs from the shows, musical hall favourites, popular music and rock and roll. A voluntary donation is appreciated. No musical background necessary. Carers/family members are welcome. Refreshments provided. For more information call 01983 822437, email info@independentarts.org.uk or visit independentarts.org.uk</p>	<p>Isle of Wight Community Club Park Road Cowes PO31 7NP</p>

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2pm – 4pm	<p>KNITTING AND NATTER Even if you can't knit, just come along and have a natter. Our ladies are lovely and are making some lovely things. Please contact for more information: 7594 401814 / Thepavilion@deckchairdays.co.uk</p>	The Pavilion Gurnard Pines Cockleton Lane Cowes PO31 8QE
8:30am – 11am	<p>BRIDGES Are you struggling in anyway after Covid? Need someone to talk to? Looking for a way forward? Come along for company in a warm friendly space, have a cuppa – a light breakfast is also available. All welcome.</p>	Apex Church St Faiths Road Cowes PO31 7HH

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WHAT'S ON IN COWES, NORTHWOOD & GURNARD: WEDNESDAY'S

WHEN	WHAT	WHERE
7pm – 8:30pm	ALCOHOLICS ANONYMOUS alcoholics-anonymous.org.uk	St Thomas of Canterbury Church 22 Terminus Road Cowes PO31 7TJ
2pm - 4pm (2nd Wednesday of the month)	ALZHEIMER CAFÉ Each month there is an informative presentation relating to dementia, with time to discuss dementia related issues in a relaxed atmosphere - and light refreshments. There is no charge to attend an Alzheimer Cafe, however, donations are welcomed – look out for the orange collection boxes. For further information please leave a message on 01983 220200 or contact via email: info@alzheimercafeiow.org.uk	Football Club 2 Reynolds Close Off Park Road Cowes PO31 7NT
10am - 3pm (Monday to Friday)	COWES MEN'S SHED Open to everyone aged 18 and over and not just men. Free parking. Free membership. Call Adam 01983 209734 or email meninshedsowes@gmail.com	25-26 Somerton Industrial Park Cowes PO31 8PA
From 2pm	BINGO Come along for an afternoon of Bingo from 2pm – tickets are on sale from 1.30pm. Come for a chat and a cup of tea, lunches are available from 12 noon too. New Members are always welcome. Please call 01983 292238.	Isle of Wight Community Club Park Road Cowes PO31 7NP
6:15pm -10pm (2nd and last Wednesday of the month)	GURNARD PARISH COUNCIL Please contact Katie Riley 07305 013718 / gurnardparishcouncil@gmail.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
6.30pm – 9:30pm (3rd Wednesday of the month)	GURNARD BAY W.I. Please contact Judith Westbrook 01983 295690	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR

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2pm – 4pm	WARM WELCOME Every Monday, Wednesday and Friday. Come along for a warm comfortable space, to have a chat, a quiet read, or catch up on emails. Everyone is welcome. Free tea and coffee and other refreshments. Book exchange library. Board games. Free WiFi. Device charging. TV. Parking available. Dog friendly. Please call for more details: 01983 292238	Isle of Wight Community Club Park Road Cowes PO31 7NP
8pm - 10pm	LINE DANCING In the Lounge Bar with Joe Hulse. Cost: £1.00 per person. Please call 01983 292238.	Isle of Wight Community Club Park Road Cowes PO31 7NP
10am – 12noon	ART GROUP Please contact Tony Westmore 01983 295550 / tonywestmore1@gmail.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
7pm - 9pm (1st Wednesday of the month)	PHILO CAFE A monthly event providing thoughtful and lively discussion on chosen topics and an opportunity to talk about the way we and our communities, national and international, deal with the challenges of modern life. Using the form of Socratic Method of careful listening and considered responses the group follows the tradition of a critical philosophy as used by the Society for the Furtherance of Critical Philosophy. No knowledge of academic philosophy is needed as critical philosophy begins with the experience and wisdom of ordinary people. You can just come along, or for more information contact Cowes Library 01983 293341	Cowes Library Beckford Road Cowes PO31 7SG
7:30pm – 9:30pm (1 st Wednesday of the month)	GURNARD COTTAGE GARDEN SOCIETY Please contact Emma Glasbey 01983 293130	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
10am – 12noon (1st Wednesday of the month)	COFFEE MORNING Offering hot or cold drinks and biscuits. No set charge but donations to CHCG would be appreciated. Bring a friend. Bring a board game or a craft project, if you like, or just pop in for a chat and a cuppa. Please call 01983 244180.	Beckford Centre 5 Beckford Road Cowes PO31 7SE

