

NEWSLETTER

FEBRUARY 2025

How to beat boredom and boost health in retirement

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To stay healthy, we need to keep balance in body and mind. Activities that foster social interaction and are gentle on the joints can double the health benefits. With extra time on our hands, we can sometimes get into a rut. Here are a few things to consider to help you stay active in retirement.

Alter your mindset

Being bored is often a very personal state of mind. You should ask yourself if you're holding back on doing new activities because of a lack of self-confidence or anxiety about thinking you may not fit in. When you think about it, you have as much right to join a club as the next person, so why be the one losing out on all the fun?

Sue Brown, a life coach specialising in adapting to life changes, suggests we should learn to spot old beliefs that could be holding us back. When things do not go as planned, people often see this as a failure, she says, but urges all of us to look at these moments instead as opportunities to learn and grow.



March to the beat of your own drum

You might find that you do not share the same passions as your spouse or friends. Consider exploring passions and retirement hobbies that really strike *your* interest. Sometimes we just have to take the plunge and go for it, despite what others may think.

Get creative

As new generations enter retirement, activities and interests will undoubtedly reflect that generational shift. Society is cottoning on to this, with more options available, often within creative outlets. Other creative retirement activities you could explore include art classes, which are often run by local colleges or councils. You could also try online singing and breathwork if you find it hard to leave the house but want to remain connected to others.

For more inspiration and tips to make the most of your retirement, browse the useful articles section or listen to the podcasts at www.ageuk.org.uk. We'll cover more in our March issue!

Fred Leatherbarrow is undertaking a sponsored 150-mile exercise bike ride during February in aid of Bideford Community Centre.

The centre would like to purchase a new van to transport food donations from supermarkets which they share to residents struggling with the cost of living. This includes many older people.

Please support if you can... donations can be made using the details to the right. Add 'Fred' as the reference.

LLOYDS BANK
THE BIDEFORD
COMMUNITY CENTRE

ACC: 20695368
SORT: 30-96-26

PLEASE USE THE REFERENCE FOR YOUR
FULL NAME

WYTHENSHAWE HALL

Sunday 23rd February '25
Open 11m to 4pm

£3
Entrance
fcc
(cash only)

Under
10's go
Free

Towards the end of 1643 Robert Tatton recruited more than 50 people from among his staff and Royalist friends to defend the Hall against Parliamentary forces.

**Find out who defended
Wythenshawe Hall and what
happened to them.**



MANCHESTER
CITY COUNCIL

FRIENDS OF
WYTHENSHAWE HALL

WYTHENSHAWE HALL Open Days 2025

Open 11am to 4pm

£3 Entrance - (cash only)
Under 10's Free

Sunday February 23rd

Sunday March 16th

Sunday April 13th

Sunday May 18th

Sunday June 22nd

Sunday July 27th

August tbc

Sunday September 21st

Sunday October 26th

Sunday November 16th

Saturday 13th & Sunday 14th December

Christmas at Wythenshawe Hall

**See our Social Media for
information on monthly themes**

Facebook: Friends of Wythenshawe Hall

Twitter (X): @WythenshaweHall

WythenshaweHall.org

Apart from being an enjoyable activity, jigsaws help with problem-solving, spatial reasoning, and memory recall. All of which may contribute to the prevention of cognitive decline associated with ageing.

Why not buy one of the Wythenshawe Hall jigsaws which help towards fundraising for future events. The 500-piece jigsaw is £15.50 and there is a 24-piece option for kids at £12.50. Jigsaws can be collected from the hall on Fridays, or at any open day. If delivery required, please contact fredleatherbarrow@yahoo.co.uk.

Cash or PayPal using wythenshawehall.org@gmail.com as the payee. Please select 'Friends & Family' when making payment. **THANK YOU FOR YOUR SUPPORT.**



Scan the QR
code →
to access the
PayPal
payment page.



