

WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: MONDAY'S

WHEN	WHAT	WHERE
9am – 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE 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
9am - 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE SEVENACRES (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	Sevenacres St Mary's Hospital Parkhurst Road Newport PO30 5TG
7.30pm – 9.15pm (from the beginning of September until the end of June - excluding half-term holidays)	IOW CANTATA CHOIR One of the largest and most established choral groups on the island, performing great works of classical music since 1956. There are 2 concerts per year, with an additional full Christmas concert in alternate years. info@iowcantatachoir.co.uk	Main Assembly Hall The Island VI Form College Orchard Street Entrance Newport PO30 1JZ
10:30am - 12noon (every other Monday)	TEA AND CHAT (FOR THE OVER 60S) If you're over 60, interested in meeting new people, having a cup of tea and a good old chat, come down to us. See noticeboard in Library for next dates or call 01983 823823	Lord Louis Library 44 Orchard Street Newport PO30 1LL
10.30am - 11.30am (2 nd Monday of the month)	HOME ED LEGO CLUB For home educated children for age 5+. Children must be accompanied by an adult. See noticeboard in Library for next dates or call 01983 823823	Lord Louis Library 44 Orchard Street Newport PO30 1LL
2pm - 4pm (2 nd Monday of each month)	CARISBROOKE W.I. Please contact: Claire Rice – Secretary (01983) 524372 or email ricec_iow@hotmail.com	Carisbrooke Church Hall High Street Carisbrooke PO30 1NR

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.



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11am - 12:30pm (every week day)	CREATIVE THERAPIES GROUP Open to Mountbatten patients, carers and the general public. Main Reception: 01983 529511	Art Room, John Cheverton Centre Halberry Lane Newport PO30 2ER
11am – 12noon	RECOVERY AND WOMEN Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	Inclusion 102 Carisbrooke Road Newport PO30 1DB
11am – 12noon	CREATIVE WRITING Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	Inclusion 102 Carisbrooke Road Newport PO30 1DB
2pm – 3pm	ALCOHOL AWARENESS Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	Inclusion 102 Carisbrooke Road Newport PO30 1DB
5pm - 10pm	SAFE HAVEN 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
1pm – 2pm	ALCOHOLICS ANONYMOUS Meeting is accessed from the South Street entrance next to ATS Tyres. ALL meetings, unless otherwise stated, are 'Closed' meetings and restricted to alcoholics and those who have a desire to stop drinking. Helpline: 02392580776 (24 hours)	Newport Common Solutions Group Congregational Church 91 Pyle Street Newport PO30 1UH
10.30am – 12noon 1.30pm – 3pm	CREATIVE CAFÉ **Booking is essential** Please call Independent Arts on 01983 822437	Independent Arts' Creative Hub 48-49 High Street Newport PO30 1SE

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10.30 - 12noon	DANCESENSE DanceSense is a gentle dance programme specifically for people living with neurological conditions that have affected their movement (such as Parkinson's or those who are recovering from a Stroke). It gives participants the opportunity to develop confidence and express themselves creatively in a supportive environment. Monday mornings are full of fun and laughter. Please pre-book by calling 01983 822437 or email info@independentarts.org.uk	The Camphill Club Camp Hill Centre Quarry Road PO30 5ZA
1:30pm – 2:30pm	MEDINA SWIMMING - SIGHT FOR WIGHT Exclusive use of the Medina Swimming Pool for our visually impaired members. Male and female volunteers provide sighted guide support to and from the changing rooms and poolside. There are lifeguards in attendance throughout. Transport may be available. Please register with Sight for Wight before you join the swimmers at the pool 01983 522205 / members@iwsb.org.uk / iwsb.org.uk	1Leisure Medina Fairlee Road Newport PO32 2EW
New timetable published every week.	WOW – ISLE OF WIGHT WOMEN'S CENTRE We are currently publishing a new timetable every week. If you would like to receive our email newsletters, please email hellowow@wightdash.co.uk or call WOW! 01983 300423	Isle of Wight Women's Centre 4/5 St James' Street Newport PO30 5HE
1pm - 3pm	ART WITH ANGELA Learn drawing skills, have fun trying out a range of techniques - lino cutting, fabric dyeing, watercolours and more. £50 for 6 weeks. Materials provided. To Book your preferred date please email angela.hewitt@btclick.com or call 01983 296110	Naturezones Birchmore Lane Blackwater PO30 3BP
10am - 11am	MOTOMED EXERCISE GROUP These sessions are maintenance exercise sessions for the arms and/or legs on the MOTOMed exercise bike. The session will be supervised by Physiotherapy assistants. If you would like to benefit from these sessions, speak to your Mountbatten Nurse or health professional.	The Gym John Cheverton Centre Halberry Lane Newport PO30 2ER
2pm - 3pm	QUIET HOUR @ ASDA A quieter hour every Monday to Thursday - reducing the noise levels in store by switching off the Asda Radio and reducing tannoy announcements to emergencies only. 01983 640246	ASDA St Georges Way Newport PO30 2QH

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New timetable published every week.	WOW – ISLE OF WIGHT WOMEN'S CENTRE 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
7:30pm – 11pm (In the café)	ACOUSTIC ORIGINALS & OPEN MIC Acoustic Originals is a bi-monthly night featuring the best of local talent playing their own material acoustically, coupled with an open mic night. Free to attend. Run by Chris Quinton – if you're interested in playing get in touch at www.facebook.com/QforQuayArts	Quay Arts Café Sea Street Newport PO30 5BD
7:30pm – 10:30pm (2nd Monday of the month in the café)	JAZZ JAM Jazz Jam is a FREE monthly showcase of the best local talents hosted by the world class Jim Thorn Trio. Please call for more details: 01983 822490	Quay Arts Café Sea Street Newport PO30 5BD
7pm – 9pm (1 st Monday of the month in the Green Room)	WIGHT LINES Come along to a night of poetry, written, read and performed by other local poets. No need to book ahead, just turn up and join in! Free to attend. Please call for more details: 01983 822490	Quay Arts Café Sea Street Newport PO30 5BD
4:30pm - 6:30pm	DUNGEONS AND DRAGONS - SHORT BREAKS 13-19 YEARS A wonderful opportunity to learn/play Dungeons and Dragons role playing game in a small, friendly group. The group has 2 peer supporters who are very experienced in D&D, and will have no more than 6 young people. Open to any young person aged 13-19 who is eligible as part of the Short Breaks program (have a disability and/or additional needs and may require support to participate in leisure and recreational activities). You do not need to already have a Short Breaks membership. You can apply after trying out our group. The session will cost £4.50 per person. 07498500607 / support@aimisleofwight.co.uk .	The Riverside Centre The Quay Newport PO30 2QR
9.30am - 11am (term time only)	CHATTERBOX (CARERS AND TODDLERS) For under-fives and their carers. Snacks and drinks are provided for a modest fee. Disabled toilets and nappy changing facilities are available. For further information phone 07811668142 or pop in on a Monday morning.	St John's Community Hall Drake Road Newport PO30 1LN

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6pm - 8pm (by appointment)	SPACE 4U A safe haven for young people aged 11-17 or up to age 18 with additional needs. A safe, calm, confidential space. Access to emotional and practical support for anyone struggling with mental health or wellbeing. 1-2-1 support, mindfulness activities, help with finding ways to cope. Weekly sessions by appointment only. Call to book: 07741 665 182 / enquiries@nolimitshelp.org.uk	East Newport Family Centre Furrlongs Newport PO30 2AX
9.30am - 12.30pm = £19.50 12.30pm - 3.30pm = £19.50 9.30am - 3.30pm = £39.00	WAY FORWARD ACTIVITY CENTRE (18+) Activities for 18+ who have a learning/physical disability, on the autistic spectrum or suffering from mental health conditions. Cooking, Photography, IT, Arts & Crafts, Music & Acting Therapy, Health & Wellbeing activities, Dance & Drama, Sports, Education Courses, Project Work, Choir, Beauty, Film & Animation and more. Contact 01983 523000 / wayforwardprogramme.org.uk	The Way Forward Programme 25 Daish Way Dodnor Industrial Estate Newport PO30 5XJ
10am – 12.30pm	ACTIVE LIVING - HEALTHY COOKING / SOCIAL TIME WITH QUIZZES & GAMES Active Living is an Activities and Training Centre for people with a disability. Each am/pm session costs £17.50 or a full day is £35. For some sessions, such as cooking or baking, there is a small additional cost for ingredients. Active Living Direct line: 01983 539371 / activeliving-iw.co.uk	Riverside Centre The Quay Newport PO30 2QR
7pm – 9.30pm	WIGHT UKERS Isle of Wight ukulele group - new members and guests from the big island are very welcome. If you'd like to join, please email wightukers@yahoo.com and you can be added to the mailing list.	Castle Inn 91 High Street Newport PO30 1BQ
12.30pm – 3pm	ACTIVE LIVING - SOCIAL TIME - QUIZZES, GAMES & PERSONAL ART PROJECTS Active Living is an Activities and Training Centre for people with a disability. Each am/pm session costs £17.50 or a full day is £35. For some sessions, such as cooking or baking, there is a small additional cost for ingredients. Active Living Direct line: 01983 539371 / activeliving-iw.co.uk	Riverside Centre The Quay Newport PO30 2QR
11am – 12:30pm (last Monday of the month)	SKIN CANCER SUPPORT GROUP Join the support group for a chat over a cup of tea or coffee. Being with others and having their support really helps. Call June or Mary 01983 761610	The Lighthouse Clinic 62 Crocker Street Newport PO30 5DA.

