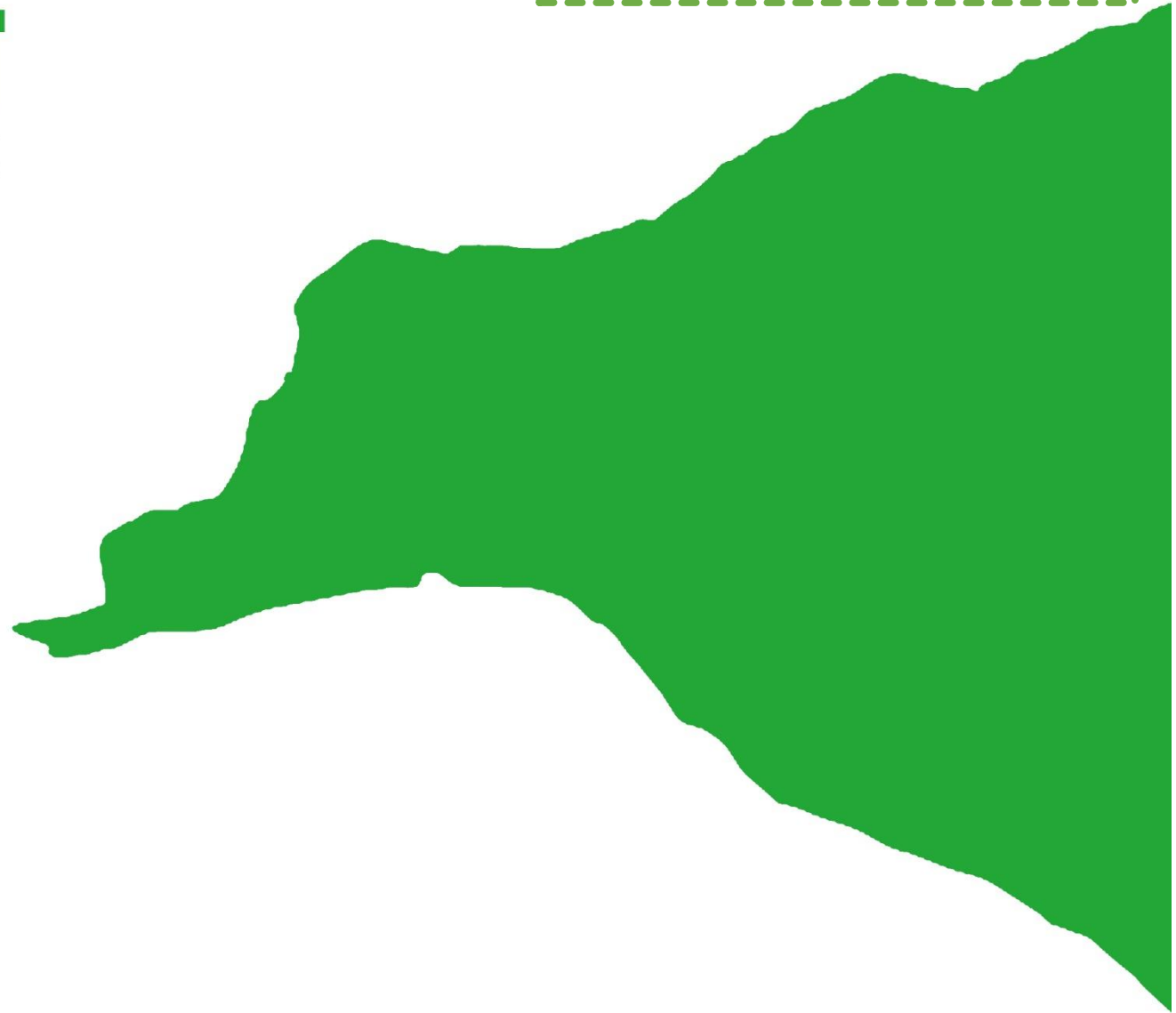


# WHAT'S ON WEST WIGHT COMMUNITY ACTIVITIES

Last updated 17<sup>th</sup> April 2024.  
Find the latest version at:  
[westwight.org.uk/community-connector](http://westwight.org.uk/community-connector)



**COMMUNITY  
CONNECTOR**  
WEST WIGHT



**West Wight**  
Sports & Community Centre

**LW  
& QHS**



*Our  
Place*



**Community  
Action  
Isle of Wight**  
*at the Riverside*

# WHAT'S ON IN WEST WIGHT: MONDAYS



WHEN?	WHAT?	WHERE?
09:00-09:45	<b>ADULT SWIMMING LESSONS (Term Time Only)</b> Beginners and improvers drop in sessions with experienced swimming instructors. Have as few or as many lessons as you need. Call for more info and to book 01983 752168. Cost: £11 (included in Diamond Class and Diamond Plus memberships.)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 – 10:00	<b>SWIMMING FITNESS (Coach-led)</b> Fitness swimming under the guidance of a qualified coach. Must be comfortable swimming 100m without stopping. Cost: £6 (included in Diamond Class and Diamond Plus memberships.)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 – 10:00	<b>BOOTCAMP</b> A high intensity whole body workout. Military style endurance training that burns calories for 24 hours post workout. Cost: £6 (included in Diamond Class and Diamond Plus memberships.) Call for more info and to book 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 – 10:00	<b>REVOLUTION</b> A low impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio-endurance. Cost: £6 (included in Diamond Class and Diamond Plus memberships.) Call for more info and to book 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 -14:30	<b>WEST WIGHT MEN IN SHEDS (Men only session Mondays)</b> The shed is a collective group of people working towards a common goal. Pop along for hot drinks, chat and tool craft projects. Cost: £15 annual subscription. Contact 01983 897 352 for more info.	Men in Sheds Workshop, Totland Recreation Ground, Totland, PO39 0AS. <a href="http://www.westwightshed.org">www.westwightshed.org</a>
09:00 -09:45	<b>HATHÁ / VINYASA YOGA</b> Classes for beginners to advanced level Contact Gail on 07973 212 723 for more info and cost.	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth. PO40 ONU <a href="http://www.choyd.org.uk">www.choyd.org.uk</a>
09:00 -10:00	<b>YOGA FOUNDATION</b> Perfect for the complete beginner to start Yoga Cost: £7. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:30 -11:00	<b>STAY AND PLAY (Term Time Only)</b> Bring your little ones for a weekly stay and play session and connect with other parents / carers. Cost: FREE. Contact West Wight Nursery on 01983 640 190 for more info.	Barnardo's Family Centre, Moa Place, Freshwater PO40 9XH <a href="http://www.westwightnursery.org.uk">www.westwightnursery.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: MONDAYS



WHEN?	WHAT?	WHERE?
09:45-10:30	<b>ADULT SWIMMING LESSONS – IMPROVERS (Term Time Only)</b> Stroke Improvement drop in sessions with experienced swimming instructors. Have as few or as many lessons as you need. Contact 01983 752168 for more info. Cost: £11 per session. (Included in Diamond Class and Diamond Plus memberships)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00 – 11:00	<b>BODY SCULPT</b> A range of exercises focusing on balance & core strength, to strengthen muscles surrounding ankles, knees & hips. Cost: £6 (included in Diamond Class and Diamond Plus memberships.) Call for more info and to book 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00 - 11:00	<b>AQUA MOBILITY (term time only)</b> Aquatic exercises performed in water for relaxation, fitness, physical rehabilitation and endurance. Specifically designed for those with arthritis, osteoporosis, stroke rehabilitation, back pain, joint replacements and poor mobility. Cost: £6. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00-12:00	<b>OASIS COFFEE MORNING</b> Coffee, tea, biscuits knitting, games, chat, fair trade shop and more! Cost: <b>FREE</b> (donations welcome) Call Mike for more info 07582054201	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER <a href="https://www.facebook.com/iowmethodistcircuit">www.facebook.com/iowmethodistcircuit</a>
10:00-12:00	<b>MONDAY DROP-IN (1<sup>st</sup> and 3<sup>rd</sup> Monday of the month )</b> Adult colouring books and puzzle books, board games and a chance to browse the shelves and change your library books. Cost: FREE. Contact 01983 752377 for more info	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
10:00 – 11:30	<b>PICKLEBALL</b> A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6 (this includes the hire of paddles and balls) Included in Diamond Class and Diamond Plus memberships. Call for more info and to book 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00 - 12:00	<b>THE WRITE PLACE (2<sup>nd</sup> and 4<sup>th</sup> Monday of the month) 10am – 12 noon</b> From newcomers to experienced writers, sessions are for everyone who would like support and encouragement on their writing journey. We offer a writing space, with local playwright and author, Cheryl Barrett on hand to offer advice, tips and feedback on all forms of work. Tea and biscuits are provided! No need to book. Cost: FREE. Contact 01983 752377 for more info	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>

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# WHAT'S ON IN WEST WIGHT: MONDAYS



WHEN?	WHAT?	WHERE?
10:00 – 12:00	<b>CRAFT GROUP</b> Meet with other community members for tea and cake and to work on your own project alongside other crafters. Cost: £3	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
10:15 – 11:15	<b>YOGA FOUNDATION (HATHÁ YOGA)</b> Perfect for the complete beginner to start Yoga. Cost: £7. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:15 - 12:15	<b>SING ABOUT</b> Based on recognised music therapy and can help improve memory, breathing, movement, speech and confidence. Run by Independent Arts. Tea/coffee and biscuits included. Cost: £3 (first 2-3 sessions FREE). Donations also welcome! Contact Independent Arts on 01983 822437 for more information.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="https://bit.ly/Singabout">https://bit.ly/Singabout</a>
11:00 - 12:00	<b>AQUA AEROBICS – SHALLOW WATER</b> A great way to mix up a traditional workout with the benefits of water. It gives you a good cardiovascular workout whilst also strengthening and toning your muscles. The support of the water greatly reduces the risk of muscle and joint injuries, whilst improving your flexibility. Cost: £6. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
11:30 – 12:30	<b>YOGA PROGRESSION (HATHÁ YOGA)</b> British Wheel of Yoga practice that requires some level of fitness. Cost: £7. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
11:30 – 12:30	<b>DANCE FIT</b> A feel-good exercise class which incorporates many forms of dance, with a variety of tracks that provide a range of intensities. Cost: £6. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
11:30 – 13:00	<b>PICKLEBALL</b> A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6 (this includes the hire of paddles and balls) Included in Diamond Class and Diamond Plus memberships. Call for more info and to book 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: MONDAYS



WHEN?	WHAT?	WHERE?
12:00 - 13:00	<p><b>AQUA AEROBICS – SHALLOW WATER</b>                      A great way to mix up a traditional workout with the benefits of water. It gives you a good cardiovascular workout whilst also strengthening and toning your muscles. The support of the water greatly reduces the risk of muscle and joint injuries, whilst improving your flexibility.                      Cost: £6. (Included in Diamond Class and Diamond Plus memberships)                      Contact 01983 752168 for more info and to book.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
12:00 – 13:30	<p><b>OASIS COMMUNITY LUNCH (1<sup>st</sup> Monday of the month)</b>                      Join other community members for a monthly lunch, open to all. Cost: <b>FREE</b> (donations welcome).                      Contacts <a href="mailto:lappastormike@outlook.com">lappastormike@outlook.com</a> or <a href="mailto:doreen.dace@googlemail.com">doreen.dace@googlemail.com</a></p>	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER <a href="http://www.facebook.com/iowmethodistcircuit">www.facebook.com/iowmethodistcircuit</a>
13:00	<p><b>WEST WIGHT WALKING FOR HEALTH</b>                      Led walks around different routes of the West Wight lasting between 2-3 hours.                      Cost: FREE. Contact Chris Jarman on 07905 002834 for more info.</p>	Meet at entrance of West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://bit.ly/WW-Walking-for-Health">https://bit.ly/WW-Walking-for-Health</a>
13:15 – 14:15	<p><b>ADVANCED STRETCH</b>                      Designed to improve your range of movement &amp; release tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch.                      Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
13:30 – 14:30	<p><b>MOVE TO IMPROVE CLASSES</b>                      Had a fall? Less confident on your feet? Keen to improve your balance and boost the strength of your bones? Join this 12-week exercise programme. Led by specialist exercise leaders who will teach you how to get stronger and improve your balance. Cost: FREE Contact: <b>Must be referred by a health professional.</b> Find out more via the Falls Prevention Team at St. Mary's Hospital on (01983) 822099 ext. 5353.</p>	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU
14:00 – 15:30	<p><b>BEGINNERS DRAWING CLASS</b>                      Join session leader, Rob and develop your artistic skills in a relaxed and friendly environment.                      Cost: FREE. (Donations welcome) Contact Lesley on 01983 753 005 for more info.</p>	Activity Room, Green Meadows, Colwell Road, Freshwater, PO40 9GG
14:00-15:30	<p><b>OUR PLACE TOTLAND</b>                      Drop by for drinks, and chat with your local community and get information, advice and support from various services right on your doorstep.                      Cost: FREE. (Donations welcome) Contact 01983 752 168 option 2 or <a href="mailto:help@westwight.org.uk">help@westwight.org.uk</a></p>	Christ Church, Alum Bay New Road, Totland, PO39 0ES <a href="https://bit.ly/Our-Place-WW">https://bit.ly/Our-Place-WW</a>

