WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: MONDAY'S		
WHEN	WHAT	WHERE
9am – 4.30pm	THE CARERS LOUNGE	St Mary's Hospital
(Monday-Friday - excluding	Located at the entrance to Appley & Colwell Ward, this service is open to all adult	Parkhurst Road
bank holidays)	carers of adults regardless of their funding issues. Carers will be able to talk in	Newport
	confidence about any issues they are facing and want support with. For more	PO30 5TG
	information contact (01983) 822099 ext 2568	
9am - 4.30pm	THE CARERS LOUNGE SEVENACRES	Sevenacres
(Monday-Friday - excluding	(Space within the separate mental health unit)	St Mary's Hospital
bank holidays)	To contact the Sevenacres Carers Lounge call 01983 822099 and ask for ext. 2401	Parkhurst Road
	or email carerslounge@carersiw.org.uk	Newport
		PO30 5TG
7.30pm – 9.15pm	IOW CANTATA CHOIR	Main Assembly Hall
(from the beginning of	One of the largest and most established choral groups on the island, performing	The Island VI Form College
September until the end of	great works of classical music since 1956. There are 2 concerts per year, with an	Orchard Street Entrance
June - excluding half-term	additional full Christmas concert in alternate years.	Newport
holidays)	info@iowcantatachoir.co.uk	PO30 1JZ
10:30am - 12noon	TEA AND CHAT (FOR THE OVER 60S)	Lord Louis Library
(every other Monday)	If you're over 60, interested in meeting new people, having a cup of tea and a	44 Orchard Street
	good old chat, come down to us. See noticeboard in Library for next dates or call	Newport
	01983 823823	PO30 1LL
10.30am - 11.30am	HOME ED LEGO CLUB	Lord Louis Library
(2 nd Monday of the month)	For home educated children for age 5+. Children must be accompanied by an	44 Orchard Street
	adult. See noticeboard in Library for next dates or call 01983 823823	Newport
		PO30 1LL
2pm - 4pm	CARISBROOKE W.I.	Carisbrooke Church Hall
(2 nd Monday of each month)	Please contact: Claire Rice – Secretary (01983) 524372 or email	High Street
	ricec_iow@hotmail.com	Carisbrooke
		PO30 1NR









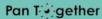




11am - 12:30pm	CREATIVE THERAPIES GROUP	Art Room, John Cheverton Centre
(every week day)	Open to Mountbatten patients, carers and the general public.	Halberry Lane
	Main Reception: 01983 529511	Newport
		PO30 2ER
11am – 12noon	RECOVERY AND WOMEN	Inclusion
	Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	102 Carisbrooke Road
		Newport
		PO30 1DB
11am – 12noon	CREATIVE WRITING	Inclusion
	Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	102 Carisbrooke Road
		Newport
		PO30 1DB
2pm – 3pm	ALCOHOL AWARENESS	Inclusion
	Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	102 Carisbrooke Road
		Newport
		PO30 1DB
5pm - 10pm	SAFE HAVEN	Two Saints Ltd
	Our Safe Haven service provides a safe space for people experiencing a mental	Safe Haven
	health crisis. Support from staff can be accessed by telephone, email or face to	7 High Street
	face during evenings, weekends and bank holidays. 01983 520168 /	Newport
	safehaven@twosaints.org.uk	PO30 1SS
1pm – 2pm	ALCOHOLICS ANONYMOUS	Newport Common Solutions Group
	Meeting is accessed from the South Street entrance next to ATS Tyres. ALL	Congregational Church
	meetings, unless otherwise stated, are 'Closed' meetings and restricted to	91 Pyle Street
	alcoholics and those who have a desire to stop drinking. Helpline: 02392580776	Newport
	(24 hours)	PO30 1UH
10.30am – 12noon	CREATIVE CAFÉ	Independent Arts' Creative Hub
1.30pm – 3pm	**Booking is essential** Please call Independent Arts on 01983 822437	48-49 High Street
		Newport
		PO30 1SE









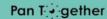




10.30 - 12noon	DANCESENSE	The Camphill Club
	DanceSense is a gentle dance programme specifically for people living with	Camp Hill Centre
	neurological conditions that have affected their movement (such as Parkinson's	Quarry Road
	or those who are recovering from a Stroke). It gives participants the	PO30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









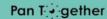




New timetable published	WOW – ISLE OF WIGHT WOMEN'S CENTRE	Isle of Wight Women's Centre
every week.	If you would like to receive the newsletter via email, with all the information you	4/5 Saint James' Street
	need, please email hellowow@wightdash.co.uk or call for further information	Newport
	01983 300423	PO30 5HE
7:30pm – 11pm	ACOUSTIC ORIGINALS & OPEN MIC	Quay Arts Café
(In the café)	Acoustic Originals is a bi-monthly night featuring the best of local talent playing	Sea Street
	their own material acoustically, coupled with an open mic night. Free to attend.	Newport
	Run by Chris Quinton – if you're interested in playing get in touch at	PO30 5BD
	www.facebook.com/QforQuayArts	
7:30pm – 10:30pm	JAZZ JAM	Quay Arts Café
(2nd Monday of the month in	Jazz Jam is a FREE monthly showcase of the best local talents hosted by the world	Sea Street
the café)	class Jim Thorn Trio. Please call for more details: 01983 822490	Newport
		PO30 5BD
7pm – 9pm	WIGHT LINES	Quay Arts Café
(1st Monday of the month in	Come along to a night of poetry, written, read and performed by other local	Sea Street
the Green Room)	poets. No need to book ahead, just turn up and join in! Free to attend. Please call	Newport
	for more details: 01983 822490	PO30 5BD
4:30pm - 6:30pm	DUNGEONS AND DRAGONS - SHORT BREAKS 13-19 YEARS	The Riverside Centre
	A wonderful opportunity to learn/play Dungeons and Dragons role playing game	The Quay
	in a small, friendly group. The group has 2 peer supporters who are very	Newport
	experienced in D&D, and will have no more than 6 young people. Open to any	PO30 2QR
	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.	
9.30am - 11am	CHATTERBOX (CARERS AND TODDLERS)	St John's Community Hall
(term time only)	For under-fives and their carers. Snacks and drinks are provided for a modest fee.	Drake Road
	Disabled toilets and nappy changing facilities are available. For further	Newport
	information phone 07811668142 or pop in on a Monday morning.	PO30 1LN









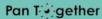




6pm - 8pm	SPACE 4U	East Newport Family Centre
(by appointment)	A safe haven for young people aged 11-17 or up to age 18 with additional needs.	Furrlongs
	A safe, calm, confidential space. Access to emotional and practical support for	Newport
	anyone struggling with mental health or wellbeing. 1-2-1 support,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