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New timetable published every month	ODDFELLOWS - ISLE OF WIGHT DISTRICT A local Branch of one of the UK's largest friendly societies, which has a 200-year-plus tradition of creating opportunities for people to meet up and make friends, as well as supporting its members in times of need. A not-for-profit, mutual society, run by members, for members. Hosting regular inexpensive social events as well as one-off special activities. Standard membership is £25 a year or £35 with additional benefits. Please call or email for further details: 01983 523115 / maretta.heap@oddfellows.co.uk	Unity Hall 20 St Thomas' Square Newport PO30 1SG
7pm	QUIZ NIGHT Every Monday night. £2 entry fee per person. A different charity benefits every week. The winners of the quiz will receive half the money pot and a £20 voucher, 2nd place will receive a £10 voucher and 3rd place will receive a free entry to the next quiz they attend. Please call for more details: 01983 433105.	Correo Lounge 99 High Street Newport PO30 1BQ
2pm - 4.30pm	SHORT MAT BOWLS Short Mat Bowls group run by Gunville Community Association. You are welcome to come along and join in the fun.	Gunville Methodist Church Hall 197 Gunville Road Newport PO30 5LS

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WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: TUESDAY'S

WHEN	WHAT	WHERE
10am to 11.30am (term time only)	THE ARK PARENT & TODDLERS GROUP It's a chance for parents and carers with toddlers to meet together, play with the toys, enjoy a drink (squash, tea or coffee) and biscuit together. We also have visits from the library staff who lead us in "Rhyme-Time". Pop in and join in the fun – you'll be very welcome! More information - facebook.com/TheArkGunville .	Gunville Medodist Church 197 Gunville Road Newport PO30 5LS
4:30pm - 6pm	AIM (AUTISM INCLUSION MATTERS) FAMILY SUPPORT GROUP 4-11 For children aged 4-11 years who are autistic. This includes those waiting for or actively seeking an assessment. support@aimisleofwight.co.uk	The Riverside Centre The Quay Newport PO30 2QR
10am to 11am 6pm to 7pm (for those who have completed the eight-week programme)	CIRCUIT EXERCISE GROUP Eight-week programme. This group is a session, to work in the gym with others, on your balance, strength and general fitness/stamina at whatever level you are at. The session will be supervised by the Physiotherapy team. If you would like to benefit from these sessions, speak to your Mountbatten Nurse or health professional. Main Reception: 01983 529511	The Gym John Cheverton Centre Halberry Lane Newport PO30 2ER
9am – 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE 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
9:30am - 11:30am (term time only)	QUAYTOTS A friendly parent/guardian and toddler group run by the church. Children from 0 to school age are welcome to come along with their carers. Healthy snacks are provided for the children and hot drinks for the adults. A charge of £1.50 per family is made to help towards the running cost. Newportiomethodist@gmail.com	Newport Methodist Church Quay Street Newport Isle of Wight PO30 5BA

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9am - 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE SEVENACRES (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	Sevenacres St Mary's Hospital Parkhurst Road Newport PO30 5TG
3pm to 4pm	LYMPHOCISE EXERCISE GROUP Eight-week programme. This group is a session to work in the gym with others with Lymphoedema, to work on your balance, strength and general fitness/stamina - at whatever level you are at. It will include an opportunity to learn about ways in which you can self-manage your condition. The session will be supervised by the Physiotherapy and Lymphoedema team. If you would like to benefit from these sessions, speak to your Mountbatten Nurse or health professional. Main Reception: 01983 529511	The Gym John Cheverton Centre Halberry Lane Newport PO30 2ER
7:15pm	ALCOHOLICS ANONYMOUS Meeting is accessed from the South Street entrance next to ATS Tyres. ALL meetings, unless otherwise stated, are 'Closed' and restricted to alcoholics and those who have a desire to stop drinking. Helpline: 02392580776 (24 hours)	The Unitarian Hall 9 High Street Newport PO30 2SS
3:30pm - 4:30pm (1 st and 3 rd Tuesday of the month)	LEGO CLUB A free LEGO club for children aged 5+. There's no need to book, so just turn up. All LEGO gratefully received. See noticeboard in Library for next dates or call 01983 823823	Lord Louis Library 44 Orchard Street Newport PO30 1LL
10.30am - 12noon (2 nd and 4 th Tuesdays of the month)	ACE7 ALZHEIMER CAFÉ ACE7 is a small group at present and we welcome new members who have early-onset dementia aged between 45-65 years. One of the sessions each month is given to an informal discussion on a dementia related theme and the other session is an activity. There is always time to discuss any 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. For further information please leave a message on 01983 220200 or contact by email: info@alzheimercafeiw.org.uk	Carers IW Riverside Centre The Quay Newport PO30 2QR

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10am – 12.30pm (1 st Tuesday of the month)	MONTHLY DEMENTIA CARERS FORUM Opportunities to meet other carers, talk about ways of coping, learn new skills, presentations about various topics. Places must be booked in advance. Contact 01983 533173 or info@carersiw.org.uk	Carers IW Riverside Centre The Quay Newport PO30 2QR
10.30am - 11.30am	DUPLO GROUP For children under 5. See noticeboard in Library for information or call 01983 823823	Lord Louis Library 44 Orchard Street Newport PO30 1LL
10.30am - 12.30pm (3 rd Tuesday of the month)	MONTHLY JOB DROP-IN SESSIONS AT LORD LOUIS LIBRARY Would you like to retrain, work or become self-employed? *To be eligible for this programme you must not be earning and must be unemployed. If you are interested or would like to refer an individual for support, please call 01794 522106 or email bbo.rcs@gmail.com	Lord Louis Library 44 Orchard Street Newport PO30 1LL
2pm - 4pm (2 nd Tuesday of the month)	WIGHTFIBRO SOCIAL MEET UP Fibromates - Isle of Wight Fibromyalgia/CFS Social & Support Group. We meet on a monthly basis to share our problems, swap ideas, coping techniques, self-management and update on research, events and different methods of pain relief/therapy from experts. Event location to be advertised on our Facebook page or call 0844 891 8725 or email iwfmsgfibrogroup@gmail.com	Event location to be advertised on Facebook page
10:30am - 3:30pm	GIFT AND CRAFT FAIR Every Tuesday and Friday. Treat yourself or a loved one to a gift that you won't find on any high street. 01983 821961	Newport Parish Centre Town Lane Newport Isle of Wight PO30 1JU
10am – 12.30pm	ACTIVE LIVING - DRAMA AND SINGING Active Living is an Activities and Training Centre for people with a disability. Each am/pm session costs £17.50 or a full day is £35. For some sessions, such as cooking or baking, there is a small additional cost for ingredients. Active Living Direct line: 01983 539371 / activeliving-iw.co.uk	Riverside Centre The Quay Newport PO30 2QR

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10:30am – 11:30am	12 STEPS Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	Inclusion 102 Carisbrooke Road Newport PO30 1DB
5pm - 10pm	SAFE HAVEN 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
2pm - 3pm	QUIET HOUR @ ASDA A quieter hour every Monday to Thursday - reducing the noise levels in store by switching off the Asda Radio and reducing tannoy announcements to emergencies only. 01983 640246	ASDA St Georges Way Newport PO30 2QH
2pm – 3pm	SUBSTANCE AWARENESS Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	Inclusion 102 Carisbrooke Road Newport PO30 1DB
New timetable published every week.	WOW! WOMEN ON THE WIGHT New timetable published every week. 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
1pm – 3.30pm (3 rd Tuesday of the month)	TAKE A BREAK FOR CARERS Monthly Take a Break session for carers. Time out for carers caring for those with dementia to enjoy a craft session, tea and cake. Booking essential. 01983 533173 / info@carersiw.org.uk	Carers IW Riverside Centre The Quay Newport PO30 2QR
Open from 7:30pm (Tuesday to Sunday)	CAMP HILL COMMUNITY SPORTS CLUB (CHCSC) A member's club, but also open to non-members offering - Lawn Bowls, Pool, Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week from Tuesday to Sunday from 7:30pm. Please call 01983 722796 or email info@chcsc.uk for more details.	Camp Hill Community Sports Club (CHCSC) Quarry View Newport PO30 5ZA