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# WHAT'S ON IN WEST WIGHT: MONDAYS



WHEN?	WHAT?	WHERE?
14:00 - 16:00	<b>CRAFT CLUB (1<sup>st</sup> and 3<sup>rd</sup> Monday of the month)</b> Cost: FREE Contact Jill on 01983 756 308 for more info.	All Saints Church, Church Place, Freshwater, PO40 9BW
15:30	<b>BRIDGE LESSONS</b> Inaugural meeting on Monday 18th July and lessons begin on Monday 25th July. Everyone welcome. Cost: £3.00 per session, Contact Phillip on 07712108645 for more info.	Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES <a href="http://www.freshwaterconservativeclub.co.uk">www.freshwaterconservativeclub.co.uk</a>
15:30 – 16:30	<b>KIDS DANCE CLASSES (ages 5 – 8)</b> Kids dance classes offering excellent tuition in a fun, friendly and safe environment, specifically in Street Dance and Jazz. A fantastic opportunity to make friends, release some energy and learn fun dance routines. Great exercise too and brilliant for building confidence and self-esteem! Cost: £6. Contact 01983 752 168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
16:45 – 17:45	<b>KIDS DANCE CLASSES (ages 9 – 12)</b> Kids dance classes offering excellent tuition in a fun, friendly and safe environment, specifically in Street Dance and Jazz. A fantastic opportunity to make friends, release some energy and learn fun dance routines. Great exercise too and brilliant for building confidence and self-esteem! Cost: £6. Contact 01983 752 168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
17:30	<b>SLIMMING WORLD FRESHWATER</b> Slimming World is a weight loss programme like no other. If you're thinking of joining us, there's a warm welcome waiting! At your very first group, you'll get everything you need for a fab first week and much, much more! Cost: Contact Sam on 07825 040 119 for more information and pricing.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.slimmingworld.co.uk/group/557513">www.slimmingworld.co.uk/group/557513</a>
18:00 – 18:45	<b>TOTAL WORKOUT</b> A HIIT based circuit, using a variety of exercises to guarantee a full body workout Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
18:00 – 19:00	<b>BOYS YOUTH FOOTBALL (13 – 15-year-olds)</b> A 'pay and play' session and will be run by Aidan and Ian at the centre (both FA coaches). Come along and join in. Whilst not a club coaching session, it is an opportunity for boys to play football under guidance. Cost: £4. Contact 01983 752 168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: MONDAYS



WHEN?	WHAT?	WHERE?
18:00 – 19:00	<p><b>BALLET</b>                      Help improve your posture, balance, co-ordination and strength. Using a range of primarily lower body exercises paired with grace and elegance. No prior experience necessary.                      Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
18:00 – 19:00	<p><b>MINDFUL YOGA</b>                      A fluid and grounding practice at a pace that allows awareness of movements, body sensations, and breathing. No prior yoga experience needed but this class does require being able to sit on a mat and get up easily. Cost : £10 - Contact Flo on 07429 050419 for more info.</p>	The Country Garden, Church Hill, Totland Bay, PO39 0ET <a href="http://www.flosarlat.com">www.flosarlat.com</a>
18:00 – 19:15	<p><b>PILATES WITH VIKKI</b>                      Contact Vikki on 07774 950400 for cost and more info.</p>	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
18:30 – 19:30	<p><b>EVENING YOGA</b>                      For all levels and abilities. Outdoor sessions also available in summer                      Cost: £54 for 6 week block or £10 per session drop-in                      Contact Alicia on 07435 258539 or visit <a href="http://www.movemorept.com">www.movemorept.com</a> for more info.</p>	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth. PO40 0NU <a href="http://www.choyd.org.uk">www.choyd.org.uk</a>
18:30 - 20:30	<p><b>FAT SAMBA BAND REHEARSALS</b>                      Open to all. (Under 16s must be accompanied by an adult).                      You don't need to be able to read music, or own an instrument. Full training programme plus loan of an instrument can be arranged throughout your membership.                      Cost: is £4 or under 18s £1. Contact Chris for more info on 07917 675 463</p>	Christ Church Community Hall, The Broadway, Totland, PO39 0BW <a href="http://www.fatsamba.co.uk">www.fatsamba.co.uk</a>
19:00 – 19:45	<p><b>ADULT SWIMMING LESSONS - IMPROVERS</b>                      Confident beginners and improvers drop-in sessions with our experienced swimming instructors. Have as few or as many lessons as you need. Contact 01983 752168 for more info and to book.                      Cost: £11 per session. (Included in Diamond Class and Diamond Plus memberships)</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
19:00 – 20:00	<p><b>TOTAL STEP</b>                      This moderate to high impact session will help strengthen &amp; tone your muscles, burn fat and improve your cardio fitness. Cost: £6 per session. (Included in Diamond Class and Diamond Plus memberships.) Contact 01983 752168 for more info and to book.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: MONDAYS



WHEN?	WHAT?	WHERE?
19:00 – 21:00	<p><b>WRITEWIGHT (3rd Monday of the month)</b>                      Meeting once a month. For writers of fiction and non-fiction who would like to discuss their work and explore ways to get published. Articles, stories, novels etc. all welcome.                      Please contact Alan on <a href="mailto:writewight@yahoo.com">writewight@yahoo.com</a> prior to attending a meeting and for more info.</p>	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
19:00 - 21:00	<p><b>SQUARE DANCING</b>                      Small friendly group who get together for social and fun evenings, learning square dance routines. Contact 07828 185396 or email <a href="mailto:pebbletreasure@live.com">pebbletreasure@live.com</a> for more information.</p>	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9HZ <a href="https://bit.ly/WW-Square-Dance">https://bit.ly/WW-Square-Dance</a>
19:00 - 21:00	<p><b>GENERAL KNOWLEDGE QUIZ (1<sup>st</sup> Monday of the month)</b>                      Friends of Freshwater Library present a monthly quiz for teams of up to six people                      Cost: £1 per person. Book <a href="mailto:patsymburge@gmail.com">patsymburge@gmail.com</a>. More info: 01983 752377</p>	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
19:15 – 20:15	<p><b>NON-CONTACT BOXING (Ages 12-16)</b>                      Discover the thrill of boxing without the impact! The youth non-contact boxing program offers a fun and challenging fitness experience designed for children of all abilities.                      Cost: £3. Contact 01983752168 for mor info and to book.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
19:15	<p><b>SLIMMING WORLD FRESHWATER</b>                      Slimming World is a weight loss programme like no other. If you're thinking of joining us, there's a warm welcome waiting! At your very first group, you'll get everything you need for a fab first week and much, much more!                      Cost: Contact Sam on 07825 040 119 for more information and pricing.</p>	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.slimmingworld.co.uk/group/557513">www.slimmingworld.co.uk/group/557513</a>
19:15 – 20:30	<p><b>PILATES WITH VIKKI</b>                      Contact Vikki on 07774 950400 for cost and more info.</p>	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
20:00 - 21:00	<p><b>AQUA AEROBICS – DEEP WATER</b>                      Deep water class which will challenge your balance and core stability using buoyant belts or ankle cuffs. Cost: £6 (Included in Diamond Class and Diamond Plus memberships)                      Contact 01983 752168 for more info and to book.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: TUESDAYS



When?	What?	Where?
09:00 – 10:00	<b>DYNAMIC YOGA</b> Fast-paced Vinyasa flow. Progression level suitable for those with some experience. Cost: £8 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 – 10:00	<b>TOTAL STEP</b> This moderate to high impact session will help strengthen & tone your muscles, burn fat and improve your cardio fitness. Cost: £6 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 – 10:00	<b>CIRCUIT TRAINING</b> Suitable for all ages & abilities, work at your own pace. Includes a variety of cardiovascular and resistance work. Cost: £6 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00 – 10:30	<b>JUNIOR STORY TIME (2nd and 4th Tuesday of the month)</b> Most suitable for pre-school aged children, but babies and toddlers welcome. Cost: FREE, no need to book. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
10:00-11:30	<b>PARENTS AND TODDLERS (Term-time only)</b> Join other parents and toddlers for drinks, play, chat, stories and fun. Cost: £1 donation. Contact Liz on 01983 752 596 for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER
10:00 – 11:30	<b>TRADITIONAL SATYANANDA YOGA</b> Contact Sandy Capon on 07720 020180 for cost and more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF
10:00 - 11:30	<b>VETERANS FOOTBALL</b> It is never too late to start playing the beautiful game. Whether you are starting out or a veteran of the game, our Veteran's football is a great way to keep fit and enjoy a game of indoor football. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00 - 12:00	<b>STITCH BY STITCH (1st and 3rd Tuesday of the month)</b> Incorporating all needlecrafts, work on your latest project, meet up with others regularly with whatever craft appeals to you, and receive help and advice if you need it. (Bring your own materials) Cost: FREE. Contact 01983 752377 for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>

Last updated 17<sup>th</sup> April 2024. Check with venues for the most up-to date information.

Have something to add or amend? Get in touch via 07498 496 719, 01983 740 722 or [adam.tucker@westwight.org.uk](mailto:adam.tucker@westwight.org.uk)

# WHAT'S ON IN WEST WIGHT: TUESDAYS



When?	What?	Where?
10:00 – 12:00	<b>POTTERY/CLAY SCULPTURE CLASSES</b> Join in with relaxed friendly classes at Juliet’s studio in Totland. Suitable for all abilities. Small class numbers. No experience needed. Cost: 3 week blocks £50. Contact Juliet on 07931 307403 or email <a href="mailto:jcjuliet@googlemail.com">jcjuliet@googlemail.com</a> for more info and to book	Totland. Address available upon booking
10:10 – 11:05	<b>MATURE MOVERS</b> Based on low intensity Circuit Training incorporating repetitions and a low (weight) resistance. This is a light-hearted fun class. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:30 - 12:30	<b>OUR PLACE COMMUNITY CAFÉ (no sessions in August, 26 Dec or 2 Jan)</b> Drop by for drinks, and chat with your local community and get information, advice and support from various services right on your doorstep. Cost: Free (Donations Welcome) Contact 01983 752 168 option 2 or <a href="mailto:help@westwight.org.uk">help@westwight.org.uk</a> for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://bit.ly/Our-Place-WW">https://bit.ly/Our-Place-WW</a>
10:30 – 13:00	<b>CHOYD COFFEE MORNING</b> Refreshments, sales, special guests and other activities Cost: FREE (donations welcome) Contact June on 01983 761 610 for more info.	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU <a href="http://www.choyd.org.uk">www.choyd.org.uk</a>
11:00 – 12:00	<b>LISTENING GROUP (4th Tuesday of the month)</b> A ‘reading’ group most suited to those with a print disability. Listening to an audio book each month supplied by the charity “Calibre Audio”. The group is free with tea and coffee provided. Cost: FREE. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
11:15 – 12:15	<b>EASY DOES IT</b> A chair-based exercise class suitable for anyone of restricted mobility or fitness. Cost: £4.50 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
12:45 – 14:00	<b>OUR PLACE COMMUNITY LUNCH - FRESHWATER (3<sup>rd</sup> Tuesday of the month)</b> Join other community members for a monthly lunch Open to all. Cost: FREE (donations welcome). Contact 01983 240 722 or <a href="mailto:help@westwight.org.uk">help@westwight.org.uk</a> for more information.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://bit.ly/Our-Place-WW">https://bit.ly/Our-Place-WW</a>
13:30- 15:00	<b>DRIFTWOOD LINE DANCING</b> A friendly sociable class offering line dance tuition to suit most abilities. Cost: £5. Contact Corinne on 01983 752 398 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH

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# WHAT'S ON IN WEST WIGHT: TUESDAYS