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









WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: TUESDAY'S		
WHEN	WHAT	WHERE
10am to 11.30am	THE ARK PARENT & TODDLERS GROUP	Gunville Medodist Church
(term time only)	It's a chance for parents and carers with toddlers to meet together, play with the	197 Gunville Road
	toys, enjoy a drink (squash, tea or coffee) and biscuit together. We also have	Newport
	visits from the library staff who lead us in "Rhyme-Time".	PO30 5LS
	Pop in and join in the fun – you'll be very welcome! More information -	
	facebook.com/TheArkGunville.	
4:30pm - 6pm	AIM (AUTISM INCLUSION MATTERS) FAMILY SUPPORT GROUP 4-11	The Riverside Centre
	For children aged 4-11 years who are autistic. This includes those waiting for or	The Quay
	actively seeking an assessment.	Newport
	support@aimisleofwight.co.uk	PO30 2QR
l0am to 11am	CIRCUIT EXERCISE GROUP	The Gym
5pm to 7pm (for those who	Eight-week programme. This group is a session, to work in the gym with others,	John Cheverton Centre
nave completed the eight-	on your balance, strength and general fitness/stamina at whatever level you are	Halberry Lane
week programme)	at. The session will be supervised by the Physiotherapy team. If you would like to	Newport
	benefit from these sessions, speak to your Mountbatten Nurse or health	PO30 2ER
	professional. Main Reception: 01983 529511	
9am – 4.30pm	THE CARERS LOUNGE	St Mary's Hospital
Monday-Friday - excluding	Located at the entrance to Appley & Colwell Ward, this service is open to all adult	Parkhurst Road
oank holidays)	carers of adults regardless of their funding issues. Carers will be able to talk in	Newport
	confidence about any issues they are facing and want support with.	PO30 5TG
	For more information contact (01983) 822099 ext 2568	
9:30am - 11:30am	QUAYTOTS	Newport Methodist Church
term time only)	A friendly parent/guardian and toddler group run by the church. Children from 0	Quay Street
	to school age are welcome to come along with their carers. Healthy snacks are	Newport
	provided for the children and hot drinks for the adults. A charge of £1.50 per	Isle of Wight
	family is made to help towards the running cost. Newportiowmethodist@gmail.com	PO30 5BA













9am - 4.30pm	THE CARERS LOUNGE SEVENACRES	Sevenacres
(Monday-Friday - excluding	(Space within the separate mental health unit)	St Mary's Hospital
bank holidays)	To contact the Sevenacres Carers Lounge call 01983 822099 and ask for ext. 2401	Parkhurst Road
	or email carerslounge@carersiw.org.uk	Newport
		PO30 5TG
3pm to 4pm	LYMPHOCISE EXERCISE GROUP	The Gym
	Eight-week programme. This group is a session to work in the gym with others	John Cheverton Centre
	with Lymphoedema, to work on your balance, strength and general	Halberry Lane
	fitness/stamina - at whatever level you are at. It will include an opportunity to	Newport
	learn about ways in which you can self-manage your condition. The session will	PO30 2ER
	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	
7:15pm	ALCOHOLICS ANONYMOUS	The Unitarian Hall
	Meeting is accessed from the South Street entrance next to ATS Tyres. ALL	9 High Street
	meetings, unless otherwise stated, are 'Closed' and restricted to alcoholics and	Newport
	those who have a desire to stop drinking. Helpline: 02392580776 (24 hours)	PO30 2SS
3:30pm - 4:30pm	LEGO CLUB	Lord Louis Library
(1 st and 3 rd Tuesday of the	A free LEGO club for children aged 5+. There's no need to book, so just turn	44 Orchard Street
month)	up. All LEGO gratefully received. See noticeboard in Library for next dates or call	Newport
	01983 823823	PO30 1LL
10.30am - 12noon	ACE7 ALZHEIMER CAFÉ	Carers IW
(2 nd and 4 th Tuesdays of the	ACE7 is a small group at present and we welcome new members who have early-	Riverside Centre
month)	onset dementia aged between 45-65 years. One of the sessions each month is	The Quay
	given to an informal discussion on a dementia related theme and the other	Newport
	session is an activity. There is always time to discuss any dementia related issues	PO30 2QR
	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	
I	01983 220200 or contact by email: info@alzheimercafeiow.org.uk	













10am – 12.30pm	MONTHLY DEMENTIA CARERS FORUM	Carers IW
(1st Tuesday of the month)	Opportunities to meet other carers, talk about ways of coping, learn new skills,	Riverside Centre
(1 Tuesday of the month)	presentations about various topics. Places must be booked in advance. Contact	The Quay
	01983 533173 or info@carersiw.org.uk	,
	01965 555175 Of IIIIO@Calersiw.org.uk	Newport
10.20	DUDIO COOLID	PO30 2QR
10.30am - 11.30am	DUPLO GROUP	Lord Louis Library
	For children under 5. See noticeboard in Library for information or call 01983	44 Orchard Street
	823823	Newport
		PO30 1LL
10.30am - 12.30pm	MONTHLY JOB DROP-IN SESSIONS AT LORD LOUIS LIBRARY	Lord Louis Library
(3 rd Tuesday of the month)	Would you like to retrain, work or become self-employed? *To be eligible for this	44 Orchard Street
	programme you must not be earning and must be unemployed. If you are	Newport
	interested or would like to refer an individual for support, please call 01794	PO30 1LL
	522106 or email bbo.rcs@gmail.com	
2pm - 4pm	WIGHTFIBRO SOCIAL MEET UP	Event location to be advertised on
(2 nd Tuesday of the month)	Fibromates - Isle of Wight Fibromyalgia/CFS Social & Support Group. We meet	Facebook page
	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	
10:30am - 3:30pm	GIFT AND CRAFT FAIR	Newport Parish Centre
·	Every Tuesday and Friday. Treat yourself or a loved one to a gift that you won't	Town Lane
	find on any high street. 01983 821961	Newport
		Isle of Wight
		PO30 1JU
10am – 12.30pm	ACTIVE LIVING - DRAMA AND SINGING	Riverside Centre
•	Active Living is an Activities and Training Centre for people with a disability.	The Quay
	Each am/pm session costs £17.50 or a full day is £35. For some sessions, such as	Newport
	cooking or baking, there is a small additional cost for ingredients.	PO30 2QR
	Active Living Direct line: 01983 539371 / activeliving-iw.co.uk	
	. Total Carrier Street microscopy 17 delivering introduction	









