

# NEWSLETTER

22<sup>nd</sup> 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 face masks, delivering prescriptions, hot food and those offering phone contact.

As of the 21<sup>st</sup> May, these are the figures:

**492** people have asked for help or support.

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

**402** people have been assisted with prescription collection and delivery.

**44** have registered to receive hot food deliveries.

**40** orders for cloth face masks received. These are being worked on by our fantastic sewing volunteers.



**West Wight**  
Coronavirus Support  
**PHONELINE OPENING HOURS**  
**01983 752 168**

Saturday 10am - 1pm  
Sunday Closed \*  
Bank Hol Mon Closed \*  
Tues - Fri 9am - 5pm

\*contact the council's help hub on 01983 823 600 for support on these days.



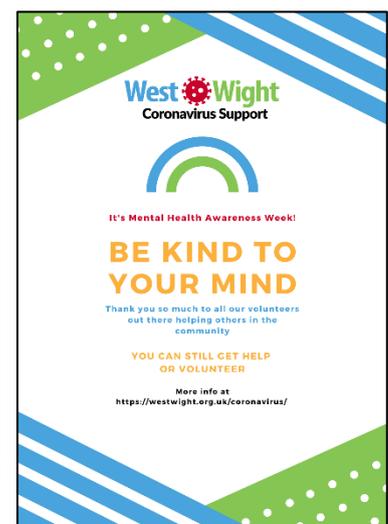
### MENTAL HEALTH AWARENESS WEEK

It's Mental Health Awareness Week. This year the focus is on kindness.

Since the West Wight Coronavirus Support Hub opened its phone lines on the 21<sup>st</sup> March, we have seen so many acts of kindness between community members. We have a wonderfully supportive community out here in West Wight and we are so grateful to the number of people who have stepped up to help others.

Thank you for your continued support and remember, if you or someone you know needs mental health support, the recently launched Isle of Wight website can help as a starting point.

<https://www.iwmentalhealth.co.uk/>



## HOT MEAL DELIVERY AVAILABLE

Our kitchen is open every weekday (except Bank Holiday Monday next week) 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.

## TOMATOES DONATED BY THE TOMATO STALL



Isle of Wight Tomatoes are regularly being donated by The Tomato Stall and will be available outside the centre for collection. We will post on social media on the days they are available.

Pop along whilst you're out for your daily exercise on these days. Minimum suggested donation of £1 to support the work of the hub.

Thank you very much to The Tomato Stall for their generous donations.

## THANK YOU FOR YOUR DONATIONS



Thank you to everyone that has donated to support the Centre, whether it be through our Total Giving page or directly through the Centre. We are overwhelmed by the support we have received and it shows what an amazing community we have in the West Wight.

If you would like to make a donation, please go to:

[www.totalgiving.co.uk/appeal/savewestwightsportsandcommunitycentre](http://www.totalgiving.co.uk/appeal/savewestwightsportsandcommunitycentre)

# West Wight

## Coronavirus Support

# HOT MEAL DELIVERY

MENU - WEEK COMMENCING 25 MAY

**MONDAY**  
---- Bank Holiday - hub closed ----

**TUESDAY**  
Sausage, mash, peas and onion gravy

**WEDNESDAY**  
Moussaka and side salad

**THURSDAY**  
Chicken Fajitas served with salsa, doritos and grated cheese

**FRIDAY**  
Fishcakes with new potatoes, peas and savoury white sauce

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

**West Wight**  
Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

Tel: (01983) 752168  
[www.westwight.org.uk](http://www.westwight.org.uk)  
E-mail: [info@westwight.org.uk](mailto:info@westwight.org.uk)

Reg. Charity No. 273334



# OUTDOOR 1:1 PERSONAL TRAINING SESSIONS AVAILABLE

1:1 personal training outdoors is now allowed under current government guidelines and we shall be starting sessions from Wednesday 27<sup>th</sup> May, on the playing field at the Centre.

The sessions will be run in line with the latest government guidance, with social distancing and strict cleaning and hygiene procedures in place. You will not be able to enter the building or use the Centre indoor facilities, including toilets and changing facilities.

Adam Peckham will be taking the sessions, which will be free of charge to Diamond Plus members and £30/ hour to all others.



