

WHAT'S ON WEST WIGHT COMMUNITY ACTIVITIES

Last updated 26th September 2025.

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**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?
08:30 – 12:30	FAMILY DROP-IN CHAT AND INFORMATION SESSIONS (Term Time Only) Open for parents/carers (including those expecting a baby) to pop in to chat with our team and find out about the support and services available to them. Follow us on social media to find out about themes or topics being covered at a specific session or just come along with any questions you have. Contact 01983 529208 or visit www.facebook.com/iowfamilycentres for more info.	West Wight Family Centre Moa Place, Freshwater, PO40 9XH www.isleofwightfamilycentres.org.uk
09:00 - 09:45	ADULT SWIMMING LESSONS (Term Time Only) 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: £12.40 (included in Diamond Class and Diamond Plus memberships.)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swimming/adult-swimming-lessons
09:00 – 10:00	SWIMMING FITNESS (Coach-led - Term Time Only) Fitness swimming under the guidance of a qualified coach. Must be comfortable swimming 100m without stopping. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swimming/adult-swimming-lessons
09:00 -10:00	YOGA FOUNDATION Perfect for the complete beginner to start Yoga. Cost: £7.90. (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 https://westwight.org.uk/fitness/yoga
09:00 – 10:00	BOOTCAMP A high-intensity whole-body workout. Military-style endurance training that burns calories for 24 hours post-workout. Cost: £6.80 (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 https://westwight.org.uk/fitness/bootcamp
09:00 – 10:00	REVOLUTION A low-impact exercise, indoor cycling has been shown to build muscle tone and increase your cardio endurance. Cost: £6.80 (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 https://westwight.org.uk/fitness/indoor-cycling
09:00 -14:30	WEST WIGHT MEN IN SHEDS (open to men and women) 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. www.westwightshed.org
09:30 -11:00	STAY AND PLAY (Term Time Only) 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.	West Wight Family Centre, Moa Place, Freshwater PO40 9XH www.westwightnursery.org.uk

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

WHAT'S ON IN WEST WIGHT: MONDAYS



WHEN?	WHAT?	WHERE?
09:45-10:30	ADULT SWIMMING LESSONS – IMPROVERS (Term Time Only) 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: £12.40 per session. (Included in Diamond Class and Diamond Plus memberships)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swimming/adult-swimming-lessons
10:00 – 11:00	BODY SCULPT A range of exercises focusing on balance & core strength, to strengthen muscles surrounding ankles, knees & hips. Cost: £6.80 (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 https://westwight.org.uk/body-sculpt
10:00 - 11:00	AQUA MOBILITY (Term Time Only) Aquatic exercises are 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: £6.80. (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 https://westwight.org.uk/fitness/aqua-mobility
10:00 – 11:30	PICKLEBALL (Mixed ability) A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6.80 (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 https://westwight.org.uk/pickleball
10:00-11:30	WEST WIGHT ART HUB (3rd Monday of each month) An Art group aimed at beginners and those of intermediate ability. The group will be part discussion and part practical. Cost: £5 per session. Limited numbers and a waiting list. Contact davinamsmith@outlook.com or the library on 01983 752377 for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
10:00-12:00	OASIS COFFEE MORNING Coffee, tea, biscuits knitting, games, chat, fair trade shop and more! Community lunch follows on 1 st Monday of the month for regular attendees. Cost: FREE (donations welcome) Call Mike for more info: 07582054201 or email laypastormike@outlook.com or doreen.dace@googlemail.com	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER www.facebook.com/iowmethodistcircuit
10:00 - 12:00	THE WRITE PLACE (2nd and 4th Monday of the month) 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! The group is currently full and has a waiting list. Cost: FREE. Contact 01983 752377 for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk

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WHEN?	WHAT?	WHERE?
10:00 – 12:00	SHALFLEET CRAFT GROUP Meet with other community members for tea and cake and to work on your own project alongside other crafters. Cost: £3. Contact Jan on 01983531939 for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk
10:15 – 11:15	YOGA FOUNDATION (HATHÁ YOGA) Perfect for the complete beginner to start Yoga. Cost: £7.90. (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 https://westwight.org.uk/fitness/yoga
10:15 - 12:15	SING ABOUT 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 are welcome! Contact Independent Arts on 01983 822437 for more information.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU https://bit.ly/Singabout
10:30 – 12:00	VETERANS OUTREACH SUPPORT SOCIAL HUB (4th Monday of the month) VOS run a varied schedule of wellbeing activities/social groups and they'd love for you to join them. All registered VOS service users (and their spouses/partners/carers) can take part. If you're not registered with VOS but you would like to attend these sessions, please contact Wellbeing@vosuk.org or call 02392 731 767 to sign up.	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU https://vosuk.org
11:00 - 12:00	AQUA AEROBICS – SHALLOW WATER (Term Time Only) Experience a refreshing take on traditional workouts with the benefits of water. This low-impact exercise delivers an excellent cardiovascular workout while strengthening and toning your muscles. The water's natural support reduces strain on joints and muscles, lowering the risk of injury and improving flexibility—making it a safe and effective fitness option. Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships) For more information or to book, call: 01983 752168	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
11:30 – 12:30	YOGA PROGRESSION (HATHÁ YOGA) British Wheel of Yoga practice that requires some level of fitness. Cost: £7.90 (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 https://westwight.org.uk/fitness/yoga

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WHEN?	WHAT?	WHERE?
11:30 – 12:30	DANCE FIT A feel-good exercise class which incorporates many forms of dance, with a variety of tracks that provide a range of intensities. Cost: £6.80 (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 https://westwight.org.uk/dance-fit
11:30 – 13:00	PICKLEBALL (Mixed Ability) A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6.80 (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 https://westwight.org.uk/pickleball
12:00 - 13:00	AQUA AEROBICS – SHALLOW WATER Experience a refreshing take on traditional workouts with the benefits of water. This low-impact exercise delivers an excellent cardiovascular workout while strengthening and toning your muscles. The water's natural support reduces strain on joints and muscles, lowering the risk of injury and improving flexibility, making it a safe and effective fitness option. Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships) For more information or to book, call: 01983 752168	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/aqua-aerobics
13:00	WEST WIGHT WALKING FOR HEALTH 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.	Meet at the entrance of West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://bit.ly/WW-Walking-for-Health
13:15 – 14:15	ADVANCED STRETCH Unlock your full range of motion and bring tight muscles back to their natural length! These extended stretches are paired with mindful breathing, allowing you to sink deeper and feel a powerful release with each hold. Cost: £6.80 (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 www.westwight.org.uk
13:30 – 14:30	MOVE TO IMPROVE CLASSES 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: Must be referred by a health professional. Find out more via the Falls Prevention Team at St. Mary's Hospital on (01983) 822099 ext. 5353.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU