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12.30pm – 3pm	ACTIVE LIVING - BAKING Activities and Training Centre for people with a disability. Each am/pm session costs £17.50 or a full day is £35. For some sessions, there is a small additional cost. Active Living Direct line: 01983 539371 / activeliving-iw.co.uk	Riverside Centre The Quay Newport PO30 2QR
9:45am - 11:30am (term time only)	LITTLE RASCALS - TODDLER GROUP A special place for parents/guardians with young children to meet and chat with others in similar situations. We encourage you to relax, have fun, enjoy the toys and craft activity with your little one. We hope we can support you and add some variety to your week. Babies to 5-year-olds welcome accompanied by an adult. £1 per child. Under 1's free.	St. Paul's Christian Centre School Lane Newport PO30 2HS
10am - 10.40am 11am - 11.40am	SOCIAL TOTS – 8 MONTHS – 2.5 YEARS Exploring early movement and loving social interaction. Call Sandra on 07595 440071	The Pavilion Recreation Ground Road Newport PO30 5AH
12noon -2pm	HOME-START DROP & SWAP Pop in and Drop off any clothing your children no longer need, and swap for some items new to you. All items are free, clean and in very good condition. Clothing of any condition is welcomed as any items not suitable for our Drop & Swap will be put into our clothing bank for re-cycling as this raises funds for us. Contact 01983 533357. There is no parking at Exchange House.	Home Start Exchange House St Cross Lane Newport PO30 5BZ (behind Lidl)
2 nd Tuesday of the month	LUNCH CLUB - SIGHT FOR WIGHT We meet at various locations about the Island and enjoy a nice meal with good company. The group is open to all visually impaired people who like to lunch out. Members pay for their own meals. Please contact 01983 522205 / members@iwsb.org.uk / iwsb.org.uk	Various locations around the island.
10am – 1pm	FRIENDSHIP CAFÉ Serving hot and cold drinks and a variety of homemade cakes and a selection of snacks at affordable prices. Come along and have a chat with friends old and new. For more information, please contact: rodney.bean@salvationarmy.org.uk Phone: 01983 526312.	Salvation Army Pyle Street Newport PO30 1UJ

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New timetable published every month	ODDFELLOWS - ISLE OF WIGHT DISTRICT A local Branch of one of the UK's largest friendly societies, which has a 200-year-plus tradition of creating opportunities for people to meet up and make friends, as well as supporting its members in times of need. A not-for-profit, mutual society, run by members, for members. Hosting regular inexpensive social events as well as one-off special activities. Standard membership is £25 a year or £35 with additional benefits. Please call or email for further details: 01983 523115 / maretta.heap@oddfellows.co.uk	Unity Hall 20 St Thomas' Square Newport PO30 1SG
12noon - 12.40pm	DISCOVERY TOTS – 8 WEEKS TO CRAWLING For babies who love to learn using their whole body and all their senses. Call Sandra on 07595 440071	The Pavilion Recreation Ground Road Newport PO30 5AH
10am – 1pm (2 nd Tuesday of the month)	LEARN TO SEW Beginners welcome. For more information, please contact: rodney.bean@salvationarmy.org.uk Phone: 01983 526312.	Salvation Army Pyle Street Newport PO30 1UJ
9.30am - 12.30pm = £19.50 12.30pm - 3.30pm = £19.50 9.30am - 3.30pm = £39.00	WAY FORWARD ACTIVITY CENTRE (18+) Activities for 18+ who have a learning/physical disability, on the autistic spectrum, suffering from mental health conditions. Cooking, Photography, IT, Arts & Crafts, Music & Acting Therapy, Health & Wellbeing, Dance & Drama, Sports, Education Courses, Project Work, Choir, Beauty, Film & Animation and more. Please contact 01983 523000 / wayforwardprogramme.org.uk	The Way Forward Programme 25 Daish Way Dodnor Industrial Estate Newport PO30 5XJ
10am – 12noon	NATURE NIPPERS Discover the world of little creatures in a natural environment. Activities exploring nature for pre-school age children with parent/carer. The majority of activities will be outdoors. Please dress for the weather. When weather is truly awful we will use the indoor Pavilion. £5 for parent/carer + 1 child. Up to 2 more children £1 per child. Hot chocolate (juice when hot) and fruit is included. Booking essential. naturezones.org.uk	Naturezones Birchmore Lane Blackwater PO30 3BP

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Various times	<p>EN-CORE DANCE AND PILATES Providing fun, challenging and inclusive dance and Pilates classes. Various classes run throughout the day. Please contact for more information: sally@en-core.co.uk / 07907356777 / en-core.co.uk</p>	St Mary's Church Hall Carisbrooke High Street Newport PO30 1NN
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WHEN	WHAT	WHERE
9.45am - 10.30am	ACTION TOTS – 2-4 YEARS Building the skills for a lifetime of action. Call Sandra on 07595 440071	The Pavilion Recreation Ground Road Newport PO30 5AH
11am - 11.40am	SOCIAL TOTS – 8 MONTHS – 2.5 YEARS Exploring early movement and loving social interaction. Call Sandra on 07595 440071	The Pavilion Recreation Ground Road Newport PO30 5AH
12noon - 12.40pm	DISCOVERY TOTS – 8 WEEKS TO CRAWLING For babies who love to learn using their whole body and all their senses. Call Sandra on 07595 440071	The Pavilion Recreation Ground Road Newport PO30 5AH
9am - 3pm	IT DROP IN Free drop-in sessions in the IT room for people wanting to brush up their skills and/or get help with their CV and/or are thinking about returning to work after a break. No booking is required and if you're interested, just pop along. T: 01983 248170 / enquiries@pantogogether.org.uk	Pan Together Downside Community Centre Furrlongs Newport PO30 2AX
2pm - 5pm	MENTAL HEALTH DROP-IN FOR YOUNG ISLANDERS AGED 13+, PARENTS AND CARERS For more information, please call 01983 529 569 or email info@iowyouthtrust.co.uk	The Youth Trust The Hub 114 Pyle Street Newport PO30 1XA
1.30pm – 2.30pm One Wednesday per month. (see website for details)	ANXIETY INFORMATION SESSIONS – ONLINE OR AT THE HUB For parents and carers of 8-18 year olds. Please see the website for further information: iowyouthtrust.co.uk	The Youth Trust The Hub 114 Pyle Street Newport PO30 1XA

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2pm - 4pm (term time only)	LOVE TO SING We sing unaccompanied, creating amazing harmonies – songs from UK/Worldwide. NO auditions, NO NEED to read music. £5 per session. Call Sandy Kealty 01983 822689.	1st Newport Scouts Woodbine Close Newport PO30 1AN
6pm - 7.45pm	MOUNTBATTEN COMMUNITY CHOIR All welcome. No experience needed. No need to read music. If you are interested in joining, please feel free to just turn up one Wednesday to try it out. Alternatively for more information contact Fraser on 07834 322316 or email Fraser Simpson. fraser.simpson@mountbatten.org.uk	John Cheverton Centre Halberry Lane Newport PO30 2ER
12noon – 1pm	SINGING FOR BREATHING Singing for breathing is an opportunity for people living with respiratory conditions to socialise with each other. For more information, or to book a place on the programme, please call Independent Arts on 01983 822437.	Independent Arts' Creative Hub 48-49 High Street Newport PO30 1SE
11am – 12noon	BREATHE EASY Held weekly for eight weeks. Learn techniques for managing your breathing and everyday life, so you can do more of the things that are important to you. You will also be taken through some gentle exercise and relaxation. Please ask your Mountbatten Nurse/healthcare professional to refer you. 01983 529511	Therapy Room John Cheverton Centre Halberry Lane Newport PO30 2ER
3pm - 4pm	DEMENTIA GROUP - MUSIC THERAPY Sing, dance or play a range of different musical instruments. No previous musical skills needed. An opportunity for fun, relaxation, meeting others and being creative. Ask your GP, or person supporting your care at Mountbatten, if you'd like to access this service. Main Reception: 01983 529511	Group Therapy Room John Cheverton Centre Halberry Lane Newport PO30 2ER
10am-1pm	FRIENDSHIP CAFÉ Please contact: rodney.bean@salvationarmy.org.uk Phone: 01983 526312	Salvation Army Pyle Street Newport PO30 1UJ
4pm - 6pm (term time only)	JUNIOR YOUTH CLUB For ages 8 to 13. Please contact: rodney.bean@salvationarmy.org.uk Phone: 01983 526312	Salvation Army Pyle Street Newport PO30 1UJ