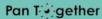




10:30am – 11:30am	12 STEPS	Inclusion
	Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	102 Carisbrooke Road
		Newport
		PO30 1DB
5pm - 10pm	SAFE HAVEN	Two Saints Ltd / Safe Haven
	A safe space for people experiencing a mental health crisis. Support from staff	7 High Street
	can be accessed by telephone, email or face to face during evenings, weekends	Newport
	and bank holidays. 01983 520168 / safehaven@twosaints.org.uk	PO30 1SS
2pm - 3pm	QUIET HOUR @ ASDA	ASDA
	A quieter hour every Monday to Thursday - reducing the noise levels in store by	St Georges Way
	switching off the Asda Radio and reducing tannoy announcements to	Newport
	emergencies only. 01983 640246	PO30 2QH
2pm – 3pm	SUBSTANCE AWARENESS	Inclusion
	Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	102 Carisbrooke Road
		Newport
		PO30 1DB
New timetable published	WOW! WOMEN ON THE WIGHT	Isle of Wight Women's Centre
every week.	New timetable published every week. If you would like to receive the newsletter	4/5 Saint James' Street
	via email, with all the information you need, please email	Newport
	hellowow@wightdash.co.uk or call for further information 01983 300423.	PO30 5HE
1pm – 3.30pm	TAKE A BREAK FOR CARERS	Carers IW
(3 rd Tuesday of the month)	Monthly Take a Break session for carers. Time out for carers caring for those with	Riverside Centre
	dementia to enjoy a craft session, tea and cake. Booking essential. 01983 533173	The Quay
	/info@carersiw.org.uk	Newport
		PO30 2QR
Open from 7:30pm	CAMP HILL COMMUNITY SPORTS CLUB (CHCSC)	Camp Hill Community Sports Club
(Tuesday to Sunday)	A member's club, but also open to non-members offering - Lawn Bowls, Pool,	(CHCSC)
	Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week	Quarry View
	from Tuesday to Sunday from 7:30pm.	Newport
	Please call 01983 722796 or email info@chcsc.uk for more details.	PO30 5ZA













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









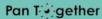




New timetable published	ODDFELLOWS - ISLE OF WIGHT DISTRICT	Unity Hall
every month	A local Branch of one of the UK's largest friendly societies, which has a 200-year-	20 St Thomas' Square
every month	plus tradition of creating opportunities for people to meet up and make friends,	Newport
	as well as supporting its members in times of need. A not-for-profit, mutual	PO30 1SG
	society, run by members, for members. Hosting regular inexpensive social events	1 030 130
	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	
12noon - 12.40pm	DISCOVERY TOTS – 8 WEEKS TO CRAWLING	The Pavilion
12110011 - 12.40p111	For babies who love to learn using their whole body and all their senses.	Recreation Ground Road
	Call Sandra on 07595 440071	Newport
	Call Salidia 011 07555 44007 1	PO30 5AH
10am – 1pm	LEARN TO SEW	Salvation Army
(2 nd Tuesday of the month)	Beginners welcome.	Pyle Street
(2 raesaay or the month)	For more information, please contact: rodney.bean@salvationarmy.org.uk	Newport
	Phone: 01983 526312.	PO30 1UJ
9.30am - 12.30pm = £19.50	WAY FORWARD ACTIVITY CENTRE (18+)	The Way Forward Programme
12.30pm - 3.30pm = £19.50	Activities for 18+ who have a learning/physical disability, on the autistic	25 Daish Way
9.30am - 3.30pm = £39.00	spectrum, suffering from mental health conditions. Cooking, Photography, IT,	Dodnor Industrial Estate
·	Arts & Crafts, Music & Acting Therapy, Health & Wellbeing, Dance & Drama,	Newport
	Sports, Education Courses, Project Work, Choir, Beauty, Film & Animation and	PO30 5XJ
	more. Please contact 01983 523000 / wayforwardprogramme.org.uk	
10am – 12noon	NATURE NIPPERS	Naturezones
	Discover the world of little creatures in a natural environment. Activities	Birchmore Lane
	exploring nature for pre-school age children with parent/carer. The majority of	Blackwater
	activities will be outdoors. Please dress for the weather. When weather is truly	PO30 3BP
	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	









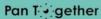




Various times	EN-CORE DANCE AND PILATES	St Mary's Church Hall
	Providing fun, challenging and inclusive dance and Pilates classes.	Carisbrooke High Street
	Various classes run throughout the day. Please contact for more information:	Newport
	sally@en-core.co.uk / 07907356777 / en-core.co.uk	PO30 1NN













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











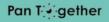


2pm - 4pm	LOVE TO SING	1st Newport Scouts
(term time only)	We sing unaccompanied, creating amazing harmonies – songs from	Woodbine Close
	UK/Worldwide. NO auditions, NO NEED to read music. £5 per session. Call Sandy	Newport
	Kealty 01983 822689.	PO30 1AN
6pm - 7.45pm	MOUNTBATTEN COMMUNITY CHOIR	John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

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













12noon - 4pm	VETERANS OUTREACH SUPPORT	Community Action Isle of Wight
(3 rd Wednesday of the month)	In a bid to improve and extend its services, VOS recently launched a Drop-In for	Riverside
	Veterans at the Riverside Centre. A grant from the Armed Forces Covenant Fund	The Quay
	has enabled it to set up a monthly Drop In for veterans; a friendly and informal	Newport
	environment where personnel from all services including the Merchant Navy and	PO30 2QR
	their immediate families can get on-the-spot general welfare, wellbeing and	
	mental health support.	
10am - 1pm	GARDENING FOR HEALTH AND HAPPINESS PROJECT	Church on the Roundabout
	Improve your mental health and support your community. This project is	Coppins Bridge
	currently running on a Wednesday and Friday. To volunteer, come along for a	Newport
	chat with Paula or Tony and we can show you more about what is involved. For	PO30 2BX
	more information and to book a space, call 01983 717967 or email	
	ctriow@gmail.com.	
2pm – 4pm	SINGABOUT NEWPORT	Independent Arts' Creative Hub
	A social singing activity based on recognised music therapy. It can help to	48-49 High Street
	improve your memory, breathing, speech, movement and confidence. It's a great	Newport
	opportunity to get out and meet people. Refreshments are provided. Everyone	PO30 1SE
	welcome. Please call 01983 822437 for more information.	
9am – 4.30pm	THE CARERS LOUNGE	St Mary's Hospital
(Monday-Friday - excluding	Located at the entrance to Appley & Colwell Ward, this service is open to all adult	Parkhurst Road
bank holidays)	carers of adults regardless of their funding issues. Carers will be able to talk in	Newport
	confidence about any issues they are facing and want support with.	PO30 5TG
	For more information contact (01983) 822099 ext 2568	
10am – 11am	RELAXATION GROUP	Inclusion
	Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	102 Carisbrooke Road
		Newport
		PO30 1DB
1pm	CIRCLE OF FRIENDS LUNCH	Salvation Army
	Please contact: rodney.bean@salvationarmy.org.uk	Pyle Street
	Phone: 01983 526312	Newport
		PO30 1UJ

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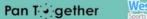