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WHEN?	WHAT?	WHERE?
14:00-15:30	OUR PLACE TOTLAND Drop by for drinks, chat and a weekly quiz with your local community. Adam, the Community Connector, is also on hand most weeks offering information, advice and support right on your doorstep. Cost: FREE. (Donations welcome) Contact 01983 240 722 or email help@westwight.org.uk . Sessions do not take place in August or on bank holidays.	Christ Church, Alum Bay New Road, Totland, PO39 0ES https://bit.ly/Our-Place-WW
14:00 - 16:00	CRAFT CLUB (1st and 3rd Monday of the month) Cost: FREE Contact Jill on 01983 756 308 for more info.	All Saints Church, Church Place, Freshwater, PO40 9BW
14:00 – 16:00	ST SAVIOUR'S TEA AND CHAT GROUP Tea and chat with coffee and biscuits, followed by a game of Bingo or Hoy. An informal and welcoming group open to all. Cost: £1.00. Contact Patricia via patriciaturner2003@yahoo.co.uk for more info.	St Saviour's Holy Family Centre, Weston Lane, Totland PO39 0HE
15:30	BRIDGE LESSONS Everyone welcome. Cost: £3.00 per session, Contact Phillip on 07712108645 for more info.	Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES www.freshwaterconservativeclub.co.uk
15:30	SLIMMING WORLD FRESHWATER Slimming World is a unique weight loss program. If you're considering joining, a warm welcome awaits! In your very first session, you'll receive everything you need for a fantastic first week - and so much more! Cost: Contact Sam on 07825 040 119 for more information and pricing.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.slimmingworld.co.uk/group/557513
15:45 – 16:30	KIDS DANCE CLASSES (ages 5 – 8) A fun, energetic dance class blending jazz and street dance styles! Children will learn basic moves, improve coordination, balance, and flexibility, and build confidence through exciting routines to popular music. A great way to get active, express creativity, and make new friends in a lively, supportive environment! Cost: £3. Contact 01983 752 168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/dance-kids
16:45 – 17:45	KIDS DANCE CLASSES (ages 9 – 12) An upbeat dance session combining jazz and street dance techniques! Dancers will develop coordination, rhythm, and flexibility while mastering fun routines to chart-topping hits. Perfect for building confidence, improving memory, and socialising in a dynamic setting. No experience needed—just enthusiasm and a love for movement! Cost: £4. Contact 01983 752 168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/dance-kids

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WHEN?	WHAT?	WHERE?
17:30	SLIMMING WORLD FRESHWATER Slimming World is a unique weight loss program. If you're considering joining, a warm welcome awaits! In your very first session, you'll receive everything you need for a fantastic first week - and so much more! Cost: Contact Sam on 07825 040 119 for more information and pricing.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.slimmingworld.co.uk/group/557513
18:00 – 18:45	TOTAL WORKOUT A HIIT-based circuit, using a variety of exercises to guarantee a full-body workout Cost: £6.80. (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 https://westwight.org.uk/total-body-workout
18:00 – 19:00	BOYS YOUTH FOOTBALL (13 – 15-year-olds) Join our pay-and-play football session, led by Aidan and Ian, both qualified FA coaches. While not a formal coaching session, it's a great opportunity for boys to enjoy playing football under expert guidance, helping to improve skills, teamwork, and fitness. Cost: £4 To book, call: 01983 752168	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
18:00 – 19:00	BALLET Help improve your posture, balance, coordination and strength. Using a range of primarily lower body exercises paired with grace and elegance. No prior experience is necessary. Cost: £6.80 (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 https://westwight.org.uk/ballet
18:00 – 19:00	FLOW YOGA Classes begin with meditation, pranayama (breathwork), and gentle warm-up postures to stretch and activate the body. We move into standing and seated asanas, focusing on sensation and personal exploration, with no physical assistance. The class ends with a calming savasana. Sessions are trauma-informed, with an optional half-hour sitting meditation after the class. Cost: £10 (or £50 for 6 sessions) Contact Flo on 07429 050419 for more info.	The Country Garden, Church Hill, Totland Bay, PO39 0ET www.flosarlat.com
18:00 – 19:30	MOVEMENT WITH VIKKI Contact Vikki on 07774 950400 for cost and more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk
18:15 – 19:15	BOXERCISE AND CIRCUITS A circuits-based session to develop your strength. Every class is different, not suitable for beginners. Dumbbells will be used within all classes and all equipment provided. Cost: £6.50 (bundles available to reduce per-session cost) Book online https://gymcatch.com/app/provider/7840/events	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth,

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WHEN?	WHAT?	WHERE?
18:30 – 20:30	FRESHWATER CHESS CLUB If you want to learn to play chess or already play, this session is for you. No age restrictions but children need to be accompanied by an adult. Cost £2 for adults, £1 for children (Free to club members) Contact Donna on 07546 751 057.	Freshwater Conservative Club, Queens Road, Freshwater, PO40 9ES www.freshwaterconservativeclub.co.uk
19:00 – 19:45	ADULT SWIMMING LESSONS - IMPROVERS 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: £12.40 per session. (Included in Diamond Class and Diamond Plus memberships)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swimming/adult-swimming-lessons
19:00 – 20:00	TOTAL STEP This moderate to high-impact session will help strengthen & tone your muscles, burn fat and improve your cardio fitness. Cost: £6.80 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 https://westwight.org.uk/fitness/total-step
19:00 – 21:00	WRITEWIGHT (3rd Monday of the month) 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 writewight@yahoo.com prior to attending a meeting and for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
19:00 - 21:00	QUIZ (1st Monday of the month) Friends of Freshwater Library present a monthly quiz for teams of up to six people Cost: £1 per person. Book patsymburge@gmail.com . More info: 01983 752377	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
19:00 - 21:00	SQUARE DANCING Small friendly group who get together for social and fun evenings, learning square dance routines. Contact 07828 185396 or email pebbletreasure@live.com for more information.	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9HZ https://bit.ly/WW-Square-Dance
19:00	SLIMMING WORLD FRESHWATER Slimming World is a unique weight loss program. If you're considering joining, a warm welcome awaits! In your very first session, you'll receive everything you need for a fantastic first week - and so much more! Contact Sam on 07825 040 119 for more information and cost.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.slimmingworld.co.uk/group/557513

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20:00 - 21:00	AQUA AEROBICS – DEEPWATER Deep water class, which will challenge your balance and core stability using buoyant belts or ankle cuffs. Cost: £6.80 (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 https://westwight.org.uk/fitness/aqua-aerobics
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When?	What?	Where?
07:00 – 07:45	PERSONAL TRAINING SESSION (WOMEN ONLY) Empower your mornings with energising, women-only personal training. Build strength, boost confidence, and stay motivated in a supportive small group setting—perfect for kickstarting your day with purpose and power. Cost: £9 per class or £80 for 10 sessions. Booking essential. Contact Mike on 07966590026 or mike@mbpts.co.uk for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.mikebinespersonaltraining.com
09:00 – 10:00	DYNAMIC YOGA Fast-paced Vinyasa flow. Progression level suitable for those with some experience. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/yoga
09:00 – 10:00	TOTAL STEP This moderate to high-impact session will help strengthen & tone your muscles, burn fat and improve your cardio fitness. Cost: £6.80 (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 https://westwight.org.uk/fitness/total-step
09:00 – 10:00	CIRCUIT TRAINING Suitable for all ages & abilities, work at your own pace. Includes a variety of cardiovascular and resistance work. Cost: £6.80 (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 https://westwight.org.uk/fitness/circuit-training
09:30 – 10:30	BOLLYFIT A fun, easy-to-follow Bollywood-themed dance fit class. Learn the beauty of Bollywood dance whilst burning calories. Low impact with no dance or fitness experience required. Suitable for all. Cost: £5. Contact Sheren on 07810 660 375 or sheren.ward@hotmail.co.uk for more info	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
10:00 – 11:30	TRADITIONAL SATYANANDA YOGA Posture, breathwork and Yoga Nidra (guided meditation practice that brings you into a deep state of relaxation between wakefulness and sleep). Cost: £10. Contact Sandy Capon on 07720 020180 for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk/yoga-with-sandy-capon
10:00-11:30	PARENTS AND TODDLERS GROUP (Term-time only) 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