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12noon - 4pm (3 rd Wednesday of the month)	VETERANS OUTREACH SUPPORT In a bid to improve and extend its services, VOS recently launched a Drop-In for Veterans at the Riverside Centre. A grant from the Armed Forces Covenant Fund has enabled it to set up a monthly Drop In for veterans; a friendly and informal environment where personnel from all services including the Merchant Navy and their immediate families can get on-the-spot general welfare, wellbeing and mental health support.	Community Action Isle of Wight Riverside The Quay Newport PO30 2QR
10am - 1pm	GARDENING FOR HEALTH AND HAPPINESS PROJECT Improve your mental health and support your community. This project is currently running on a Wednesday and Friday. To volunteer, come along for a chat with Paula or Tony and we can show you more about what is involved. For more information and to book a space, call 01983 717967 or email ctriow@gmail.com .	Church on the Roundabout Coppins Bridge Newport PO30 2BX
2pm – 4pm	SINGABOUT NEWPORT A social singing activity based on recognised music therapy. It can help to improve your memory, breathing, speech, movement and confidence. It's a great opportunity to get out and meet people. Refreshments are provided. Everyone welcome. Please call 01983 822437 for more information.	Independent Arts' Creative Hub 48-49 High Street Newport PO30 1SE
9am – 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE 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
10am – 11am	RELAXATION GROUP Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	Inclusion 102 Carisbrooke Road Newport PO30 1DB
1pm	CIRCLE OF FRIENDS LUNCH Please contact: rodney.bean@salvationarmy.org.uk Phone: 01983 526312	Salvation Army Pyle Street Newport PO30 1UJ

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10am - 2pm (1 st Wednesday of the month)	MONTHLY SELF CARE CAFE We run 1 session per month. Offering a mix of self-care activities from mindfulness, tea tasting, craft activities to journaling and a shared light lunch. Would you like to join us for a fun session looking at self-care? Learn some new skills, make your own face pack, learn how to apply your make up, take care of yourself, look at essential oils and how you may benefit from them. Booking is essential. Please call 01983 533173 or email info@carersiw.org.uk	Carers IW Riverside Centre The Quay Newport PO30 2QR
9am - 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE SEVENACRES (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	Sevenacres St Mary's Hospital Parkhurst Road Newport PO30 5TG
6pm – 8pm	CARERS IW MONTHLY MALE CARERS SOCIAL PUB NIGHT If you are a male carer, you are welcome to join us, we meet socially on the second Wednesday of the month in the early evening. We decide as a group where we go and what we do. If you want more information or details of the next venue please ring Dave on (01983) 533173 or email info@carersiw.org.uk	Carers IW Riverside Centre The Quay Newport PO30 2QR
5.45pm - 6.45pm	ALI'S GYM & EXERCISE CLASSES Exercise classes available at £5 per session. Call to book: 07964 617 872	Hunnyhill Room Riverside Centre The Quay Newport PO30 2QR
5pm - 10pm	SAFE HAVEN 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
2pm - 3pm	QUIET HOUR @ ASDA A quieter hour every Monday to Thursday - reducing the noise levels in store by switching off the Asda Radio and reducing tannoy announcements to emergencies only. 01983 640246	ASDA St Georges Way Newport PO30 2QH

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10am – 11.30am 2pm – 3.30pm (1 st Wednesday of the month)	HAMPSHIRE & IOW WHEELCHAIR SERVICE VIRTUAL COFFEE MORNINGS / AFTERNOONS A chance to meet and chat with the Cheo (who is a carer). Get help with being signposted on to other services if needed. Bring a cup of tea/coffee (maybe a slice of cake too). Meet new people. Everyone is welcome – service users, carers and relatives. For the meeting link to join and to let us know you will be attending please email: hants.iow.wcs@millbrookhealthcare.co.uk	Hampshire & IOW Wheelchair Service - Virtual Event
10am - 11.30am	LOW VISION DROP-IN SESSION This coincides with the coffee morning and allows you to view and try the Low Vision equipment we have at the Society without the need for an appointment. If this time is not suitable for you, please call to make an appointment: Please contact 01983 522205 / members@iwsb.org.uk / iwsb.org.uk	Sight for Wight Millbrooke House 137 Carisbrooke Road Newport PO30 1DD
10.30am - 12noon (1 st Wednesday of the month)	MACULAR SOCIETY - ISLE OF WIGHT SUPPORT GROUP A support group for anyone with Macular Degeneration. The Macular Society is the national charity for anyone affected by central vision loss. 01264 560 259 / info@macularsociety.org .	Sight for Wight Millbrooke House 137 Carisbrooke Road Newport PO30 1DD
Open from 7:30pm (Tuesday to Sunday)	CAMP HILL COMMUNITY SPORTS CLUB (CHCSC) A member's club, but also open to non-members offering - Lawn Bowls, Pool, Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week from Tuesday to Sunday from 7:30pm. Please call 01983 722796 or email info@chcsc.uk for more details.	Camp Hill Community Sports Club (CHCSC) Quarry View Newport PO30 5ZA
10am - 11.30am	COFFEE & CHAT Coffee morning All are welcome. Please call for further information: 01983 526847	Wayfarers Fellowship Evangelical Church Castle Street Carisbrooke PO30 1NS
New timetable published every week.	WOW! WOMEN ON THE WIGHT New timetable published every week. 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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10am - 11.30am Coffee Bar. 12noon Freshly cooked lunch - cost £4.	LUNCH CLUB For members of our community who are looking for friendship and companionship. If you would like to join us we would be very pleased to welcome you. Call Flora on 01983 652452 for a chat and more information.	St John's Community Hall Drake Road Newport PO30 1LN
2pm (2 nd Wednesday of the month)	SIGHT FOR WIGHT AUDIO BOOK GROUP The Sight for Wight Audio Book Group meets from for about an hour. Books are available on CD or USB stick. We discuss the previous month's book over a cup of tea or coffee, before handing out the book for the next month. There is no charge for this group for visually impaired Members. No transport is available for this group; however, sighted guide assistance is available between the library and the adjacent bus station if requested in advance. Please contact 01983 522205 / members@iwsb.org.uk / iwsb.org.uk	Sight for Wight Millbrooke House 137 Carisbrooke Road Newport PO30 1DD
10am – 11.30am	WEDNESDAY COFFEE & CHAT – SIGHT FOR WIGHT All are welcome to join us for a cup of tea/coffee and cake. The cost is £1 and the group is open to all, not just Members. On the first Wednesday of each month, we are joined by the Macular Society for their monthly meet up. On the second Wednesday of each month, we are inviting people to bring along a friend/relative/neighbour to enjoy coffee and cake with us. On the third Wednesday of each month, we will be joined by Laura Gooljar, the local ECLO (Eye Clinic Liaison Officer) from St Mary's (starting in August). On the fourth Wednesday of each month, we will have a trustee/member of staff on hand to answer questions about the charity. Please contact 01983 522205 / members@iwsb.org.uk / iwsb.org.uk	Sight for Wight Millbrooke House 137 Carisbrooke Road Newport PO30 1DD
10am - 12.30pm	PARSON'S PANTRY Come and enjoy coffee, tea and cake. All welcome. For more details, please email carisbrookestmarys@gmail.com or call 07919096838.	St Mary's Church Hall Carisbrooke High Street Newport PO30 1NN
7pm (term time only)	PLATFORM ONE PRESENTS... £2 admission - cash only Please call 01983 537378 or email isleofwightvenues@gmail.com www.stringsbarandvenue.com	Strings Bar & Venue 9 Bowling Green Lane Newport PO30 1RR

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10am – 11:15am (term time only)	FAMILY PLAY SESSIONS 0 – 4 YEARS A range of activities, toys and equipment that are: safe, clean and suitable for all children 0-4. A play space that has been fully safety checked. The opportunity to play with your children, chat with other parents and carers in a relaxed and friendly environment. No booking needed but parent and carers are expected to follow Covid 19 procedures. Please call 01983 537390.	West Newport Family Centre Wellington Road Newport PO30 5QT
9.30am - 12.30pm = £19.50 12.30pm - 3.30pm = £19.50 9.30am - 3.30pm = £39.00	WAY FORWARD ACTIVITY CENTRE (18+) Activities for 18+ who have a learning or physical disability, on the autistic spectrum, suffering from mental health conditions. Cooking, Photography, IT, Arts & Crafts, Music & Acting Therapy, Health & Wellbeing activities, Music Sessions, Dance & Drama, Sports, Education Courses, Project Work, Choir, Beauty, Film & Animation, Learning New Hobbies and more. Please contact 01983 523000 / wayforwardprogramme.org.uk	The Way Forward Programme 25 Daish Way Dodnor Industrial Estate Newport PO30 5XJ
7.30pm (bi-monthly)	NEWPORT & CARISBROOKE ROYAL BRITISH LEGION Membership is open to everyone. If you have an interest in the objectives of the Legion and want to help and support for those who have served and their families, come and join us. We welcome men and women of all ages, whether they have served in the Armed Forces or not. 0808 8028080 / info@britishlegion.org.uk / rbliwcounty@outlook.com	Newport Conservative Club 40 Pyle Street Newport PO30 1XB
10:30am – 12:30am (3 rd Wednesday of the month?)	IOW FRIENDSHIP GROUP The friendships group is for the person with the diagnosis of dementia and their family, friends or carers. There are a number of activities to take part in, or just come along for a chat. This is a friendly and welcoming group who also like to go out and about throughout the year. Please call Caroline 07483 137 538 or email HIP@alzheimers.org.uk.	Community Action Isle of Wight The Riverside Centre The Quay Newport PO30 2QR
12:30pm – 1:45pm (term time only)	BABY PLAY SESSIONS 0 – 12 months A range of activities, toys and equipment that are: safe, clean and suitable for all children 0-4. A play space that has been fully safety checked. The opportunity to play with your children, chat with other parents and carers in a relaxed and friendly environment. No booking needed but parent and carers are expected to follow Covid 19 procedures. Please call 01983 537390.	West Newport Family Centre Wellington Road Newport PO30 5QT

