

SOUTH WIGHT

COMMUNITY ACTIVITIES

What's On Guide





[Interactive map](#)


<https://www.google.com/maps/d/edit?mid=1ADpZmGjU8MufqTBvCHLcNZShKltJXqE&usp=sharing>



WHAT'S ON - SOUTH WIGHT - MONDAY

| WHEN? | WHAT? | WHERE? |
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| 9.00 – 12.00 | <p>Brighstone Men In Sheds Longstone Farm Mottistone We are pleased that finally The Shed, after a year plus of very hard work by members, will officially be up and running at Longstone Farm Strawberry Lane Mottistone. As from Monday 6th March 2023. Men In Sheds are a country wide organisation that offer a place where members can socialise, practice skills, make and mend items and share time with likeminded people. Everyone is welcome either to just visit or become a part of the team. We are involved in community projects and accept Individual requests. Any future project details will be published in the Village Magazine and on notice boards throughout the village. We meet every Monday and Thursday between 09.00 am-12 noon. If you are interested, please phone 07442 085522 at the above times or send an email to brighstonemeninsheds@gmail.com You are assured of a warm welcome. So come and join us</p> | <p>BRIGHSTONE Longstone Farm, Strawberry Lane, Mottistone, IOW. Nearest postcode PO30 4EA</p> |
| 10.00 – 13.00 | <p>The Old School Cafe - Brading Every Monday & Thursday. If you have never visited, it is a great place to meet members of our community. Tea – Coffee – Cakes – Bacon Baps – Wi Fi – Dog Friendly Cafe volunteers are always welcome! Contact: Sue on (01983) 407723</p> | <p>BRADING Brading Youth & Community Centre High Street, Brading, Isle of Wight, PO36 0DH</p> |
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| 10.00 – 14.00 | <p>Ventnor Well-being Cafe Our well-being group meets and provides a safe space for people with anxiety or mental health issues. Every Monday, Tuesday, Wednesday and Friday morning. 10am to 2pm on Monday, Wednesday and from 12.00 on Tuesdays & Friday We are a friendly group of people with anxiety or depression. We meet up to chat and have coffee. Everyone welcome.</p> | <p>VENTNOR Salisbury Gardens, Dudley Road, Ventnor, Isle of Wight, PO38 1EJ</p> |

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| 10.30 – 12.30 | Table Tennis – Wroxall Adult only session. Everything supplied to start, so you won't need to bring anything, just yourselves. Only £3 per person and tea, coffee and biscuits are provided and included. Please wear appropriate footwear for the session or you may be turned away. First session is free. | WROXALL Stenbury Hall, Station Road, Wroxall PO38 3DP |
| 10.30 – 12.00 | Ventnor Community Family Playgroup Starting 16 th Jan Term time – Mondays 10.30 – 12. Have fun, make friends and find information useful to you. For more info contact eloise@ventnortowncouncil.org.uk | VENTNOR Ventnor Family Centre, Albert Street, Ventnor, Isle of Wight, PO38 1EZ |
| 11.00 – 13.00  | Warm Space – Sandown Christ Church Space for the community. Come along from 11am for soup and a roll and somewhere warm to relax and chat. LWEH will be there with information point | SANDOWN Christ Church, Broadway, Sandown, PO36 9ET |
| 11.00 – 13.00 | Age UK – Digital Drop in - Brading Held on the 2nd Monday of the month from 11am to 1pm at Brading Youth & Community Centre. Our Digital Inclusion project is once again offering friendly and informal community based 'IT help' drop in sessions! | BRADING Brading Youth & Community Centre High Street, Brading, Isle of Wight, PO36 0DH |
| 11.00 – 11.45 | Water Exercise Classes – Shanklin Steph Toogood – Water Exercise Specialist Water Exercise Classes Small groups in a warm pool! Call Steph on 07525 662555 or email stephanietoogood@gmail.com for more info | SHANKLIN Ocean View Hotel 5 Park Road, Shanklin PO37 6BB |
| 12.15 – 13.15 | Burlesque Chair Dance – Shanklin GET FIT, LOSE WEIGHT, BUILD CONFIDENCE, HAVE FUN! * For All Ages (16+) * No upper age limit 🥰 * For All Abilities & Fitness Levels * Learn A New Routine Every 4 Weeks * Classes only £5 each * LGBTQ Welcome * Bring A Friend & Your Class Is Free! * Chairs are provided, no need to bring anything but water | SHANKLIN The Chapel, YMCA, Sandown Road, PO37 6HU |


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| | We dance in comfy clothes like leggings and a vest top, with bare feet. Spaces go FAST so please message Coco Monroe to book at m.me/lisa.coco.monroe | |
| 12.30 – 14.00 | <p>#FoodOnTheMove community cafe ‘Lunch club’ - Sandown</p> <p>We had so many LOVELY people we haven’t seen for ages and new faces including new volunteers at The Gaslight Cafe too!</p> <p>Cottage Pie, veg and gravy, or Chilli Con Carne with rice, the veg option and Swiss roll and ice cream ❤️</p> <p>A packed community cafe and lots of laughter.</p> <p>Week commencing 28/11/22 it’ll be twice a week; Monday and Wednesday 12.30-2 pm 🙏🙏🙏 if you know anyone who really needs a helping hand, a hot meal and some company, please let them know.</p> | <p>SANDOWN</p> <p>Gaslight Café. Sandown Rail Station, Station Avenue, Sandown PO36 9BN</p> |
| 10.00 – 12.00 |  <p>C.A.M.E.O (Come And Meet Each Other) - Niton</p> <p>A Friendly Place to meet new People</p> <p>The White Lion, High Street, Niton 2nd Monday of each month 2pm - 3.45pm</p> <p>Everyone is welcome.</p> <p>Living Well Service South</p> <p>01983 240732 reception@lweh.org.uk</p> | <p>NITON</p> <p>The White Lion, High Street, Niton, PO38 2AT</p> |
| 14.00 – 16.00 | <p>Shanklin Men’s Shed</p> <p>Learn things, make things, drink tea.</p> <p>Make friends and share skills and learning</p> | <p>SHANKLIN</p> <p>Winchester House YMCA, Sandown Road, Shanklin, PO37 6HU</p> |
| 14.00 – 16.00 1 st Monday monthly | <p>Sandown Diabetes Support Group</p> <p>We are thrilled to let you know that we will be holding a regular drop-in session in Sandown at the Sandown Library on the first Monday or every month.</p> <p>Drop in for a chat or to pick up some helpful leaflets and find out more about what we offer.</p> <p>The first one takes place on Monday, 6 March at Sandown Library, 119 High St, Sandown PO36 8AF.</p> <p>We are there from 2pm to 4pm - the library will be accessible from the side entrance, so do please come along to chat to our one of our representatives or to find more about getting involved as a volunteer.</p> <p>We look forward to meeting you at this #Sandown #DropInSession</p> | <p>SANDOWN</p> <p>Sandown Library, 119 High Street, PO36 8AF</p> |

