

What's On in..... Ambleside, Grasmere, Hawkshead, Bowness, Windermere & Coniston



Activities and Groups

*Our groups offer a wide range of activities.
Come along to stay healthy, make new
friends or even learn a new skill.*

Wednesday Club, Market Hall,
Hawkshead 10.30am - 12noon*

Every Wednesday

Gentle Exercises, Ambleside Parish
Centre, 11.00am - 12noon*

Every Friday

Gentle Exercises, Langdale Village Hall,
2.00 - 3.00pm*

Every Monday

Gentle Exercises, Ladyholme
Community Centre, Windermere,
2.00 - 3.00pm*

Every Thursday
(No session 12 March)

Coniston Cream Tea Group,
Meadowdore Cafe, 3.00pm* (Feb - Nov)

2nd Tuesday of
the month
(Restarts 11 Feb)



IT Drop In Point, Windermere Library, 10.00am - 12noon*	2nd Friday of the month
IT Drop In Point, Ambleside Library, 1.30 - 3.30pm	Every Tuesday
Falls Awareness Drop In, Windermere Library, 10.00am -12noon	27 Feb, 20 March
Falls Awareness Drop In, Ambleside Library, 10.00am - 12noon	7 February
Tinnitus Drop In, Age UK South Lakeland, Finkle Street, Kendal, 10.00am - 12noon	Every Wednesday
Tinnitus Support Group, Age UK South Lakeland, Finkle Street, Kendal, 2.30 - 3.30pm*	2nd Wednesday of the month

*Some of our groups & activities have a suggested donation, for more information or to book a place on one of our activities please call us on **01539 728118** and we will be happy to help.



Lunch Clubs

Our local lunch clubs offer a wide range of freshly cooked meals, it is the perfect opportunity to meet up with friends or make new ones. Bookings are required, so please contact our reception for help and more information.

The Unicorn Inn, Ambleside	1st Monday of the month
The Rothay Garden Hotel, Grasmere	2nd Monday of the month
The Britannia Inn, Langdale	3rd Tuesday of the month
The Crown Inn, Coniston	1st Friday of the month
The Church House Inn, Torver	2nd Friday of the month
Village Inn, Bowness (Troutbeck Lunch Club)	4th Monday of the month
The Kings Arms Hotel, Hawkshead	2nd Thursday of the month

A warm and friendly welcome awaits you. To book your place, phone
01539 728118.



Volunteering

All volunteer roles require you to attend a half day induction and training specific to the role.

Retail Volunteers

We're looking for friendly people who enjoy working as part of a team and will be happy to help our customers. A shop volunteer role can be very varied from assisting people, sorting and replenishing stock and working on the tills to creating visual displays on the shop floor. If you like all things retro help us pick out donated items and if you're bookworm we'd welcome you too.

Digital Champions

Digital Champions are a great team of people, who help demonstrate online shopping, teach basic IT skills, help out at IT Drop Ins and encourage older people to get online at their local surgery. It can also involve visiting a client in their own home to help them get started with IT to develop confidence in using a tablet or laptop. Introducing older people to the joys and opportunities of the digital world can be life changing for them. It could be for you too.

For more information on any of the volunteer opportunities, please call us on **01539 728118** or email **volunteering@ageuksouthlakeland.org.uk**. Please note that events and activities will not be running on Bank Holidays. Check out your local Age UK South Lakeland Shop or distribution point for the latest **What's on...**