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4pm - 6pm (9-11 yr). 5:50pm - 7:30pm (12+ yr)	NEWPORT YOUTH CAFE A drop-in cafe for young people on Wednesdays and Fridays. Hot and cold drinks and snacks available. A Pool table, superfast Wi-Fi and plenty of time to simply hang out. Numbers are limited. Please book: pete@revivenewport.org	Revive Newport/The Living Room 82-83 High Street Newport PO30 1BH
10.30am - 12noon (2 nd Wednesday of the month)	HEAD AND NECK CANCER SUPPORT GROUP Let fellow cancer sufferers offer you a helping HAND (Head and Neck Disease). Please come and see us for an informal chat over a cup of tea/coffee. Our gatherings are not medical, just conversations and sharing experiences with those in the same situation. The group support adults/carers/patients/relatives/men and women affected by Head and Neck cancer. Please contact: 01983 761610 / j.ring154@btinternet.com	Riverside Centre The Quay Newport PO30 2QR
6pm – 8pm (last 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	Newport Methodist Church Quay Street Newport PO30 5BA
New timetable published every month	ODDFELLOWS - ISLE OF WIGHT DISTRICT A local Branch of one of the UK's largest friendly societies, which has a 200-year-plus tradition of creating opportunities for people to meet up and make friends, as well as supporting its members in times of need. A not-for-profit, mutual society, run by members, for members. Hosting regular inexpensive social events as well as one-off special activities. Standard membership is £25 a year or £35 with additional benefits. Please call or email for further details: 01983 523115 / maretta.heap@oddfellows.co.uk	Unity Hall 20 St Thomas' Square Newport PO30 1SG
2pm – 4pm	NELLY'S PLACE Nelly's is a group for those who enjoy tea, cake and a good old chinwag. There are often special events such as sharing a meal together. Don't stay at home on your own, come along and make some new friends. Please contact Martin Cooper for more information: 01983 529697.	Gunville Methodist Church Hall 197 Gunville Road Newport PO30 5LS

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WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: THURSDAY'S

WHEN	WHAT	WHERE
6.30pm - 9pm (2 nd Thursday of the month)	BINGO NIGHTS Held in the community café. Entrance is 50p. £4.50 per bingo book. Everyone is welcome. Please contact for further details: 01983 248170 / enquiries@pantogether.org.uk	Pan Together Downside Community Centre Furrlongs Newport PO30 2AX
10am – 12noon	KNIT AND NATTER Knit and natter is a knitting group held in our light and bright garden room. Bring your latest project and share your skills with like-minded people. Make new friends while making knitted and crochet creations to benefit local projects. Open to all, free. Main Reception: 01983 529511	Garden Room John Cheverton Centre Halberry Lane Newport PO30 2ER
10.30am - 12noon	SLOW MINDFUL YOGA WITH SANDY A gentle class suitable for all abilities. Please contact for further details: sandy.hector@gmail.com / 07779 424 018 / www.embraceyourworld.co.uk	1st Newport Scouts Woodbine Close Newport PO30 1AN
2pm - 3:30pm (12-week programme)	ART THERAPY Please ask your Mountbatten Nurse or health professional to refer you to this group. Main Reception: 01983 529511	Art Room John Cheverton Centre Halberry Lane Newport PO30 2ER
10.30am – 12noon (2 nd and 4 th Thursday of the month)	DIGITAL ASSISTANCE Volunteers from Age UK IW will be at the library to help with smartphone and tablets. Drop-in service. Don't forget to bring your device.	Lord Louis Library 44 Orchard Street Newport PO30 1LL
9am - 12noon	ART GROUP An untutored group. Places are limited. The group is currently full, but if you would like to go on a waiting list, please ask a member of staff or call 01983 823823.	Lord Louis Library 44 Orchard Street Newport PO30 1LL

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11am – 12noon	CIRCUIT EXERCISE GROUP Eight-week programme. This group is a session to work in the gym with others on your balance, strength and general fitness/stamina at whatever level you are at. The session will be supervised by the Physiotherapy team. If you would like to benefit from these sessions, speak to your Mountbatten Nurse or health professional. Main Reception: 01983 529511	The Gym John Cheverton Centre Halberry Lane Newport PO30 2ER
9:30am - 11:30am (term time only)	PARENT AND TODDLERS Please contact for further details: rodney.bean@salvationarmy.org.uk / 01983 526312	Salvation Army Pyle Street Newport PO30 1UJ
2pm – 3:30pm	ACT (Acceptance and Commitment Therapy) Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	Inclusion 102 Carisbrooke Road Newport PO30 1DB
4pm - 5pm	CHILDREN'S BEREAVEMENT GROUP A support group for children under the age of 18 who have experienced loss through death, wherever or however that death may have taken place. To find out more about this group, and to access it, please contact our Psychology and Bereavement Service by phoning (01983) 217346.	Art Room John Cheverton Centre Halberry Lane Newport PO30 2ER
2pm - 4pm (3 rd Thursday of the month)	THE MOTOR NEURONE DISEASE (MND) SUPPORT GROUP For people living with MND and their carers. This group provides an opportunity to meet other people living with the disease, to share experiences and ideas. The group is facilitated by the Motor Neurone Disease Association. Main Reception: 01983 529511	Multifunction Room John Cheverton Centre Halberry Lane Newport PO30 2ER
10:45am - 11:45am	CARERS IW WEEKLY CARERS GYM Join Ali for a gym session or exercise class. Ali has a small friendly gym (next door to our Centre) and offers that extra support and guidance. Great for people who just find the larger gyms intimidating. We have a specific free gym session for carers with Ali each week. Ali is also able to offer massage treatments for an additional cost. Free session for carers only – booking essential. Please call 01983 533173 for details	Carers IW Riverside Centre The Quay Newport PO30 2QR

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9am – 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE 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
9am - 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE SEVENACRES (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	Sevenacres St Mary's Hospital Parkhurst Road Newport PO30 5TG
1pm – 3:30pm	WEEKLY CARERS & CARED FOR DROP IN / WARM SPACE Every Thursday we run a session for both carers and the people they care for, we offer a fun session of laughter, care and peer support with tea, coffee and biscuits at the Carers Centre. Booking essential. 01983 533173 or info@carersiw.org.uk	Carers IW Riverside Centre The Quay Newport PO30 2QR
10.30am – 2pm	MIX & MINGLE SOCIAL GROUP – SIGHT FOR WIGHT VI Members meet every week at Millbrooke House to socialise. Coffee and tea are provided but please bring a packed lunch to enjoy. In the afternoon the group welcomes volunteers who come in to read from various books about local history, general fiction or, a more popular choice, comedy. Please contact 01983 522205 / members@iwsb.org.uk / iwsb.org.uk	Sight for Wight Millbrooke House 137 Carisbrooke Road Newport PO30 1DD
From 7:30pm (last Thursday of the month)	THE MONTHLY PUB QUIZ 01983 716710 / hello@snacksandladders.co.uk / snacksandladders.co.uk	Snacks and Ladders (board game café) 66 St James Street Newport PO30 1LQ
5pm - 10pm	SAFE HAVEN 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