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7pm	TAI CHI CLASSES Beginners are welcome. Please wear loose clothing and flat shoes. £5.00 donation towards the roof fund. Everyone welcome. If you would like to share in the many benefits of this relaxing exercise, please contact Liz Santer to book your place on either 07514 414814 or 01983 614963.	Trinity Theatre The Grove Cowes PO31 7QR
11am – 1pm	DAWN PILATES Have you ever thought about trying Pilates? This is a Mixed Ability Class. £8.00 pp. Contact Dawn Middleton to reserve your space 07539 544865. Level 3 mat Pilates Instructor/Pre and post-natal exercise prescription/Common orthopaedic problems.	Northwood Village Hall 364 Newport Road Northwood Cowes PO31 8PL
7:30pm (1st Wednesday of month)	OPEN MIC NIGHT Come and share your talent with everyone – don't forget to bring an instrument with you. Acoustic Americana / Country / Blues. Everyone welcome. Please call for further details: 01983 292037	The Woodvale 1 Princes Esplanade Cowes PO31 8LE
17:45pm – 18:45pm	DAWN PILATES Have you ever thought about trying Pilates? This is a Mixed Ability Class. £8.00 pp. Contact Dawn Middleton to reserve your space 07539 544865.	St Mary's the Virgin Church Church Road Cowes PO31 8HA

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WHAT'S ON IN COWES, NORTHWOOD & GURNARD: THURSDAY'S

WHEN	WHAT	WHERE
6:30pm (1st Thursday of the month)	TEEN EPILEPSY CAFÉ Please call for more details: 07808 860 952	Richmonds Bath Road Cowes PO31 7QN
2pm - 4:30pm	THE BRIDGE CLUB New members always welcome. Please call for more details: 01983 292238.	Isle of Wight Community Club Park Road Cowes PO31 7NP
6:30pm – 9:30pm	CRIBBAGE New members always welcome. Please call for more details: 01983 292238.	Isle of Wight Community Club Park Road Cowes PO31 7NP
2pm - 4pm and 7pm - 9pm	COWES LIBRARY DRAWING GROUP If you enjoy drawing or would love to learn, using all types of mediums, then this is a popular class, run by artist Bethany Moore. Booking is essential. Contact bethanymooreart@gmail.com	Cowes Library Beckford Road Cowes PO31 7SG
10am - 3pm (Monday to Friday)	COWES MEN'S SHED Open to everyone aged 18 and over and not just men. Free parking. Free membership. Call Adam 01983 209734 or email meninshedsowes@gmail.com	25-26 Somerton Industrial Park Cowes PO31 8PA
10am – 12noon	CURRENT AFFAIRS DISCUSSION Discussion about topics in the news. Please call 01983 244180.	Beckford Centre 5 Beckford Road Cowes PO31 7SE
9.30am – 11am	YOGA Please contact Judith Didham 01983 716144 or 07748 977634 / judithdidham@btinternet.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR

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2pm - 4pm	ART GROUP The group meets to help and encourage each other to use a variety of mediums. The art group is quite informal – and in the past it has invited external demonstrators if there is enough interest. Of course, the break for a hot drink and a biscuit helps encourage the creative flow. Why not pay us a ‘looksee’ visit? Everyone is welcome. Please call 01983 244180.	Beckford Centre 5 Beckford Road Cowes PO31 7SE
12noon – 1pm	KEEP ACTIVE Exercise Group. Please contact Andrew Savage 01983 810932 or 07779 616189 / ajsavage67@yahoo.co.uk	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
2pm – 4pm (4 th Thursday of the month)	CREATIVE WRITING Please contact Chris Lund 07480 521200	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
2pm – 4pm	ART & CRAFT GROUP Do you fancy doing something but not sure what? Why not join the Art & Craft Group being held in the Parish Room of St Mary’s Church? Would you like to learn to crochet, knit, paint, quilt, make cards etc? Help is available to get you started. £2.00 per week. Just drop in for a tea or coffee and a biscuit to find out more, or call 01983 298851. New Members always welcome.	St Mary's the Virgin Church Church Road Cowes PO31 8HA
10am – 12noon (1 st Thursday of the month)	COFFEE, CRAFT AND CAKE You’ll find a warm, friendly welcome at our Coffee, Craft and Cake gathering. Bring your own projects to finish. Share hints, tips and ideas amongst friends. Craft Magazine swap available too. Free entry and refreshments. In association with Northwood Church	Northwood Scout Hut Wyatts Lane Cowes PO31 8QA
10:30am – 12noon	THE DROP IN Come and enjoy coffee and company supported by a team of dedicated Apex members. We invite a variety of speakers ranging from AgeUK, local historians, scam advice, an occasional light hearted quiz to individual’s telling their stories and testimonies. Before we finish there is a 5-minute Bible based thought and prayer for individual and national needs.	APEX church hall St Faith's Church St Faith's Road Cowes PO31 7HH