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| 14.00 – 16.00 | <p>Monday Group – Shanklin Come along and have fun at The Falcon Cross Hall. For silly and sensible board games, colouring, dominos, cards, bring your own craft project or just come along for company and chat. £2 includes refreshments. For more info contact Shanklin Library 717184</p> | <p>SHANKLIN Falcon Cross Hall, Falcon Cross Road, Shanklin, PO37 7LA</p> |
| 16.30 – 17.30 | <p>Circus Skills Club– Ventnor All ages welcome. £5 per child + £1 per sibling Contact sundrumforest@gmail.com for more info</p> | <p>UPPER VENTNOR St Margaret’s Hall, Lowtherville Road, Ventnor, PO38 1BJ</p> |
| 18.00 – 19.30 | <p>Yoga with Mark Holden Yoga with Mark is suitable for all levels as my style of teaching offers modifications or alternatives for varying abilities. Trained and qualified with the British Wheel of Yoga my 20 years yoga teaching finds me passionate about sharing the benefits of yoga for both physical and mental wellbeing in a way that is both relevant and functional. Join us in this warm and friendly environment to see what this yoga can do for you.</p> <p>Block booking is preferred but drop-ins also welcome £10 per class.</p> <p>Contact Mark Holden Telephone: 01983 855229 / 07972 843764 Email: markholden889@gmail.com</p> | <p>WHITWELL Nettlecombe Farm, Whitwell, Isle of Wight PO38 2AF</p> |
| 19.00 – 19.30 | <p>Legs, bums & tums - Brighstone Starting 9th Jan – Legs, bums & tums fitness class £6 per session or £30 for block of 6 Booking is essential – helloitsmichaelamarie@gmail.com</p> | <p>BRIGHSTONE Wilberforce Hall, North Street, Brighstone, PO30 4AH</p> |
| 19.00 – 22.00 | <p>Badminton – Wroxall For anyone who plays Badminton on the Isle of Wight. League and non-league players. This is a pay to play club.</p> | <p>WROXALL Stenbury Hall, Station Road, Wroxall PO38 3DP</p> |
| 19.30 | <p>Shorwell WI Meets on 2nd Monday in month at 19:30 in Shorwell Village Hall New members welcome. Contact Debbie Lumley 07841045811</p> | <p>SHORWELL Shorwell Parish Hall, Russell Road, Shorwell, PO30 3JT</p> |
| 20.00 – 21.00 | <p>Martial Arts – St Lawrence</p> | <p>ST LAWRENCE St Lawrence Village Hall, Undercliff drive, PO38 1UY</p> |

WHAT'S ON - SOUTH WIGHT - TUESDAY

| WHEN? | WHAT? | WHERE? |
|--------------------------------|--|---|
| 8.30 – 12.00 | Brading Methodist Church Community Café <ul style="list-style-type: none"> - Toddlers and tots play time 8.30 – 10.30 - All welcome for cuppa & chat from 10am - Lunches at 12 on 1st Tuesday each month - Bacon or sausage butties 3rd Tuesday each month | BRADING 5 New Road, Brading, Sandown PO36 0DU |
| 9.30 & 18.30 ----- 13.00 | Pilates & Chair Pilates - Sandown Pilates is great for core strength and mobility. Mat Pilates at 9.30am and 6.30pm Chair Pilates at 1pm Come along for a trial session £5 | SANDOWN Broadway Centre, 1 Broadway, Sandown PO36 9GG |
| 9.30 – | SOSA Dance fitness – St Lawrence SOSA Dance Fitness needs YOU!! The class at the village hall is in need of some new members. Fun & friendly, no need for a partner, learn different styles of dance. If you love Strictly then you'll love this class. We don't take things too seriously, so if you go wrong, it really doesn't matter. So why not come and join us on Tuesday mornings at 9.30am at St Lawrence Village Hall, £6 per class, no need to book. For further info please contact Judith Ewing We look forward to welcoming you! | ST LAWRENCE St Lawrence Village Hall, Undercliff drive, PO38 1UY |
| 9.30 – 10.30 | Yoga with Emma McGillivray (Em's Yoga) Yoga has played a big part in Emma's life since she was a teenager. After attending countless classes, retreats and workshops she decided to take the plunge and has completed the Yoga Alliance accredited Hatha teach training programme. Since she has started teaching, she has developed a unique and truly immersive style. She focuses on making yoga accessible to all, whether you are a complete beginner wanting to learn the foundations or someone with more experience that wants to progress further. Her classes focus on strengthening, toning and stretching the entire body, whilst giving attention to the breath and not forgetting to enjoy relaxation at the end. Contact Emma McGillivray Mobile: 0745 4941115 Email: emmalmcgillivray@gmail.com Website: emsislandyoga.com | WHITWELL Nettlecombe Farm, Whitwell, Isle of Wight PO38 2AF |

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| 10.00 – 12.00 | <p>Age UK Isle of Wight – Digital workshops - Shanklin Gently paced and friendly digital workshops, whether you are a beginner or looking to brush up on your existing skills. Various weekly sessions covering different skills. Find out about our upcoming free digital workshops this January in Shanklin & Cowes! - To book your FREE place call (01983) 301693 or email digital@ageukiw.org.uk today!</p> | <p>SHANKLIN Falcon Cross Hall, Falcon Cross Road, Shanklin PO37 7LA</p> |
| 10.00 – 11.00 & 18.00 – 19.00 | <p>Pilates with Meg – Shanklin Mat work pilates. Beginners to intermediate. £7. Meganlwest@hotmail.co.uk / 07805709493</p> | <p>SHANKLIN Shanklin Performing Arts Centre (Old Library), Victoria Avenue, Shanklin PO37 6PG</p> |
| 10.00 – 12.00 | <p>Badminton – Wroxall This club is often at capacity however if you would like to enquire about space then please phone 01983 855658. For anyone who plays Badminton on the Isle of Wight. League and non-league players. This is a pay to play club.</p> | <p>WROXALL Stenbury Hall, Station Road, Wroxall PO38 3DP</p> |
| 10.00 – 12.00 | <p>Tap Dancing – Arreton Tap Dancing with Pauline & Les 863426</p> | <p>ARRETON Main Road, Arreton, PO30 3AD</p> |
| 10.00 – 12.00 | <p>Gallybagger Warm Hub – Chillerton / Gatcombe Every Tuesday 10 – 12 at The Gallybagger. Open to all Chillerton & Gatcombe residents. Come along for free tea, coffee and biscuits in a warm environment. Card & board games available. Call Nigel on 721382 if you need a lift to get there.</p> | <p>CHILLERTON / GATCOMBE Main Road, Chillerton, PO30 3ER</p> |
| 10.00 – 14.00 | <p>Ventnor Community Shed A communal workplace for everyone aged 18+</p> <p>Ventnor Community Shed is for people interested in arts, crafts woodworking and other activities in Ventnor.</p> <p>Work on your own projects. Membership only £10 per annum. Refreshments Available. Open Tuesday, Friday & Saturday 10am – 2pm.</p> <p>For more information, please visit our Facebook Page Website: ventnorshed.co.uk Email: shed@ventnorcommunityshed.co.uk</p> | <p>VENTNOR Boniface Fields, Leeson Road, Ventnor, PO38 1PW</p> |

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| | Call: 07791 619 378 (During Office Hours) | |
| 10.00 – 11.30 | RNID Hearing Aid Clinic - Ventnor Last Tuesday of every month at The Green Room, Ventnor Town Council Drop in and get your hearing aids retubed, cleaned and obtain new batteries. | VENTNOR Salisbury Gardens, Dudley Road, Ventnor, PO38 1EJ |
| 10.00 – 12.00 | Brighstone & Shorwell Community coffee morning. Weekly quizzes, raffles and occasional entertainment or speakers. All welcome | BRIGHSTONE / SHORWELL Brighstone & Shorwell Methodist Church, Wilberforce Rd, Brighstone, PO30 4BD |
| 10.30 – 12.30  | LWEH Walk and Talk – Sandown Perhaps you want to be more active or want to meet others and make new connections? Come rain or shine, join us every Tuesday for a gentle walk and talk along the seafront and back again. | SANDOWN Meet outside Sandown Pier, Esplanade, Sandown, PO36 8JT |
| 10.30 – 12.30 | RCS Employment Support Service Isle of Wight - Ventnor Reaching Connecting Supporting is an employability service available to anybody who is 18 years or older and is unemployed or economically inactive. Salisbury Gardens, Ventnor 10:30 – 12.30 (First Tuesday of every month) | VENTNOR Salisbury Gardens, Dudley Road, Ventnor, PO38 1EJ |
| 10.30 – 11.30 & 11.45 – 12.45 | Gillian's Fun low impact classes Stretch and strengthen your body for a healthy life Get fit and meet new friends. Drop ins welcome. £6 per class Tel: 07747002823 / email: gillian.cartwright@btconnect.com | WHITWELL Whitwell Village Hall, Whitwell, PO38 2PU |
| 11.00 – 14.00 | Shorwell Warm Space Trial 17th Jan + 31st Jan ~ Those who are finding the cost of living crisis difficult, and are a resident of Shorwell village, or the wider Shorwell parish. ~ Those who would like to share in a warm lunch provided in a warm space. The event is free of charge, however a small voluntary donation can be made on arrival if you wish. The event is organised courtesy of Shorwell WI. Booking. | SHORWELL Shorwell Parish Hall, Russell Road, Shorwell, PO30 3JT |


