

West Wight

Sports & Community Centre

NEWSLETTER

15th MAY 2020

West Wight Coronavirus Support

UPDATE FROM THE CORONAVIRUS SUPPORT SERVICE AT WEST WIGHT SPORTS & COMMUNITY CENTRE

Thanks to everyone who continues to support others in the community with practical support, making scrubs for our care homes, delivering prescriptions, hot food and those offering phone contact.

As of the 13th May, these are the figures:

483 people have asked for help or support.

314 people have volunteered their support with tasks including shopping, phone contact and prescription delivery.

392 people have been assisted with prescription collection and delivery.

32 have registered to receive hot food deliveries.

200+ sets of scrubs, face masks plus 160 wash bags made for local care homes. Cowes Enterprise College have made 300 face shields to date and Rapanui have donated t-shirts.

West Wight
Coronavirus Support
PHONELINE OPENING HOURS
01983 752 168

Monday - Friday 9am - 5pm

Saturday 10am - 4pm

Sunday - Closed *



*contact the council's help hub on 01983 823 600 for support on Sundays.

FACE MASKS AVAILABLE

In these ever changing times, we are adapting to the latest news from government. The current recommendation is for people to wear face masks if they have to go out to work or are in enclosed spaces like public transport and cannot maintain two metres distance. Here at the hub we can now offer packs of 5 face masks made by some of our fantastic volunteers in small, medium and large sizes. Minimum donation per pack is £5 which supports the work of the hub and helps secure the future of the sports and community centre.

Masks can be ordered by calling the hub on 01983 752168. Orders are being taken on a first come first served basis and we'll be in touch when they're ready. Once yours are ready we can arrange for collection from the centre or delivery to your address in West Wight. Once ordered you can call us to make your donation or do it online

<https://tinyurl.com/y7ug777m>



West Wight
Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

Tel: (01983) 752168
www.westwight.org.uk
E-mail: info@westwight.org.uk

Reg. Charity No. 273334



HOT MEAL DELIVERY AVAILABLE

Our kitchen continues to be open every weekday and you can order in advance for delivery to your home. Huge thanks to Michèle of Four Seasons Cookery Academy for cooking and West Wight Men in Sheds for delivery. Next week's menu can be found below.

All meals are £5 – please pay over the phone when you order. You are very welcome to make a regular order and pay in advance. Some people are treating themselves to a meal once a week and paying for a month ahead! If you know someone who is struggling to

cook for themselves, please do let us know as we can help and can provide meals free of charge if necessary.

Please don't be put off if the daily dish is not to your liking. Wherever possible, Michèle of the Four Seasons Cookery Academy will do her best to accommodate your wishes. Vegetarian alternatives available if required.

It would be appreciated if orders could be placed at least a day in advance wherever possible. Dishes may be subject to change due to ingredient availability.

MEAT AUCTION



Congratulations and many thanks to Susie Sheldon who put in the highest bid for the beef box donated by Warren Farm.

RICHIE SHELDON'S EPIC FUNDRAISER



Please show your support to Richie Sheldon for taking on the huge challenge of cycling the height of Mt. Everest (8.848m) in one day, on the 8th August. He will be doing it on Mt Seymour in Vancouver, British Columbia. We are overwhelmed that he has chosen to support us in his challenge.

If you'd like to support Richie, please go to the following page: <https://www.justgiving.com/crowdfunding/richard-sheldon>



West Wight Coronavirus Support **HOT MEAL DELIVERY**

MENU - WEEK COMMENCING 18 MAY

MONDAY

Chicken Tikka Masala with rice and poppadums

TUESDAY

Sweet and Sour Pork served with noodles and spring rolls.

WEDNESDAY

Cottage Pie with seasonal vegetables

THURSDAY

Cheese and Caramelised Onion Quiche with buttered new potatoes and salad

FRIDAY

Smoked Salmon Tagliatelle with side salad

Each dish accompanied by a delicious cake donated by our loyal supporters - PO41 coffee house.