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When?	What?	Where?
10:00 - 11:30	VETERANS FOOTBALL It's never too late to start playing! Whether you're new or experienced, our Veteran's football offers a great way to stay fit and enjoy indoor football. Cost: £6.80 (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 https://westwight.org.uk/veterans-football
10:00 - 12:00	STITCH BY STITCH (1st and 3rd Tuesday of the month - bring your own materials) 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. Cost: FREE. Contact 01983 752377 or freshwaterlibrary@iow.gov.uk for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
10:00 – 12:00	POTTERY/CLAY SCULPTURE CLASSES Join in with relaxed friendly classes at Juliet's studio in Totland. Suitable for all abilities. Small class numbers. No experience necessary. Cost: 3 week blocks £50. Contact Juliet on 07931 307403 or email icjuliet@googlemail.com for more info and to book	Totland. Address available upon booking
10:10 – 11:05	MATURE MOVERS Based on low-intensity Circuit Training, incorporating repetitions and a low (weight) resistance. This is a light-hearted, fun class. Cost: £6.80 (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 https://westwight.org.uk/fitness/mature-movers
10:30 – 11:30	YOGA AND MEDITATION Join personal trainer and mental health coach Mike Bines for calming yoga and meditation classes, designed to support both physical and mental well-being. Ideal for women going through menopause and men needing a motivation boost. Cost: £9 per class or £80 for 10 sessions Contact 07966590026 or mike@mbpts.co.uk	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.mikebinespersonaltraining.com
10:30 - 12:30	OUR PLACE DROP-IN COMMUNITY CAFÉ Pop by for drinks, chat with your local community and get information, advice and support from various services. Followed by a community lunch on the 3 rd Tuesday of the month Cost: FREE (donations welcome). Contact 01983 240 722 or help@westwight.org.uk for more info. Sessions take a break at Easter, in August and over Christmas.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/our-place
10:30 – 13:00	CHOYD COFFEE MORNING Open for refreshments and other activities. Pop in for a chat. Enjoy a snack. Special guest visitors and stalls. Cost: FREE (donations welcome) Contact June on 01983 761 610 or email for more info.	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.choyd.org.uk

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When?	What?	Where?
11:00 – 12:00	LISTENING GROUP (4th Tuesday of the month) Most suited to those with a print disability. Listening to an audiobook each month supplied by the charity “Calibre Audio”. Cost: FREE with tea and coffee provided. Numbers are limited. Please contact the library to see if there are spaces available via 01983 752377.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
11:15 – 12:15	EASY DOES IT A chair-based exercise class suitable for anyone with restricted mobility or fitness. Cost: £5.00 (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 https://westwight.org.uk/fitness/easy-does-it
13:15 - 15:30	NATWEST BANK MOBILE SERVICE Mobile banking branch offering services to the local community. Not wheelchair accessible.	Honnor and Jeffrey, Afton Road, PO40 9UA
13:30- 15:00	DRIFTWOOD LINE DANCING 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
13:30 – 16:00	SCRABBLE GROUP 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.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
14:00	THE WI (WOMEN'S INSTITUTE) FRESHWATER CENTRAL (2nd Tuesday of every month) Regular speakers, activities, chat and fun. Contact Annette on 01983 752 888 for more information	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER https://isle-of-wight.thewi.org.uk
14:00 - 16:00	BINGO Join in weekly for Bingo with other locals. Contact Debra on 01983 752 956 or memohall1960@gmail.com for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
14:00 – 16:00	NINGWOOD & SHALFLEET WOMEN'S INSTITUTE (2nd Tuesday of the month) The WI is the UK's largest voluntary women's organization, offering women skill-building opportunities and a platform to campaign on important issues. New members welcome. Contact Patricia on 07704 684367 or email shalsec@hotmail.com for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://isle-of-wight.thewi.org.uk
14:30 – 16:00	AFTERNOON TEA, CAKE AND CHAT (1st Tuesday of the month) 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 https://shalfleetvillagehall.org.uk

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WHAT'S ON IN WEST WIGHT: TUESDAYS



When?	What?	Where?
15:00 – 16:00	FUNCTIONAL STRENGTH Focuses on developing strength in multi-joint movement patterns that are used in everyday life. Involves body weight and free weight exercises. Cost: £6.80 (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 https://westwight.org.uk/functional-strength
15:00 -17:00	ISLE OF WIGHT FOODBANK – FRESHWATER Anyone can reach a crisis point and we're here to help when that happens. Foodbank provides three days' worth of nutritionally balanced, non-perishable food. Adam, your Community Connector is a Foodbank voucher holder. (Details on back page)	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER https://isleofwight.foodbank.org.uk
16:00 – 17:00	PILATES (INTERMEDIATE) Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for anyone and everyone. For those with experience of Pilates. Cost: £7.90 (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 https://westwight.org.uk/fitness/pilates
16:00 – 17:00	YOUTH PICKLEBALL (ages 7-12) (Term Time Only) Get active and make new friends at our youth pickleball session! This fun, inclusive activity boosts confidence, improves coordination, and promotes teamwork. It's a fantastic way for kids to stay fit, build friendships, and develop valuable social skills, all while having a great time! Cost: £4. Book at reception or contact 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/youth-pickleball
16:30-17:30	FRESHWATER JUDO CLUB Juniors – ages 4 to 11. Fully qualified, insured and DBS checked coaches. Kit: Judo jackets and belts provided – please bring a t-shirt and jogging bottoms. Cost £4.50 – first session free. Contact Su Trinci-Webster on 0771 245 3709 or email sutw@hotmail.com for more information.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/judo
17:00 -17:45	NON-CONTACT BOXING (Ages 11-16) (Term Time Only) Discover the thrill of boxing without the impact! The youth non-contact boxing sessions offer a fun and challenging fitness experience designed for children of all abilities. Cost: £3 Contact 01983752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
17:00 – 18:00	PILATES Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for anyone & everyone. Cost: £7.90 (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 https://westwight.org.uk/fitness/pilates

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WHAT'S ON IN WEST WIGHT: TUESDAYS



When?	What?	Where?
18:00 – 18:30	HIIT (High Intensity Interval Training) Involves short bursts of intense exercise alternated with low-intensity recovery periods. Burn body fat for up to 48 hours! Cost: £6.80 (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 https://westwight.org.uk/fitness/high-intensity-interval-training
18:00 – 19:00	MEDITATION Meditation brings calm, peace, and balance, supporting emotional and physical well-being. Our sessions support those with some experience to build a regular habit and enjoy its everyday benefits. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/meditation
18:00-19:15	BEAVERS (TERM TIME ONLY) 1 st Freshwater / Totland Beaver Scouts - Our Scout hut boasts the advantage of being situated in the spacious Totland Rec and close by to wonderful countryside and beaches. Ages 6-8 Contact: 01983 531455 or info@isleofwightscouts.org.uk for more information.	Totland Bowling Club building, Totland recreation ground, The Broadway, Totland, PO39 0AS www.isleofwightscouts.org.uk
18:00 - 19:30	ISLE OF WIGHT TAE KWON-DO 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 www.freshwatermemorialhall.org.uk
18:00 – 20:00	FRESHWATER JUDO CLUB Seniors. Fully qualified, insured and DBS checked coaches. Kit: Judo jackets and belts provided – please bring a t-shirt and jogging bottoms. Cost £6 – first session free. Contact Su Trinci-Webster on 0771 245 3709 or email sutw@hotmail.com for more information.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/judo
18:00 – 20:00	FRESHWATER UKULELE GROUP This group is <u>not</u> for beginners. Other instruments are welcome. Cost: £1 per session. Contact Sylvia on 01983 754607 or sylvia@frackfreeisleofwight.org for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
18:15 – 19:15	LEGS AND CORE This class is focused on developing leg strength and core. Each class will be different and challenge you to become fitter and stronger! Cost: £6.50 (bundles available to reduce per-session cost) Book online https://gymcatch.com/app/provider/7840/events	West Wight Football Club, Camp Road, Freshwater, PO40 9HL

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WHAT'S ON IN WEST WIGHT: TUESDAYS