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| | <p>For this initial trial event, spaces are limited and must be booked in advance with the clerk of the parish council, by 16th Jan. Spaces will be allocated on a first come first served basis.</p> <p>To book, please contact the clerk at the address below.</p> <p>Acceptance will be confirmed until no further spaces are available. Please note, if you do not hear back this means that this event is fully booked. Should there be enough interest further regular events are planned.</p> <p>Clerk's email:clerk@shorwellparishcouncil.org.uk..... Clerk's Phone: 07957945828.....</p> | |
| 12.00 – 16.00 | <p>Ventnor Well-being Cafe Our well-being group meets and provides a safe space for people with anxiety or mental health issues. Every Monday, Tuesday, Wednesday and Friday morning. 10am to 2pm on Monday, Wednesday and from 12.00 on Tuesdays & Friday We are a friendly group of people with anxiety or depression. We meet up to chat and have coffee. Everyone welcome.</p> | <p>VENTNOR Salisbury Gardens, Dudley Road, Ventnor, Isle of Wight, PO38 1EJ</p> |
| 14.00 – 1600 | <p>Chess Club - Shanklin Come along to 50+ and learn to play chess.</p> | <p>SHANKLIN 106, Regent Street, Shanklin PO37 7AP</p> |
| 14.00 – 16.00 | <p>Table Tennis – St Lawrence The Table Tennis Club at St Lawrence Village Hall are looking for new members. So, if you fancy going along, there is currently an offer for people to try the class for free for 3 weeks. Pop along on Tuesday afternoons, 2-4pm, and give it a go!</p> | <p>ST LAWRENCE St Lawrence Village Hall, Undercliff drive, PO38 1UY</p> |
| 14.00 > | <p>Warm Space – Lake Methodist Church From 2pm Offering Music, Games, Bingo, Knitting, Coloring, Tea & Biscuits only £2. October 11th & 25th November 8th & 22nd December 6th & 20th</p> | <p>LAKE Lake Methodist Church, Sandown Road, Lake, PO36 9JS</p> |
| 16.00 – 18.00 | <p>Teas & Toast After School Club – Ventnor The Better Days Cafe in Ventnor (next door to Tesco Express) will be opening their doors between 4pm and 6pm on Tuesdays and Fridays for a Tea and Toast After School Club. On a first come first served basis, there will be 15 spaces per session, open to young people in Year 6, up to and including Year 11.</p> | <p>VENTNOR Better Days Café – Inclusion Hub, 64 High Street, Ventnor PO38 1LT</p> |

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| | <p>What's on offer. Better Days Cafe will be offering a warm safe space, a hot, free bite to eat, and somewhere to either sit and chat, get homework done or simply relax.</p> <p>Book today. To secure a place for your child get in touch with Kirsty Chapman on 07729 733 010 or email on kirstychapman1975@gmail.com. You'll also need to let Kirsty know of any food allergies when you book.</p> <p>Supported by Isle of Wight council as part of the winter 2022/23 program.</p> | |
| 17.00 > | <p>Wellbeing Writing Group – Ventnor Better Days Café presents Ventnor Wellbeing Writing Group. Have fun, meet other people. No writing experience necessary. All free. Donations welcome</p> | <p>VENTNOR Better Days Café – Inclusion Hub, 64 High Street, Ventnor PO38 1LT</p> |
| 18.30 – 19.30 | <p>Yoga with Trish Campbell Trish has been practising yoga for over 40 years and completed her Hatha Yoga teaching diploma with the British school of yoga in 2014. She is extremely passionate about yoga, particularly about the benefits it brings to both physical and mental health and loves to share these benefits with others through her classes. She is a firm believer that yoga is accessible to all regardless of age, body type and ability. Her yoga classes include the physical practice of asanas, breathwork or pranayama, meditation and relaxation.</p> <p>The first class is free and drop-in sessions are £8.</p> <p>Contact Trish Campbell Mobile: 07730 005578 Email: trishcampbell1@hotmail.com Facebook: TrishIOWYoga</p> | <p>WHITWELL Nettlecombe Farm, Whitwell, Isle of Wight PO38 2AF</p> |
| 18.30 – 20.00 | <p>Off Key Community Choir – Shanklin</p> <p>No auditions, just turn up. Only £3 a session. All abilities welcome. Tuesdays from 6.30pm at Shanklin Methodist Church Ring Sue on 07917 764 190 for more information.</p> | <p>SHANKLIN Shanklin Methodist Church 21 Regent Street, Shanklin, Isle of Wight, PO37 7AF</p> |
| 19.00 | <p>Alverstone Art Club Continuing our fun art club every Tuesday evening. £3 – No booking or talent required. Just come and enjoy yourself</p> | <p>ALVERSTONE Main Road, Alverstone, PO36 0EZ</p> |

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| 19.00 – 20.00 | <p>Belly Dancing – Arreton Belly Dancing webbys2000@hotmail.co.uk</p> | <p>ARRETON Main Road, Arreton, PO30 3AD</p> |
| 19.00 – 22.00 | <p>Bingo Evening – Wroxall Bingo Run by Jan and Linda Join us weekly for a fun and informal bingo session.</p> <p>The bar is open and there's fun to be had. Cash prizes also a raffle!</p> <p>Tuesday evenings £1 per game</p> | <p>WROXALL Stenbury Hall, Station Road, Wroxall PO38 3DP</p> |
| 19.15 | <p>Shanklin Pilates Mat based, mixed ability Pilates. All welcome WEDS 10:30 - 11:30am Shanklin Youth & Community Centre Victoria Ave Shanklin PO37 6PG TUES 7:15pm & FRI 10am The Old Library Opposite the above address £7 PAYG £30 x5 classes I can currently accept a limited amount of new class members, due to adding more classes. I also welcome Pre & Post Partum ladies onto my regular classes as I am pre & post natal trained. Please call: 07962423333 Email: deelite-fitness@hotmail.co.uk For more info</p> | <p>SHANKLIN The old library, Victoria Ave Shanklin PO37 6PG</p> |
| 19.30 – 20.30 | <p>Gillian's Fun low impact classes Stretch and strengthen your body for a healthy life Get fit and meet new friends. Drop ins welcome. £6 per class Tel: 07747002823 / email: gillian.cartwright@btconnect.com</p> | <p>SHANKLIN Winchester House YMCA, Sandown Road, Shanklin, PO37 6HU</p> |

WHAT'S ON - SOUTH WIGHT - WEDNESDAY

| WHEN? | WHAT? | WHERE? |
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| 9.00 – 13.00 | <p>Brighstone Crafters Brighstone Crafters Just to let you know that the Brighstone craft group will be meeting in the Scout Hall (just behind the Wilberforce Hall) on the first Wednesday of each month. By popular request we will have a morning session only from 9am to 1pm. This is a social gathering where we hope people will pursue a range of crafts – e.g., sewing, knitting, crochet, embroidery, etc sharing skills and maybe learning new ones from each other. There will be a small charge to cover the cost of the hall but no subscription or membership fee. There are facilities to make hot drinks in the hall and food and beverage outlets just over the road. Any questions, please contact Mary Simons on 01983 740079 or 07729939867</p> | <p>BRIGHSTONE North Street Scout Centre, Brighstone, Newport, PO30 4AX</p> |
| 09.30 – 12.00 | <p>NHS Hearing Aid Maintenance Clinic - Brading Do you wear NHS hearing aids?</p> <p>FREE maintenance clinic at Brading Youth & Community Centre, High Street, Brading.</p> <p>The Brading clinic runs on every second Wednesday of the month. Anyone interested in making an appointment should contact Natasha on 07918 740 936. Email: iow@rnid.org.uk</p> | <p>BRADING Brading Youth & Community Centre High Street, Brading, Isle of Wight, PO36 0DH</p> |