£5 PER MEAL OR FREE TO THOSE IN HARDSHIP

To order, call 01983 752 168

*menu choices are subject to change dependent on availability of produce

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SEA SWIMMING - SAFETY FIRST

We have heard lots of talk about sea swimming and it does seem very tempting with this beautiful weather and the pool being shut.

Our advice is that unless you are an experienced sea swimmer you should NOT swim in the sea at the moment. At the best of times the sea is hazardous and at this time of year it is still very cold if you are not used to it. If you do swim in the sea please ensure you have someone on shore watching you and ensure you understand the local conditions, including tides, where there are rocks and other obstacles, sudden depth changes and weather forecasts. If you are in any doubt please do not go in.

Stay safe and don't risk putting additional strain on emergency services. We'll still be here for you when this is all over - please stick with it and don't give in now.

The government has issued some much clearer advice on outdoor sport and exercise and we are taking time to plan our activities with this advice in mind. Watch this space and the Facebook and website for more details. Read the government advice here:

<https://www.gov.uk/government/publications/coronavirus-covid-19-guidance-on-phased-return-of-sport-and-recreation/guidance-for-the-public-on-the-phased-return-of-outdoor-sport-and-recreation> .



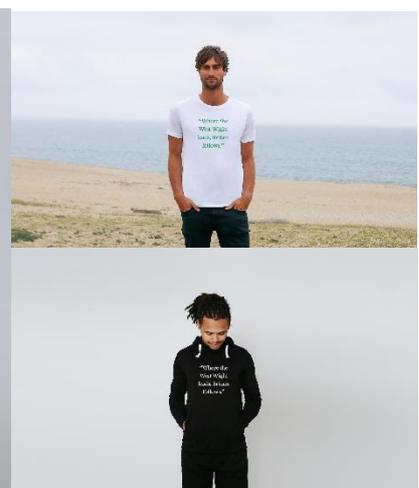
NEW CLOTHING ITEMS RELEASED

We have teamed up with Rapanui's Teemill to bring you not only event clothing but some fresh new fashion items as well. Check out our new slogan clothing range "Where the West Wight leads, Britain follows" (samples pictured) available in different colours and styles.

Visit our Teemill store to see lots of new T-shirts, hoodies, jersey tops, bags and more – all available in a selection of colours and sizes.

These Rapanui items are printed locally on the Island using low waste technology by a certified organic company in the UK. Proceeds from the sale of these items will help support our charity – help West Wight Sports & Community Centre and update your wardrobe at the same time.

Please visit our Teemill site: <https://westwightsportscommunitycentre.teemill.com/>



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West Wight® Sports & Community Centre

ONLINE CLASSES, WORKSHOPS & EVENTS

Week Commencing 18th May 2020

Monday 18th May

8.00-8.45 'Valentis OTG'
9.00-9.45 Yoga Foundation
10.00-10.45 Pilates
11.00-11.30 Sit & Stay Active
14.00-15.00 Yoga Progression
16.00-16.45 Core, Butt & Back

Tuesday 19th May

7.45-8.15 Meditation
8.30-9.00 Parent & Child
10.00-11.15 Yoga Progression
11.30-12.15 Body Fit
13.00-13.45 Beginners Spanish Class
16.45-17.30 Yoga Relaxed Foundation
18.00-18.45 'Valentis OTG'

Wednesday 20th May

8.00-8.45 'Valentis OTG'
10.00-10.45 Pilates
11.00-11.30 Sit & Stay Active
14.00-15.30 Yoga Practitioner
17.00-17.45 Yoga Relaxed Foundation
18.00-18.45 Circuits
19.30-21.30 Virtual Quiz

Thursday 21st May

8.00-8.45 'Valentis OTG'
9.00-9.45 Yoga Foundation
10.30-11.30 Kids Cookery Workshop
12.00-12.45 Dance Fit
13.30-14.30 Adults Cookery Workshop
19.00-19.45 Yoga Relaxed Foundation

Friday 22nd May

8.00-8.45 'Valentis OTG'
10.00-10.45 Total Abs
14.00-15.30 Yoga Practitioner

Saturday 23rd May

10.00-10.45 Pilates
11.00-12.00 Yoga Progression

PLEASE EMAIL
GYM@WESTWIGHT.ORG.UK
FOR LOGIN INFORMATION

ONLINE CLASSES & WORKSHOPS

Thank you to everyone that has joined us online this week for classes and/ or workshops – we love seeing you all on screen!