10am - 2pm	MONTHLY SELF CARE CAFE	Carers IW
(1 st Wednesday of the month)	We run 1 session per month. Offering a mix of self-care activities from	Riverside Centre
	mindfulness, tea tasting, craft activities to journaling and a shared light lunch.	The Quay
	Would you like to join us for a fun session looking at self-care? Learn some new	Newport
	skills, make your own face pack, learn how to apply your make up, take care of	PO30 2QR
	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	
9am - 4.30pm	THE CARERS LOUNGE SEVENACRES	Sevenacres
(Monday-Friday - excluding	(space within the separate mental health unit)	St Mary's Hospital
bank holidays)	To contact the Sevenacres Carers Lounge call 01983 822099 and ask for ext. 2401	Parkhurst Road
	or email carerslounge@carersiw.org.uk	Newport
		PO30 5TG
6pm – 8pm	CARERS IW MONTHLY MALE CARERS SOCIAL PUB NIGHT	Carers IW
	If you are a male carer, you are welcome to join us, we meet socially on the	Riverside Centre
	second Wednesday of the month in the early evening. We decide as a group	The Quay
	where we go and what we do. If you want more information or details of the next	Newport
	venue please ring Dave on (01983) 533173 or email info@carersiw.org.uk	PO30 2QR
5.45pm - 6.45pm	ALI'S GYM & EXERCISE CLASSES	Hunnyhill Room
	Exercise classes available at £5 per session.	Riverside Centre
	Call to book: 07964 617 872	The Quay
		Newport
		PO30 2QR
5pm - 10pm	SAFE HAVEN	Two Saints Ltd
	Our Safe Haven service provides a safe space for people experiencing a mental	Safe Haven
	health crisis. Support from staff can be accessed by telephone, email or face to	7 High Street
	face during evenings, weekends and bank holidays.	Newport
	01983 520168 / safehaven@twosaints.org.uk	PO30 1SS
2pm - 3pm	QUIET HOUR @ ASDA	ASDA
	A quieter hour every Monday to Thursday - reducing the noise levels in store by	St Georges Way
	switching off the Asda Radio and reducing tannoy announcements to	Newport
	emergencies only. 01983 640246	PO30 2QH

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













10am – 11.30am	HAMPSHIRE & IOW WHEELCHAIR SERVICE VIRTUAL COFFEE MORNINGS /	Hampshire & IOW Wheelchair Service
2pm – 3.30pm	AFTERNOONS	- Virtual Event
(1st Wednesday of the month)	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	
10am - 11.30am	LOW VISION DROP-IN SESSION	Sight for Wight
	This coincides with the coffee morning and allows you to view and try the Low	Millbrooke House
	Vision equipment we have at the Society without the need for an appointment.	137 Carisbrooke Road
	If this time is not suitable for you, please call to make an appointment:	Newport
	Please contact 01983 522205 / members@iwsb.org.uk / iwsb.org.uk	PO30 1DD
10.30am - 12noon	MACULAR SOCIETY - ISLE OF WIGHT SUPPORT GROUP	Sight for Wight
(1st Wednesday of the month)	A support group for anyone with Macular Degeneration. The Macular Society is	Millbrooke House
	the national charity for anyone affected by central vision loss. 01264 560 259 /	137 Carisbrooke Road
	info@macularsociety.org.	Newport
		PO30 1DD
Open from 7:30pm	CAMP HILL COMMUNITY SPORTS CLUB (CHCSC)	Camp Hill Community Sports Club
(Tuesday to Sunday)	A member's club, but also open to non-members offering - Lawn Bowls, Pool,	(CHCSC)
	Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week	Quarry View
	from Tuesday to Sunday from 7:30pm.	Newport
	Please call 01983 722796 or email info@chcsc.uk for more details.	PO30 5ZA
10am - 11.30am	COFFEE & CHAT	Wayfarers Fellowship Evangelical
	Coffee morning All are welcome. Please call for further information:	Church
	01983 526847	Castle Street
		Carisbrooke
		PO30 1NS
New timetable published	WOW! WOMEN ON THE WIGHT	Isle of Wight Women's Centre
every week.	New timetable published every week. If you would like to receive the newsletter	4/5 Saint James' Street
	via email, with all the information you need, please email	Newport
	hellowow@wightdash.co.uk or call for further information 01983 300423.	PO30 5HE

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











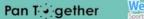


10am - 11.30am Coffee Bar.	LUNCH CLUB	St John's Community Hall
12noon Freshly cooked lunch -	For members of our community who are looking for friendship and	Drake Road
cost £4.	companionship. If you would like to join us we would be very pleased to welcome	Newport
	you. Call Flora on 01983 652452 for a chat and more information.	PO30 1LN
2pm	SIGHT FOR WIGHT AUDIO BOOK GROUP	Sight for Wight
(2 nd Wednesday of the month)	The Sight for Wight Audio Book Group meets from for about an hour. Books are	Millbrooke House
	available on CD or USB stick. We discuss the previous month's book over a cup	137 Carisbrooke Road
	of tea or coffee, before handing out the book for the next month. There is no	Newport
	charge for this group for visually impaired Members. No transport is available for	PO30 1DD
	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	
10am – 11.30am	WEDNESDAY COFFEE & CHAT – SIGHT FOR WIGHT	Sight for Wight
	All are welcome to join us for a cup of tea/coffee and cake. The cost is £1 and the	Millbrooke House
	group is open to all, not just Members. On the first Wednesday of each month,	137 Carisbrooke Road
	we are joined by the Macular Society for their monthly meet up. On the second	Newport
	Wednesday of each month, we are inviting people to bring along a	PO30 1DD
	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	
10am - 12.30pm	PARSON'S PANTRY	St Mary's Church Hall
	Come and enjoy coffee, tea and cake. All welcome.	Carisbrooke High Street
	For more details, please email carisbrookestmarys@gmail.com or call	Newport
	07919096838.	PO30 1NN
7pm	PLATFORM ONE PRESENTS	Strings Bar & Venue
(term time only)	£2 admission - cash only	9 Bowling Green Lane
	Please call 01983 537378 or email isleofwightvenues@gmail.com	Newport
	www.stringsbarandvenue.com	PO30 1RR

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











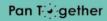


10am – 11:15am	FAMILY PLAY SESSIONS 0 – 4 YEARS	West Newport Family Centre
(term time only)	A range of activities, toys and equipment that are: safe, clean and suitable for all	Wellington Road
	children 0-4. A play space that has been fully safety checked. The opportunity to	Newport
	play with your children,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