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| <p>9.30 – 10.30</p> | <p>Yoga with Emma McGillivray (Em's Yoga) Yoga has played a big part in Emma’s life since she was a teenager. After attending countless classes, retreats and workshops she decided to take the plunge and has completed the Yoga Alliance accredited Hatha teach training programme. Since she has started teaching, she has developed a unique and truly immersive style. She focuses on making yoga accessible to all, whether you are a complete beginner wanting to learn the foundations or someone with more experience that wants to progress further. Her classes focus on strengthening, toning and stretching the entire body, whilst giving attention to the breath and not forgetting to enjoy relaxation at the end.</p> <p>Contact Emma McGillivray Mobile: 0745 4941115 Email: emmalmcgillivray@gmail.com Website: emsislandyoga.com</p> | <p>WHITWELL Nettlecombe Farm, Whitwell, Isle of Wight PO38 2AF</p> |
| <p>10.00 – 12.00 Fortnightly</p> | <p>“Just Sing” choir - Shanklin. Meet a lovely new group of friends and sing just for the sheer pleasure of it. We meet fortnightly on Wednesday mornings 10 – 12. No auditions – pay as you go - £3 per session. Songs from the West End – Pop through the decades Everyone Is welcome</p> | <p>SHANKLIN St Pauls Church, Regent Street, Shanklin, PO37 7BD</p> |
| <p>10.00 – 11.30</p> | <p>Warm Space – Sandown Methodist Church All are welcome to the warm space. Join us for refreshments and friendly chatter.</p> | <p>SANDOWN Methodist Church, 8 York Rd, Sandown PO36 8ET</p> |
| <p>10.00 – 12.00</p>  | <p>C.A.M.E.O (Come And Meet Each Other) - Chale A Friendly Place to meet new People. The Wight Mouse Inn Church Place, Chale 1st Wednesday of each month 10 am - 12 noon Everyone is welcome. Living Well Service South 01983 240732 reception@lwes.org.uk</p> | <p>CHALE Wight Mouse Inn, Church Place, Chale PO38 2HA</p> |
| <p>10.00 – 14.00</p> | <p>Ventnor Well-being Cafe Our well-being group meets and provides a safe space for people with anxiety or mental health issues. Every Monday, Tuesday, Wednesday and Friday morning.</p> | <p>VENTNOR Salisbury Gardens, Dudley Road, Ventnor, Isle of Wight, PO38 1EJ</p> |

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| | 10am to 2pm on Monday, Wednesday and from 12.00 on Tuesdays & Friday We are a friendly group of people with anxiety or depression. We meet up to chat and have coffee. Everyone welcome. | |
| 10.30 – 11.30 | Gillian's Fun low impact classes Stretch and strengthen your body for a healthy life Get fit and meet new friends. Drop ins welcome. £6 per class Tel: 07747002823 / email: gillian.cartwright@btconnect.com | SHANKLIN Grange Road Hall, Grange Road, Shanklin, PO37 6NN |
| 10.30 – 11.30am | Shanklin Pilates Mat based, mixed ability Pilates. All welcome WEDS 10:30 - 11:30am Shanklin Youth & Community Centre Victoria Ave Shanklin PO37 6PG TUES 7:15pm & FRI 10am The Old Library Opposite the above address £7 PAYG £30 x5 classes I can currently accept a limited amount of new class members, due to adding more classes. I also welcome Pre & Post Partum ladies onto my regular classes as I am pre & post natal trained. Please call: 07962423333 Email: deelite-fitness@hotmail.co.uk For more info | SHANKLIN Shanklin Youth & Community Centre Victoria Ave Shanklin PO37 6PG |
| 11.00 – 13.00 | The Well – Warm welcome space / LWEH Info Point – Shanklin You are welcome to The Well. A safe place for friendship, support and refreshing. Free refreshments and craft activities. Drop in at any point. Regular LWEH info point / meeting. | SHANKLIN Shanklin United Reformed Church, High Street, Shanklin PO37 6LA |
| 11.15 – 14.00 | Craft, cuppa & chat – Rookley Bring your own arts and crafts. Every Wednesday. £3 to include refreshments | ROOKLEY Highwood Lane, Rookley PO38 3NN · |
| 12.00 – 14.00 | St Lawrence – Warm space Feeling the cold? Join us for a warm soup lunch. Wednesday January 18th | ST LAWRENCE St Lawrence Village Hall, Undercliff drive, PO38 1UY |

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| | 12-2pm - by donation Bring a friend! | |
| 12.30 – 14.00 | <p>#FoodOnTheMove community cafe ‘Lunch club’ - Sandown</p> <p>We had so many LOVELY people we haven’t seen for ages and new faces including new volunteers at The Gaslight Cafe too!</p> <p>Cottage Pie veg and gravy, or Chilli Con Carne with rice, the veg option and Swiss roll and ice cream ❤️</p> <p>A packed community cafe and lots of laughter.</p> <p>Week commencing 28/11/22 it’ll be twice a week; Monday and Wednesday 12.30-2 pm 🙏🙏🙏 if you know anyone who really needs a helping hand, a hot meal and some company, please let them know</p> | <p>SANDOWN</p> <p>Gaslight Café. Sandown Rail Station, Station Avenue, Sandown PO36 9BN</p> |
| 13.00 – 16.30 | <p>Sequence Dancing – Arreton</p> <p>Ron & Lyn Sequence dancing Tel 404221</p> | <p>ARRETON</p> <p>Main Road, Arreton, PO30 3AD</p> |
| 14.00 – 16.00 | <p>Sandown Community Café</p> <p>Come along and have a cuppa and a chat and make new friends at The Broadway Centre.</p> <ul style="list-style-type: none"> ❖ Come for a Cup of Tea and a chat in a friendly environment. ❖ A chance to find out more about local supportive services. ❖ A place to meet others. ❖ Hosted by members of your local Social Prescribing Team <p>Contact your GP surgery to speak with a Social Prescriber</p> | <p>SANDOWN</p> <p>Broadway, SANDOWN. Isle of Wight. PO36 9GG</p> |
| 14.00 – 16.00 2 nd & 4 th Wednesdays monthly | <p>Warm Welcome Afternoons – Shanklin</p> <p>A range of activities / these can vary from week to week according to activities that people enjoy. Water colour painting / Card & board games / Crafts / Calligraphy & colouring / knitting & crochet.</p> <p>We’ll have a break at around 3pm for tea and cakes.</p> | <p>SHANKLIN</p> <p>Sacred Heart Church Hall, 7 Atherley Road, Shanklin PO37 7AT ·</p> |
| 14.00 – 16.00 | <p>Wool Craft – St Lawrence</p> <p>In the annexe</p> | <p>ST LAWRENCE</p> <p>St Lawrence Village Hall, Undercliff drive, PO38 1UY</p> |

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| 14.00 – 16.00 | <p>Ventnor Townswomen's Guild Meet at Guild Catherine's Church side Hall. This Wednesday 18th at 2pm-4pm Ellie Cook presenting AMEY Refuge & Recycling. Ladies. Come and join us all for a cup of tea and biscuits. £1.50 and find out what we are up to Every 3rd Wednesday each month</p> | <p>VENTNOR St Catherine's Church, Church Street, Ventnor PO38 1SW</p> |
| 14.00 – 16.00 | <p>Stitch By Stitch - Ventnor We've decided to freshen up our 'knit & natter' group by giving it a bit of a revamp! So, it's got a new name 'Stitch by Stitch' and we invite you to bring whatever needlework projects you're working on and enjoy some good company, a cuppa and get creative! Every Wednesday from 2pm to 4pm at Ventnor Library.</p> | <p>VENTNOR Ventnor Library 142 High Street, Ventnor PO38 1LZ</p> |
| 14.00 – 16.00 | <p>Sandown Alzheimer Café Is held at the from 2pm – 4pm, on the fourth Wednesday of the month (not December). Anna Roberts and Lesley Kirk, Co-ordinators at the Sandown Alzheimer Café are supported by a knowledgeable and friendly team of volunteers (Ruth, Mick, Barry, Jan). Each month an informative presentation relating to dementia is given, there is time to discuss dementia related issues in a relaxed atmosphere, with light refreshments being served. There is no charge to attend an Alzheimer Cafe, however, donations are welcomed – look out for the orange collection boxes.</p> | <p>SANDOWN Broadway Centre, 1 Broadway, Sandown PO36 9GG</p> |
| 14.00 – 15.30 | <p>Craft and Chatter Group – Lake Fortnightly craft and chat group</p> | <p>LAKE Lake Methodist Church & Community Hall, Sandown Road, Lake, PO36 9JT</p> |
| 14.00 | <p>SCRABBLE - Shanklin Come along to 50+ and enjoy a game of scrabble and a drink. Other board games are available.</p> | <p>SHANKLIN 106, Regent Street, Shanklin PO37 7AP</p> |
| 18.00 – 19.00 | <p>Table Tennis – Wroxall This is a children's session for under 18's, but parents/carers are expected to attend, supervise and are welcome to play as well. As it is only an hour session it is £1.50 per person to attend. Please note: This is not a coaching session however we are trialling coaching sessions in another venue should you be interested. Please enquire when you attend.</p> | <p>WROXALL Stenbury Hall, Station Road, Wroxall PO38 3DP</p> |