When?	What?	Where?
18:30-20:00	ROCK SOLID YOUTH CLUB (SCHOOL YEARS 5 - 7) (Term Time Only) 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 westwightyouth@gmail.com for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://isleofwight.yfc.co.uk/rocksolid/
18:30 – 20:00	JENNY DOES YOGA Weekly yoga sessions at the village hall. Contact Jenny on 07498 915791 or via jennydoesyoga@gmail.com for cost and to book your place.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk
19:00 – 21:00	HANTS & IOW ARMY CADET FORCE The Army Cadets deliver fun, friendship, action and adventure. Inspiring young people to challenge their limits and go further, no matter what they want to do in life. Enrolment is £25 and we provide a uniform and kit. Visit the website for more information and to join.	Totland Recreation Ground, Totland, PO39 0AS. www.armycadets.com
19:00 – 21:00	POTTERY/CLAY SCULPTURE CLASSES 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 jcjuliet@googlemail.com for more info and to book	Totland. Address available upon booking
19:00	FRESHWATER HORTICULTURAL SOCIETY TALK (first Tuesday of the month) Join like-minded gardeners to grow and exhibit gorgeous fruits and vegetables, display and enjoy anything that flowers, along with making home-baked goodies, be creative with arts and crafts, and meet up for interesting talks and social events. Membership £5 per year. Contact Dawn 07904716655 or visit the website for more details, including events and session costs.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER www.freshwaterhs.co.uk
19:15 – 21:15	SLIPSHOD SINGERS (Male Voice Choir) 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.	Yarmouth Sailing Club, Bridge Road, Yarmouth, PO41 0NL www.slipshods.org.uk
19:30 – 21:00	PICKLEBALL (Mixed Ability) A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6.80 (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 https://westwight.org.uk/pickleball

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
06:45 – 07:45	BOOTCAMP A high-intensity whole-body workout. Military-style endurance training that burns calories for 24 hours post-workout. Cost: £6.80 (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 https://westwight.org.uk/fitness/bootcamp
08:00 - 09:00	FUNDAMENTAL PILATES (BEGINNERS) 1st session Improves physical and mental well-being and enhances strength, flexibility & coordination. Can be for anyone and everyone. Cost: £7.90 (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 https://westwight.org.uk/fitness/pilates
09:00 - 10:00	FUNDAMENTAL PILATES (BEGINNERS) 2nd session Improves physical and mental well-being and enhances strength, flexibility & coordination. Can be for anyone and everyone. Cost: £7.90 (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 https://westwight.org.uk/fitness/pilates
09:00 -14:30	WEST WIGHT MEN IN SHEDS (Open to men and women) 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. www.westwightshed.org
09:30 – 10:30	PILATES CONITIONING Strengthen your core, improve posture, and boost flexibility. Designed for all abilities, combining controlled movements with breathing techniques to enhance strength, balance, and mobility. Cost: £9 per class or £80 for 10 sessions. Booking essential. Contact Mike on 07966590026 or mike@mbpts.co.uk for more info.	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.mikebinespersonaltraining.com
10:00 – 10:30	JUNIOR STORY TIME Most suitable for pre-school-aged children, but babies and toddlers are welcome. Cost: FREE, no need to book. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
10:00-11:00	AQUA MOBILITY (term time only) A gentle water-based session for relaxation, fitness, and rehabilitation, designed for those with limited mobility, arthritis, stroke recovery, and joint replacement. Cost: £6.80 (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 https://westwight.org.uk/fitness/aqua-mobility

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
10:00 – 12:00	MOUNTBATTEN HOSPICE POP-UP (1st Wednesday of the month) Find out about volunteer opportunities with Mountbatten or drop in if you are a local volunteer. Contact 01983 529511 or info@mountbatten.org.uk for more info.	Freshwater Library, 41 School Green Road, PO40 9AP www.fofl.co.uk
10:00 – 11:00	PILATES (INTERMEDIATE) Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for anyone and everyone. For those with experience of Pilates. Cost: £7.90 (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 https://westwight.org.uk/fitness/pilates
10:30 -11:30	TABATA A HIIT (High Intensity Interval Training) based session, targeting a range of muscle groups. Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
10:30 – 11:30	CHAIR YOGA 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 www.flosarlat.com
10:30 – 12:00	WEST WIGHT DEMENTIA FRIENDLY CHOIR (not 3rd Wednesday of the month) Come along to enjoy singing with others. Open to all and dementia friendly. Contact Pam on 07729 938 893 or westwightdementiachoir@gmail.com for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER https://bit.ly/WW-Dementia-Friendly-Choir
10:30-12:30	BLOKES, BACON BUTTIES AND BANTER (3rd Wednesday of the month) 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 www.facebook.com/iowmethodistcircuit
11:00-12:00	AQUA AEROBICS (Term Time Only) 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: £6.80 (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 https://westwight.org.uk/fitness/aqua-aerobics
11:00 – 12:00	FRESHWATER BAY COMMUNITY BEACH CLEAN (1st Wednesday of the month) Help keep your coastline tidy by joining Freshwater Bay Residents' Association community beach cleans. Bring some gloves and something to collect litter in. Contact: fbra@stayfreshwaterbay.co.uk	Shelter on the Promenade, Freshwater Bay www.fbra.org.uk

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
11:00 – 12:00	LINE DANCING – LONG ISLAND STOMPERS Learn 1–2 new routines each week, with time to review past ones, including a 4-wall recap and walk-through. New or missed a class? Weekly YouTube uploads with demos and tutorials help you catch up. £6 per session. https://www.longislandstompers.co.uk/book-a-class	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.longislandstompers.co.uk
11:15 – 12:00	SEATED PILATES 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: £7.90 (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 https://westwight.org.uk/fitness/pilates
10:30 – 11:30	YOGA AND RELAXATION Unwind and restore with gentle yoga, breathwork, and guided relaxation. This calming class promotes flexibility, mindfulness, and inner peace—perfect for all levels seeking balance and stress relief. Cost: £9 per class or £80 for 10 sessions. Booking essential. Contact Mike on 07966590026 or mike@mbpts.co.uk for more info.	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.mikebinespersonaltraining.com
12:00 – 13:00	SPECIAL CARE SWIM SESSION 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 help in the water (please let us know beforehand) Newcomers very welcome. Cost: £6.50. Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swimming/special-care-swim-session
12:00 – 14:00	PROBUS (1st Wednesday of the month) Join other retired men for lunch and a talk from a speaker, plus catch-up and chat with other 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 https://probusglobal.org
12:15 for 12:45 start	SHALFLEET COMMUNITY LUNCH (3rd Wednesday of the month), not July or August 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 https://shalfleetvillagehall.org.uk
12:30 – 13:30	GENTLE CIRCUITS 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: £6.80 (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 https://westwight.org.uk/gentle-circuits