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10am - 12pm (1 st Thursday of the month) 2pm - 4pm (3 rd Thursday of the month)	KNIT & NATTER Knit and natter is a regular knitting group and there are two free sessions every month. Bring along your latest project. Tea, coffee and natter provided. Please ask at the counter or telephone for further details 01983 823823.	Lord Louis Library 44 Orchard Street Newport PO30 1LL
5:15pm (1 st Thursday of the month)	READING GROUPS The Library reading group meets once a month. Please ask at the counter or telephone for further details 01983 823823.	Lord Louis Library 44 Orchard Street Newport PO30 1LL
New timetable published every week.	WOW! WOMEN ON THE WIGHT New timetable published every week. 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
6pm - 7pm (1 st Thursday of the month)	THE WIGHT BRAINY BUNCH - SUPPORT GROUP The group is open to anyone who has been affected by a brain tumour, whether you are a patient, a family member, a friend or a carer. All are welcome. We aim to provide a confidential and supportive environment where patients, family members and carers can come along for an informal chat, advice from a qualified counsellor, share their own experiences or simply to have a cup of coffee and take time out. 07850 255 984 / info@thewightbrainybunch.org.uk	Wessex Cancer Trust Support Centre 21 Lugley Street Newport PO30 5HD
7.30pm (2 nd Thursday of the month - except August)	VECTIS QUILTERS We are a lively and thriving group who love to make quilts, cushion covers, bags and wall hangings using patchwork and quilting techniques. vectisquiltersiow.co.uk	Newport Parish Church Centre Town Lane Newport PO30 1JU
9.30am - 12.30pm = £19.50 12.30pm - 3.30pm = £19.50 9.30am - 3.30pm = £39.00	WAY FORWARD ACTIVITY CENTRE (18+) Activities for 18+ who have a learning or physical disability, on the autistic spectrum, suffering from mental health conditions. Cooking, Photography, IT, Arts & Crafts, Music & Acting Therapy, Health & Wellbeing activities, Music Sessions, Dance & Drama, Sports, Education Courses, Project Work, Choir, Beauty, Film & Animation, Learning New Hobbies and more. Please contact 01983 523000 / wayforwardprogramme.org.uk	The Way Forward Programme 25 Daish Way Dodnor Industrial Estate Newport PO30 5XJ

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Pan Together



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2pm - 3pm	QUIET HOUR @ ASDA A quieter hour every Monday to Thursday - reducing the noise levels in store by switching off the Asda Radio and reducing tannoy announcements to emergencies only. 01983 640246	ASDA St Georges Way Newport PO30 2QH
1pm – 2.30pm	LITTLE PAWS Are you under 25, expecting a baby or have a child/ren under 5? You are welcome to come along to our Little Paws stay and play sessions. This is a fun, safe space for you to come and play with your children. An opportunity to meet other parents in an informal and friendly environment. Different activities each week and ideas you can do at home. Workers available for emotional and practical support if you need it. Please call 01983 537390.	West Newport Family Centre Wellington Road Newport PO30 5QT
10am – 12.30pm	ACTIVE LIVING - LOCAL TRIPS OUT AND ABOUT / SOCIAL TIME Active Living is an Activities and Training Centre for people with a disability. Each am/pm session costs £17.50 or a full day is £35. For some sessions, such as cooking or baking, there is a small additional cost for ingredients. Active Living Direct line: 01983 539371 / activeliving-iw.co.uk	Riverside Centre The Quay Newport PO30 2QR
7pm (4 th Thursday of the month)	WATERSIDE 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. We are the largest women's organisation in the UK and we pride ourselves on being a trusted place for all women of all generations, to share experiences and learn from each other. A WI membership offers the opportunity to meet women in your local area in-person and virtually, to make friends and make a difference in your community. We campaign nationally on a wide range of issues and provide life-long learning and self-development opportunities for women in England and Wales.	1st Newport Scout Hall Woodbine Close Newport PO30 1AN
Open from 7:30pm (Tuesday to Sunday)	CAMP HILL COMMUNITY SPORTS CLUB (CHCSC) A member's club, but also open to non-members offering - Lawn Bowls, Pool, Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week from Tuesday to Sunday from 7:30pm. Please call 01983 722796 or email info@chcsc.uk for more details.	Camp Hill Community Sports Club (CHCSC) Quarry View Newport PO30 5ZA

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Various times	<p>EN-CORE DANCE AND PILATES Providing fun, challenging and inclusive dance and Pilates classes. Various classes run throughout the day. Please contact for more information: sally@en-core.co.uk / 07907356777 / en-core.co.uk</p>	St Mary's Church Hall Carisbrooke High Street Newport PO30 1NN
10am - 12noon (1 st Thursday of the month)	<p>APPLEGATE BREAST CANCER SUPPORT GROUP The group is formed of female patients who have been diagnosed with breast cancer. The women find support talking amongst themselves to help each other through treatment as well as dealing with the personal and intimate aspects of breast cancer. This can be at any time during the cancer journey; from diagnosis through treatment and afterwards. A different topic of interest is introduced at each meeting to help patients to understand and manage their cancer. Health professionals as well as therapists and other speakers, will help patients to stay active, to have a healthier life, as well as giving them confidence in living with breast cancer. Refreshments are available. At the moment there is not a support group for men with breast cancer on the Isle of Wight. Help, information and support can be accessed through the Clinical Nurse Specialists at St Mary's Hospital. Tel (01983) 534562.</p>	The Riverside Centre The Quay Newport PO30 2QR
2pm – 3.30pm	<p>SAMPHIRE DANCE (over 55's classes) Samphire is specifically geared towards participants in their mid-50's and beyond. These classes are more than exercise. They are groups of people supporting each other and developing a love of dance as a means of expression and creativity. They are about friendships and laughter, and delight. No previous dance experience is necessary though some participants danced when they were younger. There is some floor work so a reasonable level of mobility is required. Taster session is free. £54 for a 6-week block (concession price available). For more information, email: communitydanceiow@gmail.com or call Michelle Hainsworth on 01983 754189.</p>	Camp Hill Sports & Community Club Quarry View Camp Hill Newport PO30 5ZA

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11am – 1pm (2 nd Thursday of the month)	EMBRACING AGE IOW CRAFT GROUP EA IOW is a charity which supports care home residents without family and friends through various projects. Each month there will be a different craft activity (or make something of your own) with all materials provided, and the finished items will be donated to care home residents. This is a lovely two-way process by which the maker gets pleasure from making the items with others, and the resident receiving. The group is open to everyone. embracingage.org.uk / 07419 338066	The Living Room 82-83 high street Newport PO30 1BH
10:00am – 12:00noon (1st Thursday of the month)	DROP IN HEARING AID CLINIC Do you wear NHS Hearing aids? Come to our FREE clinics for the following: Cleaning, Re-Tubing, Batteries and Information & Advice. For more information, please contact 07918 740936 / iow@rnid.org.uk / rnid.org.uk	Riverside Centre Hunnyhill Room The Quay Newport PO30 2QR
New timetable published every month	ODDFELLOWS - ISLE OF WIGHT DISTRICT A local Branch of one of the UK's largest friendly societies, which has a 200-year-plus tradition of creating opportunities for people to meet up and make friends, as well as supporting its members in times of need. A not-for-profit, mutual society, run by members, for members. Hosting regular inexpensive social events as well as one-off special activities. Standard membership is £25 a year or £35 with additional benefits. Please call or email for further details: 01983 523115 / maretta.heap@oddfellows.co.uk	Unity Hall 20 St Thomas' Square Newport PO30 1SG

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WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: FRIDAY'S

WHEN	WHAT	WHERE
5:30pm – 7pm	SLIMMING WORLD If you're thinking of joining us, there's a warm welcome waiting. At your very first group, you'll get everything you need for a fab first week and much, much more. Call Kim 07855 747 893	St Thomas of Canterbury Primary School Carisbrooke High Street Carisbrooke Newport PO30 1NR
10am - 2pm	COMMUNITY DROP-IN / WARM SPACE A safe space in a warm and friendly environment for people in housing crisis to speak face-to-face to those who can help. Please contact for further details: rodney.bean@salvationarmy.org.uk / 01983 526312	Salvation Army Pyle Street Newport PO30 1UJ
1pm – 3.30pm	WEEKLY CRAFT SESSIONS FOR CARERS Carers craft session with tea and coffee. Please book in advance 01983 533173 or info@carersiw.org.uk	Carers IW Riverside Centre The Quay Newport PO30 2QR
2pm - 3pm (3 rd Friday of the month)	FALLS EDUCATION This group is an opportunity for people who have fallen, or who at risk of falling, along with their family member/carer to come and learn about how to prevent falls and what to do if you have a fall. You will have the opportunity to share your experiences with others. Please ask your Mountbatten Nurse or other healthcare professional to refer you into this service. Main Reception: 01983 529511	Therapy Room John Cheverton Centre Halberry Lane Newport PO30 2ER
10am to 12noon	DROP-IN SESSIONS FOR MENTAL HEALTH CARERS We are here to provide support and information to help carers looking after someone with Mental Health difficulties or substance misuse. Privacy and confidentiality are respected and ongoing for attendees. 01983 533173 / info@carersiw.org.uk	Carers IW Riverside Centre The Quay Newport PO30 2QR