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











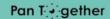


4pm - 6pm (9-11 yr).	NEWPORT YOUTH CAFE	Revive Newport/The Living Room
5:50pm - 7:30pm (12+ yr)	A drop-in cafe for young people on Wednesdays and Fridays. Hot and cold drinks	82-83 High Street
	and snacks available. A Pool table, superfast Wi-Fi and plenty of time to simply	Newport
	hang out. Numbers are limited. Please book: pete@revivenewport.org	PO30 1BH
10.30am - 12noon	HEAD AND NECK CANCER SUPPORT GROUP	Riverside Centre
(2 nd Wednesday of the month)	Let fellow cancer sufferers offer you a helping HAND (Head and Neck Disease).	The Quay
	Please come and see us for an informal chat over a cup of tea/coffee. Our	Newport
	gatherings are not medical, just conversations and sharing experiences with	PO30 2QR
	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	
6pm – 8pm	ALZHEIMER CAFÉ	Newport Methodist Church
(last Wednesday of the	Each month there is an informative presentation relating to dementia, with time	Quay Street
month)	to discuss dementia related issues in a relaxed atmosphere - and light	Newport
	refreshments. There is no charge to attend an Alzheimer Cafe, however,	PO30 5BA
	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	
New timetable published	ODDFELLOWS - ISLE OF WIGHT DISTRICT	Unity Hall
every month	A local Branch of one of the UK's largest friendly societies, which has a 200-year-	20 St Thomas' Square
	plus tradition of creating opportunities for people to meet up and make friends,	Newport
	as well as supporting its members in times of need. A not-for-profit, mutual	PO30 1SG
	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	
2pm – 4pm	NELLY'S PLACE	Gunville Methodist Church Hall
	Nelly's is a group for those who enjoy tea, cake and a good old chinwag. There	197 Gunville Road
	are often special events such as sharing a meal together. Don't stay at home on	Newport
	your own, come along and make some new friends. Please contact Martin	PO30 5LS
	Cooper for more information: 01983 529697.	

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













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











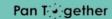


11am – 12noon	CIRCUIT EXERCISE GROUP	The Gym
	Eight-week programme. This group is a session to work in the gym with others	John Cheverton Centre
	on your balance, strength and general fitness/stamina at whatever level you are	Halberry Lane
	at. The session will be supervised by the Physiotherapy team. If you would like to	Newport
	benefit from these sessions, speak to your Mountbatten Nurse or health	PO30 2ER
	professional. Main Reception: 01983 529511	
9:30am - 11:30am	PARENT AND TODDLERS	Salvation Army
(term time only)	Please contact for further details: rodney.bean@salvationarmy.org.uk_/_01983	Pyle Street
	526312	Newport
		PO30 1UJ
2pm – 3:30pm	ACT (Acceptance and Commitment Therapy)	Inclusion
	Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	102 Carisbrooke Road
		Newport
		PO30 1DB
4pm - 5pm	CHILDREN'S BEREAVEMENT GROUP	Art Room
	A support group for children under the age of 18 who have experienced loss	John Cheverton Centre
	through death, wherever or however that death may have taken place. To find	Halberry Lane
	out more about this group, and to access it, please contact our Psychology and	Newport
	Bereavement Service by phoning (01983) 217346.	PO30 2ER
2pm - 4pm	THE MOTOR NEURONE DISEASE (MND) SUPPORT GROUP	Multifunction Room
(3 rd Thursday of the month)	For people living with MND and their carers. This group provides an opportunity	John Cheverton Centre
	to meet other people living with the disease, to share experiences and ideas.	Halberry Lane
	The group is facilitated by the Motor Neurone Disease Association. Main	Newport
	Reception: 01983 529511	PO30 2ER
10:45am - 11:45am	CARERS IW WEEKLY CARERS GYM	Carers IW
	Join Ali for a gym session or exercise class. Ali has a small friendly gym (next door	Riverside Centre
	to our Centre) and offers that extra support and guidance. Great for people who	The Quay
	just find the larger gyms intimidating. We have a specific free gym session for	Newport
	carers with Ali each week. Ali is also able to offer massage treatments for an	PO30 2QR
	additional cost. Free session for carers only – booking essential. Please call 01983	
	533173 for details	

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











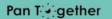


9am – 4.30pm	THE CARERS LOUNGE	St Mary's Hospital
(Monday-Friday - excluding	Located at the entrance to Appley & Colwell Ward, this service is open to all adult	Parkhurst Road
bank holidays)	carers of adults regardless of their funding issues. Carers will be able to talk in	Newport
	confidence about any issues they are facing and want support with.	PO30 5TG
	For more information contact (01983) 822099 ext 2568	
9am - 4.30pm	THE CARERS LOUNGE SEVENACRES	Sevenacres
(Monday-Friday - excluding	(space within the separate mental health unit)	St Mary's Hospital
bank holidays)	To contact the Sevenacres Carers Lounge call 01983 822099 and ask for ext. 2401	Parkhurst Road
	or email carerslounge@carersiw.org.uk	Newport
		PO30 5TG
1pm – 3:30pm	WEEKLY CARERS & CARED FOR DROP IN / WARM SPACE	Carers IW
	Every Thursday we run a session for both carers and the people they care for, we	Riverside Centre
	offer a fun session of laughter, care and peer support with tea, coffee and biscuits	The Quay
	at the Carers Centre. Booking essential. 01983 533173 or info@carersiw.org.uk	Newport
		PO30 2QR
10.30am – 2pm	MIX & MINGLE SOCIAL GROUP – SIGHT FOR WIGHT	Sight for Wight
	VI Members meet every week at Millbrooke House to socialise. Coffee and tea	Millbrooke House
	are provided but please bring a packed lunch to enjoy. In the afternoon the group	137 Carisbrooke Road
	welcomes volunteers who come in to read from various books about local	Newport
	history, general fiction or, a more popular choice, comedy. Please contact 01983	PO30 1DD
	522205 / members@iwsb.org.uk / iwsb.org.uk	
From 7:30pm	THE MONTHLY PUB QUIZ	Snacks and Ladders
(last Thursday of the month)	01983 716710 / hello@snacksandladders.co.uk / snacksandladders.co.uk	(board game café)
		66 St James Street
		Newport
		PO30 1LQ
5pm - 10pm	SAFE HAVEN	Two Saints Ltd
	Our Safe Haven service provides a safe space for people experiencing a mental	Safe Haven
	health crisis. Support from staff can be accessed by telephone, email or face to	7 High Street
	face during evenings, weekends and bank holidays.	Newport
	01983 520168 / safehaven@twosaints.org.uk	PO30 1SS