MRS BEETON'S COOKERY

Clean the skate, lay the fish in a dish with vinegar to cover. Add salt, pepper to taste, one slice onion, one small bunch of parsley and the juice of a lemon and let the fish remain in this pickle for 1½ hours.

Drain well, flour or cover with egg and bread crumbs and fry in hot fat until nicely browned. The fish may be served with or without sauce.

Skate is best if not dressed too fresh, unless it is crimped, and it should therefore, be kept for a day before dressing.

FRIED SKATE



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St Wilfrid's Church

The Parish of Northenden, Manchester



Northenden Bell Ringers

We are looking for both new and experienced ringers.

Join the Band!

Our village is fortunate to have a historic ring of 6 full-circle bells at St Wilfrid's Church that have been ringing in Northenden since 1750. Learn the ropes at one of our evening practice sessions. All welcome. For ages 10+.

Ring the Changes!

At: St. Wilfrid's Belfry, Ford Lane,
Northenden, M22 4WE

When: Practice sessions every first
Wednesday of the month.

Time: 6.45pm – 8.15pm

Next practice: 5th February

Contact: Andrew Bradley
stwilfridsrector@gmail.com





Creative Space, First Floor, The Forum Library, Wythenshawe,
Manchester M22 5RX Tel: 07549789747 Email:
stephen@blockcinema.org

ON AT THE BLOCK – EVERY THURSDAY

Unless stated otherwise: doors at 6.45 pm, screening at 7.15 pm

Times occasionally change, so please check our website, www.blockcinema.org

JANUARY

23RD BLADE RUNNER: THE FINAL CUT (2007) 15 117 mins

30TH CASABLANCA (1943) U 102 mins

FEBRUARY

6TH THE TASTE OF THINGS (2024) 12 136 mins **FILM CLUB SCREENING**

13TH WICKED (2024) PG 160 mins Doors 6.30 pm, Screening at 7 pm

20TH ALIEN: ROMULUS (2024) 15 119 mins

27TH JUROR #2 (2024) 12 114 mins

MARCH

6TH INTERSTELLAR (2014) 12A 167 mins Doors 6.15 pm, Screening at 6.45 pm

13TH NOSFERATU (2025) 15 113 mins

20TH PAN'S LABRINTH 15 (2006) 121 mins **FILM CLUB SCREENING**

27TH GLADIATOR II (2024) 15 150 mins



Wythenshawe Renegades Badminton club



Every Tuesday - 11-12pm
Woodhouse Park Lifestyle Centre.
Portway, Wythenshawe, M22 1QW £3 per session

Visit the Age Friendly Wythenshawe page at:
wythenshaweforum.co.uk/age-friendly-wythenshawe

THE TREE OF LIFE CENTRE WISHES TO THANK EVERYONE FOR THEIR SUPPORT THIS YEAR



Proud of our 2024 Achievements



Distributed:

- ✓ 104,832 meals through our Food bank/Pantry & Cafe
- ✓ 2,675 Free school uniforms to families in need
- ✓ 2,400 Free sanitary products – minimising period poverty
- ✓ 1,050 Free Easter & Christmas hampers & toys for children
- ✓ 578 Free winter blankets, coats and bedding
- ✓ 160 Free holiday meals – minimising holiday hunger
- ✓ 220 Free books for kids – promoting literacy
- ✓ 200 Cash & voucher payments for energy bills & food to families in crisis – amounting to more than £20,000

We provided:

- ✓ 40,874 families supported with access to free or affordable furniture, food, clothing & household items.
- ✓ 1,082,409kg of CO2 saved through our furniture reuse project (Carbon footprint impact).
- ✓ 468 wellbeing session - Tai chi, sewing, craft, mindful colouring, knitting, friendship group, skills sharing & day trips etc. with over 6,000 participation and engagement.
- ✓ 400 pre-employment support sessions with 1,500 participation and engagement.
- ✓ 98 Volunteers – reducing isolation & learning valuable skills such as customer service, catering, administration, warehousing etc.



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