Our schedule for next week can be seen to the left.

Michèle from Four Seasons Cookery Academy will not only be back with her Interactive Children's Cookery Workshop on Thursday 21st May, but she's also added in an Adult Workshop too.

The Adult Cookery Workshop will focus on 'homemade' takeaways and dishes that build the immune system. Perfect for the current situation!

If you have not participated in an Online Class or Workshop yet, but would like to do so, please request to join our private Facebook group – 'West Wight Sports & Community Centre – Online Classes'. If you don't have Facebook, please email us at gym@westwight.org.uk and include a contact number, so we can get in touch with you.

VIRTUAL QUIZ - Wed. 20th May

Join us from the comfort of your own home on Wednesday 20th May for our Virtual Quiz.

This Quiz is purely for fun. All you need is a pen, paper (a drink and nibbles!) and your technology to log into Zoom.

Fancy Dress is not compulsory but we thought it might add some more fun to the evening so we'd like you to dress as a famous Sports Star (we thought this was fitting, being that we are a Sports & Community Centre).

Adam and his team will be live on Zoom at 19.15 with the quiz starting at 19.30.

There is no cost or entry fee to join, but we would be very grateful if you were able to make a donation to the Centre via our Total Giving page: <https://www.totalgiving.co.uk/appeal/savewestwightsportsandcommunitycentre>

West Wight®
Sports & Community Centre
VIRTUAL QUIZ
'DRESS AS A SPORTS STAR'
WEDNESDAY 20TH MAY
LIVE ON 'ZOOM' AT 19.15, FOR A 19.30 START
DONATIONS APPRECIATED TO KEEP OUR CENTRE RUNNING:
www.totalgiving.co.uk/appeal/savewestwightsportsandcommunitycentre
Hosted by
ADAM PECKHAM
Dress as a famous Sports Star, grab some drinks and nibbles and join us on Zoom from the comfort of your sofa for 'WWSCC's Fancy Dress Virtual Quiz'
See our Events page for Zoom login information



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West Wight

Coronavirus Support **HELP REQUEST FORM**

**AREAS COVERED: TOTLAND, FRESHWATER,
YARMOUTH, SHALFLEET, THORLEY AND WELLOW**

We are providing local assistance and support through a team of volunteers to those who are isolating. Use this leaflet as a guide and get in touch to let us know if you need help with:

- | | |
|--|--|
| <input type="checkbox"/> Picking up shopping | <input type="checkbox"/> Posting mail |
| <input type="checkbox"/> Phone chat / contact | <input type="checkbox"/> Urgent supplies |
| <input type="checkbox"/> Collecting medication | <input type="checkbox"/> Hot meal delivery * |
| <input type="checkbox"/> Other _____ | |

We will need your name, address, postcode, telephone number and email.

Call **01983 752168** or fill in the form online at **www.westwight.org.uk/coronavirus** to let us know your details.

Phone line open 9am-5pm Mon-Fri
and 10am-4pm Saturdays

You will be asked to consent to your information being shared with the West Wight Coronavirus Support Team.

* Our lunchtime hot meal delivery service is available weekdays for £5 per meal. Call us to book.

 www.westwightsportscentre

If you can offer help please see reverse side.

Coronavirus is contagious. Avoid physical contact (keep 2m distance) and wash your hands regularly. Items should be left on your doorstep.

West Wight

Coronavirus Support

VOLUNTEER APPLICATION

AREAS COVERED: TOTLAND, FRESHWATER, YARMOUTH, SHALFLEET, THORLEY AND WELLOW

We are providing local assistance and support through a team of volunteers to those who are isolating. Use this leaflet as a guide and let us know if you can help with:

- Practical Support
- Phone Support
- Financial Contribution
- Other (please specify) _____

We will need your name, address, postcode, telephone number and email.

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