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
13:00 – 15:00	DIABETES GROUP ISLE OF WIGHT DROP-IN (2nd Wednesday of the month) 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 diabetesgroupiow@gmail.com for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9AN https://diabetesiow.org.uk/
13:30 – 14:30	TONE AND STRETCH Designed to increase flexibility & improve posture & balance. Cost: £6.80 (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 https://westwight.org.uk/fitness/tone-and-stretch
14:00 -17:00	WEST WIGHT BRIDGE CLUB Weekly bridge club. Details of alternative online meetings are in the link below. Table Money: Members £2.00, visitors £3.00. Annual Subscription: current members £15, new members £20. More info at www.bridgewebs.com/westwight	Community Hall of Yarmouth and District, St James Street, Yarmouth PO40 0NU www.choyd.org.uk
14:00	TOWNSWOMEN'S GUILD (1st Wednesday of the month) 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 groups, book club, outings and more each month. The first visit is free. Just pop along or contact Cheryl on 07973 187101 or email cherylmaytennysontg@gmail.com	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9AN https://bit.ly/TG-Freshwater
14:00 – 16:00	BRIDGE Bridge is a trick-taking card game played by four players in two teams, where players bid to determine the trump suit and aim to win tricks based on their hands. 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 www.westwight.org.uk
14:00 - 16:00	ALZHEIMER CAFÉ (3rd Wednesday of the month) Each month an informative presentation relating to dementia is given and 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 info@alzheimercafeiow.org.uk for more info.	St Saviour's Holy Family Centre, Weston Lane, Totland PO39 0HE www.alzheimercafeiow.org.uk/totland
15:00 – 16:00	FRESHWATER LIBRARY BOOK GROUP (3rd Wednesday of the month) A friendly group, reading a book each month chosen from the library service reading group sets. Tea and coffee are provided. Cost: FREE. Numbers are limited. Contact 01983 752377 for more information and availability.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
15:15 – 16:45	YOGA (MIXED LEVEL - ALSO ONLINE) Hatha-based Yoga class that requires some level of fitness, but all levels are encouraged as modifications are supplied. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/yoga
16:00 – 18:00	DISCO FREESTYLE DANCE Dance class for ages 5+. Students will learn fast, lyrical, street and acro as well as team dances. Cost £10. Book online: www.classiquedancestudios.co.uk/service-page/west-wight-disco-freestyle	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.classiquedancestudios.co.uk
17:00 - 18:00	DANCE FIT A feel-good exercise class which incorporates many forms of dance, with a variety of tracks that provide a range of intensities. Cost: £6.80 (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 https://westwight.org.uk/dance-fit
17:30 – 18:30	YOGA (MIXED LEVEL) Hatha-based Yoga class that requires some level of fitness, but all levels are encouraged as modifications are supplied. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/yoga
17:45 – 18:45	COBRA KICKBOXING CLUB (Adults only session) Welcoming new members with no previous experience in martial arts and promoting 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 dave@cave.me.uk for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
18:00 – 19:00	REVOLUTION A low-impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio endurance. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.) Call for more info and to book on 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/indoor-cycling
18:00 -19:00	FLOW YOGA Classes start with meditation, breathwork, and a gentle warm-up. We then move through standing and seated asanas, focusing on sensation without physical assistance, ending with a calming savasana. Trauma-informed sessions; optional sea swim if weather permits. £10 per session (£50 for 6). Contact Flo: 07429 050419.	The Country Garden, Church Hill, Totland Bay, PO39 0ET www.flosarlat.com

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
18:15 – 19:15	DANCE FITNESS An aerobic workout for everyone involving different dance styles! It is guaranteed to get the body moving, the heart pumping and to make you smile! Cost: £5 per session or 5 for £20. Contact 07759 617 632 or visit www.katsifitness.com	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
18:15 -19:15	BOXERCISE AND STRENGTH This session will involve 30 minutes of High-intensity Boxercise, followed by 30 minutes of Strength. This class will develop your fitness and strength. Cost: £6.50 (bundles available to reduce per-session cost) Book online https://gymcatch.com/app/provider/7840/events	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.gymcatch.com/app/provider/7840/events
18:45 – 19:30	YOGA NIDRA ('YOGIC SLEEP') Guided form of meditation and practised lying down, making it an accessible form of meditation for those who may struggle with traditional seated practices. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/yoga
19:00-20:30	RS2 (ROCK SOLID) YOUTH CLUB – (SCHOOL YEARS 8+) 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 and Xbox. Cost: FREE. Contact Faye on 07857110784 or westwightyouth@gmail.com for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/young-people/youth-club/
19:00 - 20:00	AQUA AEROBICS (DEEP WATER) 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: £6.80 (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 https://westwight.org.uk/fitness/aqua-aerobics
19:00 – 21:00	FRESHWATER ARMY CADETS TROOP (AGES 12-18) Army Cadets are boys and girls seeking new challenges and opportunities to push their limits. Cadets can choose from a variety of activities, with all completing the Army Proficiency Certificate. There are also opportunities to volunteer as an adult. Sign up online or just pop along to find out more. https://bit.ly/FreshwaterCadets .	Totland Recreation Ground, Bowling Green Lane, Totland PO39 0AS https://bit.ly/Cadets-IW
19:30 -21:30	TOTLAND OVER 40s TABLE TENNIS CLUB Join us for a fun and friendly table tennis session every week. Whether you're a seasoned player or just looking to have a go, this is a great way to stay active, meet new people, and enjoy some light-hearted competition. All abilities are welcome – just bring your enthusiasm! No need to book, just turn up. Cost: £3.00 per session Contact Ted on 07421 326446 for more info.	Totland Village Hall, The Broadway, Totland, PO39 0BW

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS



WHEN?	WHAT?	WHERE?
20:30	BINGO 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 freshconclub@gmail.com .	Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES www.freshwaterconservativeclub.co.uk

WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
07:00 – 07:50	PILATES CONDITIONING Strengthen and tone your body with focused Pilates exercises that improve posture, core stability, and flexibility. This energising class builds endurance and control—ideal for all levels seeking functional fitness. Cost: £9 per class or £80 for 10 sessions. Booking essential. Contact Mike on 07966590026 or mike@mbpts.co.uk for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.mikebinespersonaltraining.com
09:15 – 10:15	TOTAL ABS Focusing on the core muscles of the back, side & abdominals. Cost: £6.80 (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 https://westwight.org.uk/fitness/total-abs
09:30-11:30	ENGLISH AND MATHS -ADULT COMMUNITY LEARNING (term-time only) 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 acl@iow.gov.uk for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.iwcommunitylearning.ac.uk
09:00 -09:45	PARENT AND BABY SWIMMING (term-time only) Suitable for preschool children accompanied by an adult. Includes games, songs, structured activities and lots of fun! Cost: £6.75 per session (£3.40 for each extra sibling attending) Call for more info 01983 752168. Please note: children are required to wear a swim nappy under their swimming costume during the session until fully potty trained. Swim nappies are sold at reception for £1.50.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/young-people/parent-baby-swimming
09:45 – 10:45	BODY FIT Whole body workout focusing on improving core strength, posture & flexibility using a combination of Barre workout, stretching & relaxation. Cost: £6.30 (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 https://westwight.org.uk/fitness/body-fit
09:45 – 10:30	PARENT AND BABY SWIMMING (term-time only) Suitable for preschool children accompanied by an adult. Includes games, songs, structured activities and lots of fun! Cost: £6.75 per session (£3.40 for each extra sibling attending) Call for more info: 01983 752168. Please note: children are required to wear a swim nappy under their swimming costume during the session until fully potty trained. Swim nappies are sold at reception for £1.50.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/young-people/parent-baby-swimming

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WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
10:00-11:30	PARENTS AND TODDLERS (term-time only) 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
10:30 – 11:30	THE REALLY USEFUL CAFÉ 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 £3.75 (includes 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 https://westwight.org.uk/community/the-really-useful-cafe
10:30 – 11:00	TWEENIES SWIMMING (term time only) A fun, 30-minute session to build water confidence using noodles, floats, and pool toys. We focus on water safety, basic strokes, and core aquatic skills through activities like motorbike races, animal games, and underwater exploration with goggles! Cost: £6.75, £3.40 for each additional sibling. For more info, call: 01983 752168. Note: Children not fully potty trained must wear a swim nappy (available at reception for £1.50).	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/young-people/parent-baby-swimming
10:30 – 12:30	MELODIC CHOIR Join this fun and friendly community choir singing contemporary songs. No need to be able to read music, no experience required and no auditions. Cost: £9 per session, includes tea/coffee. Sessions raise money for local charities. Contact Kay on 07956 149 091 or kayhowardvocals@gmail.com for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
11:00 – 12:00	DANCE FIT A feel-good exercise class that incorporates many forms of dance, with a variety of tracks that provide a range of intensities. Cost: £6.80 (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 https://westwight.org.uk/dance-fit
11:45 – 12:45	GENTLE PILATES Improves physical & mental well-being and enhances strength, flexibility & coordination. Can be for anyone and everyone. Cost: £7.90 (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 https://westwight.org.uk/fitness/pilates