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| <p>18.00 – 19.30</p> | <p>Yoga with Carol Macartney</p> <p>Carol is a senior Yoga Teacher registered with Yoga Alliance Professionals UK. She is a well-respected and loved teacher amongst the yoga community and has been teaching on the Island for almost thirty years. Many of the Island's teachers have attended her classes, retreats and bespoke teacher training. Her classes are suitable for everyone and offer a unique and transformative experience. She offers a casual and yet professional approach to teaching and is known and loved for her spiritual and yet grounded style.</p> <p>What to expect from Carol's classes...</p> <p>Meditation Pranayama Gentle but deep Asana Celestial music Mantras Your Investment...</p> <p>£48.00 for a four-week course (booking in advance is required) £15.00 for drop in (limited availability, please enquire in advance to avoid disappointment) Carol offers two places on each course on a donation basis only, to assist those on low income Contact Carol Macartney</p> <p>Email: carolmacartneyyoga@gmail.com Mobile: 07901571173</p> | <p>WHITWELL Nettlecombe Farm, Whitwell, Isle of Wight PO38 2AF</p> |
| <p>18.00 – 20.00</p> | <p>Ventnor Sewing Club</p> <p>Join the Ventnor Sewing Club at their fortnightly gatherings in the Exchange! Bring along a project to work on or just come along for a chat with other crafters about an idea. There will be materials and sewing machines available with help. It's free to join and no need to book, just turn up to join this lovely social group – let's get sewcial!</p> <p>Fortnightly on Wednesdays 6pm – 8pm, re-starting after a summer break on 7th September 2022.</p> | <p>VENTNOR Ventnor Exchange, 11 Church Street, Ventnor, PO38 1SW</p> |
| <p>18.00 – 19.15</p> | <p>Ventnor Exchange Community Choir</p> <p>Our choir is a great opportunity to try out all sorts of songs and meet likeminded people</p> <p>Held weekly at the Ventnor Exchange, our new Choir is an informal, fun group open to all ages and abilities who enjoy singing together. Led by one our resident actors Tallulah Smith (ALRA</p> | <p>VENTNOR Ventnor Exchange, 11 Church Street, Ventnor, PO38 1SW</p> |

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| | <p>Graduate) who'll be helping you explore lots of different styles of music as as sharing lots of tips and exercises to help improve your singing.</p> <p>Weekly on Wednesdays 6pm (at Ventnor Park until 14th September weather depending!)</p> <p>Tickets: £5 (Pay on the door)</p> <p>Age: All Ages Duration: 75mins</p> <p>For more information please call (01983) 716767 or just turn up on the day!</p> | |
| 19.00 – 21.00 | <p>Shorwell Table Tennis Club</p> <p>Wednesday evenings.</p> <p>Everyone is welcome, past players and new ones.</p> <p>Tea, coffee & choc biscuits and the social cub is next door for something stronger!</p> | <p>SHORWELL</p> <p>Shorwell Parish Hall, Russell Road, Shorwell , PO30 3JT</p> |
| 19.00 – 21.00 | <p>Table Tennis – Wroxall</p> <p>Adult only session. Everything supplied to start, so you won't need to bring anything, just yourselves. Only £3 per person and tea, coffee and biscuits are provided and included. Please wear appropriate footwear for the session or you may be turned away. First session is free.</p> <p>Due to current lower numbers for the Wednesday night adult session, it is not always open. Please contact ahead of time and we will run the session. £1.50 per hour.</p> | <p>WROXALL</p> <p>Stenbury Hall, Station Road, Wroxall PO38 3DP</p> |


WHAT'S ON - SOUTH WIGHT - THURSDAY

| WHEN? | WHAT? | WHERE? |
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| 9.00-11.00 | NetWORK - Ventnor Need help with job-hunting, your CV, job applications and more? Drop into Ventnor Library on Thursday's 9.00am-11.00am for help and advice, and a cuppa as well. | VENTNOR Ventnor Library, High Street PO38 1LZ Ventnor |
| 9.00 – 12.00 | Brighstone Men In Sheds Longstone Farm Mottistone We are pleased that finally The Shed, after a year plus of very hard work by members, will officially be up and running at Longstone Farm Strawberry Lane Mottistone. As from Monday 6th March 2023. Men In Sheds are a country wide organisation that offer a place where members can socialise, practice skills, make and mend items and share time with likeminded people. Everyone is welcome either to just visit or become a part of the team. We are involved in community projects and also accept Individual requests. Any future project details will be published in the Village Magazine and on notice boards throughout the village. We meet every Monday and Thursday between 09.00 am-12 noon. If you are interested, please phone 07442 085522 at the above times or send an email to brighstonemeninsheds@gmail.com You are assured of a warm welcome. So come and join us | BRIGHSTONE Longstone Farm, Strawberry Lane, Mottistone, IOW. Nearest postcode PO30 4EA |
| 10.00 – 10.40 | Pilates with Meg – Shanklin Chair pilates – reduced mobility £6. Meganlwest@hotmail.co.uk / 07805709493 | SHANKLIN Shanklin Performing Arts Centre (Old Library), Victoria Avenue, Shanklin PO37 6PG |
| 10.00 – 12.00 | Short mat bowls – Wroxall Short mat bowls, the indoor sport in which players attempt to score points by rolling a heavy ball along a flat surface to gain as many shots as possible by getting their bowls nearer to the jack than their opponents, and so outscore them. Contact details for this club are currently unavailable but you are more than welcome to pop along to a session and meet the organisers. | WROXALL Stenbury Hall, Station Road, Wroxall PO38 3DP |
| 10.00 – 13.00 | Brading Chess Club For more information and registration contact Charles: 07886 904 859 Email: chessplay@mail.com | BRADING Brading Youth & Community Centre High Street, Sandown, Isle of Wight, PO36 0DH |
| 10.00 – 13.00 | The Old School Cafe Brading Every Monday & Thursday. If you have never visited, it is a great place to meet members of our community. Tea – Coffee – Cakes – Bacon Baps – Wi Fi – Dog Friendly Cafe volunteers are always welcome! Contact: Sue on (01983) 407723 | BRADING Brading Youth & Community Centre High Street, Sandown, Isle of Wight, PO36 0DH |