Personal Training is not something we normally offer as part of a membership but we want to support those who have remained loyal to us during this time and retained their memberships. We shall therefore be trialling this offer with Diamond Plus members first and we hope we will be able to expand this in the future.

Sessions will be provided on a first come first served basis and will run during hub weekday hours.

Sessions must be booked by calling the Centre on 752168 during hub hours. Bookings will commence from Tuesday 26<sup>th</sup> May.

Adam is looking forward to seeing some of you and helping you towards your fitness goals!

Our Online Classes will continue to run too, and the full schedule for next week can be found on the next page.

**West Wight<sup>®</sup>**  
Sports & Community Centre

## OUTDOOR 1:1 PERSONAL TRAINING SESSIONS

*Adam Peckham is ready to help you with all your fitness goals!*

**THE SERVICE IS FREE TO  
DIAMOND PLUS MEMBERS AND  
£30/HOUR TO ALL OTHERS\***

\* Bookings may be limited subject to demand.

Sessions will take place on  
the playing field at  
West Wight Sports &  
Community Centre.

**PLEASE  
CALL 752168  
TO BOOK!**

# West Wight® Sports & Community Centre

ONLINE CLASSES, WORKSHOPS & EVENTS  
Week Commencing 25th May 2020

**Monday 25th May**  
9.00-9.45 Yoga Foundation  
10.00-10.45 Pilates  
11.00-11.30 Sit & Stay Active  
14.00-15.00 Yoga Progression

**Tuesday 26th 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 27th 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

**Thursday 28th 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  
19.00-19.45 Yoga Relaxed Foundation

**Friday 29th May**  
8.00-8.45 'Valentis OTG'  
10.00-10.45 Total Abs  
14.00-15.30 Yoga Practitioner

**Saturday 30th May**  
10.00-10.45 Pilates  
11.00-12.00 Yoga Progression

PLEASE EMAIL  
[GYM@WESTWIGHT.ORG.UK](mailto:gym@westwight.org.uk)  
FOR LOGIN INFORMATION

## VIRTUAL QUIZ

Thank you to everyone that joined us for our Virtual Quiz on Wednesday evening and well done to those with the highest scores, although it's the taking part that counts 😊.

It was great to see lots of people joining us on screen! A special mention must go to Alice who won 'best dressed as a sports star' – she came as Dame Ellen MacArthur and even upgraded her Zoom background to look as though she was in a boat.

We'll be back on Wednesday 3<sup>rd</sup> June with our next Virtual Quiz.

All you will need is a pen, paper (maybe a drink and nibbles!) and your technology to log into Zoom. Keep an eye on our website or Facebook page for login information.

## ONLINE CLASSES & WORKSHOPS

It's been fantastic to see lots of you on screen again this week, taking part in our online classes and workshops.

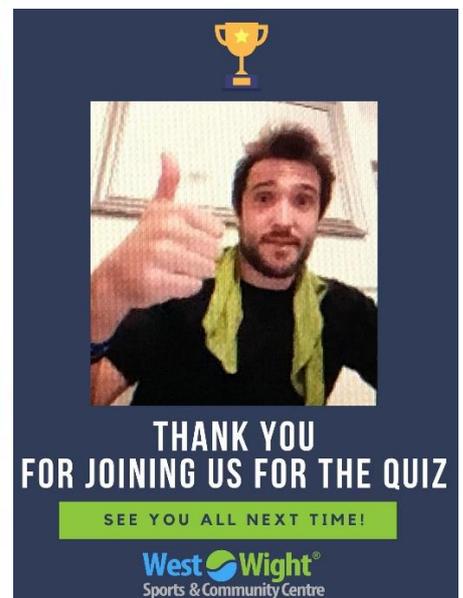
Whilst the Centre remains closed, we will continue with our online programme.

Staying active during these times will not only have physical benefits but will also help improve mental health as well.

Our schedule for next week can be seen above.

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](mailto:gym@westwight.org.uk) and include a contact number, so we can get in touch with you.



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Sports & Community Centre

Freshwater, Isle of Wight, PO40 9XH

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Reg. Charity No. 273334



# 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](http://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](http://www.westwightsportscentre)

If you can offer help please see reverse side.

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**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.

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

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