When?	What?	Where?
13:30 – 16:00	<b>SCRABBLE GROUP</b> A friendly group dedicated to playing Scrabble. Tea and coffee provided. No need to book. Numbers may be restricted if the space becomes crowded. Cost: FREE. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
14:00	<b>THE WI (WOMEN'S INSTITUTE) FRESHWATER CENTRAL (2<sup>nd</sup> Tuesday of every month)</b> Regular speakers, activities, chat and fun. Contact Annette on 01983 752 888 for more information	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER <a href="https://isle-of-wight.thewi.org.uk">https://isle-of-wight.thewi.org.uk</a>
14:00 - 16:00	<b>BINGO</b> Join in weekly for Bingo with other locals. Contact Debra on 01983 752 956 or <a href="mailto:memohall1960@gmail.com">memohall1960@gmail.com</a> for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.freshwatermemorialhall.org.uk">www.freshwatermemorialhall.org.uk</a>
14:00 – 16:00	<b>NINGWOOD &amp; SHALFLEET WOMEN'S INSTITUTE (2<sup>nd</sup> Tuesday of the month)</b> The WI is the largest voluntary women's organisation in the UK. It plays a unique role in enabling women to develop new skills and gives them opportunities to campaign on issues that matter to them and their communities. New members always welcome. Contact Penny on 01983 531620 for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://isle-of-wight.thewi.org.uk">https://isle-of-wight.thewi.org.uk</a>
14:30 – 16:00	<b>AFTERNOON TEA, CAKE AND CHAT (1<sup>st</sup> Tuesday of the month)</b> Come along for our monthly social get together with drinks, homemade cake, biscuits and plenty of chatter. Cost: £1 drinks. Contact Michael on 077755 12104 or Catherine on 07979 906290 for more info	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
15:00-17:00	<b>COLWELL COMMUNITY CAFÉ</b> Join local residents and volunteers for a weekly get together of chat, drinks, games and snacks. Open to all. Regular advice and support available from: Adam, Community Connector and Mel, Freshwater Parish Council Community Support. Contact Adam on 07498496719 or Mel on 07599 465722	Colwell Baptist Church, Colwell Road, Freshwater, PO40 9NB <a href="http://www.colwellbaptistchurch.co.uk">www.colwellbaptistchurch.co.uk</a>
15:30 -17:30	<b>ISLE OF WIGHT FOODBANK – FRESHWATER</b> Anyone can reach crisis point and we're here to help when that happens. Our foodbank provides three days of nutritionally balanced, non-perishable food. Contact 01983 292040 for more info. Adam, your Community Connector is a Foodbank voucher holder: 07498 496 719 <a href="mailto:adam.tucker@westwight.org.uk">adam.tucker@westwight.org.uk</a>	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER <a href="https://isleofwight.foodbank.org.uk">https://isleofwight.foodbank.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: TUESDAYS



When?	What?	Where?
15:45 – 16:45	<b>PILATES (INTERMEDIATE)</b> Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for anyone and everyone. For those with experience of Pilates. Cost: £7. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
16:30-17:30	<b>FRESHWATER JUDO CLUB</b> Juniors – ages 4 to 11. Fully qualified, insured and DBS checked coaches. Kit: Judo jackets and belts provided – please bring t-shirt and jogging bottoms. Cost £4.50 – first session free. Contact Su Trinci-Webster on 0771 245 3709 or email <a href="mailto:sutw@hotmail.com">sutw@hotmail.com</a> for more information.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
16:45 – 17:45	<b>PILATES</b> Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for anyone & everyone. Cost: £7 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
17:00- 18:00	<b>YOGA WITH LUCY</b> An hour of invigorating early evening flow, suitable for all levels of practice but not complete beginners. Come as you are, everyone welcome! If it is your first class, come along ten minutes early for a quick chat about how Lucy can best support your individual body. Please bring your own yoga mat. Book via link or just drop in. Cost £9.	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9HZ7 <a href="https://app.classfit.com/Studio/151296">https://app.classfit.com/Studio/151296</a>
17:00 – 18:00	<b>COLWELL COMMUNITY MEAL – FOOD AT FIVE (Last Tuesday of the month)</b> Join other community members for a monthly lunch at Colwell Baptist Church. Open to all. Cost: <b>FREE</b> (donations welcome). Contact Dave via <a href="mailto:dave.minister@gmail.com">dave.minister@gmail.com</a> for more info.	Colwell Baptist Church, Colwell Road, Freshwater, PO40 9NB <a href="http://www.colwellbaptistchurch.co.uk">www.colwellbaptistchurch.co.uk</a>
18:00-19:30	<b>ISLE OF WIGHT TAE KWON-DO</b> Tae Kwon-Do training is available to anyone young or old, male or female, fit or unfit and allows you to grow at your own pace. Call Peter Scotcher on 07791 068 079 for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.freshwatermemorialhall.org.uk">www.freshwatermemorialhall.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: TUESDAYS



When?	What?	Where?
18:00-19:15	<b>BEAVERS (1<sup>st</sup> FRESHWATER / TOTLAND BEAVER SCOUTS)</b> Ages 6-8 (sessions are term time only) Beaver Scouts are the youngest section of the Scouting family. Their activities are based around:- Making things, outdoor activities, and singing, playing games, going on visits, investigating nature, listening to stories, learning how to be safe and most importantly, making new friends and working together. Cost: £20 a half term payable at the start of each half term, first half term is free of charge. Additional costs for uniform, camps/events. Contact John on <a href="mailto:johnring30@gmail.com">johnring30@gmail.com</a> for more info.	Totland Bowling Club building, Totland recreation ground, The Broadway, Totland, PO39 0AS <a href="http://www.isleofwightscouts.org.uk">www.isleofwightscouts.org.uk</a>
18:00 – 20:00	<b>FRESHWATER JUDO CLUB</b> Seniors. Fully qualified, insured and DBS checked coaches. Kit: Judo jackets and belts provided – please bring t-shirt and jogging bottoms. Cost £6 – first session free. Contact Su Trinci-Webster on 0771 245 3709 or email <a href="mailto:sutw@hotmail.com">sutw@hotmail.com</a> for more information.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://westwight.org.uk/fitness/judo">https://westwight.org.uk/fitness/judo</a>
18:10 – 18:40	<b>HIIT (High Intensity Interval Training)</b> Involves short bursts of intense exercise alternated with low intensity recovery periods. Burn body fat for up to 48 hours! Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
18:30-20:00	<b>ROCK SOLID YOUTH CLUB (SCHOOL YEARS 5 - 7)</b> A weekly youth club including various activities, games and discussion about God and other topics relevant to the young people that come along! Cost: £1 Contact Faye on 07857110784 or <a href="mailto:westwightyouth@gmail.com">westwightyouth@gmail.com</a> for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://isleofwight.yfc.co.uk/rocksolid/">https://isleofwight.yfc.co.uk/rocksolid/</a>
18:30 – 20:00	<b>JENNY DOES YOGA</b> Weekly yoga sessions at the village hall. Contact Jenny on 07498 915791 or via <a href="mailto:jennydoesyoga@gmail.com">jennydoesyoga@gmail.com</a> for cost and to book your place.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
18:30 – 20:30	<b>FRESHWATER UKULELE GROUP</b> This group is not for beginners. Other instruments welcome. Cost: £1 per session. Contact Sylvia on 01983 754607 or <a href="mailto:sylvia@frackfreeisleofwight.org">sylvia@frackfreeisleofwight.org</a> for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>

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# WHAT'S ON IN WEST WIGHT: TUESDAYS



When?	What?	Where?
19:00	<p><b>FRESHWATER HORTICULTURAL SOCIETY TALK (first Tuesday of the month)</b>                      A group of like-minded gardeners who love to grow and exhibit gorgeous fruit and vegetables, display and enjoy anything that flowers, along with making home baked goodies, being creative with arts and crafts, meet up for interesting talks and social events. Membership £5 per year. Contact Dawn 07904716655 or visit website for more details, including events and session costs.</p>	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER <a href="http://www.freshwaterhs.co.uk">www.freshwaterhs.co.uk</a>
19:00 – 21:00	<p><b>HANTS &amp; IOW ARMY CADET FORCE</b>                      The Army Cadets delivers fun, friendship, action and adventure. Inspiring young people to challenge their limits and go further, no matter what they want to do in life. Come along for a few weeks before making any commitment to enrol. Enrolment is just £25 and we provide uniform and kit. Visit the website for more information and to join.</p>	Totland Recreation Ground, Totland, PO39 0AS. <a href="http://www.armycadets.com">www.armycadets.com</a>
19:00 – 21:00	<p><b>POTTERY/CLAY SCULPTURE CLASSES</b>                      Join in with relaxed friendly classes at Juliet's studio in Totland. Suitable for all abilities. Small class numbers. No experience needed. Cost: 3 week blocks £50. Contact Juliet on 07931 307403 or email <a href="mailto:jcjuliet@googlemail.com">jcjuliet@googlemail.com</a> for more info and to book</p>	Totland. Address available upon booking
19:15 – 21:15	<p><b>SLIPSHOD SINGERS (Male Voice Choir)</b>                      Meet with male singers from over the Island, currently 30 strong but always looking for new members of all ages. Come along to enjoy the music and camaraderie, you will be most welcome. Contact 01983 754009 or 07795596840 for more info.</p>	Yarmouth Sailing Club, Bridge Road, Yarmouth, PO41 0NL <a href="http://www.slipshods.org.uk">www.slipshods.org.uk</a>
19:30 – 21:00	<p><b>PICKLEBALL</b>                      A paddle sport that combines elements of badminton, tennis &amp; table tennis. Cost: £6 (this includes the hire of paddles and balls) Included in Diamond Class and Diamond Plus memberships. Call for more info and to book 01983 752168.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
19:45 – 20:45	<p><b>BURLESQUE CHAIR DANCE</b>                      A unique exercise class suitable for ALL abilities, shapes and sizes. Helps improve confidence, self-esteem and flexibility. A fun and sexy way to shed pounds whilst finding and unleashing your inner goddess! Get fit, lose weight, build confidence and have fun!                      Level: Advanced, Beginner &amp; Intermediate Ages 15+. Cost: £8 pay as you go (check link for other offers). Contact <a href="mailto:missautumnstarbcd@yahoo.com">missautumnstarbcd@yahoo.com</a> or 07968828137 for more info.</p>	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="https://bookwhen.com/missautumnstar">https://bookwhen.com/missautumnstar</a>

