

..... a project which aims to improve access to leisure learning, information and social opportunities for older people in the area, through a variety of activities and intergenerational sub-projects.

Welcome to the winter 2008 edition of the Wesham Interact newsletter.

What is Wesham Interact?

Wesham Interact is a project, managed by Catholic Caring Services, for the Over 55's of Wesham and the surrounding area. We work closely with Age Concern, who provide us with funding and advice. The aims are to increase community involvement for older people in the Wesham area by providing subsidised courses, drop-in advice sessions and other activities. We are keen to develop our project and get people from the local community involved in deciding what activities we should run.

New Free Class

We are pleased to announce that alongside the classes that have already been running, we will be offering new, **free** classes this term in **Gardening and computers**, courtesy of Lancashire Adult Learning college. Our gardening tutor will be Bill Blackledge, who also provides advice for listeners on BBC Radio Lancashire.

Lunch Club

We are still running our weekly lunch club on **Tuesdays at 12.45pm**. Do come along and enjoy soup and fresh crusty bread with home-made sandwiches, followed by cakes and as much tea or coffee as you like, all for **only £1**. Everyone is welcome!

Bingo

Linda Nulty runs a bingo session every Tuesday afternoon 1.45-3.30pm, (after the lunch club) at Wesham Community Centre.

Classes

This term's classes at Wesham Community Centre are as follows:

Tuesday

10.00am-11.00am Exercise to Music
£23.10 for 11 weeks (*starts January 6th 2009*)

1.30pm-3.30pm Watercolour Painting
£42 for 12 weeks - *we are seeking new members for this group to run in January please call for more details*

Thursday - New FREE class

10.30-12.30pm Gardening
Free of charge (*available to those aged 55+ . Note: this class runs fortnightly , class starts 15th January 2009, please call to book your place*)

3.00-4.30pm Beginners Computers
Free of charge (*available to those aged 55+ . please call to book your place*)

Note: For further information about any of the classes and to book your place, you can call **Maureen on 01772 687112**



We wish all of you, in the community of Wesham a very Merry Christmas and a Happy and Prosperous NewYear