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| 10.00 – 12.00 | <p>Brading Art Group Every Thursday between 10.00am and 12.00pm at Brading Town Football Club, Vicarage Lane.</p> <p>Cost is £9 per lesson.</p> <p>Simple step by step instructions. To join either phone or e-mail Paul Hewson. Learn about colour mixing, brush control, perspective, composition and much more.</p> <p>Small friendly group. Please contact Paul Hewson for more information and to book.</p> <p>Contact: Paul Hewson – 01983 525708 Email: paul@paulhewsonart.co.uk</p> | <p>BRADING Brading Football Club Peter Henry Ground, Vicarage Lane, Brading, Sandown, PO36 0AR</p> |
| 10.00 – 12.00 | <p>Thursday morning Club for the Over 40's. - Shanklin 10am TO 12pm Come in and make new friends. Refreshments, quizzes, activities and a gym available for the more energetic</p> | <p>SHANKLIN Shanklin Voluntary Youth and Community Centre Victoria Avenue, Shanklin, PO376PJ</p> |
| 10.00 – 12.00 | <p>Brading Men's Shed Come along and get stuck in but please remember to wear suitable clothing for woodwork and painting etc</p> | <p>BRADING The Mall. Brading. ISLE OF WIGHT. PO36 0DE</p> |
| 10.15 for 10.30 start 2 hours | <p>Lake Health & Wellbeing Walking Group Meet at Lake Green Common bench every Thursday morning, rain or shine. The walk takes around 2 hours and averages 3-4 miles. Further details call Steve - 645604</p> | <p>LAKE Lake Common Road, Lake, PO36 9HP</p> |
| 10.30 – 11.30 | <p>Gillian's Fun low impact classes Stretch and strengthen your body for a healthy life Get fit and meet new friends. Drop ins welcome. £6 per class Tel: 07747002823 / email: gillian.cartwright@btconnect.com</p> | <p>NITON Niton Village Hall, High Street, Niton, PO38 2AT</p> |
| 10.30 – 12.30 | <p>Yoga with Julie Cole Julie is a very well respected and experienced yoga teacher who has been sharing her amazing practices and making significant impact to many people's lives. Her class is a mix of hatha, yin and flow postures with an emphasis on mindfulness throughout. Breathwork and meditation are often included in her practice and her classes are very suitable for beginners as well as the accomplished yogi.</p> | <p>WHITWELL Nettlecombe Farm, Whitwell, Isle of Wight PO38 2AF</p> |

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| | <p>Classes are £8 per week (drop-in) and your first class is offered free of charge as a taster session. Please do contact Julie if you would like to attend so that she can tell you more about her class and check that she has capacity.</p> <p>Contact Julie Cole Mobile: 07857 998393</p> | |
| 10.30 – 12.30 | <p>The Brading Crafty Crew A relaxed get together where you can bring along your own craft project to work on and make new friends! Thursday's – 10:30 am – 12:30pm- Join us at Brading Community & Youth Centre, High Street, PO36 0DH Refreshments Available to Buy from Venue Donations Appreciated Call Vicky on 07986 543 047 if you wish to come along.</p> | <p>BRADING Brading Youth & Community Centre High Street, Sandown, Isle of Wight, PO36 0DH</p> |
| 10.30 – 13.30 Starting 19 th Jan | <p>Ventnor 'Our Place' Every 3rd Thursday of the month A warm space and a hot lunch and information sharing from local organisations</p> | <p>VENTNOR St. Catherine's is in Church Street, Ventnor, PO38 1SN</p> |
| 10.30 – 11.30 | <p>Burlesque Chair Dance - Ventnor GET FIT, LOSE WEIGHT, BUILD CONFIDENCE, HAVE FUN! * For All Ages (16+) * No upper age limit * For All Abilities & Fitness Levels * Learn A New Routine Every 4 Weeks * Classes only £5 each * LGBTQ Welcome * Bring A Friend & Your Class Is Free! * Chairs are provided, no need to bring anything but water We dance in comfy clothes like leggings and a vest top, with bare feet. Spaces go FAST so please message Coco Monroe to book at m.me/lisa.coco.monroe I can't wait to see you in class and get you fit and dancing!! Love, Coco Monroe</p> | <p>VENTNOR Echium Room at Ventnor Botanical Gardens, Undercliff Drive, Ventnor PO38 1UL</p> |
| 10.30 – 12.30 | <p>Lake Townswomen's Guild Our meetings involve a lot of chat, sharing news, a guest speaker, a raffle, various competitions and, of course, tea, coffee and refreshments. We meet on the 2nd Thursday of each month.</p> | <p>LAKE Lake Lions Community Centre New Rd Lake Sandown PO36 9LA</p> |


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| 11.00 | <p>Aquacise classes in Shanklin. The classes are held at Channel View Hotel in Shanklin. The class is 45 minutes long and cost £5 payable direct to the hotel. These classes are open to anyone so you do not need to be a guest of the hotel. If you are looking for a class with a friendly face, good atmosphere and to socialise with new friends please pop along and have a go. Any questions please just ask. Call 862309 to book a space.</p> | <p>SHANKLIN The Channel View Hotel, 24 Hope Road, Shanklin, PO37 6EH</p> |
| 11.30 – 12.30 | <p>Discover your family history - Sandown Discover your family history at Sandown library. Book your free 1-1 session to get started Call 402748 to book</p> | <p>SANDOWN Sandown Library, 119 High Street, PO36 8AF</p> |
|  <p>13.00 – 15.00</p> | <p>LWEH C.A.M.E.O – Caulkheads Sandown Come and meet each other. A community café led by you. Every Thursday A friendly space to grab a drink, have a chat and make new connections. The Caulkheads have some special menus available if you want a bite to eat. All are welcome! Bring a friend or come along and make some new ones.</p> | <p>SANDOWN Caulkheads, Avenue Road, Sandown, PO36 8AY</p> |
| 13.15 – 14.15 | <p>Cuddly Bears for children under 5 and their parents/carers is held during school term times on Thursday afternoons from 1:15pm to 2:15pm. Please call Shirley 740440 for more information</p> | <p>BRIGHSTONE / SHORWELL Brighstone & Shorwell Methodist Church, Wilberforce Rd, Brighstone, PO30 4BD</p> |
| 13.30 – 14.30 | <p>DanceMakers - Sandown Independent Arts' gentle, creative dance programme. It can help to improve balance, coordination, muscle strength, memory and confidence.</p> <p>Wear comfy, loose clothing and soft, flat shoes. Refreshments are provided. Free 6 week trial for new participants. £5 for returning dancers.</p> <p>Suitable for all levels of mobility.</p> <p>Booking Essential – please call 01983 822437 or email info@independentarts.org.uk</p> | <p>SANDOWN Sandown Library, 119 High Street, PO36 8AF</p> |
| 14.00 > | <p>The Bay WI – Formerly Lake WI Join us for fun and friendship. Contact Angela on 07539 193001 or Hazel on 01983 641315 or email thebaywi.secretary@gmail.com We meet on the 3rd Thursday of each month.</p> | <p>LAKE Lake Lions Community Centre New Rd Lake Sandown PO36 9LA</p> |

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| 14.00 > 1 st Thursday monthly | Beetle Drive – Shanklin No need to book. All are welcome. £2.50 per person. £1 optional extra ticket. | SHANKLIN St Saviour-on-the-Cliff. Queen's Road Shanklin, PO37 6AN |
| 14.30 – 16.30 | Chess Club - Sandown Learn and play Chess at Sandown Library. Free lessons for beginners | SANDOWN Sandown Library, 119 High Street, PO36 8AF |
| 14.00 – 16.00 | Winter Warmer Community Café - Godshill <ul style="list-style-type: none"> ❖ Come for a Cup of Tea and a chat in a friendly environment ❖ A chance to find out more about local supportive services ❖ A place to meet others ❖ Hosted by members of your local Social Prescribing Team ❖ Contact your GP surgery to speak with a Social Prescriber | GODSHILL Methodist Church, High Street, Godshill, PO38 3HZ |
| 19.00 – 20.00 | Power Mandala Yoga with Olivia Emily Kate (Liv) Olivia's teaching style is creative, immersive, and led by the breath. Expect to get stronger, more connected to your body and release into deep relaxation at the end of class. Join Olivia's mandala vinyasa flow sequenced around one of the elements according to the Mayan calendar that day. Mandala is a dynamic, fluid moving style of yoga where you turn 360 degrees around the mat. Drop in classes £10 per session, please book online in advance if possible, Please click here to make an online booking Contact Olivia Emily Kate (Liv) Email: yoga@oliviaemilykate.com Website: Oliviaemilykate.com Instagram: @oliviaemilykate | WHITWELL Nettlecombe Farm, Whitwell, Isle of Wight PO38 2AF |
| 19.00 – 22.00 | Badminton – Wroxall For anyone who plays Badminton on the Isle of Wight. League and non-league players. This is a pay to play club. | WROXALL Stenbury Hall, Station Road, Wroxall PO38 3DP |
| 19.30 – 21.30 | Drawing Club - Ventnor Channel your creativity and draw together. Our Drawing Nights are a social gathering bringing together all of those with a love of drawing, spanning all ages and abilities! During these evenings we welcome guest artist Katy Rose, a professional illustrator who has worked for clients including Isle of Wight Festival, RSPCA, and Heineken as well as being an associate artist of our very own Ventnor Fringe Festival. | VENTNOR Ventnor Exchange, 11 Church Street, Ventnor, PO38 1SW |