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WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
12:00 – 13:00	AQUA AEROBICS – SHALLOW WATER A perfect blend of traditional exercise and water's benefits, offering a strong cardiovascular workout while toning and strengthening muscles. The water's support reduces the risk of muscle and joint injuries and enhances flexibility. Cost: £6.80 (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 https://westwight.org.uk/fitness/aqua-aerobics
13:15 - 16:30	SHORT MAT BOWLS Informal bowls club. Includes the use of bowls if required and refreshments. Cost: Annual Membership is £20.00 (2025) and a playing fee of £4.00 a week. Contact Stuart Sanford (Chairman) on 01983 754725, stuart.sanford@outlook.com or Ken Elders (Treasurer) on 01983 75937, kelders569@btinternet.com for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
13:45 – 14:30	SEATED PILATES A low-impact exercise to strengthen muscles, improve posture, flexibility, and body awareness. Uses controlled movements, often with a chair for support. Cost: £7.90 (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 https://westwight.org.uk/fitness/pilates
14:00 – 15:00	TABLE TENNIS (SENIORS) Whether you're a veteran player or have never picked up a bat, come along and join in the fun Cost: £3.50. (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 https://westwight.org.uk/fitness/seniors-table-tennis
14:00 – 15:30	OUR PLACE THURSDAYS * (runs in blocks) 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 240 722 or adam.tucker@westwight.org.uk for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/our-place (for the latest timetable)
15:00 – 16:00	FUNCTIONAL STRENGTH Focuses on developing strength in multi-joint movement patterns that are used in everyday life. Involves body weight and free weight exercises. Cost: £6.80 (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 https://westwight.org.uk/functional-strength
16:00 – 17:00	BALLET Help improve your posture, balance, coordination and strength. Using a range of primarily lower body exercises paired with grace and elegance. No prior experience is necessary. Cost: £6.80 (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 https://westwight.org.uk/ballet

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WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
16:45 – 17:45	BOXERCISE Get ready to punch, jab, and sweat your way to fitness! Boxercise is a high-energy workout combining boxing pad work, circuits, and cardio to boost strength, stamina, and coordination. £6.80 (included with Diamond Plus & Class memberships). Fun, fast-paced, and great for stress relief — book online, in person, or call 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
16:45 – 18:00	BEAVERS (TERM TIME ONLY) Ages 6-8 1st Yarmouth Troop - Beaver Scouts, the youngest section of Scouting, enjoy activities like crafting, outdoor fun, games, nature exploration, and making new friends. Cost: £6.80/month, with additional fees for uniforms and camps/events. Contact info@isleofwightscouts.org.uk .	Yarmouth Scout Hut, Mill Road, Yarmouth, PO41 0RA (other venues for some sessions) www.isleofwightscouts.org.uk/beavers
17:00 – 18:30	YOUTH BASKETBALL (ages 11 to 18) Whether you're a seasoned shooter or just fancy giving it a go, come and join our friendly basketball session for 11–18-year-olds. No need to book – simply turn up, pay, and play! Everyone's welcome, whatever your skill level. Cost: £4.50 (Spond members) / £5 cash / £7 non-members. Questions? Email: info@iowbasketball.club . Join the Spond group: https://group.spond.com/NBRFV . Get on the court, make new mates, and have a blast – see you there!	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://iowbasketball.club
17:30 – 19:30	YOUTH DARTS CLUB (ages 7 to 16) Meet new friends and improve your darts skills in a fun, welcoming setting! Open to all abilities, from beginners to experienced players. Just bring your enthusiasm and give it a go! Cost: £10 registration, then £2 per session. For more info contact Andy on 07718 851 184 or youthdartsacademyiow@gmail.com .	Freshwater Conservative Club, Queens Road, Freshwater, PO40 9ES https://www.freshwaterconservativeclub.co.uk
18:00 – 19:00	CIRCUIT TRAINING Suitable for all ages & abilities, work at your own pace. Includes a variety of CV & resistance work. Cost: £6.80 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 https://westwight.org.uk/fitness/circuit-training
18:00 - 19:00	RESTORATIVE YOGA A deeply relaxing, muscle tension-releasing class aimed at improving mobility and flexibility. Bring a blanket. Cost: £7.90 (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 https://westwight.org.uk/fitness/yoga

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WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
18:00 - 19:00	BODYTONE 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 sheren.ward@hotmail.co.uk for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
18:00 – 19:30	YARMOUTH CUBS (TERM TIME ONLY) Ages 8 -10 ½ 1st Yarmouth Troop - 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 info@isleofwightscouts.org.uk for more info.	Yarmouth Scout Hut, Mill Road, Yarmouth, PO41 0RA (other venues for some sessions) www.isleofwightscouts.org.uk/cubs
18:00 – 19:30	TABLE TENNIS Join other community members for a friendly game of singles or doubles table tennis. All equipment provided. Light refreshments are available and all abilities are welcome. Cost: FREE (donations welcome)	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER www.methodistiow.org.uk/churches/freshwater
18:30-20:00	TOTLAND / FRESHWATER CUBS (TERM TIME ONLY) Ages 8 -10 ½ Our Scout hut is on Totland Rec, near countryside and beaches. Cost: £20 per half-term (first half-term free). Additional costs for uniform, camps, and events. Contact: freshwaterandtotlandcubs@talktalk.net for more info.	Totland Bowling Club building, Totland recreation ground, The Broadway, Totland, PO39 0AS www.isleofwightscouts.org.uk/cubs
19:00	THE WI (WOMEN'S INSTITUTE) YARMOUTH (Last Thursday of the month) Regular speakers, activities, chat and fun. Contact 01983 760256 for more info.	Royal Solent Yacht Club, The Square, Yarmouth PO41 0NS https://isle-of-wight.thewi.org.uk
19:00 – 21:00	THE WI (WOMEN'S INSTITUTE) FRESHWATER BAY (2nd Thursday of the month) 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.	Parish Hall, Victoria Road, Freshwater, PO40 9PP https://isle-of-wight.thewi.org.uk
19:00 - 20:15	ADVANCED STRETCH 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: £6.80. (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 www.westwight.org.uk

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WHAT'S ON IN WEST WIGHT: THURSDAYS



When?	What?	Where?
19:00	WEST WIGHT FLORAL ART SOCIETY (1st and 3rd Thursdays of the month) 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 wwfasociety@gmail.com for more info.	Parish Hall, Victoria Road, Freshwater, PO40 9PP www.facebook.com/WWFASociety

WHAT'S ON IN WEST WIGHT: FRIDAYS



When?	What?	Where?
06:45 – 07:45	BOOTCAMP A high-intensity whole-body workout. Military-style endurance training that burns calories for 24 hours post-workout. Cost: £6.80 (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 https://westwight.org.uk/fitness/bootcamp
08:30-12:00	MINI MARKET Weekly stalls selling a variety of items including an array of homemade items, plus a 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 www.freshwatermemorialhall.org.uk
09:00 -10:00	YOGA FOUNDATION Perfect for the complete beginner to start Yoga Cost: £7.90 (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 https://westwight.org.uk/fitness/yoga
09:00 – 10:00	REVOLUTION A low-impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio endurance. Cost: £6.80 (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 https://westwight.org.uk/fitness/indoor-cycling
09:00 – 10:15	ADVANCED STRETCH 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: £6.80 (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 www.westwight.org.uk
09:00 -14:30	WEST WIGHT MEN IN SHEDS (Open to men and women) 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. www.westwightshed.org
10:00 – 10:30	RHYME TIME 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 www.fofl.co.uk