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10am - 1pm	GARDENING FOR HEALTH AND HAPPINESS PROJECT Improve your mental health and support your community. This project is currently running on a Wednesday and Friday. To volunteer, come along for a chat with Paula or Tony and we can show you more about what is involved. For more information and to book a space, call 01983 717967 or email ctriow@gmail.com .	Church on the Roundabout Coppins Bridge Newport PO30 2BX
11am - 12pm	SINGING FOR WELLBEING Come and enjoy an open group where music and singing is at its heart. Main Reception: 01983 529511	Multifunction Room John Cheverton Centre Halberry Lane Newport PO30 2ER
2pm – 4pm	ART GROUP Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	Inclusion 102 Carisbrooke Road Newport PO30 1DB
11am – 12noon (held weekly for four weeks)	LIVING WELL WITH FATIGUE Explore how to manage your fatigue, so you can do more of the things that are important to you and improve your quality of life. Please ask your Mountbatten Nurse or other healthcare professional to refer you into this service. Main Reception: 01983 529511	Therapy Room John Cheverton Centre Halberry Lane Newport PO30 2ER
9am - 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE SEVENACRES (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	Sevenacres St Mary's Hospital Parkhurst Road Newport PO30 5TG
10.45am – 12noon	DANCEMAKERS NEWPORT DanceMakers is a gentle, creative dance programme that can help you improve balance, co-ordination, muscle strength, memory and confidence, while making friends and having fun. There is a charge of £2 per session, and booking is required. Please contact us for details or to book your space: 01983 822437 / info@independentarts.org.uk	St John's Church Hall Drake Road Newport PO30 1LN

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1pm - 3:30pm (last Friday of the month)	ISLE OF WIGHT STROKE CLUB Meetings for stroke survivors, carers, and family members. Please call for details 01983 869100.	The Pavilion Victoria Recreation Ground Recreation Ground Road Newport PO30 5DS
Last Friday of the month	STRIDERS – SIGHT FOR WIGHT Striders walk on many different routes around the Island and finish off with lunch at a pub or restaurant near to the walking route. This group is available to all visually impaired Members who like longer walks in the countryside. Sight for Wight volunteers provided sighted guide support throughout. Please contact 01983 522205 / members@iwsb.org.uk / iwsb.org.uk	Various routes across the island
1pm – 2pm	ALCOHOLICS ANONYMOUS Meeting is accessed from the South Street entrance next to ATS Tyres. ALL meetings, unless otherwise stated, are 'Closed' meetings and restricted to alcoholics and those who have a desire to stop drinking. Helpline: 02392580776 (24 hours)	Newport Common Solutions Group Congregational Church 91 Pyle Street Newport PO30 1UH
10am - 10:30am 11am - 11:30am	RHYMETIME Rhymetime for babies of all ages. Come down, sing some rhymes, have fun and maybe make new friends too. Booking is strongly advised. Book your free place by popping into the library, phoning us on 823823 or emailing lordlouislibrary@iow.gov.uk	Lord Louis Library 44 Orchard Street Newport PO30 1LL
9am – 4.30pm (Monday-Friday - excluding bank holidays)	THE CARERS LOUNGE 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
5pm - 10pm	SAFE HAVEN 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

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9.30am – 12.30pm = £19.50 12.30pm – 3.30pm = £19.50 9.30am – 3.30pm = £39.00	WAY FORWARD ACTIVITY CENTRE (18+) Activities for 18+ who have a learning or physical disability, on the autistic spectrum, suffering from mental health conditions. Cooking, Photography, IT, Arts & Crafts, Music & Acting Therapy, Health & Wellbeing activities, Music Sessions, Dance & Drama, Sports, Education Courses, Project Work, Choir, Beauty, Film & Animation, Learning New Hobbies and more. Please contact 01983 523000 / wayforwardprogramme.org.uk	The Way Forward programme 25 Daish Way Dodnor Industrial Estate Newport PO30 5XJ
10am – 12noon (3 rd Friday of the month – excluding bank holidays)	BUGGY WALKS ON THE ISLAND Starting on 20th May 2023 - Join local families for monthly guided buggy walks – fresh air, exercise, conversation and a trip to the park. These walks are organised by Sovereign and Vectis Housing. If you have any queries or would like something in your area please either call 01983 525985 or email toby.eaglen@sovereign.org.uk or sarahb@vectishousing.co.uk	The Riverside Centre The Quay Newport PO30 2QR
10am – 12noon (1st Friday of the month)	COFFEE MORNING Small donation towards tea/coffee. Please call for more information: 01983 521751	Castlehold Baptist Church 81 High Street Newport PO30 1BH
10:30am – 3:30pm	GIFT AND CRAFT FAIR Every Tuesday and Friday. Treat yourself or a loved one to a gift that you won't find on any high street. 01983 821961.	Newport Parish Centre Town Lane Newport Isle of Wight PO30 1JU
8am - 2pm	NEWPORT FARMER'S MARKET The Farmers' Markets give Island shoppers more opportunity to purchase quality seasonal produce, to assist the environment by reducing food miles and to help the Island's economy. islandfarmersmarket.co.uk	St. Thomas' Square Newport PO30 1SG
Open from 7:30pm (Tuesday to Sunday)	CAMP HILL COMMUNITY SPORTS CLUB (CHCSC) A member's club, but also open to non-members offering – Lawn Bowls, Pool, Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week from Tuesday to Sunday from 7:30pm. Please call 01983 722796 or email info@chcsc.uk for more details.	Camp Hill Community Sports Club (CHCSC) Quarry View Newport PO30 5ZA

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New timetable published every week.	WOW! WOMEN ON THE WIGHT New timetable published every week. 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
4pm - 6pm (9-11 yr). 5:50pm - 7:30pm (12+ yr)	NEWPORT YOUTH CAFE A drop-in cafe for young people open Wednesdays and Fridays. There are hot and cold drinks as well as snacks (no food) available. A Pool table, superfast Wi-Fi and plenty of time to simply hang out. Numbers are limited, so book a place by contacting: pete@revivenewport.org	Revive Newport/The Living Room 82-83 High Street Newport PO30 1BH
10am – 2pm	HOMELESS ADVICE – DROP IN SERVICE A weekly drop-in advice service with representatives from IWC Housing Services, the Salvation Army Homelessness Services, Inclusion and Paragon. Get advice on identifying suitable housing options, applying for welfare benefits and grants, getting services from specialist agencies, such as health and wellbeing, accessing debt and money advice, managing mental health issues, or alcohol and drug issues and getting into work, training and education.	Salvation Army Pyle Street Newport PO30 1UJ
10:30am - 11:30am	MINDFUL MOMENTS A chance to explore mindfulness and creativity, promoting feelings of wellbeing and a calmer state of mind. A chance to let go of our ideas of what art and creativity is and just be free to express ourselves. (No art experience necessary.) Each session starts with some mindfulness, such as breath awareness, a mini meditation or some mindful movement, to bring us into the present moment. Which prepares us for exploring different creative activities, such as expressive drawing, painting to music, Sumi – Japanese painting, origami, wire creations and more. Sessions are free, but donations to support Independent Arts, are always welcome. Please book your space by calling 01983 822437 or emailing info@independentarts.org.uk	Independent Arts 48/49 High Street, Newport PO30 1SE
9.30am - 11am 11.30am - 1pm	SOFT PLAY SESSIONS FOR 5YR OLDS AND UNDER £5 per child per session. No need to book. Free unlimited tea, coffee and squash. Please call for details: 01983 524058	The Riverside Centre The Quay Newport PO30 2QR

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<p>New timetable published every month</p>	<p>ODDFELLOWS - ISLE OF WIGHT DISTRICT A local Branch of one of the UK’s largest friendly societies, which has a 200-year-plus tradition of creating opportunities for people to meet up and make friends, as well as supporting its members in times of need. A not-for-profit, mutual society, run by members, for members. Hosting regular inexpensive social events as well as one-off special activities. Standard membership is £25 a year or £35 with additional benefits. Please call or email for further details: 01983 523115 / maretta.heap@oddfellows.co.uk</p>	<p>Unity Hall 20 St Thomas' Square Newport PO30 1SG</p>
<p>Improvers: 11am - 2pm Advanced: 12.30pm - 1.30pm</p>	<p>BALLET CLASSES FOR ADULTS Royal Academy of Dance Registered Teacher. First Class Free. To book please contact Suki Turner on 07940 503 971 / suki.turner@icloud.com / coad.dance</p>	<p>Carisbrooke Church Hall Carisbrooke High Street Newport PO30</p>

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WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: SATURDAY'S