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| | <p>Katy will be on hand to set you some fun challenges and help offer advice and feedback on how to improve your technique. Each fortnight we have a new theme which we post in advance on our social media pages.</p> <p>The bar is open throughout as normal for drinks and refreshments or for those who would like to watch.</p> <p>Thursdays bi-weekly 7.30pm – 9.30pm. £5 with materials included.</p> <p>Themes coming up... 29th September – Nature</p> | |
| 19.30 – 21.00 | <p>Brading Bell Ringers Ever wonder how the bells ring out? Looking for a new hobby? Want to try something different? Then pop along to one of our practice nights, have a look at what we do and have a go!</p> <p>Practice night every Thursday 7:30pm-9pm</p> <p>EVERYONE WELCOME!</p> | <p>BRADING St Mary's Church High Street, Brading, Sandown, Isle of Wight, PO36 0ED</p> |
| 19.30 – 21.00 Fortnightly | <p>Ventnor Exchange Poetry Collective A new home for spoken word on the Isle of Wight</p> <p>Ventnor Exchange Poetry Collective is a space for writers and performers who want to create, experiment and develop their craft in a supportive environment, under guidance from established and celebrated poets.</p> <p>A collaboration with champion of the Island's poetry scene King Stammers, this is an informal group that meets fortnightly. You don't need any experience to take part, just an interest in poetry and the spoken word, and an eagerness to explore your creativity with others.</p> <p>Throughout the year there will also be opportunities to see performances, attend one off masterclasses and perform.</p> <p>Fortnightly on Thursdays 7.30pm – 9pm, in person at Ventnor Exchange or take part via Zoom!</p> <p>To take part please email hello@ventnorexchange.co.uk</p> | <p>VENTNOR Ventnor Exchange, 11 Church Street, Ventnor, PO38 1SW</p> |

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| 19.30 – 22.00 | The Bay Folk Night Listen/sing along to unamplified music from our enthusiastic performers. New singers/musicians welcome. Contact folknightlake@gmail.com | LAKE The Porter Club, Sandown Road, Lake, PO36 9LE |
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WHAT'S ON - SOUTH WIGHT - FRIDAY

| WHEN? | WHAT? | WHERE? |
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| 9.30 – 13.30 | Keep Active – Arreton KEEP ACTIVE ISLE OF WIGHT GROUP CONTACT: ANDY SAVAGE 810932 | ARRETON Main Road, Arreton, PO30 3AD |
| 10.00 – 12.00  | LWEH C.A.M.E.O - Sandown Come and meet each other. A community café led by you. The Third Friday of every month. A friendly space to grab a cuppa and have a chat, learn something new, maybe play some games or take part in a quiz. All are welcome! Bring a friend or come along and make some new ones. | SANDOWN Sandown Library, 119 High Street, Sandown, PO36 8AF |
| 10.00 – 12.00 | CatURpillars – Shanklin Parent and child activity group 0-4 years £1 per child / £1.50 per family | SHANKLIN Shanklin United Reformed Church, High Street, Shanklin PO37 6LA |

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| | <p>A safe environment where children can learn as they play and to provide an environment where Mums, Dads and carers feel accepted, included and valued</p> <p>For more information, please contact Janet Harley (01983 862485</p> | |
| 10.30 – 11.30am | <p>Shanklin Pilates Mat based, mixed ability Pilates. All welcome WEDS 10:30 - 11:30am Shanklin Youth & Community Centre Victoria Ave Shanklin PO37 6PG TUES 7:15pm & FRI 10am The Old Library Opposite the above address £7 PAYG £30 x5 classes I can currently accept a limited amount of new class members, due to adding more classes. I also welcome Pre & Post Partum ladies onto my regular classes as I am pre & post natal trained. Please call: 07962423333 Email: deelite-fitness@hotmail.co.uk For more info</p> | <p>SHANKLIN Shanklin Youth & Community Centre Victoria Ave Shanklin PO37 6PG</p> |
| 10.00 – 10.45 | <p>Football For Tots – Sandown Ages 2-4 £20 for 5 weeks. LJR Coaching - 07368886639 https://LJRcoaching.class4kids.co.uk/info/20</p> | <p>SANDOWN Methodist Church, 8 York Rd, Sandown PO36 8ET</p> |
| 10.00 – 14.00 | <p>Ventnor Community Shed A communal workplace for everyone aged 18+</p> <p>Ventnor Community Shed is for people interested in arts, crafts woodworking and other activities in Ventnor.</p> <p>Work on your own projects. Membership only £10 per annum. Refreshments Available. Open Tuesday, Friday & Saturday 10am – 2pm.</p> <p>For more information please visit our Facebook Page</p> <p>Website: ventnorshed.co.uk</p> | <p>VENTNOR Boniface Fields, Leeson Road, Ventnor, PO38 1PW</p> |

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| | <p>Email: shed@ventnorcommunityshed.co.uk</p> <p>Call: 07791 619 378 (During Office Hours)</p> | |
| 10.30 – 12.30 | <p>SingAbout Lake SingAbout is a social singing activity based on recognised music therapy, run by Independent Arts on the Isle of Wight. It can help to improve your memory, breathing, speech, movement and confidence.</p> <p>It's great and an opportunity to get out and meet people. Refreshments are provided.</p> <p>Everyone welcome.</p> <p>No musical background is necessary so come along and try it!</p> | <p>LAKE Lake Lions Community Centre, New Road, PO36 9LA.</p> |
| 10.30 – 12.30 | <p>Baby and toddler group – Better Days Café Free to attend. Baby & toddler group. We welcome parents, grandparents, carers & older siblings. Relaxed, friendly environment with refreshments available from the café. Contact PitterpatterLOW on Facebook with any questions</p> | <p>VENTNOR Better Days Café – Inclusion Hub, 64 High Street, Ventnor PO38 1LT</p> |
| 11.00 – 12.15 | <p>Tea and chat for the over 60s - Sandown Join us at Sandown Library on the last Friday of every month to enjoy a cup of tea/coffee and chat with new and old friends</p> | <p>SANDOWN Sandown Library, 119 High Street, PO36 8AF</p> |
| 12.00 – 1.00 | <p>Ventnor Well-being Cafe Our well-being group meets and provides a safe space for people with anxiety or mental health issues. Every Monday, Tuesday, Wednesday and Friday morning. 10am to 2pm on Monday, Wednesday and from 12.00 on Tuesdays & Friday We are a friendly group of people with anxiety or depression. We meet up to chat and have coffee. Everyone welcome.</p> | <p>VENTNOR Salisbury Gardens, Dudley Road, Ventnor, Isle of Wight, PO38 1EJ</p> |
| 14.00 – 15.15 | <p>Parkinsons gentle exercise class – Arreton Parkinsons Gentle Exercise Class - Contact George on 752754</p> | <p>ARRETON Main Road, Arreton, PO30 3AD</p> |
| 14.00 – 16.00 | <p>Table Tennis – St Lawrence The Table Tennis Club at St Lawrence Village Hall are looking for new members. So if you fancy going along, there is currently an offer for people to try the class for free for 3 weeks. Pop along on Tuesday afternoons, 2-4pm, and give it a go!</p> | <p>ST LAWRENCE St Lawrence Village Hall, Undercliff drive, PO38 1UY</p> |