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WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
10:00 – 12:00	STAY AND PLAY SHALFLEET (Term time only) A safe place for grown-ups to chat and pre-school children to play. Refreshments and snacks provided. COST: Donations welcome. Contact abbysellen1993@hotmail.co.uk for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk
10:15 – 11:00	GENTLE REVOLUTION Indoor cycling is ideal for arthritic and rehabilitation clients. Gentle pace & gentle music Cost: £6.80 (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 https://westwight.org.uk/fitness/indoor-cycling
10:15 – 11:05	PILATES WITH HANNAH (INTERMEDIATE LEVEL) 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, muscular strength and endurance movements. Pilates emphasises proper postural alignment, core strength and muscle balance. Cost: £6.50. Contact 07759 617 632 or visit www.katsifitness.com	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.choyd.org.uk
10:15 – 11:15	YOGA PROGRESSION British Wheel of Yoga practice that requires some level of fitness. Cost: £7.90 (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 https://westwight.org.uk/fitness/yoga
10:15 – 11:30	ADVANCED STRETCH 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: £6.80 (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 www.westwight.org.uk
11:15 12:05	PILATES WITH HANNAH (BEGINNER LEVEL) This is a mat work class and would suit those with some experience of Pilates. Pilates is a method of exercise that consists of low-impact flexibility, muscular strength and endurance movements. Pilates emphasises proper postural alignment, core strength and muscle balance. Cost: £6.50. Contact 07759 617 632 or visit www.katsifitness.com	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.choyd.org.uk
11:30 – 12:30	GENTLE CIRCUITS 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: £6.80 (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 https://westwight.org.uk/gentle-circuits

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WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
12:00-13:00	AQUA AEROBICS (Shallow Water) Water exercise class to meet the needs of all ages & fitness levels. Cost: £6.80 (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 www.westwight.org.uk
13:30: 14:30	THE REAL JUNK FOOD PROJECT ISLE OF WIGHT Faith visits each week with food that would otherwise go to waste from Island supermarkets. Cost: FREE with donations welcome to support the sustainability of the project.	Totland Village Hall, The Broadway, Totland, PO39 0BU.
14:00 – 15:00	STRENGTH AND BALANCE Join Emily for a specialised strength and balance class. This class is ideal for individuals looking to build confidence in everyday movements while gradually improving their strength and balance. Cost: First class FREE, then £7.90 per session Contact 01983 752168, or email info@westwight.org.uk for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk
14:00 – 15:30	PICKLEBALL (MIXED ABILITY) A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6.80 (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 https://westwight.org.uk/fitness/aqua-aerobics
14:00 – 16:00	CRIBBAGE CLUB Meeting every week to play the classic card game. Everyone is welcome, from beginners upwards. Cost: FREE. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
14:00 – 15:15	CHOIR PRACTICE Weekly sessions. Contact Pamela on 01983 531613 for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk
14:30-16:30	ART GROUP 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 www.freshwatermemorialhall.org.uk
15:30 – 17:00	PICKLEBALL (MIXED ABILITY) A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6.80 (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 https://westwight.org.uk/pickleball

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WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
16:00 – 17:00	TAP DANCE Learn the basic sounds and steps of tap dance, including steps on the spot and travelling. No tap shoes are required. Cost: £6.80 (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 www.westwight.org.uk
17:00 – 18:30	YOGA MIXED LEVEL & MEDITATION A one-hour Vinyasa Flow class, Hatha-based, followed by 30 minutes of guided mindfulness meditation. Some Yoga experience is necessary, but all levels are encouraged as modifications are supplied. Bring a mat, some blocks and a blanket. Cost: £9.00. (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 https://westwight.org.uk/fitness/yoga
18:00-19:00	COBRA KICKBOXING CLUB (ages 7-13) Welcoming new members with no previous experience in martial arts and promoting 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 dave@cave.me.uk for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
18:00-19:00	WEST WIGHT JUNIOR BADMINTON 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.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH westwight.org.uk/young-people/badminton
18:00 - late	DUNGEONS AND DRAGONS * 18+. Numbers are limited and the group has a waiting list. * The group meet on a Friday evening or a Saturday afternoon, weekly or fortnightly. The next meeting time is decided at the prior meeting. Contact Mark on wizard.360@gmail.com for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
18:30 – 19:30	LINE DANCING – LONG ISLAND STOMPERS You'll learn 1-2 new routines each week, with extra time dedicated to reviewing previously learned routines, including a 4-wall recap and walk-through. Don't worry if you're unfamiliar with the routine! New routines are uploaded weekly to YouTube with demos and teaching options to help you catch up. Cost: £6 Book online www.longislandstompers.co.uk/event-bookings	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.longislandstompers.co.uk
19:00-20:00	WEST WIGHT JUNIOR BADMINTON 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 westwight.org.uk/young-people/badminton

Last updated 26th September 2025. 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

WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
19:00-20:00	COBRA KICKBOXING CLUB (Adults only session) Welcoming new members with no previous experience in martial arts and promoting 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 dave@cave.me.uk for more info	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
19:00-21:00	TOTLAND AND FRESHWATER SCOUTS (TERM TIME ONLY) Ages 10 ½ - 14 1st Totland/Freshwater Scout Group is based in the spacious Totland Rec, near beautiful countryside and beaches. Cost: £20 per half term (first half term free). Additional fees for uniform, camps, and events. Contact: 01983 531455 or info@isleofwightscouts.org.uk for more information.	Totland Bowling Club building, Totland recreation ground, The Broadway, Totland, PO39 0AS www.isleofwightscouts.org.uk
19:00-21:00	WEST WIGHT ADULT BADMINTON If you are looking to get back into Badminton why not join our friendly Friday night session. (Not suitable for complete beginners.) Cost: £5 a session (not included in Diamond or Diamond PLUS memberships) Contact Shirley Cokes on 01983752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH westwight.org.uk/young-people/badminton
19:00-21:00	YARMOUTH SEA SCOUTS (TERM TIME ONLY) Ages 10 ½ - 14 1 st Yarmouth Sea Scouts - 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.	Yarmouth Scout Hut, Mill Road, Yarmouth, PO41 0RA (other venues for some sessions) www.isleofwightscouts.org.uk
19:45 – 21:00	ADULT POLE FIT & AERIAL HOOP Classique Dance Studio offers exhilarating Pole Fit and Aerial Hoop classes, with a limit of 6 students per class, we prioritize safety and ensure the highest quality of lessons. Led by our industry professional and international grand finalist, Chanique, our classes are designed to empower and inspire. Join us for a truly unique dance experience that will elevate your skills and confidence. Cost: £14. Book: https://www.classiquedancestudios.co.uk/service-page/freshwater-adult-pole-fit-aerial-hoop	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.classiquedancestudios.co.uk

Last updated 26th September 2025. 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

WHAT'S ON IN WEST WIGHT: SATURDAYS



When?	What?	Where?
08:00 – 9:00	STRENGTH CIRCUITS A circuits-based session to develop your strength. Every class is different, not suitable for beginners. Dumbbells will be used within all classes and all equipment provided. Cost: £6.50 (bundles available to reduce per-session cost) Book online https://gymcatch.com/app/provider/7840/events	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.choyd.org.uk
09:00 – 10:00	SALSATONE Start the weekend party style and come along to Salsatone! A fun and fabulous dance fit class, combining vibes of Latin, disco, Swing and more. No dance experience needed, just bring a smile and some water. No need to book. Cost: £5 per class. Visitors very welcome.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
09:00 -10:00	CIRCUIT TRAINING Suitable for all ages & abilities, work at your own pace. Includes a variety of CV & resistance work. Cost: £6.80 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 https://westwight.org.uk/fitness/circuit-training
09:00 – 10:30	YOGA (MIXED LEVEL - ALSO ONLINE) Hatha-based Yoga class that requires some level of fitness, but all levels encouraged as modifications are supplied. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
09:30 – 10:30	WEST WIGHT FENCING CLUB – JUNIOR BEGINNERS (term-time only) Beginner Juniors session. (Ages 9-14). The Olympic sport with cold steel! Cost: £45 per term. Contact Nick via westwightfencingclub@gmail.com or 07966311485 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
10:00 – 12:00	JUNIOR LIBRARY LEGO and colouring every week, with junk modelling on 2nd Saturday of each month. Cost: FREE, no need to book. Parental supervision is required for under 12's. Contact 01983 752377 for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP https://www.fofl.co.uk
10:00 – 12:00	JUNIOR GOLF CLASSES Be part of our Junior Academy and join us for fortnightly golf tuition. Suitable for ages 8-13 years (some flexibility). Cost: FREE. Contact Peter via juniors.fbgc@gmail.com or phone 01983 752955.	Freshwater Bay Golf Club, Afton Down, Freshwater, PO40 9TZ www.freshwaterbaygolfclub.co.uk