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# WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
06:45 – 07:45	<b>BOOTCAMP</b> A high intensity whole body workout. Military style endurance training that burns calories for 24 hours post workout. Cost: £6 (included in Diamond Class and Diamond Plus memberships.) Call for more info and to book 01983 752168	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
07:30 – 08:30	<b>YOGA (MIXED LEVEL) – GARDEN CANOPY</b> Hatha based Yoga class that requires some level of fitness, but all levels encouraged as modifications are supplied. Cost: £8 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
08:00 - 09:00	<b>PILATES (BEGINNERS)</b> Improves physical and mental wellbeing and enhances strength, flexibility & coordination. Can be for anyone and everyone. Cost: £7 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 - 10:00	<b>PILATES (BEGINNERS) 2<sup>ND</sup> SESSION</b> Improves physical and mental wellbeing and enhances strength, flexibility & coordination. Can be for anyone and everyone. Cost: £7 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 -14:30	<b>WEST WIGHT MEN IN SHEDS (Open to men and women)</b> The shed is a collective group of people working towards a common goal. Pop along for hot drinks, chat and tool craft projects. Cost: £15 annual subscription. Contact 01983 897 352 for more info.	Men in Sheds Workshop, Totland Recreation Ground, Totland, PO39 0AS. <a href="http://www.westwightshed.org">www.westwightshed.org</a>
09:15 – 10:15	<b>MINI MOVERS</b> A fun-filled, action-packed session for 0-4 years in the sports hall. Soft play, hula hoops, balls, songs and games! Your little ones will burn some energy and meet other little ones... adults can meet other parents, grandparents and carers too! Cost: £4 per child (siblings extra £2 each). Contact 01983752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00-11:00	<b>AQUA MOBILITY (term time only)</b> A gentle water-based session for relaxation, fitness, physical rehabilitation and mobilisation. Specifically designed for those with limited mobility, arthritis, stroke rehabilitation, joint replacement, etc. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
10:00 -12:00	<b>MAH-JONGG CLUB</b> A friendly group dedicated to playing the Chinese tile game mah-jongg. Tea and coffee provided. No need to book. Cost: FREE. Contact 01983 752 377for more information.	Freshwater Library, 41 School Green Road, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
10:00 – 12:00	<b>MOUNTBATTEN HOSPICE POP-UP (1st Wednesday of the month)</b> Find out about volunteer opportunities with Mountbatten or drop in if you are a local volunteer. Contact 01983 529511 or <a href="mailto:info@mountbatten.org.uk">info@mountbatten.org.uk</a> for more info.	Freshwater Library, 41 School Green Road, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
10:00 – 12:30	<b>PILATES</b> Contact Lisa via <a href="mailto:lisamint1@hotmail.co.uk">lisamint1@hotmail.co.uk</a> for prices and more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.freshwatermemorialhall.org.uk">www.freshwatermemorialhall.org.uk</a>
10:00 – 11:00	<b>PILATES (INTERMEDIATE)</b> Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for anyone and everyone. For those with experience of Pilates. Cost: £7. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:30 -11:30	<b>TABATA</b> A HIIT (High Intensity Interval Training) based session, targeting a range of muscle groups. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:30 – 11:30	<b>CHAIR YOGA</b> Yoga doesn't need to be complicated to be effective. This chair Yoga class is a fantastic opportunity to exercise for people who don't want or have difficulty getting down on the floor and prefer the support of a chair. Cost £10. Contact Flo on 07429 050419 for more info.	The Country Garden, Church Hill, Totland Bay, PO39 0ET <a href="http://www.flosarlat.com">www.flosarlat.com</a>
10:30 – 12:00	<b>WEST WIGHT DEMENTIA FRIENDLY CHOIR (not 3<sup>rd</sup> Wednesday of the month)</b> Come long to enjoy singing with others. Open to all and dementia friendly Contact Pam on 07729 938 893 or <a href="mailto:westwightdementiachoir@gmail.com">westwightdementiachoir@gmail.com</a> for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER <a href="https://bit.ly/WW-Dementia-Friendly-Choir">https://bit.ly/WW-Dementia-Friendly-Choir</a>
10:30-12:30	<b>BLOKES, BACON BUTTIES AND BANTER (3<sup>rd</sup> Wednesday of the month)</b> An opportunity for men to get together and have their own monthly chit chat. Turn up and join in. Cost: FREE (donations welcome) Contact Mike on 07582 054 201 for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER <a href="http://www.facebook.com/iowmethodistcircuit">www.facebook.com/iowmethodistcircuit</a>

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# WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
11:00-12:00	<b>AQUA AEROBICS (Term Time Only)</b> Water exercise class to meet the needs of all ages and fitness levels. Some sessions are run in shallow water & others in the deep end of the pool. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
11:00 – 12:00	<b>FRESHWATER BAY COMMUNITY BEACH CLEAN (1<sup>st</sup> Wednesday of the month)</b> Help keep your coastline tidy by joining Freshwater Bay Residents' Association community beach cleans. Bring some gloves and something to collect litter in. Contact: <a href="mailto:fbra@stayfreshwaterbay.co.uk">fbra@stayfreshwaterbay.co.uk</a> for more info.	Shelter on the Promenade, Freshwater Bay <a href="http://www.fbra.org.uk">www.fbra.org.uk</a>
11:15 – 12:00	<b>SEATED PILATES</b> Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Suitable for people who have difficulty getting down on the floor and prefer the support of a chair. Cost: £7. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
12:00 – 13:00	<b>SPECIAL CARE SWIM SESSION</b> In the main pool where the temperature is raised to make it more comfortable for older and/or less mobile people. Extra staff on hand to help you get in and out of the water should you need it and where possible we also provide assistance in the water (please let us know beforehand) Newcomers very welcome. Cost: £6. Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
12:00 – 14:00	<b>PROBUS (1<sup>st</sup> Wednesday of the month)</b> Join other retired men for lunch and a talk from a speaker, plus a catch up and chat with other local residents. Cost: £15 annual membership plus cost of lunch. Contact Jon on 01983 531 613 for more info.	Horse and Groom, Main Road, Ningwood, PO30 4NW <a href="https://probusglobal.org">https://probusglobal.org</a>
12:15 for 12:45 start	<b>SHALFLEET COMMUNITY LUNCH (3<sup>rd</sup> Wednesday of the month)</b> Join others from your local community for a delicious lunch and pudding each month Cost: £3.50 (Under 7s free)	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
12:30 – 13:30	<b>GENTLE CIRCUITS</b> Created for those who find regular circuits too much, yet not ready for seated classes. There is no floor work, just functional exercises to improve daily living. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
13:30 – 14:30	<b>tone and stretch</b> Designed to increase flexibility & improve posture & balance. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
13:45	<b>WEST WIGHT BRIDGE CLUB</b> Weekly in-person bridge club. Details of additional online meets in the link below. Table Money: Members £2.00, visitors £3.00. Annual Subscription current members £15, new members £20. More info at <a href="http://www.bridgewebs.com/westwight">www.bridgewebs.com/westwight</a>	Community Hall of Yarmouth and District, St James Street, Yarmouth PO40 0NU <a href="http://www.choyd.org.uk">www.choyd.org.uk</a>
14:00	<b>TOWNSWOMEN'S GUILD (1st Wednesday of the month)</b> A group of ladies of all ages who meet for friendship and fun. As well as monthly speakers there are walks, lunches, theatre visits, craft group, book club, outings and more each month. First visit free. Just pop along or contact Cheryl on 07973 187101 or <a href="mailto:cherylmaytennysontg@gmail.com">cherylmaytennysontg@gmail.com</a>	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9AN <a href="https://bit.ly/TG-Freshwater">https://bit.ly/TG-Freshwater</a>
14:00 – 16:00	<b>BRIDGE</b> For beginners to experienced players, join other community members for a weekly game of bridge. Cost: £2.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
14:00 – 16:00	<b>DIABETES GROUP ISLE OF WIGHT DROP-IN (2nd Wednesday of the month)</b> Gain a better understanding of living with diabetes through sharing knowledge and experiences. Learn about what services are available to you. Come and join in for a friendly chat. Everyone welcome. Contact 07415 399102 or <a href="mailto:diabetesgroupiow@gmail.com">diabetesgroupiow@gmail.com</a> for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://diabetesiow.org.uk/">https://diabetesiow.org.uk/</a>
14:00 - 16:00	<b>ALZHEIMER CAFÉ (3rd Wednesday of the month)</b> Each month an informative presentation relating to dementia is given, there is time to discuss dementia related issues in a relaxed atmosphere, with light refreshments being served. Cost: FREE (donations welcome) Contact 01983 220200 or <a href="mailto:info@alzheimercafeiow.org.uk">info@alzheimercafeiow.org.uk</a> for more info.	St Saviour's Holy Family Centre, Weston Lane, Totland PO39 0HE <a href="http://www.alzheimercafeiow.org.uk/totland">www.alzheimercafeiow.org.uk/totland</a>
15:00 – 16:00	<b>FRESHWATER LIBRARY BOOK GROUP (3rd Wednesday of the month)</b> A friendly group, reading a book each month chosen from the library service reading group sets. Tea and coffee provided. Cost: FREE. Numbers are limited. Contact 01983 752377 for more information and availability.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>

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# WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
15:15 – 16:45	<b>YOGA (MIXED LEVEL - ALSO ONLINE)</b> Hatha based Yoga class that requires some level of fitness, but all levels encouraged as modifications are supplied. Cost: £8 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
17:00 - 18:00	<b>DANCE FIT</b> A feel-good exercise class which incorporates many forms of dance, with a variety of tracks that provide a range of intensities. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
17:30 – 18:20	<b>DANCE WITH SAL</b> Contact Sally on 07925 279 277 for cost and more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
17:30 – 18:30	<b>YOGA (MIXED LEVEL)</b> Hatha based Yoga class that requires some level of fitness, but all levels encouraged as modifications are supplied. Cost: £8 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
17:45 – 18:45	<b>COBRA KICKBOXING CLUB (Adults only session)</b> Welcoming new members with no previous experience in martial arts and promotes a controlled and disciplined environment to learn. Cost: £4 per session, first year membership is £20 (includes insurance) renewal £15. Contact Dave on 07960 099544 or <a href="mailto:dave@cave.me.uk">dave@cave.me.uk</a> for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
18:00 – 19:00	<b>REVOLUTION</b> A low impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio-endurance. Cost: £6 (included in Diamond Class and Diamond Plus memberships.) Call for more info and to book 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
18:00 -19:00	<b>MINDFUL YOGA</b> A fluid and grounding practice at a pace that allows awareness of movements, body sensations, and breathing. No prior yoga experience needed but this class does require being able to sit on a mat and get up easily. Cost: £10. Contact Flo on 07429 050419 for more info.	The Country Garden, Church Hill, Totland Bay, PO39 0ET <a href="http://www.flosarlat.com">www.flosarlat.com</a>

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# WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
18:15 – 19:15	<p><b>DANCE FITNESS</b> An aerobic workout for everyone involving different dance styles! It is guaranteed to get the body moving, the heart pumping and make you smile! Cost: £5 per session or 5 for £20. Contact 07759 617 632 or visit <a href="http://www.katsifitness.com">www.katsifitness.com</a></p>	<p>Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.freshwatermemorialhall.org.uk">www.freshwatermemorialhall.org.uk</a></p>
18:30 – 19:30	<p><b>YOGA WITH SAL</b> Contact Sally on 07925 279 277 for cost and more info.</p>	<p>Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a></p>
19:45 – 19:30	<p><b>YOGA NIDRA ('YOGIC SLEEP')</b> Guided form of meditation and practiced lying down, making it an accessible form of meditation for those who may struggle with traditional seated practices. Cost: £8 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
19:00-20:30	<p><b>RS2 (ROCK SOLID) YOUTH CLUB – (SCHOOL YEARS 8+)</b> Youth club run by West Wight Youth for Christ. Free toast and hot drinks, tuck shop, activities including pool tables, air hockey, table tennis, games, Xbox. Cost: FREE. Contact Faye on 07857110784 or <a href="mailto:westwightyouth@gmail.com">westwightyouth@gmail.com</a> for more info.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://westwight.org.uk/young-people/youth-club/">https://westwight.org.uk/young-people/youth-club/</a></p>
19:00 - 20:00	<p><b>AQUA AEROBICS</b> Water exercise class to meet the needs of all ages and fitness levels. Some sessions are run in shallow water and others in the deep end of the pool. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
19:00 – 21:00	<p><b>FRESHWATER ARMY CADETS TROOP (AGES 12-18)</b> Army cadets are boys and girls who are looking for something more from life and to challenge their limits. Cadets can choose from a wide range of activities but everyone does an Army Proficiency Certificate. Opportunities also available to volunteer as an adult. Sign up online or just pop along to find out more. <a href="https://bit.ly/FreshwaterCadets">https://bit.ly/FreshwaterCadets</a>.</p>	<p>Totland Recreation Ground, Bowling Green Lane, Totland PO39 0AS <a href="https://bit.ly/Cadets-IW">https://bit.ly/Cadets-IW</a></p>
19:30	<p><b>SLIMMING WORLD TOTLAND</b> Slimming World is a weight loss programme like no other. If you're thinking of joining us, there's a warm welcome waiting! At your very first group, you'll get everything you need for a fab first week and much, much more! Cost: Contact Sam on 07825 040 119 for more information and pricing.</p>	<p>St. Saviours RC Church, Weston Lane Totland Bay, PO39 0HE</p>

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# WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
20:30	<b>BINGO</b> Enjoy a game of Bingo with Ruth calling. Snowball and Raffle, try your luck. Eyes down at 8:30! For more info and cost contact 01983 752988 or email <a href="mailto:freshconclub@gmail.com">freshconclub@gmail.com</a> .	Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES <a href="http://www.freshwaterconservativeclub.co.uk">www.freshwaterconservativeclub.co.uk</a>

# WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
09:15 – 10:15	<b>TOTAL ABS</b> Focusing on the core muscles of the back, side & abdominals. Cost: £6. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:30-11:30	<b>ENGLISH AND MATHS -ADULT COMMUNITY LEARNING (term-time only)</b> Functional Skills courses offer qualifications in English and Maths starting at Entry Level 1 and going up to Level 2. You and your tutor will work together to identify the correct level for you and any progression needs if suitable. Contact 01983 817 280 or <a href="mailto:acl@iow.gov.uk">acl@iow.gov.uk</a> for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.iwcommunitylearning.ac.uk">www.iwcommunitylearning.ac.uk</a>
09:30 -10:15	<b>PARENT AND BABY SWIMMING (term-time only)</b> Suitable for pre-school children accompanied by an adult. Includes games, songs, structured activities and lots of fun! Cost: £6 per session (£3 for each extra sibling attending) Call for more info 01983 752168	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:30 – 11:00	<b>JENNY DOES YOGA</b> Weekly yoga sessions at the village hall. Contact Jenny on 07498 915791 or via <a href="mailto:jennydoesyoga@gmail.com">jennydoesyoga@gmail.com</a> for cost and to book your place.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
09:45 – 10:45	<b>BODY FIT</b> Whole body workout focusing on improving core strength, posture & flexibility using a combination of Barre workout, stretching & relaxation. Cost: £6. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00-11:30	<b>PARENTS AND TODDLERS (term-time only)</b> Join other parents and toddlers for drinks, play, chat, stories and fun. Cost: £1 donation. Contact Janet on 01983 752 618 for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER
10:15 – 11:00	<b>PARENT AND BABY SWIMMING (term-time only)</b> Suitable for pre-school children accompanied by an adult. Includes games, songs, structured activities and lots of fun! Cost: £6 per session (£3 for each extra sibling attending) Call for more info 01983 752168	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:30 –11:30	<b>THE REALLY USEFUL CAFÉ</b> Join us for a cuppa and a chat, make new friends, enjoy interesting speakers and get active with some gentle seated exercise. Plus tabletop games, quizzes, bingo and more... Cost £3.50 (includes a tea or coffee and a gentle exercise class) Call for more info 01983 752168	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
11:00 – 12:00	<p><b>DANCE FIT</b> A feel-good exercise class that incorporates many forms of dance, with a variety of tracks that provide a range of intensities. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
11:45 – 12:45	<p><b>PILATES</b> Improves physical &amp; mental wellbeing; &amp; enhances strength, flexibility &amp; coordination. Can be for anyone and everyone. Cost: £7. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
12:00 – 13:00	<p><b>AQUA AEROBICS – SHALLOW WATER</b> A great mix of traditional workout with the benefits of water. Giving a good cardiovascular workout whilst also strengthening and toning your muscles. Water support greatly reduces the risk of muscle and joint injuries, whilst improving your flexibility. Cost: £6. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
13:15 - 16:30	<p><b>SHORT MAT BOWLS</b> Informal bowls club. Includes use of bowls if required and refreshments. Cost: Annual membership (contact for info) plus weekly playing fee is £3. Contact Stuart Sanford (Chairman) on 01983 754725 or Ken Elders (Treasurer) on 01983 75937 for more info.</p>	<p>Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.freshwatermemorialhall.org.uk">www.freshwatermemorialhall.org.uk</a></p>
14:00 – 15:00	<p><b>TABLE TENNIS (SENIORS)</b> Whether you're a veteran player or never picked up a bat, come along and join in the fun Cost: £4. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
14:00 – 15:30	<p><b>OUR PLACE THURSDAYS *</b> Join the volunteer team for a wide range of activity sessions including crafting, reminiscence, cookery, games, exercise and more. Cost: FREE (donations welcome) Contact 01983 752 168 option 2 or <a href="mailto:help@westwight.org.uk">help@westwight.org.uk</a> for more info. *runs in blocks so check timetable for sessions.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://bit.ly/Our-Place-WW">https://bit.ly/Our-Place-WW</a></p>
14:00 – 16:00	<p><b>MY MEMORIES – MY ISLAND REMINISCENCE AND HISTORY GROUP (2<sup>nd</sup> Thursday of the month)</b> Join others to take a trip down memory lane with artefacts from Calbourne Water Mill. Cost: FREE. Tea and coffee available. Contact 01983 240 732 or <a href="mailto:reception@lweh.org.uk">reception@lweh.org.uk</a> for more info.</p>	<p>Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a></p>

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# WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
14:00 – 16:00	<p><b>BRIDGE</b></p> <p>A fascinating engaging and exciting leisure activity that is an ever-changing puzzle. It impacts positively in ways that transcends mental exercise including friendship socialising travel and fun. Cost £3 per session / £2 for students in full time education (includes tea / coffee). Contact Phillip on 07712 108645 for more info.</p>	Green Meadows, Colwell Road, Colwell, PO40 9GG
15:00 – 16:00	<p><b>FUNCTIONAL STRENGTH</b></p> <p>Focuses on developing strength in multi-joint movement patterns that are used in everyday life. Involves body weight and free weight exercises. Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
16:00 – 17:00	<p><b>BALLET</b></p> <p>Help improve your posture, balance, co-ordination and strength. Using a range of primarily lower body exercises paired with grace and elegance. No prior experience necessary. Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
16:45 – 18:00	<p><b>BEAVERS (1st YARMOUTH TROOP) Ages 6-8 (sessions are term time only)</b></p> <p>Beaver Scouts are the youngest section of the Scouting family. Activities include: making things, outdoor activities, singing, playing games, going on visits, investigating nature, listening to stories, learning how to be safe and most importantly, making new friends and working together. Cost: £6.80 per month. Additional costs for uniform, camps/events. Contact <a href="mailto:info@isleofwightscouts.org.uk">info@isleofwightscouts.org.uk</a> for more info.</p>	Yarmouth Scout Hut, Mill Road, Yarmouth, PO41 0RA (other venues for some sessions) <a href="http://www.isleofwightscouts.org.uk/beavers">www.isleofwightscouts.org.uk/beavers</a>
17:30 – 19:00	<p><b>SAXOPHONE GROUP</b></p> <p>Welcoming all saxophone players to join a small but friendly sax group Contact Tony on 07967 764367 or email <a href="mailto:salsamad184@gmail.com">salsamad184@gmail.com</a> for more info</p>	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
18:00 – 19:00	<p><b>CIRCUIT TRAINING</b></p> <p>Suitable for all ages &amp; abilities, work at your own pace. Includes a variety of CV &amp; resistance work. Cost: £6 per session. (Included in Diamond Class and Diamond Plus memberships.) Contact 01983 752168 for more info and to book.</p>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
18:00 - 19:00	<p><b>RESTORATIVE YOGA</b> A deeply relaxing, muscle tension releasing class aimed at improving mobility and flexibility. Bring a blanket. Cost: £7. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
18:00 - 19:00	<p><b>BODYTONE (starts 25<sup>th</sup> April 2024)</b> With all the carnival feel and Latin sounds of Salsatone. This unique and highly effective class will target core, legs, glutes and arms, sculpting and strengthening your whole body. No transitions to the floor as all exercises are performed in movement or standing. Cost: £5. Contact Sheren on 07810 660 375 or <a href="mailto:sheren.ward@hotmail.co.uk">sheren.ward@hotmail.co.uk</a> for more info.</p>	<p>Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.freshwatermemorialhall.org.uk">www.freshwatermemorialhall.org.uk</a></p>
18:00 – 19:30	<p><b>CUBS (1<sup>st</sup> YARMOUTH TROOP) Ages 8 -10 ½ (sessions are term time only)</b> Cubs are young people who: master new skills and try new things, have fun and go on adventures, make friends and make a difference, in their own communities and beyond, having lots of fun along the way. Cost: £8.20 per month. Additional costs for uniform, camps/events. Contact <a href="mailto:info@isleofwightscouts.org.uk">info@isleofwightscouts.org.uk</a> for more info.</p>	<p>Yarmouth Scout Hut, Mill Road, Yarmouth, PO41 0RA (other venues for some sessions) <a href="http://www.isleofwightscouts.org.uk/cubs">www.isleofwightscouts.org.uk/cubs</a></p>
18:00 – 19:30	<p><b>TABLE TENNIS</b> Join other community members for a friendly game of singles or doubles table tennis. All equipment provided. Light refreshments available and all abilities are welcome. Cost: FREE (donations welcome)</p>	<p>Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER</p>
18:30-20:00	<p><b>CUBS (1<sup>st</sup> TOTLAND / FRESHWATER CUB SCOUTS) Ages 8 -10 ½ (sessions are term time only)</b> Cubs are young people who: master new skills and try new things, have fun and go on adventures, make friends, are curious about the world around them, help others and make a difference, in their own communities and beyond. Cost: £20 a half term payable at the start of each half term, first half term is free of charge. Additional costs for uniform, camps/events. Contact <a href="mailto:freshwaterandtotlandcubs@talktalk.net">freshwaterandtotlandcubs@talktalk.net</a> for more info.</p>	<p>Totland Bowling Club building, Totland recreation ground, The Broadway, Totland, PO39 0AS <a href="http://www.isleofwightscouts.org.uk/cubs">www.isleofwightscouts.org.uk/cubs</a></p>
19:00	<p><b>THE WI (WOMEN'S INSTITUTE) YARMOUTH (Last Thursday of the month)</b> Regular speakers, activities, chat and fun. Contact 01983 760256 for more info.</p>	<p>Royal Solent Yacht Club, The Square, Yarmouth PO41 0NS <a href="https://isle-of-wight.thewi.org.uk">https://isle-of-wight.thewi.org.uk</a></p>
19:00 – 21:00	<p><b>THE WI (WOMEN'S INSTITUTE) FRESHWATER BAY (2<sup>nd</sup> Thursday of the month)</b> Come in and see what we are about - it is not all Jam and Jerusalem! Speakers, Theatre visits, crafts, fun, book club, coffee mornings, friendship and more! Contact Peri on 07714 766 929 for more info.</p>	<p>Parish Hall, Victoria Road, Freshwater, PO40 9PP <a href="https://isle-of-wight.thewi.org.uk">https://isle-of-wight.thewi.org.uk</a></p>

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# WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
19:00 – 20:00	<b>EGYPTIAN STYLE BELLYDANCE CLASSES</b> For all ages, shapes, sizes and abilities. Welcoming and relaxed classes with spare jingle belts available. Cost £5. Contact Dawn on 07904 716 655 for more info.	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth. PO40 0NU <a href="http://www.choyd.org.uk">www.choyd.org.uk</a>
19:00 - 20:15	<b>ADVANCED STRETCH</b> Designed to improve your range of movement & release tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch. Cost: £5. (Included in Diamond Class and Diamond Plus memberships). Call 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
19:00	<b>WEST WIGHT FLORAL ART SOCIETY (1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month)</b> Join us for our main meeting on the 1st Thursday of the month featuring a demonstrator and often a speaker. Workshop meeting most 3rd Thursdays. Open to visitors and new members. Cost: Annual subscription £25 plus £2 per session (members), £5 (visitors). Contact <a href="mailto:wwfasociety@gmail.com">wwfasociety@gmail.com</a> for more info.	Parish Hall, Victoria Road, Freshwater, PO40 9PP <a href="https://www.facebook.com/WWFASociety">www.facebook.com/WWFASociety</a>
19:15 – 20:45	<b>JENNY DOES YOGA</b> Weekly yoga sessions at the village hall. Contact Jenny on 07498 915791 or via <a href="mailto:jennydoesyoga@gmail.com">jennydoesyoga@gmail.com</a> for cost and to book your place.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: FRIDAYS