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5:45pm to 7pm	BEAVERS For more information contact Dave Searle, Group Scout Leader, 07503 373106 firstnorthwoodscoutgroup@hotmail.com	Northwood Scout Hut 53 Wyatts Lane Northwood Cowes PO31 8QA
9:30am – 11:30am (term time only)	M & M'S TODDLER GROUP The M & M's Toddler Group for Under 5's is run by Mary, Margaret & Jackie, who have a background in Fostering and working in Primary Schools. The cost is £2 per family which includes a snack for all children during the morning. Tea/Coffee available for adults. Each child that attends is free to do whatever takes their fancy. It is a very relaxed atmosphere, all we ask is that all children are overseen by their parents, carer or responsible adult. We are also open to any ideas or suggestions for activities to do at the group, and appreciate help to put away the toys and even help wash up. Please call 01983 293557.	Northwood Cricket Club Duckshill Road Cowes PO31 7NN
2pm (1st Thursday each month)	NORTHWOOD WI Come along for a chat and a catch up, a slice of cake and a cup of tea. Speakers, demonstrations and competitions most months. Visitors and new members are always welcome. Please contact the President Chris Burrows 01983 200238 / ceeyaybee@icloud.com	Northwood Village Hall 364 Newport Road Northwood Cowes PO31 8PL
7:30pm – 10:30pm	OPEN MIC NIGHT Whether you're a singer, a musician, a poet or a comedian – everyone is welcome at the Duke of York on a Thursday evening. All levels welcome, guitars will be provided, other instruments are welcome (within reason). Please call for more details: 01983 295171.	The Duke of York Mill Hill Road Cowes PO31 7BT
2pm - 4pm (3rd Thursday of the month)	THE ELEPHANT CLUB The group supports those who struggle with dementia. It's a fun group that involves many different activities but always with a different monthly theme. Quizzes, musical memories, refreshments, alphabet memories and ending with our rendition of Nelly the Elephant. Carers may stay if they wish. Free to attend with refreshments provided. Situated in the garden room behind the church. Please call 01983 294913 or email Amanda at amandacollinson01@gmail.com	All Saints Church Tuttons Hill Gurnard Cowes PO31 8JA

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2pm – 4pm (2 nd Thursday of the month)	COFFEE & CHAT Fancy a cup of tea or coffee and a chat? You'll find a warm, friendly welcome here. An ideal opportunity to meet new friends. Everyone welcome.	Northwood Scout Hut 53 Wyatts Lane Northwood PO31 8QA
1pm – 3pm	SING4HEALTH Singing group, aiming to bring tangible medical benefits to Islanders with long term health issues, including cancer, heart and lung disorders, diabetes, mental health issues and other chronic conditions. Sing4Health will be tapping into the known benefits that singing can bring, relieving stress, boosting mood and contributing to emotional well-being. It can also help improve breathing, boost circulation and even benefit the immune system. The sessions will be held in The Chartroom. £5 per session and £2 for carers. For more information or to reserve your place, please contact Kay Howard 07956 149091.	Gurnard Pines Cockleton Lane Gurnard PO31 8QE
2:30pm (2 nd Thursday of the month)	CREEA - COWES RADAR EX-EMPLOYEES ASSOCIATION A monthly meeting with a speaker and a raffle and teas. New members are always welcome. For membership details, please contact Joy Ash on 01983 298731.	Isle of Wight Community Club Park Road Cowes PO31 7NP
5:45pm	SLIMMING WORLD Do you want help to lose weight? Would you like to lose weight without going hungry and with the support of a caring friendly group? With Slimming World you can. Contact Jacqueline for more information 07858464815.	Cowes Primary School Edinburgh Close Cowes PO31 8HF
10am – 11.30am	COFFEE & CHAT Would you like to chat, over a hot drink? (strictly no politics or religion). Please call for more information Please call 01983 244180	Beckford Centre 5 Beckford Road Cowes PO31 7SE
from 7pm	FREE POOL Free pool all evening with a Pool competition. Open to anyone wishing to enter. £5 entry. 8pm start. All money paid out in prize money. Please contact for more information: 7594 401814 / Thepavilion@deckchairdays.co.uk	The Pavilion Gurnard Pines Cockleton Lane Cowes PO31 8QE