WHEN	WHAT	WHERE
1pm – 2pm	ALCOHOLICS ANONYMOUS Helpline: 02392580776 (24 hours)	Lunchtime Newport Common Solutions Group Congregational Church 91 Pyle Street Newport PO30 1UH
9am - 10am	QUIETER HOUR @ MORRISONS Designed to help customers who currently struggle with music and the other noise associated with supermarket shopping. The store will: Dim the lights, turn music and radio off, avoid making tannoy announcements, reduce movement of trolleys and baskets, turn checkout beeps/other electrical noises down and place a poster outside to tell customers it's Quieter Hour.	Morrisons South Street Newport PO30 1JQ
4pm - 5:30pm	ALL AGE CASUAL CHOIR All age choir run by vocal coach Lorna Brownsword. Singing a variety of songs. Donations welcome. Contact and sign up forms can be found on our website at www.musiccraft.mymusicstaff.com Tel: 01983 525993 / Mob: 07814 526879 / www.musiccraft.biz	Music Craft C.I.C 98 High Street Newport PO30 1BQ
5:30pm – 6:30pm	ADULT LEARNERS CHAMBER ENSEMBLE Group session for adult beginners of any instrument. Simple 3 and 4 part arrangements of well-known melodies of different genres. A chance to get together with other new musicians and learn ensemble skills. £5 per person. Tel: 01983 525993 / Mob: 07814 526879 / www.musiccraft.biz	Music Craft C.I.C 98 High Street Newport PO30 1BQ
10am – 11:15am	PICTURE PLAY The project is aimed at primary age children and their families in 12-week blocks, covering mini creative projects that change every four weeks. Please contact us for more information or to enquire about booking. 01983 822437 / info@independentarts.org.uk	Independent Arts' Creative Hub 48-49 High Street Newport PO30 1SE

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First Saturday of the month	BOOK SALE Withdrawn library books and other stock are on sale. 01983 823823 / lordlouislibrary@iow.gov.uk	Lord Louis Library 44 Orchard Street Newport PO30 1LL
12noon - 1pm	EN-CORE DANCE - INTERMEDIATE MODERN DANCE Please contact for more information: sally@en-core.co.uk / 07907356777 / en-core.co.uk	St Mary's Church Hall Carisbrooke High Street Newport PO30 1NN
10am - 2pm	COMMUNITY DROP-IN (RUN BY FELLOWSHIP HOUSE) Please contact for further details: rodney.bean@salvationarmy.org.uk / 01983 526312	Salvation Army Pyle Street Newport PO30 1UJ
7pm - 9pm	SATURDAY SOCIAL/OPEN HOUSE (18+) Every Saturday we open our doors to all musicians and friends. You can use the rehearsal rooms to have a jam or just chill out in the waiting room. Tea, coffee and biscuits are provided but you are welcome to bring your own drinks and food. There is no charge for this but donations are welcome. Tel: 01983 525993 / Mob: 07814 526879 / www.musiccraft.biz	Music Craft C.I.C 98 High Street Newport PO30 1BQ
New timetable published every month	ODDFELLOWS - ISLE OF WIGHT DISTRICT A local Branch of one of the UK's largest friendly societies, which has a 200-year-plus tradition of creating opportunities for people to meet up and make friends, as well as supporting its members in times of need. A not-for-profit, mutual society, run by members, for members. Hosting regular inexpensive social events as well as one-off special activities. Standard membership is £25 a year or £35 with additional benefits. Please call or email for further details: 01983 523115 / maretta.heap@oddfellows.co.uk	Unity Hall 20 St Thomas' Square Newport PO30 1SG
Open from 7:30pm (Tuesday to Sunday)	CAMP HILL COMMUNITY SPORTS CLUB (CHCSC) A member's club, but also open to non-members offering - Lawn Bowls, Pool, Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week from Tuesday to Sunday from 7:30pm. Please call 01983 722796 or email info@chcsc.uk for more details.	Camp Hill Community Sports Club (CHCSC) Quarry View Newport PO30 5ZA

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12noon – 1:30pm	CHESS CRAFT Saturday lunchtime chess programme, Teenage Chess Craft. It's free to sign up, just call 01983 822437 or email info@independentarts.org.uk	Independent Arts' Creative Hub 48-49 High Street Newport PO30 1SE
10am – 12noon (1 st Saturday of the month)	HEADWAY – ISLE OF WIGHT Headway is the UK-wide charity that works to improve life after brain injury. Providing support, services and information to brain injury survivors, their families and carers, as well as to professionals in the health and legal fields. This small branch is run by unpaid volunteers (lead volunteers husband and wife team; Joy and Adrian). The branch offers monthly meetings and other activities. All activities are designed to support those on the Island with head injuries, their friends, carers and families. 01983 281551 / hiowsecretary@gmail.com	Riverside Centre The Quay Newport PO30 2QR
10:30am – 12:30pm	THE ARTFUL DRUMMING CAFÉ / WARM SPACE When did you last dance, when did you last sing, when did you last laugh? Come and join us for a few hours of fun making a noise. No music or drumming skills needed. Tea and toast included. Free to attend. Booking essential. Please join the Nature Therapy Drumming Facebook page for more details or email wolfmedicine@icloud.com or refer to the website: www.naturetherapycic.com	Unitarian Church Hall High Street Newport PO30 1SS
12noon - 10pm (including bank holidays)	SAFE HAVEN 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
10.30am -12.30pm	COFFEE MORNING A coffee morning where current members meet and hang out (with tea, coffee and biscuits) and new members and those with an interest in what we do can meet some of the members, have a tour of the theatre and generally find out more about us. All are welcome. 01983 210 010 / info@apollo-theatre.org.uk	Apollo Theatre Pyle Street Newport PO30 1JT

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<p>8am 9:30am 11am</p>	<p>SLIMMING WORLD If you're thinking of joining us, there's a warm welcome waiting. At your very first group, you'll get everything you need for a fab first week and much, much more. Call Kim 07855 747 893</p>	<p>St Thomas of Canterbury Primary School Carisbrooke High Street Carisbrooke PO30 1NR</p>
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WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: SUNDAY'S

WHEN	WHAT	WHERE
10.30am – 12noon	NORDIC POLE WALKING FOR THE OVER 50'S Sunday morning walks for all adults. To book your preferred date please email angela.hewitt@btclick.com or call T: 01983 296110	Naturezones Birchmore Lane Blackwater PO30 3BP
10.30am – 4pm (last entry at 3pm)	FAMILY SUNDAYS Everyone welcome. Either pay at the gate or pre-book. Friends/Members - Free - no need to book. Concession - £4.25. Adult - £5.00. Child - £4.25 including bug pot & quiz sheet. Under 4's & babies – free. Please contact angela.hewitt@btclick.com or call 01983 296110	Naturezones Birchmore Lane Blackwater Newport PO30 3BP
10am -11am	QUIETER HOUR @ MORRISONS Designed to help customers who struggle with music/other noises associated with supermarket shopping. The store will: dim the lights, turn music/radio off, avoid making tannoy announcements, reduce movement of trolleys/baskets, turn checkout beeps/other electrical noises down, place posters outside.	Morrisons South Street Newport PO30 1JQ
12noon - 10pm (including bank holidays)	SAFE HAVEN 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
8pm – 11pm	THE SMARTPHONE QUIZ With an interactive scoring system and the fastest answers shown on screen, it's not to be missed. £40 bar tab to be won as well as other prizes. Please call 01983 530150 or email hogshead.newport@stonegategroup.co.uk	The Hogshead 20 High Street Newport PO30 1SS
7pm – 11pm (In the café)	QUAY FOLK CLUB The best in folk music on the island on the third Sunday of each month, with several floor spots sandwiched between two showcase performances. Please see Facebook for details: www.facebook.com/quayfolkclub	Quay Arts Café Sea Street Newport PO30 5BD

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

Open from 7:30pm (Tuesday to Sunday)	CAMP HILL COMMUNITY SPORTS CLUB (CHCSC) A member’s club, but also open to non-members offering - Lawn Bowls, Pool, Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week from Tuesday to Sunday from 7:30pm. Please call 01983 722796 or email info@chcsc.uk for more details.	Camp Hill Community Sports Club Quarry View, Camp Hill Newport PO30 5ZA
Club opens at 7:30pm – eyes down at 8pm	BINGO Members club. Guests must be signed in (£1). 01983 722796 / info@chcsc.uk / en-gb.facebook.com/camphillclub	Camp Hill Community Sports Club Quarry View Camp Hill Newport PO30 5ZA
10am – 12noon	KIDS ART SESSION Are you a budding young artist? Then join our monthly kids arts sessions led by professional artists with a different theme and activity each month. All materials are provided and you will be able to take home what you make. *Dress for mess* Please note: this activity is designed for ages 8 – 12 years. £6. Please call for more details: 01983 822490	Quay Arts Café Sea Street Newport PO30 5BD

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

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