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









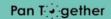




10am - 12pm	KNIT & NATTER	Lord Louis Library
(1st Thursday of the month)	Knit and natter is a regular knitting group and there are two free sessions every	44 Orchard Street
2pm - 4pm	month. Bring along your latest project. Tea, coffee and natter provided. Please	Newport
(3 rd Thursday of the month)	ask at the counter or telephone for further details 01983 823823.	PO30 1LL
5:15pm	READING GROUPS	Lord Louis Library
(1st Thursday of the month)	The Library reading group meets once a month. Please ask at the counter or	44 Orchard Street
	telephone for further details 01983 823823.	Newport
		PO30 1LL
New timetable published	WOW! WOMEN ON THE WIGHT	Isle of Wight Women's Centre
every week.	New timetable published every week. If you would like to receive the newsletter	4/5 Saint James' Street
	via email, with all the information you need, please email	Newport
	hellowow@wightdash.co.uk or call for further information 01983 300423.	PO30 5HE
6pm - 7pm	THE WIGHT BRAINY BUNCH - SUPPORT GROUP	Wessex Cancer Trust Support Centre
(1st Thursday of the month)	The group is open to anyone who has been affected by a brain tumour, whether	21 Lugley Street
	you are a patient, a family member, a friend or a carer. All are welcome. We aim	Newport
	to provide a confidential and supportive environment where patients, family	PO30 5HD
	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	
7.30pm	VECTIS QUILTERS	Newport Parish Church Centre
(2 nd Thursday of the month -	We are a lively and thriving group who love to make quilts, cushion covers, bags	Town Lane
except August)	and wall hangings using patchwork and quilting techniques.	Newport
	vectisquiltersiow.co.uk	PO30 1JU
9.30am - 12.30pm = £19.50	WAY FORWARD ACTIVITY CENTRE (18+)	The Way Forward Programme
12.30pm - 3.30pm = £19.50	Activities for 18+ who have a learning or physical disability, on the autistic	25 Daish Way
9.30am - 3.30pm = £39.00	spectrum, suffering from mental health conditions. Cooking, Photography, IT,	Dodnor Industrial Estate
	Arts & Crafts, Music & Acting Therapy, Health & Wellbeing activities, Music	Newport
	Sessions, Dance & Drama, Sports, Education Courses, Project Work, Choir,	PO30 5XJ
	Beauty, Film & Animation, Learning New Hobbies and more. Please contact	
	01983 523000 / wayforwardprogramme.org.uk	











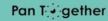


2pm - 3pm	QUIET HOUR @ ASDA	ASDA
	A quieter hour every Monday to Thursday - reducing the noise levels in store by	St Georges Way
	switching off the Asda Radio and reducing tannoy announcements to	Newport
	emergencies only. 01983 640246	PO30 2QH
1pm – 2.30pm	LITTLE PAWS	West Newport Family Centre
	Are you under 25, expecting a baby or have a child/ren under 5? You are welcome	Wellington Road
	to come along to our Little Paws stay and play sessions. This is a fun, safe space	Newport
	for you to come and play with your children. An opportunity to meet other	PO30 5QT
	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.	
10am – 12.30pm	ACTIVE LIVING - LOCAL TRIPS OUT AND ABOUT / SOCIAL TIME	Riverside Centre
	Active Living is an Activities and Training Centre for people with a disability.	The Quay
	Each am/pm session costs £17.50 or a full day is £35. For some sessions, such as	Newport
	cooking or baking, there is a small additional cost for ingredients.	PO30 2QR
	Active Living Direct line: 01983 539371 / activeliving-iw.co.uk	
7pm	WATERSIDE W.I.	1st Newport Scout Hall
(4 th Thursday of the month)	The WI is a unique organisation shaped by its members to give women a voice	Woodbine Close
	and to be a force for good in the community. We are the largest women's	Newport
	organisation in the UK and we pride ourselves on being a trusted place for all	PO30 1AN
	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 differen0ce 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.	
Open from 7:30pm	CAMP HILL COMMUNITY SPORTS CLUB (CHCSC)	Camp Hill Community Sports Club
(Tuesday to Sunday)	A member's club, but also open to non-members offering - Lawn Bowls, Pool,	(CHCSC)
	Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week	Quarry View
	from Tuesday to Sunday from 7:30pm.	Newport
	Please call 01983 722796 or email info@chcsc.uk for more details.	PO30 5ZA

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













Various times	EN-CORE DANCE AND PILATES	St Mary's Church Hall
	Providing fun, challenging and inclusive dance and Pilates classes.	Carisbrooke High Street
	Various classes run throughout the day. Please contact for more information:	Newport
	sally@en-core.co.uk / 07907356777 / en-core.co.uk	PO30 1NN
10am - 12noon	APPLEGATE BREAST CANCER SUPPORT GROUP	The Riverside Centre
(1st Thursday of the month)	The group is formed of female patients who have been diagnosed with breast	The Quay
	cancer. The women find support talking amongst themselves to help each other	Newport
	through treatment as well as dealing with the personal and intimate aspects of	PO30 2QR
	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.	
2pm – 3.30pm	SAMPHIRE DANCE (over 55's classes)	Camp Hill Sports & Community Club
	Samphire is specifically geared towards participants in their mid-50's and	Quarry View
	beyond. These classes are more than exercise. They are groups of people	Camp Hill
	supporting each other and developing a love of dance as a means of expression	Newport
	and creativity. They are about friendships and laughter, and delight. No previous	PO30 5ZA
	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.	
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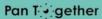




11am – 1pm	EMBRACING AGE IOW CRAFT GROUP	The Living Room
(2 nd Thursday of the month)	EA IOW is a charity which supports care home residents without family and	82-83 high street
	friends through various projects. Each month there will be a different	Newport
	craft activity (or make something of your own) with all materials provided, and	PO30 1BH
	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	
10:00am – 12:00noon	DROP IN HEARING AID CLINIC	Riverside Centre
(1st Thursday of the month)	Do you wear NHS Hearing aids? Come to our FREE clinics for the following:	Hunnyhill Room
	Cleaning, Re-Tubing, Batteries and Information & Advice.	The Quay
	For more information, please contact 07918 740936 / iow@rnid.org.uk /	Newport
	rnid.org.uk	PO30 2QR
New timetable published	ODDFELLOWS - ISLE OF WIGHT DISTRICT	Unity Hall
every month	A local Branch of one of the UK's largest friendly societies, which has a 200-year-	20 St Thomas' Square
	plus tradition of creating opportunities for people to meet up and make friends,	Newport
	as well as supporting its members in times of need. A not-for-profit, mutual	PO30 1SG
	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:	
I	01983 523115 / maretta.heap@oddfellows.co.uk	









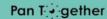


LIVING WELL & EARLY HELP SERVICE

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













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10am - 1pm	GARDENING FOR HEALTH AND HAPPINESS PROJECT	Church on the Roundabout
	Improve your mental health and support your community. This project is	Coppins Bridge
	currently running on a Wednesday and Friday. To volunteer, come along for a	Newport
	chat with Paula or Tony and we can show you more about what is involved. For	PO30 2BX
	more information and to book a space, call 01983 717967 or email	
	ctriow@gmail.com.	
11am - 12pm	SINGING FOR WELLBEING	Multifunction Room
	Come and enjoy an open group where music and singing is at its heart. Main	John Cheverton Centre
	Reception: 01983 529511	Halberry Lane
		Newport
		PO30 2ER
2pm – 4pm	ART GROUP	Inclusion
	Please contact 01983 526654 / Inclusioniow@mpft.nhs.uk for more details	102 Carisbrooke Road
		Newport
		PO30 1DB
11am – 12noon	LIVING WELL WITH FATIGUE	Therapy Room
(held weekly for four weeks)	Explore how to manage your fatigue, so you can do more of the things that are	John Cheverton Centre
	important to you and improve your quality of life. Please ask your Mountbatten	Halberry Lane
	Nurse or other healthcare professional to refer you into this service. Main	Newport
	Reception: 01983 529511	PO30 2ER
9am - 4.30pm	THE CARERS LOUNGE SEVENACRES	Sevenacres
(Monday-Friday - excluding	(space within the separate mental health unit)	St Mary's Hospital
bank holidays)	To contact the Sevenacres Carers Lounge call 01983 822099 and ask for ext. 2401	Parkhurst Road
	or email carerslounge@carersiw.org.uk	Newport
		PO30 5TG
10.45am – 12noon	DANCEMAKERS NEWPORT	St John's Church Hall
	DanceMakers is a gentle, creative dance programme that can help you improve	Drake Road
	balance, co-ordination, muscle strength, memory and confidence, while making	Newport
	friends and having fun. There is a charge of £2 per session, and booking is	PO30 1LN
	required. Please contact us for details or to book your space: 01983 822437 /	
	info@independentarts.org.uk	