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| 18.00 – 19.00 | Martial Arts – St Lawrence | ST LAWRENCE St Lawrence Village Hall, Undercliff drive, PO38 1UY |
| 18.00 – 20.30 | Christ Church Family Film Night - Sandown Free family film night on 1 st Friday of each month. Bring the family along and enjoy a nice family film. Hot dogs, sweets, popcorn, drinks and ice cream all available. | SANDOWN Christ Church Broadway, Sandown PO36 9ET |
| 19.15 | Newchurch Male Voice Choir NMVC rehearses every Friday at 7.15pm in the Newchurch Parish Hall The choir is also keen for any new members to come and join. The choir's sound is a harmony of first tenors, second tenors, baritone and bass range of voices. To find out more about Newchurch Male Voice Choir, visit its website or contact secretary Sheelah Stephens at 01983 402327, email newchurchmvc@yahoo.co.uk, or drop by on a Friday. | NEWCHURCH Newchurch Parish Hall High Street, Newchurch, PO36 0NJ |

WHAT'S ON - SOUTH WIGHT – SATURDAY & SUNDAY

| WHEN? | WHAT? | WHERE? |
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| 10.00 – 14.00 Saturday | Ventnor Community Shed A communal workplace for everyone aged 18+ Ventnor Community Shed is for people interested in arts, crafts woodworking and other activities in Ventnor. Work on your own projects. Membership only £10 per annum. Refreshments Available. Open Tuesday, Friday & Saturday 10am – 2pm. For more information, please visit our Facebook Page Website: ventnorshed.co.uk Email: shed@ventnorcommunityshed.co.uk | VENTNOR Boniface Fields, Leeson Road, Ventnor, PO38 1PW |

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| | Call: 07791 619 378 (During Office Hours) | |
| 10.00 – 12.00 | <p>Coffee Morning at Whitwell Church</p> <p>There will be the monthly Coffee Morning at Whitwell Church on Saturday 4th March 2023 from 10:00 - 12:00.</p> <p>There will also be a collection of photographs and postcards showing Blackgang Chine- and The Undercliff.</p> <p>*****</p> <p>The next coffee morning will be the 1st April 2023 featuring photographs of Chale and St Lawrence.</p> | <p>WHITWELL</p> <p>St Mary And St Rhadegunds Church Kemming Road, Whitwell PO38 2RA</p> |
| 10.00 Saturday | <p>Yaverland Sea Cafe</p> <p>Social swim sessions Improving lives with vitamin SEA. Saturdays at 10am</p> <p>Yaverland Sea Cafe has been going since 2021 hosted at the Wildheart Animal Sanctuary and attracts up to 40 people per week. It has been funded by The National Lottery and Sport England and supported by Energise Me.</p> <p>Meets also at Lake and Shanklin.</p> | <p>YAVERLAND</p> <p>Sandown Bay, Yaverland Road, SANDOWN , Isle of Wight, PO36 8QB</p> |
| 13.00 – 17.00 Every other Sunday | <p>Games Afternoon</p> <p>Our fortnightly Games Afternoon is the perfect way to while away your Sunday and an opportunity to meet new friends and learn new games.</p> <p>We've got a wide mix of board games, card games, dice and strategy games available to play, and our trusty Games Masters are on hand to help you learn the rules! Groups and individuals are welcome, and everyone is encouraged to take part.</p> <p>We also encourage gamers to bring along their beloved games to share with others if looking for more players!</p> <p>Our bar is open as usual with cocktails, craft beers, fresh coffee and tea and wide range of unusual spirits and soft drinks.</p> <p>There is no need to book, just turn up on the day!</p> <p>Every other Sunday 1pm – 5pm.</p> | <p>VENTNOR</p> <p>Ventnor Exchange, 11 Church Street, Ventnor, PO38 1SW</p> |

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| <p>14.00 – 16.00 Saturday</p> | <p>Ukulele Club - Ventnor Aloha and listen up! The Ukulele Club is back! Now known as the V.U.L.G.A – Ventnor Ukulele Lubbers General Assembly An informal group open to all abilities and ages. No need to book, just turn up! There will be ukulele’s available to play for those just starting out. No experience necessary just have fun and meet likeminded people. Saturdays 2pm – 4pm. FREE</p> | <p>VENTNOR Ventnor Exchange, 11 Church Street, Ventnor, PO38 1SW</p> |
| <p>14.00 – 16.00 - Sunday</p> | <p>Brave Island DJ Drop in - Ventnor Aged 14-18 and want to DJ or produce music? Join our free DJ school! Held fortnightly on Sunday afternoons this a place to learn how to DJ and mix. You don’t need any prior experience and you will learn how to play and mix both digital and vinyl. These workshops will be hosted by Ed Eldridge, Ed is a Music Producer and DJ, he is the Founder and resident DJ at Rough Draft, a club night based in Bristol. The workshops will be hosted at Ventnor Exchange, and we will supply all the equipment to allow you to work on professional DJ and mixing equipment. All levels of experience welcome, this could be the first time you’ve ever DJ’d! Free to take part. Sign up via Brave Island here – ventnorexchange.co.uk</p> | <p>VENTNOR Ventnor Exchange, 11 Church Street, Ventnor, PO38 1SW</p> |
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| <p>19.30 – 21.30 1st Saturday each month</p> | <p>Ventnor Exchange Book Club The Ventnor Exchange Book Club is an informal and social group that meet monthly to review a new novel of the groups choosing. Inspired by the success of the Ventnor Fringe Book Bus this is an informal, sociable group for those with a love of reading. Discuss and debate a set book for each meeting over a cup of tea, craft beer or even a cocktail! The Book Club meet on the first Saturday of the month. The Book of the month is The So Long And Thanks For All The Fish by Douglas Adams First Saturday of the month 7.30pm – 9.30pm</p> | <p>VENTNOR Ventnor Exchange, 11 Church Street, Ventnor, PO38 1SW</p> |



WHAT'S ON – GROUPS OF INTEREST FROM OTHER AREAS

| WHEN? | WHAT? | WHERE? |
|---|---|---|
| 11.00 – 13.00 2 nd Friday of each month | Alzheimer's Society Dementia Support Service - RYDE One to one opportunity to speak to a Dementia Support Worker If you are waiting for or had a diagnosis, whether 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 |
| 15.00 – 16.00 Wednesdays | Dementia group - Music Therapy - NEWPORT Sing, dance or play a range of different musical instruments. no previous musical skills are needed. An opportunity for fun, relaxation, meeting others and being creative. Ask your GP, Mountbatten Nurse or healthcare professional to be referred to this service. | Group Therapy Room, John Cheverton Centre, Halberry Lane, Newport, PO30 2ER |
| 09.00 – 16.30 (Monday-Friday - excluding bank holidays) | The Carers Lounge - NEWPORT Located at the entrance to Appley & Colwell Ward, this service is open to all adult carers of adults regardless of their funding issues. Carers will be able to talk in confidence about any issues they are facing and want support with. For more information contact (01983) 822099 ext 2568 | St Mary's Hospital Parkhurst Road Newport PO30 5TG |
| 09.00 – 16.30 (Monday-Friday - excluding bank holidays) | The Carers Lounge Sevenacres - NEWPORT (Space within the separate mental health unit) To contact the Sevenacres Carers Lounge call 01983 822099 and ask for ext. 2401 or email carerslounge@carersiw.org.uk | St Mary's Hospital Parkhurst Road Newport PO30 5TG |
| 17.00 – 22.00 | Safe Haven - NEWPORT Our Safe Haven service provides a safe space for people experiencing a mental health crisis. Support from staff can be accessed by telephone, email or face to face during evenings, weekends and bank holidays. 01983 520168 / safehaven@twosaints.org.uk | Two Saints Ltd Safe Haven 7 High Street Newport PO30 1SS |
| New timetable published every week. | WOW! Women On The Wight - NEWPORT Various groups. If you would like to receive the newsletter via email, with all the information you need, please email hellowow@wightdash.co.uk or call for further information 01983 300423 | Isle of Wight Women's Centre 4/5 Saint James' Street Newport PO30 5HE |

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| All week | Inclusion – NEWPORT Various groups on offer throughout the week. Visit the website for the weekly timetable or call 526654 https://www.inclusioniow.org/timetables/ | Inclusion 102 Carisbrooke Road Newport PO30 1DB |
| All week | Sight For Wight – NEWPORT Various groups on offer throughout the week. Visit the website for the weekly timetable or call 522205. https://www.iwsb.org.uk/ | Sight for Wight Millbrooke House 137 Carisbrooke Road Newport PO30 1DD |