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WHAT'S ON IN COWES, NORTHWOOD & GURNARD: FRIDAY'S

WHEN	WHAT	WHERE
7:30pm – 9:30pm	<p>DEFENCE LAB – LADIES SELF DEFENCE COURSE</p> <p>2 hours of instruction using selected techniques – 30 applications – from their own personalised DNA Street Survival, Muay Thai and Warrior Krav Programs. This course is open to everyone of all levels (Beginners/Experienced) from 13 years+. All equipment will be provided, all you need to bring is comfortable clothing, shoes and a bottle of water to keep you hydrated. £8.00 per person. BOOKING IS ESSENTIAL: Paul Addison - 07854 967268</p>	<p>Northwood Village Hall 364 Newport Road Northwood Cowes PO31 8PL</p>
10:30am – 12noon	<p>APEX DROP-IN</p> <p>The Apex Church welcomes mainly retired or older people for coffee (and often cake). For many who live alone this is a mid-week oasis, where they can find a friendly smile (and a hug) it can be a highlight of their week. They have the opportunity to enjoy good company, listen to one another, celebrate birthdays and laugh a lot. Often there is a Speaker, however they also play games or have a quiz. At the end, they take a few minutes to reflect on the Word of God and finish with prayer. Everyone is Welcome. Please call Jill Groves 01983 221222.</p>	<p>APEX church hall St Faith's Church St Faith's Road Cowes PO31 7HH</p>
10am - 3pm (Monday to Friday)	<p>COWES MEN'S SHED</p> <p>Open to everyone aged 18 and over and not just men. Free parking. Free membership. Call Adam 01983 209734 or email meninshedsCowes@gmail.com</p>	<p>25-26 Somerton Industrial Park Cowes PO31 8PA</p>
9:30am – 11am (term time only)	<p>PARENT & TODDLER GROUP</p> <p>Really friendly group - toys and snacks for little ones and hot tea and adult conversation for parents/carers. Come and say Hi. £2 for first child and 50p for subsequent children.</p>	<p>Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR</p>
6:45pm – 8:15pm	<p>CUBS</p> <p>For more information contact Dave Searle, Group Scout Leader, 07503 373106 firstnorthwoodscoutgroup@hotmail.com</p>	<p>Northwood Scout Hut 53 Wyatts Lane Northwood Cowes PO31 8QA</p>

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12noon – 1:30pm	YOGA Please contact Elizabeth Bolwell 07817 050893 / elizabethbolwell@gmail.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
2pm – 4pm	SOLENT SINGERS Ladies Choir. Please contact Suzanne Longstone 01983 290225 / suzanne.longstone54@gmail.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
7:30pm (1 st Friday of then month)	GURNARD FILM SOCIETY Doors are open from 7pm. Admission: £5.00. Booking in advance is preferred but not necessary. Please contact Janet White 01983 240615 / gurnardfilmsociety@gmail.com	Gurnard Village Hall 54 Worsley Road Cowes PO31 8JR
10am – 11am 11am - 12noon	DAWN PILATES Have you ever thought about trying Pilates? There are 2 Sessions on a Friday morning: From 10am – there is an hour's Mixed Improvers / Intermediate Ability Class. From 11am – there is an hour's Mixed Beginners / Improvers Ability Class. Cost: £8.00 pp. Contact Dawn Middleton to reserve your space 07539 544865.	St Mary's the Virgin Church Church Road Cowes PO31 8HA
From 8pm (alternate weeks)	QUIZ NIGHT OR DARTS COMPETITION Please call for more details: 01983 292349	The Horseshoe Inn 353 Newport Road Northwood Cowes PO31 8PL
10:30am – 12noon (2 nd Friday of the month)	DROP-IN CAFE If you fancy some tea/coffee and cake and a friendly chat, or even whilst browsing books, then please pop in. Board games and colouring materials will be available to those who wish to use them. It's free and all are welcome. Refreshments available courtesy of the Supporters of Cowes Library. Please call for details 01983 293341.	Cowes Library Beckford Road Cowes Isle of Wight PO31 7SG

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Please contact michelle@lweh.org.uk if you have something to add or amend.