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











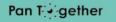


1pm - 3:30pm	ISLE OF WIGHT STROKE CLUB	The Pavilion
(last Friday of the month)	Meetings for stroke survivors, carers, and family members.	Victoria Recreation Ground
	Please call for details 01983 869100.	Recreation Ground Road
		Newport
		PO30 5DS
Last Friday of the month	STRIDERS – SIGHT FOR WIGHT	Various routes across the island
	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	
1pm – 2pm	ALCOHOLICS ANONYMOUS	Newport Common Solutions Group
	Meeting is accessed from the South Street entrance next to ATS Tyres. ALL	Congregational Church
	meetings, unless otherwise stated, are 'Closed' meetings and restricted to	91 Pyle Street
	alcoholics and those who have a desire to stop drinking. Helpline: 02392580776	Newport
	(24 hours)	PO30 1UH
10am - 10:30am	RHYMETIME	Lord Louis Library
11am - 11:30am	Rhymetime for babies of all ages. Come down, sing some rhymes, have fun and	44 Orchard Street
	maybe make new friends too. Booking is strongly advised. Book your free place	Newport
	by popping into the library, phoning us on 823823 or	PO30 1LL
	emailing lordlouislibrary@iow.gov.uk	
9am – 4.30pm	THE CARERS LOUNGE	St Mary's Hospital
(Monday-Friday - excluding	Located at the entrance to Appley & Colwell Ward, this service is open to all adult	Parkhurst Road
bank holidays)	carers of adults regardless of their funding issues. Carers will be able to talk in	Newport
	confidence about any issues they are facing and want support with.	PO30 5TG
	For more information contact (01983) 822099 ext 2568	
5pm - 10pm	SAFE HAVEN	Two Saints Ltd
	Our Safe Haven service provides a safe space for people experiencing a mental	Safe Haven
	health crisis. Support from staff can be accessed by telephone, email or face to	7 High Street
	face during evenings, weekends and bank holidays.	Newport
	01983 520168 / safehaven@twosaints.org.uk	PO30 1SS

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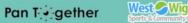


9.30am – 12.30pm = £19.50	WAY FORWARD ACTIVITY CENTRE (18+)	The Way Forward programme
12.30pm $- 3.30$ pm $= £19.50$	Activities for 18+ who have a learning or physical disability, on the autistic	25 Daish Way
9.30am – 3.30pm = £39.00	spectrum, suffering from mental health conditions. Cooking, Photography,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

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











New timetable published	WOW! WOMEN ON THE WIGHT	Isle of Wight Women's Centre
every week.	New timetable published every week. If you would like to receive the newsletter	4/5 Saint James' Street
	via email, with all the information you need, please email	Newport
	hellowow@wightdash.co.uk or call for further information 01983 300423.	PO30 5HE
4pm - 6pm (9-11 yr).	NEWPORT YOUTH CAFE	Revive Newport/The Living Room
5:50pm - 7:30pm (12+ yr)	A drop-in cafe for young people open Wednesdays and Fridays. There are hot	82-83 High Street
	and cold drinks as well as snacks (no food) available. A Pool table, superfast Wi-	Newport
	Fi and plenty of time to simply hang out. Numbers are limited, so book a place by	PO30 1BH
	contacting: pete@revivenewport.org	
10am – 2pm	HOMELESS ADVICE – DROP IN SERVICE	Salvation Army
	A weekly drop-in advice service with representatives from IWC Housing	Pyle Street
	Services, the Salvation Army Homelessness Services, Inclusion and Paragon. Get	Newport
	advice on identifying suitable housing options, applying for welfare benefits and	PO30 1UJ
	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.	
10:30am - 11:30am	MINDFUL MOMENTS	Independent Arts
	A chance to explore mindfulness and creativity, promoting feelings of wellbeing	48/49 High Street,
	and a calmer state of mind. A chance to let go of our ideas of what art and	Newport
	creativity is and just be free to express ourselves. (No art experience necessary.)	PO30 1SE
	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	
9.30am - 11am	SOFT PLAY SESSIONS FOR 5YR OLDS AND UNDER	The Riverside Centre
11.30am - 1pm	£5 per child per session. No need to book. Free unlimited tea, coffee and	The Quay
	squash. Please call for details: 01983 524058	Newport
		PO30 2QR

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









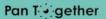




New timetable published	ODDFELLOWS - ISLE OF WIGHT DISTRICT	Unity Hall
every month	A local Branch of one of the UK's largest friendly societies, which has a 200-year-	20 St Thomas' Square
	plus tradition of creating opportunities for people to meet up and make friends,	Newport
	as well as supporting its members in times of need. A not-for-profit, mutual	PO30 1SG
	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	
Improvers: 11am - 2pm	BALLET CLASSES FOR ADULTS	Carisbrooke Church Hall
Advanced: 12.30pm - 1.30pm	Royal Academy of Dance Registered Teacher. First Class Free. To book please	Carisbrooke High Street
	contact Suki Turner on 07940 503 971 / suki.turner@icloud.com / coad.dance	Newport
		PO30











LIVING WELL & EARLY HELP SERVICE

WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: SATURDAY'S WHEN **WHAT WHERE** 1pm - 2pm **ALCOHOLICS ANONYMOUS Lunchtime Newport Common** Solutions Group Helpline: 02392580776 (24 hours) Congregational Church 91 Pyle Street Newport PO30 1UH **QUIETER HOUR @ MORRISONS** 9am - 10am Morrisons Designed to help customers who currently struggle with music and the other South Street noise associated with supermarket shopping. The store will: Dim the lights, turn Newport music and radio off, avoid making tannoy announcements, reduce movement of PO30 1JQ trolleys and baskets, turn checkout beeps/other electrical noises down and place a poster outside to tell customers it's Quieter Hour. 4pm - 5:30pm **ALL AGE CASUAL CHOIR** Music Craft C.I.C All age choir run by vocal coach Lorna Brownsword. Singing a variety of songs. 98 High Street Donations welcome. Contact and sign up forms can be found on our website at Newport www.musiccraft.mymusicstaff.com Tel: 01983 525993 / Mob: 07814 526879 / PO30 1BQ

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.