When?	What?	Where?
06:45 – 07:45	<b>BOOTCAMP</b> A high intensity whole body workout. Military style endurance training that burns calories for 24 hours post workout. Cost: £6 (included in Diamond Class and Diamond Plus memberships.) Call for more info and to book 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
08:30-12:00	<b>MINI MARKET</b> Weekly stalls selling a variety of items including an array of homemade items, plus café corner to meet and chat in a friendly community environment. Contact 01983 752 956 for more information.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.freshwatermemorialhall.org.uk">www.freshwatermemorialhall.org.uk</a>
09:00 -10:00	<b>YOGA FOUNDATION</b> Perfect for the complete beginner to start Yoga Cost: £7. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 – 10:00	<b>REVOLUTION</b> A low impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio-endurance. Cost: £6 (included in Diamond Class and Diamond Plus memberships.) Call for more info and to book 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 -14:30	<b>WEST WIGHT MEN IN SHEDS (Open to men and women)</b> The shed is a collective group of people working towards a common goal. Pop along for hot drinks, chat and tool craft projects. Cost: £15 annual subscription. Contact 01983 897 352 for more info.	Men in Sheds Workshop, Totland Recreation Ground, Totland, PO39 0AS. <a href="http://www.westwightshed.org">www.westwightshed.org</a>
10:00 – 10:30	<b>RHYME TIME</b> A weekly half hour session of rhymes, actions and songs that helps your baby or toddler with their language development and allows you and your baby to make new friends. No need to book - come along with your baby and have fun! Cost: FREE. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
10:00 – 10:55	<b>PILATES (INTERMEDIATE)</b> This is mat work class and would suit those with some experience of Pilates. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasises proper postural alignment, core strength and muscle balance. Cost: £5. Contact 07759 617 632 or visit <a href="http://www.katsifitness.com">www.katsifitness.com</a>	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU <a href="http://www.choyd.org.uk">www.choyd.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
10:00 – 12:00	<b>STAY AND PLAY SHALFLEET (Term time only)</b> A safe place for grown-ups to chat and pre-school children to play. Refreshments and snacks provided. COST: Donations welcome. Contact <a href="mailto:abbysellen1993@hotmail.co.uk">abbysellen1993@hotmail.co.uk</a> for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
10:15 – 11:00	<b>GENTLE REVOLUTION</b> Indoor cycling, ideal for arthritic and rehabilitation clients. Gentle pace & gentle music Cost: £6. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:15 – 11:15	<b>YOGA PROGRESSION</b> British Wheel of Yoga practice that requires some level of fitness. Cost: £7. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:15 – 11:15	<b>TOTS DANCE CLASS (2 – 4 years old)</b> Using a combination of movement and music, our tots dance class will develop your child's physical, communication and social skills in a fun-filled environment. Cost: £4 (parent/ guardian must be present). Contact 01983 752 168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:15 – 11:30	<b>ADVANCED STRETCH</b> Designed to improve your range of movement & release tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch. Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
11:00 – 11:55	<b>PILATES (BEGINNER)</b> This is mat work class and would suit those who are new to Pilates or who would like to take things a bit slower. Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasises proper postural alignment, core strength and muscle balance. Cost: £5. Contact 07759 617 632 or visit <a href="http://www.katsifitness.com">www.katsifitness.com</a>	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU <a href="http://www.choyd.org.uk">www.choyd.org.uk</a>
11:30 – 12:30	<b>GENTLE CIRCUITS</b> Created for those who find regular circuits too much, yet not ready for seated classes. There is no floor work, just functional exercises to improve daily living. Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
12:00-13:00	<b>AQUA AEROBICS (Shallow Water)</b> Water exercise class to meet the needs of all ages & fitness levels. Cost: £6. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
13:00 – 15:00	<b>TIMEBANK COMMUNITY MARKET</b> Join West Wight Timebank for weekly activities including producing wellbeing boxes, planting, purchase eco-refill products and regular workshops. Cost: FREE. Contact Sally on 07872304294 or <a href="mailto:info@wwtb.org">info@wwtb.org</a> for more info.	Freshwater Parish Hall, Victoria Road, Freshwater PO40 9HZ <a href="http://www.action4support.co.uk">www.action4support.co.uk</a>
14:00: 15:00	<b>THE REAL JUNK FOOD PROJECT ISLE OF WIGHT</b> Faith visits Freshwater Parish Hall each week with food that would otherwise go to waste from Island supermarkets. Donations welcome to support the project to minimise food waste.	Freshwater Parish Hall, Victoria Road, Freshwater PO40 9HZ <a href="http://www.action4support.co.uk">www.action4support.co.uk</a>
14:00 – 15:30	<b>PICKLEBALL</b> A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
14:00 – 16:00	<b>CRIBBABE CLUB</b> Meeting every week to play the classic card game. Everyone welcome, from beginners upwards. Cost: FREE. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
14:00 – 15:15	<b>CHOIR PRACTICE</b> Weekly sessions. Contact Pamela on 01983 531613 for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF <a href="https://shalfleetvillagehall.org.uk">https://shalfleetvillagehall.org.uk</a>
14:30-16:30	<b>ART GROUP</b> A small self-run art group of mixed abilities who meet regularly to draw and paint for pleasure. Members work in a variety of media – watercolour, pastel, pencil (graphite or colour), acrylic and oils (which are not as scary as you might think). Drop by to find out more.	Tennyson Suite, Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.freshwatermemorialhall.org.uk">www.freshwatermemorialhall.org.uk</a>
15:30 – 17:00	<b>PICKLEBALL</b> A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
15:30 – 17:30	<p><b>MOBILE COMMUNITY PANTRY</b></p> <p>The Island's mobile community pantry comes to Freshwater on Fridays. Become a member of the pantry and then pay just £5 each session to collect £15 worth of food for your household. For more information about joining, email <a href="mailto:abbi@lweh.org.uk">abbi@lweh.org.uk</a> or phone Aspire Ryde on 01983 716020.</p>	<p>Freshwater Parish Hall, Victoria Road, Freshwater PO40 9HZ  <a href="https://bit.ly/IOWCommunityPantries">https://bit.ly/IOWCommunityPantries</a></p>
16:00 – 17:00	<p><b>ADULT TAP DANCING</b></p> <p>Learn the basic sounds and steps of tap dance, including steps on the spot and travelling. No tap shoes required. Cost: £6. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH  <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
17:00 – 18:30	<p><b>YOGA MIXED LEVEL &amp; MEDITATION</b></p> <p>A one-hour Vinyasa Flow class, Hatha based; followed by 30 minutes of guided mindfulness meditation. Some Yoga experience necessary, but all levels encouraged as modifications are supplied. Bring a mat, some blocks and a blanket. Cost: £8. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH  <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
17:15 -18:00	<p><b>JUNIOR AERIAL &amp; PERFORMING ARTS (Ages 5 to 10) **STARTS 17<sup>TH</sup> MAY**</b></p> <p>This creative fitness class comprises a combination of Aerial Silks and Lyra Hoop. Children will not only learn skills on the apparatus but will also have the opportunity to learn a range of floor based dance, drama &amp; circus skills whilst having fun and keeping fit! Cost £10 (block booking discount available) Contact 07497655314 or <a href="mailto:artswithalicia@gmail.com">artswithalicia@gmail.com</a> for more info.</p>	<p>Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU  <a href="https://bookwhen.com/artswithalicia">https://bookwhen.com/artswithalicia</a></p>
18:00-19:00	<p><b>COBRA KICKBOXING CLUB (ages 7-13)</b></p> <p>Welcoming new members with no previous experience in martial arts and promotes a controlled and disciplined environment to learn.            Cost: £3 per session, first year membership is £20 (includes insurance) renewal £15            Contact Dave on 07960 099544 or <a href="mailto:dave@cave.me.uk">dave@cave.me.uk</a> for more info</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH  <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>
18:00-19:00	<p><b>WEST WIGHT JUNIOR BADMINTON</b></p> <p>Beginners (parents of under 8's must remain in the Sports Centre)            Cost: £2 a session. New members welcome. Contact Tony on 01983 753 159 for more info</p>	<p>West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH  <a href="http://www.westwight.org.uk">www.westwight.org.uk</a></p>

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# WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
18:00 - LATE	<b>DUNGEONS AND DRAGONS (2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month)</b> Table-top role-play group for adults (18+). Contact wizard.360@googlemail.com for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="http://www.fofl.co.uk">www.fofl.co.uk</a>
18:15 – 19:15	<b>YOUTH AERIAL &amp; PERFORMING ARTS (Ages 11 to 17) **STARTS 17<sup>TH</sup> MAY**</b> This creative fitness class comprises a combination of Aerial Silk and Lyra Hoop. Not only will students unique learn skills on the apparatus, they will learn a wide range of floor tumbling and circus skills whilst having fun and keeping fit! Cost £11.50 (block booking discount available) Contact 07497655314 or <a href="mailto:artswithalicia@gmail.com">artswithalicia@gmail.com</a> for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="https://bookwhen.com/artswithalicia">https://bookwhen.com/artswithalicia</a>
18:30 – 19:30	<b>MODERN LINE DANCING (starts 12<sup>th</sup> January 2024)</b> The Island's first Modern line dancing classes; the first few weeks will consist of learning beginners' routines and steps before venturing into the wonderful world of modern line dances that are super fun for all ages and abilities. For more info join the Facebook page and to learn routines directly from your phone. Cost: £6 per session payable at venue.	Freshwater Social Club Avenue Road, Freshwater, PO40 9UU <a href="https://bit.ly/ModernLineDanceIW">https://bit.ly/ModernLineDanceIW</a>
19:00-20:00	<b>WEST WIGHT JUNIOR BADMINTON</b> Improvers (parents of under 8's must remain in the Sports Centre) Cost: £2 a session. New members welcome. Contact Tony on 01983 753 159 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
19:00-20:00	<b>COBRA KICKBOXING CLUB (Adults only session)</b> Welcoming new members with no previous experience in martial arts and promotes a controlled and disciplined environment to learn. Cost: £4 per session, first year membership is £20 (includes insurance) renewal £15. Contact Dave on 07960 099544 or <a href="mailto:dave@cave.me.uk">dave@cave.me.uk</a> for more info	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
19:00-21:00	<b>SCOUTS (1<sup>st</sup> TOTLAND / FRESHWATER SCOUT GROUP) Ages 10 ½ - 14 (sessions are term time only)</b> Scouts are a go-getting group of young people who master new skills and try new things, make new friends, have fun and go on adventures, at home and abroad, explore the world around them, help others and make a difference, in their own communities and beyond. Cost: £20 a half term payable at the start of each half term, first half term is free of charge. Additional costs for uniform, camps/events. Contact <a href="mailto:ftscouts@gmail.com">ftscouts@gmail.com</a> for more information.	Totland Bowling Club building, Totland recreation ground, The Broadway, Totland, PO39 0AS <a href="http://www.isleofwightscouts.org.uk">www.isleofwightscouts.org.uk</a>

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# WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
19:00-21:00	<p><b>SCOUTS (1<sup>st</sup> YARMOUTH SEA SCOUTS) Ages 10 ½ - 14 (sessions are term time only)</b>                      Scouts are a go-getting group of young people who master new skills and try new things, make new friends, have fun and go on adventures, at home and abroad, explore the world around them, help others and make a difference, in their own communities and beyond.                      Cost: £10 per month. Additional costs for uniform, camps/events.</p>	Yarmouth Scout Hut, Mill Road, Yarmouth, PO41 0RA (other venues for some sessions) <a href="http://www.isleofwightscouts.org.uk">www.isleofwightscouts.org.uk</a>
19:30 – 20:30	<p><b>ADULT AERIAL FITNESS (18+) **STARTS 17<sup>TH</sup> MAY**</b>                      A fun fitness class focusing on general fitness, body conditioning, flexibility &amp; mobility. Learning a unique set of skills on Aerial Silk, Lyra Hoop, &amp; Pole. Cost £12.50 (block booking discount available)                      Contact 07497655314 or <a href="mailto:artswithalicia@gmail.com">artswithalicia@gmail.com</a> for more info.</p>	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="https://bookwhen.com/artswithalicia">https://bookwhen.com/artswithalicia</a>

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# WHAT'S ON IN WEST WIGHT: SATURDAYS



When?	What?	Where?
09:00 -10:00	<b>CIRCUIT TRAINING</b> Suitable for all ages & abilities, work at your own pace. Includes a variety of CV & resistance work. Cost: £6 per session. (Included in Diamond Class and Diamond Plus memberships.) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 - 10:00	<b>PILATES</b> Improves physical and mental wellbeing and enhances strength, flexibility & coordination. Can be for anyone and everyone. Cost: £7 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 – 10:30	<b>YOGA (MIXED LEVEL - ALSO ONLINE)</b> Hatha based Yoga class that requires some level of fitness, but all levels encouraged as modifications are supplied. Cost: £8 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
09:00 – 12:00	<b>COLWELL CAR BOOT SALES (May to September)</b> Weekly during the spring / summer months weather permitting. Sellers set up at 8:30am with buyers from 9am. Supporting local charities. No need to book, just turn up. Cost: £5 cars, £7 vans. Contact Helen on 01983 756 028 for more info.	Colwell Common, Totland. <a href="http://www.facebook.com/totlandparishcouncil">www.facebook.com/totlandparishcouncil</a>
09:30 – 10:30	<b>WEST WIGHT FENCING CLUB (term-time only)</b> Beginner Juniors session. (Ages 9-14). The Olympic sport with cold steel! Cost: £7. Contact Nick via <a href="mailto:westwightfencingclub@gmail.com">westwightfencingclub@gmail.com</a> or 07966311485 for more info	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00 - 11:00	<b>PILATES</b> Improves physical and mental wellbeing and enhances strength, flexibility & coordination. Can be for anyone and everyone. Cost: £7 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00 – 12:00	<b>JUNIOR LIBRARY</b> LEGO and colouring every week, with junk modelling on 2nd Saturday of each month. Cost: FREE, no need to book. Parental supervision required for under 12's. Contact 01983 752377 for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP <a href="https://www.fofl.co.uk">https://www.fofl.co.uk</a>

Last updated 17<sup>th</sup> April 2024. Check with venues for the most up-to date information.