<p>2pm – 4pm</p>	<p>WARM WELCOME Every Monday, Wednesday and Friday. Come along for a warm comfortable space, to have a chat, a quiet read, or catch up on emails. Everyone is welcome. Free tea and coffee and other refreshments. Book exchange library. Board games. Free WiFi. Device charging. TV. Parking available. Dog friendly. Please call for more details: 01983 292238</p>	<p>Isle of Wight Community Club Park Road Cowes PO31 7NP</p>
<p>8pm</p>	<p>BINGO All welcome (over 18's). Please contact for more information: 7594 401814 / Thepavilion@deckchairdays.co.uk</p>	<p>The Pavilion Gurnard Pines Cockleton Lane Cowes PO31 8QE</p>
<p>10:30 – 12:30 (1st Friday of every month)</p>	<p>COFFEE MORNING The friends of Northwood Cemetery hold a regular Coffee Morning with a different theme each month. Come and enjoy a coffee and a chat with the locals. Refreshments are free. All are welcome. Enter via the cemetery gates.</p>	<p>Northwood Cemetery Newport Road Cowes PO31 7ER</p>

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WHAT'S ON IN COWES, NORTHWOOD & GURNARD: SATURDAY'S

WHEN	WHAT	WHERE
10.30am – 12noon (1st Saturday of every month)	GAMES CLUB FOR 4 – 12 YEAR OLDS There are a variety of different games available, such as giant Jenga, knock-down dominoes and twister, to different board games for older children such as chess. It's really fun and children can make friends. If you have any games you no longer want, please donate them to the Library. Children can bring their own games to share too. Children must be accompanied by an adult throughout. Please call 01983 293341.	Cowes Library Beckford Road Cowes PO31 7SG
10am – 12noon (last Saturday of every month)	COWES LEGO CLUB Each month children are given a mission to complete, which will then be displayed until the next month. Children must be accompanied by an adult at all times. Please call 01983 293341.	Cowes Library Beckford Road Cowes PO31 7SG
2pm - 4pm (3rd Saturday of the month)	JUNIOR COLOURING CLUB Come and enjoy some colouring in, drawing and being creative with pencils and pens. All materials provided. All children must be accompanied by an adult throughout. Please call 01983 293341.	Cowes Library Beckford Road Cowes PO31 7SG
10am – 12noon (once a month)	COFFEE MORNING Everyone welcome for coffee, tea, cake and bacon rolls. Please call for event dates 01983 295229	Trinity Theatre The Grove Cowes PO31 7QR
10am – 1pm (1 st Saturday of the month)	PRELOVED CLOTHING Monthly clothing sale with Tea, Cake and a Tombola. Clothing donations welcome. Please call 01983 292040 or email info@isleofwight.foodbank.org.uk .	Isle of Wight Foodbank Love Lane Cowes PO31 7ET
10am – 12noon	COFFEE MORNING, GAMES, CRAFTS & CHAT Please call for further details 01983 244180.	Beckford Centre 5 Beckford Road Cowes PO31 7SE

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**LIVING WELL
& EARLY HELP
SERVICE**



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WEST AND CENTRAL LOCALITY



**LIVING WELL
& EARLY HELP
SERVICE**

10am – 10:30am (fortnightly - term time only)	COWES EARLY YEARS MUSIC GROUP Starling Starwriters are here to help all children aged 1 to 4 years to enjoy live children's music, sing along and to explore musical instruments. £5.00 per session. For more information or to sign up, call 07432 739733. Everyone is welcome.	Isle of Wight Community Club Park Road Cowes PO31 7NP
10:45am – 12:15pm (fortnightly - term time only)	COWES SONG CREATION AND MUSIC TECH CLUB Starling Starwriters are here to help all young people aged 10 to 16 years learn how to write original music and to develop style as well as explore equipment. £9.00 per session. For more information or to sign up, call 07432 739733 Everyone is welcome.	Isle of Wight Community Club Park Road Cowes PO31 7NP
7pm	A VARIETY OF ENTERTAINMENT To include Karaoke, Race nights, poker nights and any other suggestions. Please contact for more information: 7594 401814 / Thepavilion@deckchairdays.co.uk	The Pavilion Gurnard Pines Cockleton Lane Cowes PO31 8QE

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WHAT'S ON IN COWES, NORTHWOOD & GURNARD: SUNDAY'S

WHEN	WHAT	WHERE
8pm – 10pm	BALLROOM AND SEQUENCE DANCING In the Lounge Bar. Come and learn something new. Members / Guests and New Members welcome. Please call 01983 292238.	Isle of Wight Community Club Park Road Cowes PO31 7NP
7pm – 9pm (every other Sunday)	FUN QUIZ NIGHT Team tables need to be booked. Please call Mark and Kim Hammond 01983 243300.	The Portland Inn 2 Worsley Road Cowes PO31 8JN
From 1pm	SUNDAY IS FUNDAY Wheel of Fortune – spin it to win it. Unique card bingo. Cash prizes to be won. Please call for more details: 01983 292349	The Horseshoe Inn 353 Newport Road Northwood Cowes PO31 8PL
10am – 12:30pm	FUN INDOOR BOWLS Please call for more details 01983 292238.	Isle of Wight Community Club Park Road Cowes PO31 7NP

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