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:

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



5:30pm - 6:30pm

10am - 11:15am



ADULT LEARNERS CHAMBER ENSEMBLE

01983 525993 / Mob: 07814 526879 / www.musiccraft.biz

for more information or to enquire about booking.

01983 822437 / info@independentarts.org.uk

www.musiccraft.biz

PICTURE PLAY







Music Craft C.I.C

48-49 High Street

Independent Arts' Creative Hub

98 High Street

Newport

PO30 1BQ

Newport

PO30 1SE

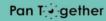


First Saturday of the month	BOOK SALE	Lord Louis Library
	Withdrawn library books and other stock are on sale.	44 Orchard Street
	01983 823823 / lordlouislibrary@iow.gov.uk	Newport
		PO30 1LL
12noon - 1pm	EN-CORE DANCE - INTERMEDIATE MODERN DANCE	St Mary's Church Hall
	Please contact for more information:	Carisbrooke High Street
	sally@en-core.co.uk / 07907356777 / en-core.co.uk	Newport
		PO30 1NN
10am - 2pm	COMMUNITY DROP-IN (RUN BY FELLOWSHIP HOUSE)	Salvation Army
	Please contact for further details: rodney.bean@salvationarmy.org.uk/01983	Pyle Street
	526312	Newport
		PO30 1UJ
7pm - 9pm	SATURDAY SOCIAL/OPEN HOUSE (18+)	Music Craft C.I.C
	Every Saturday we open our doors to all musicians and friends. You can use the	98 High Street
	rehearsal rooms to have a jam or just chill out in the waiting room. Tea, coffee	Newport
	and biscuits are provided but you are welcome to bring your own drinks and	PO30 1BQ
	food. There is no charge for this but donations are welcome. Tel: 01983 525993	
	/ Mob: 07814 526879 / www.musiccraft.biz	
New timetable published	ODDFELLOWS - ISLE OF WIGHT DISTRICT	Unity Hall
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	Petanque, Darts, Short Mat Bowls, Bingo and more. Currently open 6 days a week	Quarry View
	from Tuesday to Sunday from 7:30pm.	Newport
	Please call 01983 722796 or email info@chcsc.uk for more details.	PO30 5ZA

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













12noon – 1:30pm	CHESS CRAFT	Independent Arts' Creative Hub
	Saturday lunchtime chess programme, Teenage Chess Craft. It's free to sign up,	48-49 High Street
	just call 01983 822437 or email info@independentarts.org.uk	Newport
		PO30 1SE
10am – 12noon	HEADWAY – ISLE OF WIGHT	Riverside Centre
(1st Saturday of the month)	Headway is the UK-wide charity that works to improve life after brain injury.	The Quay
	Providing support, services and information to brain injury survivors, their	Newport
	families and carers, as well as to professionals in the health and legal fields. This	PO30 2QR
	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	
10:30am – 12:30pm	THE ARTFUL DRUMMING CAFÉ / WARM SPACE	Unitarian Church Hall
	When did you last dance, when did you last sing, when did you last laugh?	High Street
	Come and join us for a few hours of fun making a noise. No music or drumming	Newport
	skills needed. Tea and toast included. Free to attend. Booking essential. Please	PO30 1SS
	join the Nature Therapy Drumming Facebook page for more details or email	
	wolfmedicine@icloud.com or refer to the website: www.naturetherapycic.com	
12noon - 10pm	SAFE HAVEN	Two Saints Ltd
(including bank holidays)	Our Safe Haven service provides a safe space for people experiencing a mental	Safe Haven
	health crisis. Support from staff can be accessed by telephone, email or face to	7 High Street
	face during evenings, weekends and bank holidays.	Newport
	01983 520168 / safehaven@twosaints.org.uk	PO30 1SS
10.30am -12.30pm	COFFEE MORNING	Apollo Theatre
	A coffee morning where current members meet and hang out (with tea, coffee	Pyle Street
	and biscuits) and new members and those with an interest in what we do can	Newport
	meet some of the members, have a tour of the theatre and generally find out	PO30 1JT
	more about us. All are welcome. 01983 210 010 / info@apollo-theatre.org.uk	









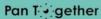




8am	SLIMMING WORLD	St Thomas of Canterbury Primary
9:30am	If you're thinking of joining us, there's a warm welcome waiting. At your very first	School
11am	group, you'll get everything you need for a fab first week and much, much more.	Carisbrooke High Street
	Call Kim 07855 747 893	Carisbrooke
		PO30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











LIVING WELL & EARLY HELP SERVICE

WHAT'S ON IN NEWPORT, CARISBROOKE & GUNVILLE: SUNDAY'S WHEN **WHAT WHERE** 10.30am - 12noon NORDIC POLE WALKING FOR THE OVER 50'S Naturezones Sunday morning walks for all adults. To book your preferred date please email Birchmore Lane angela.hewitt@btclick.com or call T: 01983 296110 Blackwater PO30 3BP 10.30am - 4pm **FAMILY SUNDAYS** Naturezones (last entry at 3pm) Everyone welcome. Either pay at the gate or pre-book. Friends/Members - Free Birchmore Lane - no need to book. Concession - £4.25. Adult - £5.00. Child - £4.25 including bug Blackwater pot & quiz sheet. Under 4's & babies - free. Please contact Newport angela.hewitt@btclick.com or call 01983 296110 PO30 3BP 10am -11am QUIETER HOUR @ MORRISONS Morrisons Designed to help customers who struggle with music/other noises associated South Street with supermarket shopping. The store will: dim the lights, turn music/radio off, Newport avoid making tannoy announcements, reduce movement of trolleys/baskets, PO30 1JQ turn checkout beeps/other electrical noises down, place posters outside. 12noon - 10pm Two Saints Ltd **SAFE HAVEN** (including bank holidays) Our Safe Haven service provides a safe space for people experiencing a mental Safe Haven health crisis. Support from staff can be accessed by telephone, email or face to 7 High Street face during evenings, weekends and bank holidays. Newport 01983 520168 / safehaven@twosaints.org.uk PO30 1SS The Hogshead 8pm - 11pm THE SMARTPHONE QUIZ With an interactive scoring system and the fastest answers shown on screen, it's 20 High Street not to be missed. £40 bar tab to be won as well as other prizes. Newport Please call 01983 530150 or email hogshead.newport@stonegategroup.co.uk PO30 1SS 7pm - 11pm **OUAY FOLK CLUB** Quay Arts Café (In the café) The best in folk music on the island on the third Sunday of each month, with Sea Street several floor spots sandwiched between two showcase performances. Please see Newport Facebook for details: www.facebook.com/quayfolkclub PO30 5BD













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