Have something to add or amend? Get in touch via 07498 496 719, 01983 740 722 or [adam.tucker@westwight.org.uk](mailto:adam.tucker@westwight.org.uk)

# WHAT'S ON IN WEST WIGHT: SATURDAYS



When?	What?	Where?
09:30 – 10:30	<b>WEST WIGHT FENCING CLUB – JUNIORS (term-time only)</b> The Olympic sport with cold steel! Cost: £8 per child. Contact Nick via <a href="mailto:westwightfencingclub@gmail.com">westwightfencingclub@gmail.com</a> or 07966311485 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:30 – 11:30	<b>WEST WIGHT FENCING CLUB – SENIORS (term-time only)</b> The Olympic sport with cold steel! Cost: £8 per child. Contact Nick via <a href="mailto:westwightfencingclub@gmail.com">westwightfencingclub@gmail.com</a> or 07966311485 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
11:30 – 12:30	<b>WEST WIGHT FENCING CLUB - ADULTS (term-time only)</b> Intermediate / Advanced session. The Olympic sport with cold steel! Cost: £10 per adult. Contact Nick via <a href="mailto:westwightfencingclub@gmail.com">westwightfencingclub@gmail.com</a> or 07966311485 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
10:00 – 12:00	<b>COFFEE MORNING (2<sup>nd</sup> Saturday of the month)</b> Including a sale of books for all tastes. Contact Margaret on 01983 754 929 for more info	St Swithin's Church, Main Road, Thorley, PO41 0SS
10:30 – 12:00	<b>COFFEE MORNING (Last Saturday of the month)</b> Contact Stuart on 01983 760 162 for more info.	Wellow Literary Institute, Wellow Top Road, PO41 0TB
11:00 – 12:00	<b>FRESHWATER BAY COMMUNITY BEACH CLEAN (3<sup>rd</sup> Saturday of the month)</b> Help keep your coastline tidy by joining Freshwater Bay Residents' Association community beach cleans. Bring some gloves and something to collect litter in. Contact: <a href="mailto:fbra@stayfreshwaterbay.co.uk">fbra@stayfreshwaterbay.co.uk</a> for more info.	Shelter on the Promenade, Freshwater Bay <a href="http://www.fbra.org.uk">www.fbra.org.uk</a>
11:30 – 12:30	<b>WEST WIGHT FENCING CLUB (term-time only)</b> Adults' session. The Olympic sport with cold steel! Cost: £8. Contact Nick via <a href="mailto:westwightfencingclub@gmail.com">westwightfencingclub@gmail.com</a> or 07966311485 for more info	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
11:30-13:00	<b>ISLE OF WIGHT TAE KWON-DO</b> Tae Kwon-Do training is available to anyone young or old, male or female, fit or unfit and allows you to grow at your own pace. Call Peter Scotcher for more info 07791 068 079	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.freshwatermemorialhall.org.uk">www.freshwatermemorialhall.org.uk</a>
14:00 - 16:00	<b>CHURCH GROUNDS MAINTENANCE (1<sup>st</sup> Saturday of the month)</b> Volunteer opportunity each month to help with the upkeep of the grounds at All Saints church Cost: FREE Contact Jill on 01983 756 308 for more info	All Saints Church, Church Place, Freshwater, PO40 9BW
12:30, 13:15 & 14:00	<b>ADAPTED CYCLING – ISLE RIDERS CYCLING (2<sup>nd</sup> Saturday of the month until March 2024)</b> A session for those wishing to try out adapted cycles. Come and use trikes (including one with wheelchair access, tandems and more. Booking essential. Contact Isle Access to find out more and to book. <a href="mailto:cyclingadmin@isleaccess.co.uk">cyclingadmin@isleaccess.co.uk</a>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://isleaccess.co.uk/adapted-cycling">https://isleaccess.co.uk/adapted-cycling</a>

Last updated 17<sup>th</sup> April 2024. Check with venues for the most up-to date information.

Have something to add or amend? Get in touch via 07498 496 719, 01983 740 722 or [adam.tucker@westwight.org.uk](mailto:adam.tucker@westwight.org.uk)

# WHAT'S ON IN WEST WIGHT: SATURDAYS



When?	What?	Where?
20:30 – 23:30	<b>EVENT NIGHTS</b> Pop along to the club each Saturday for a different event night, including discos, live music, karaoke and more! None members welcome (£2 signing in fee applies) Contact 01983 752988 or email <a href="mailto:freshconclub@gmail.com">freshconclub@gmail.com</a> for more info. Check out the latest events calendar here: <a href="http://www.freshwaterconservativeclub.co.uk">www.freshwaterconservativeclub.co.uk</a>	Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES <a href="http://www.freshwaterconservativeclub.co.uk">www.freshwaterconservativeclub.co.uk</a>

Last updated 17<sup>th</sup> April 2024. Check with venues for the most up-to date information.

Have something to add or amend? Get in touch via 07498 496 719, 01983 740 722 or [adam.tucker@westwight.org.uk](mailto:adam.tucker@westwight.org.uk)



# WHAT'S ON IN WEST WIGHT: SUNDAYS



Time	Event	Venue
10:00 - 11:30	<b>VETERANS FOOTBALL</b> It is never too late to start playing the beautiful game. Whether you are starting out or a veteran of the game, our Veteran's football is a great way to keep fit and enjoy a game of indoor football. Cost: £6 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="http://www.westwight.org.uk">www.westwight.org.uk</a>
11:00 – 12:15	<b>ALCOHOLICS ANONYMOUS FRESHWATER – LIVING SOBER GROUP</b> These AA Meetings are open to all who may or may not have an alcoholic problem, e.g. family, friends and other interested parties. More info available at <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a> Helpline: 02392580776 (24 hours)	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9HZ <a href="http://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a>
13:00 – 14:00	<b>ISLE OF WIGHT CANOE CLUB (term time only)</b> Pool Sessions 14+ only skills practise. Cot: £6. For more information visit <a href="http://www.iowcanoecub.org.uk">www.iowcanoecub.org.uk</a>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH <a href="https://www.facebook.com/IsleofWightCanoeClub">www.facebook.com/IsleofWightCanoeClub</a>
<b>CHURCH SERVICES</b>		
09:30	<b>SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND</b> Sunday worship at 9.30am. Check the website for most up to date information and timetable. Vicar: Reverend Leisa Potter 01983 753078 <a href="mailto:revleisa@btinternet.com">revleisa@btinternet.com</a> Administrator: Julia Bridgeman 07930 670 772 <a href="mailto:fytparishes@gmail.com">fytparishes@gmail.com</a>	All Saints Church, Church Place, Freshwater, PO40 9BP. <a href="http://www.allsaintsandstagnes.org.uk">www.allsaintsandstagnes.org.uk</a>
09:30	<b>SUNDAY WORSHIP – ST SWITHIN THORLEY</b> Check the website for most up to date information and timetable. Rector – Reverend Jackie Maw 01983 741049 <a href="mailto:westwightrector@gmail.com">westwightrector@gmail.com</a> ; or contact the church warden on 01983 754929 or <a href="mailto:mrenoufiow@gmail.com">mrenoufiow@gmail.com</a>	St Swithin Church, Main Road, Thorley, PO41 0SS <a href="https://stswithin.co.uk">https://stswithin.co.uk</a>
10:00	<b>SUNDAY WORSHIP – ST JAMES CHURCH OF ENGLAND YARMOUTH</b> Check the website for most up to date information and timetable or contact the FYT parishes' administrator on 07930670772 for more info.	St James' Church, St James' Square, Yarmouth, PO41 0NP <a href="http://www.stjamesyarmouth.org.uk">www.stjamesyarmouth.org.uk</a>
10:00 – 11:45	<b>KERITH WEST WIGHT SUNDAY MEETING</b> Check the website for most up to date information and timetable or contact <a href="mailto:west.wight@kerith.church">west.wight@kerith.church</a>	Kerith Community Church, Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU <a href="http://www.kerith.church/sites/west-wight">www.kerith.church/sites/west-wight</a>

Last updated 17<sup>th</sup> April 2024. Check with venues for the most up-to date information.

Have something to add or amend? Get in touch via 07498 496 719, 01983 740 722 or [adam.tucker@westwight.org.uk](mailto:adam.tucker@westwight.org.uk)

# WHAT'S ON IN WEST WIGHT: SUNDAYS



Time	Event	Venue
<b>CHURCH SERVICES</b>		
10:15	<b>SUNDAY WORSHIP – COLWELL BAPTIST CHURCH</b> Check the website for most up to date information and timetable or contact Dave (the minister) on 01983 753741 or <a href="mailto:dave.minister@gmail.com">dave.minister@gmail.com</a> for more info.	Colwell Baptist Church, Colwell Road, Freshwater, PO40 9NB <a href="http://www.colwellbaptistchurch.co.uk">www.colwellbaptistchurch.co.uk</a>
10:30	<b>SUNDAY WORSHIP (most weeks) FRESHWATER METHODIST CHURCH</b> Check the website for most up to date information and timetable or contact: Doreen Dace on 01983 754946 <a href="mailto:doreen.dace@googlemail.com">doreen.dace@googlemail.com</a> or Mike Hackleton, Local Lay Pastor, <a href="mailto:laypastormike@outlook.com">laypastormike@outlook.com</a>	Freshwater Methodist Church, Brookside Rd Freshwater, PO40 9ER <a href="http://www.methodistiow.org.uk">www.methodistiow.org.uk</a>
11:00	<b>SUNDAY WORSHIP – CHRIST CHURCH TOTLAND</b> Check the website for most up to date information and timetable or contact 07582 861966 or <a href="mailto:admin@christchurchtotland.org.uk">admin@christchurchtotland.org.uk</a> for more info.	Christ Church, Alum Bay New Road, Totland, PO39 0ES <a href="http://www.christchurchtotland.org.uk">www.christchurchtotland.org.uk</a>
Times vary	<b>SUNDAY WORSHIP – ST AGNES' CHURCH OF ENGLAND</b> Check the website for up-to-date info. Vicar: Reverend Leisa Potter 01983 753078 <a href="mailto:revleisa@btinternet.com">revleisa@btinternet.com</a> Administrator: Julia Bridgeman 07930 670 772 <a href="mailto:fytparishes@gmail.com">fytparishes@gmail.com</a>	St Agnes Church, Gate Lane Freshwater Bay, PO40 9PY <a href="http://www.allsaintsandstagnes.org.uk">www.allsaintsandstagnes.org.uk</a>
Times vary	<b>SUNDAY MASS – ST SAVIOUR'S ROMAN CATHOLIC CHURCH, TOTLAND</b> Check the website for most up to date information and timetable or contact 01983 522027 or <a href="mailto:StSandSTC@portsmouthdiocese.org.uk">StSandSTC@portsmouthdiocese.org.uk</a> for more info.	St Saviour's Church, Weston Lane, Totland Bay, PO39 0HE <a href="http://www.stass.iowrcchurch.org.uk">www.stass.iowrcchurch.org.uk</a>

Last updated 17<sup>th</sup> April 2024. Check with venues for the most up-to date information.

Have something to add or amend? Get in touch via 07498 496 719, 01983 740 722 or [adam.tucker@westwight.org.uk](mailto:adam.tucker@westwight.org.uk)

## USEFUL CONTACTS

### ADULT SOCIAL CARE (IOW COUNCIL)

Mon - Thurs 08:30 – 17:00

Fri 08:30 – 16:30. 01983 823340

<https://beta.iow.gov.uk/adult-social-care>

### AGE UK ISLE OF WIGHT

A free and confidential information and advice service for older people, their families and carers.

Mon - Fri 9:00 – 16:30. 01983 525282.

[www.ageuk.org.uk/isleofwight](http://www.ageuk.org.uk/isleofwight)

[info@ageukiw.org.uk](mailto:info@ageukiw.org.uk)

### ALCOHOLICS ANONYMOUS

Find your local group:

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

0800 9177 650 OR [help@aamail.org](mailto:help@aamail.org)

### BARNARDOS

Support for families with children ages 0-19.

01983 529208.

[iowfamilycentres@barnardos.org.uk](mailto:iowfamilycentres@barnardos.org.uk)

[www.isleofwightfamilycentres.org.uk](http://www.isleofwightfamilycentres.org.uk)

### BLUE LAMP TRUST – BOBBY SCHEME

Free home security checks

0300 777 0157 [info@bluelamptrust.org.uk](mailto:info@bluelamptrust.org.uk).

[www.bluelamptrust.org.uk](http://www.bluelamptrust.org.uk)

### BOOTS PHARMACY

01983 752724

1 Moa Place, PO40 9DS

Mon – Fri 09:00 – 17:30

### BROOKSIDE MEDICAL CENTRE

Local West Wight GP practice

01983 758998.

[www.brooksidehealthcentre.nhs.uk](http://www.brooksidehealthcentre.nhs.uk)

### CARERS ISLE OF WIGHT

Support for carers looking after their relatives, friends and neighbours. Mon - Sun 10:00 – 15:30

01983 533173. [info@carersiw.org.uk](mailto:info@carersiw.org.uk)

[www.carersiw.org.uk](http://www.carersiw.org.uk)

### CHILDREN & YOUNG PEOPLE'S CRISIS LINE

Telephone support for young people ages 11 to 17

Mon - Thurs 15:00 – 20:30. 0300 303 1590

[cypcrisisline@easthantsmind.org](mailto:cypcrisisline@easthantsmind.org)

[www.easthantsmind.org/cyp-crisis-line](http://www.easthantsmind.org/cyp-crisis-line)

### COMMUNITY CONNECTOR WEST WIGHT

Support for people of any age in Freshwater, Yarmouth, Totland and Shalfleet to help you to improve life. Contact Adam Tucker

07498 496 719 or 01983 240 722.

[adam.tucker@westwight.org.uk](mailto:adam.tucker@westwight.org.uk)

<https://westwight.org.uk/community-connector>

### COUNCIL TAX ENQUIRIES (IOW COUNCIL)

01983 823901 or [council.tax@iow.gov.uk](mailto:council.tax@iow.gov.uk)

<https://bit.ly/CouncilTaxIOW>

### CITIZENS ADVICE – ISLE HELP

Information and advice portal for the Isle of Wight. Mon - Friday, 9:00 – 17:00.

0800 144 8848. [www.islehelp.me](http://www.islehelp.me)

### CRUSE BEREAVEMENT

Specialist bereavement experts offering support

24 hours a day. [www.cruse.org.uk](http://www.cruse.org.uk)

01983 523030 or 0808 808 1677

[isleofwight@cruse.org.uk](mailto:isleofwight@cruse.org.uk)

### ISLE OF WIGHT FOODBANK

Crisis food support. Head office hours:

Mon, Weds, Fri 09:00 – 14:00

01983 292040

[www.isleofwight.foodbank.org.uk](http://www.isleofwight.foodbank.org.uk)

### FRESHWATER PARISH COUNCIL

Clerk: Heather Rowell

Monday to Friday 10:00 to 12:00

01983 752 000

[www.freshwater-parish.org.uk](http://www.freshwater-parish.org.uk)

### FYT BUS

Community bus serving the local area and offering transport for medical appointments.

Mon – Fri 09:45 - 12:00. 01983 752917

[www.fytbus.org.uk](http://www.fytbus.org.uk)

### NATIONAL GAMBLING HELPLINE

0808 8020 133

[www.begambleaware.org](http://www.begambleaware.org)

### HELP THROUGH CRISIS

Quick access to funding support in an emergency.

01983 823 859.

[www.islehelp.me/help-through-crisis](http://www.islehelp.me/help-through-crisis)

## HOUSING BENEFIT (IOW COUNCIL)

For those already in receipt of housing benefit.  
01983 823950  
[housing.benefit@iow.gov.uk](mailto:housing.benefit@iow.gov.uk)

## INDEPENDENT ARTS CREATIVE HUB

Newport High Street  
Mon - Sat: 10:00 – 16:30. 01983 822437  
[www.independentarts.org.uk/creative\\_hub](http://www.independentarts.org.uk/creative_hub)

## ISLE OF WIGHT COUNCIL

Local Authority. 01983 821000  
[www.iow.gov.uk](http://www.iow.gov.uk)

## ISORROPIA FOUNDATION

Mental Health support. Gain the skills you need to improve your wellbeing, discover your purpose and reach your full potential.  
Mon – Fri 09:00 – 17:00. 01983 217791  
[hello@isorroopia.uk](mailto:hello@isorroopia.uk) [isorroopia.uk](http://isorroopia.uk)  
<https://isorroopia.uk>

## JUST ASK SUPPORT OFFICER

Melanie Gardiner – local advice and support  
[justask@westwight.org.uk](mailto:justask@westwight.org.uk)  
07599465722 or 01983 752 000  
[bit.ly/justaskwestwight](http://bit.ly/justaskwestwight)

## FRESHWATER LIBRARY

Mon: 9:30 – 1:00. Tues, Weds, Fri 9:30 -4:30,  
(closed 12:30 -13:30) Thurs: Closed  
Sat: 9:30 – 12:30  
[freshwaterlibrary@iow.gov.uk](mailto:freshwaterlibrary@iow.gov.uk)  
01983 752377 [www.fofl.co.uk](http://www.fofl.co.uk)

## KEMKAY PHARMACY

01983 752908  
3 Clifton Buildings, PO40 9UT  
Mon – Fri 09:00 – 18:00, Sat 09:00 – 15:00

## LIVING WELL AND EARLY HELP SERVICE

Providing support for people before they reach crisis and working with communities to build capacity. 01983 240732. [www.lweh.org.uk](http://www.lweh.org.uk)  
[reception@lweh.org.uk](mailto:reception@lweh.org.uk)

## MEN'S ADVICE LINE

Support for male victims of domestic abuse  
0808 8010327  
[www.mensadvice.org.uk](http://www.mensadvice.org.uk)

## MENTAL HEALTH SUPPORT HUB

### ISLE OF WIGHT

A range of resources to signpost you to the support you need to help you manage your mental health. [www.iwmentalhealth.co.uk](http://www.iwmentalhealth.co.uk)

## MOUNTBATTEN HELPLINE

Support and advice line for anyone who needs a listening ear. 01983 217297. Available 24 hours.  
[www.mountbatten.org.uk](http://www.mountbatten.org.uk)

## NATIONAL DOMESTIC ABUSE HELPLINE

Support for women experiencing domestic abuse.  
0808 2000 247. [www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

## NHS HELPLINE

111. Available 24 hours  
If you have a mental health crisis and don't know who to contact. Call free from any to speak to a highly trained adviser, supported by healthcare professionals. <https://111.nhs.uk>

## OPTIO VOLUNTEER CAR SERVICE

Membership scheme for the elderly and frail, which operates with volunteer drivers using their own vehicles to take passengers to pre-booked destinations.  
[optiovolunteer@actioniw.org.uk](mailto:optiovolunteer@actioniw.org.uk)  
01983 522 226. <https://bit.ly/OptioIOW>

## PARAGON

Targeted support for victims, children, and perpetrators of domestic abuse and sexual violence. 0800 234 6266  
[ParagonIOW@theyoutrust.org.uk](mailto:ParagonIOW@theyoutrust.org.uk)  
<https://paragonteam.org.uk/teams/isle-of-wight>

## PENSION SERVICE

National pension service helpline. 0800 731 0469  
Mon - Fri, 08:00 – 18:00  
[www.gov.uk/contact-pension-service](http://www.gov.uk/contact-pension-service)

## POLICE

Hampshire and Isle of Wight.  
Non-emergency 101. Emergency 999.  
<https://www.hampshire.police.uk/>

## ROYAL BRITISH LEGION

Help for members of the Royal Navy, British Army, Royal Air Force, veterans and their families. Supporting serving and ex-serving personnel all year round, every day of the week. 0808 802 8080. [www.britishlegion.org.uk](http://www.britishlegion.org.uk)

## RUTHERFORD EYE CARE

Providing full eye examination, visual field tests, a vast variety of spectacles and contact lens services. 01983 753532  
3 Moa Place, Freshwater PO40 9DS  
Mon & Thu 09:00 -17:00  
Tues, Weds, Fri 09:00 – 17:30

## SAFEGUARDING CHILDREN

If you have a concern about a child's welfare, call children's services on 0300 300 0117.  
[www.iowscp.org.uk](http://www.iowscp.org.uk)

## SHALFLEET PARISH COUNCIL

Clerk: Sally Woods  
01983 531491 Tues, Weds and Thurs 10:00 – 12:00. [clerk@shalfleetiow.org.uk](mailto:clerk@shalfleetiow.org.uk)  
[www.shalfleetiow.org.uk](http://www.shalfleetiow.org.uk)

## SOCIAL PRESCRIBER WEST WIGHT

A free and confidential service based at Brookside Surgery supporting adults with non-medical needs affecting their health and wellbeing  
Contact Dale: 01983 758 998, option 6.  
[www.facebook.com/SocialPrescribingIsleofWight](https://www.facebook.com/SocialPrescribingIsleofWight)

## SOUTHERN VECTIS BUSES

Local buses serving West Wight:  
7, 12, Needles Breezer and Island Coaster.  
0330 0539 182. [www.islandbuses.info](http://www.islandbuses.info)

## TAXIS

Bay Taxi 07475 662 350  
iCab 07553 567 567  
Kabel Cars 01983 75 32 76  
Rayners 01983 75 27 84

## TOTLAND PARISH COUNCIL

Clerk: Helen Gibbs  
Mon - Wed 09.30 – 12.00. Thurs 9.00 – 12:00  
01983 756 028 [www.totlandparishcouncil.org.uk](http://www.totlandparishcouncil.org.uk)

## UNIVERSAL CREDIT ENQUIRIES

National helpline. Mon - Fri, 08:00 – 18:00  
0800 328 5644. [www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)

## VICTIM SUPPORT

Free confidential emotional and practical help to anyone who has been affected by crime in Hampshire and Isle of Wight.  
Mon -Sat 8:00 – 20:00. 0808 178 1641.  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

## WEST WIGHT TIMEBANK

Give an hour, get an hour. Let's share our skills.  
Contact Sally: 07872 304294. [info@wwtb.org](mailto:info@wwtb.org)  
[www.action4support.co.uk](http://www.action4support.co.uk)

## WEST WIGHT SPORTS AND COMMUNITY CENTRE

Health and fitness at the heart of the community. 01983 752 168.  
[info@westwight.org.uk](mailto:info@westwight.org.uk)  
[www.westwight.org.uk](http://www.westwight.org.uk)

## WIGHT SENSE

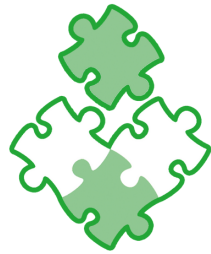
Isle of Wight Sensory Support services for anyone living with Sight or Hearing loss.  
Monday – Friday 9:00am - 4:00pm  
01983 240222  
[enquiry@wightsense.org.uk](mailto:enquiry@wightsense.org.uk)  
<https://www.wightsense.org.uk>

## YARMOUTH PHARMACY

01983 760260  
4 Quay Street, PO41 0PB  
Mon – Sat 08:30 - 18:00  
Sun – 10:00 – 16:00

## YARMOUTH TOWN COUNCIL

Clerk: Brian Jacobs  
Tues & Thurs 10:30-12:30  
07714654331 or 01983 527093.  
[www.yarmouthtowncouncil.co.uk](http://www.yarmouthtowncouncil.co.uk)



**LIVE IN FRESHWATER, YARMOUTH, TOTLAND OR SHALFLEET?**

Your Community Connector works with people of all ages to help them build their idea of a good life, and works to help make our neighbourhoods stronger. If you live in the area, your Community Connector can help.

Support from your Community Connector is free and there is no time limit for how long he can work with you. Why not get in touch?

**YOUR COMMUNITY CONNECTOR WILL:**

- take time to get to know you and build a trusting relationship.
- help you work towards your idea of a good life.
- enable you to access appropriate information, advice and support at the right time.
- assist you to identify and develop your skills, talents and abilities.
- support you to become more connected and in control of your life within the community.
- work with the community to develop more opportunities for people to get involved locally.

# Contact Adam Tucker



**07498 496 719**  
**01983 240 722**

**adam.tucker@westwight.org.uk**

Search  
CommunityConnectorWestWight



[westwight.org.uk/community-connector](http://westwight.org.uk/community-connector)