Last updated 26th September 2025. 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

WHAT'S ON IN WEST WIGHT: SATURDAYS



When?	What?	Where?
10:00 – 12:00	THORLEY COFFEE MORNING (2nd Saturday of the month) 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 – 11:30	WEST WIGHT FENCING CLUB – JUNIORS (term-time only) The Olympic sport with cold steel! Cost: £45 per term. Contact Nick via westwightfencingclub@gmail.com or 07966311485 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
10:30 – 12:00	WELLOW COFFEE MORNING (Last Saturday of the month) Contact Stuart on 01983 760 162 for more info.	Wellow Literary Institute, Wellow Top Road, PO41 0TB
11:00 – 12:00	FRESHWATER BAY COMMUNITY BEACH CLEAN (3rd Saturday of the month) Help keep your coastline tidy by joining Freshwater Bay Residents' Association beach cleans. Bring some gloves and something to collect litter in. Contact: fbra@stayfreshwaterbay.co.uk .	Shelter on the Promenade, Freshwater Bay www.fbra.org.uk
11:30 – 12:30	WEST WIGHT FENCING CLUB (term-time only) Adults' session. The Olympic sport with cold steel! Cost: £55 per term. Contact Nick via westwightfencingclub@gmail.com or 07966311485 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
11:30-13:00	ISLE OF WIGHT TAE KWON-DO 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 www.freshwatermemorialhall.org.uk
14:00 - 16:00	CHURCH GROUNDS MAINTENANCE (1st Saturday of the month) 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
20:30 – 23:30	EVENT NIGHTS 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 freshconclub@gmail.com for more info. Check out the latest events calendar here: www.freshwaterconservativeclub.co.uk	Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES www.freshwaterconservativeclub.co.uk

Last updated 26th September 2025. 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

WHAT'S ON IN WEST WIGHT: SUNDAYS



Time	Event	Venue
10:00 - 11:00	VETERANS FOOTBALL 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: £6.80 (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 https://westwight.org.uk/veterans-football
11:00 – 12:30	ALCOHOLICS ANONYMOUS FRESHWATER – LIVING SOBER GROUP 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 www.alcoholics-anonymous.org.uk Helpline: 02392580776 (24 hours)	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9HZ www.alcoholics-anonymous.org.uk
13:00 – 14:00	ISLE OF WIGHT CANOE CLUB (term time only) Pool Sessions 14+ only skills practise. Cot: £6. For more information visit www.iowcanoecub.org.uk	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.facebook.com/IsleofWightCanoeClub

WHAT'S ON IN WEST WIGHT: SUNDAYS



Time	Event	Venue
CHURCH SERVICES		
09:30	SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable. Administrator: Julia Bridgeman 07930 670 772 fytparishes@gmail.com	All Saints Church, Church Place, Freshwater, PO40 9BP. www.allsaintsandstagnes.org.uk
09:30	SUNDAY WORSHIP – ST SWITHIN THORLEY Check the website for most up-to-date information and timetable. Rector – Reverend Jackie Maw 01983 741049 westwightrector@gmail.com ; or contact the churchwarden on 01983 754929 or mrenoufiow@gmail.com	St Swithin Church, Main Road, Thorley, PO41 0SS https://stswithin.co.uk
10:00	SUNDAY WORSHIP – ST JAMES CHURCH OF ENGLAND YARMOUTH Check the website for the 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 www.stjamesyarmouth.org.uk
10:15	SUNDAY WORSHIP – COLWELL BAPTIST CHURCH Check the website for the most up-to-date information and timetable or contact Dave (the minister) on 01983 753741 or dave.minister@gmail.com for more info.	Colwell Baptist Church, Colwell Road, Freshwater, PO40 9NB www.colwellbaptistchurch.co.uk
10:30	SUNDAY WORSHIP (most weeks) FRESHWATER METHODIST CHURCH Check the website for the most up-to-date information and timetable or contact: Doreen Dace on 01983 754946 doreen.dace@googlemail.com or Mike Hackleton, Local Lay Pastor, laypastormike@outlook.com	Freshwater Methodist Church, Brookside Rd Freshwater, PO40 9ER www.methodistiow.org.uk
11:00	SUNDAY WORSHIP – CHRIST CHURCH TOTLAND Check the website for the most up-to-date information and timetable or contact 07582 861966 or admin@christchurchtotland.org.uk for more info.	Christ Church, Alum Bay New Road, Totland, PO39 0ES www.christchurchtotland.org.uk
Times vary	SUNDAY WORSHIP – ST AGNES' CHURCH OF ENGLAND Check the website for the most up-to-date info. Administrator: Julia Bridgeman 07930 670 772 fytparishes@gmail.com	St Agnes Church, Gate Lane Freshwater Bay, PO40 9PY www.allsaintsandstagnes.org.uk
Times vary	SUNDAY MASS – ST SAVIOUR'S ROMAN CATHOLIC CHURCH, TOTLAND Check the website for the most up-to-date information and timetable or contact 01983 522027 or StSandSTC@portsmouthdiocese.org.uk for more info.	St Saviour's Church, Weston Lane, Totland Bay, PO39 0HE www.stass.iowrcchurch.org.uk

Last updated 26th September 2025. 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

USEFUL CONTACTS

ADULT SOCIAL CARE (IOW COUNCIL)

Mon - Thurs 08:30 – 17:00

Fri 08:30 – 16:30. 01983 823340

<https://www.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

info@ageukiw.org.uk

ALCOHOLICS ANONYMOUS

Find your local group:

www.alcoholics-anonymous.org.uk

0800 9177 650 OR help@aamail.org

BARNARDOS

Support for families with children ages 0-19.

01983 529208.

iowfamilycentres@barnardos.org.uk

www.isleofwightfamilycentres.org.uk

BLUE LAMP TRUST – BOBBY SCHEME

Free home security checks

0300 777 0157 info@bluelamptrust.org.uk.

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

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

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

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

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

COUNCIL TAX ENQUIRIES (IOW COUNCIL)

01983 823901 or 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

CRUSE BEREAVEMENT

Specialist bereavement experts offer support 24 hours a day. www.cruse.org.uk

01983 523030 or 0808 808 1677

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

FRESHWATER PARISH COUNCIL

Monday to Friday 10:00 to 12:00

01983 752 000

clerk@freshwater-parish.org.uk

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

NATIONAL GAMBLING HELPLINE

0808 8020 133

www.begambleaware.org

HELP THROUGH CRISIS

Quick access to funding support in an emergency. 01983 823 859.

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

INDEPENDENT ARTS CREATIVE HUB

Newport High Street
Mon - Sat: 10:00 – 16:30. 01983 822437
www.independentarts.org.uk/creative_hub

ISLE OF WIGHT COUNCIL

Local Authority. 01983 821000
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 isorroopia.uk
<https://isorroopia.uk>

JUST ASK SUPPORT OFFICER

Melanie Gardiner – local advice and support
justask@westwight.org.uk
07599465722 or 01983 752 000
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
01983 752377 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
reception@lweh.org.uk

MEN'S ADVICE LINE

Support for male victims of domestic abuse
0808 8010327
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.
<https://hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/isle-wight-community-mental-health-support-hub>

MOUNTBATTEN HELPLINE

Support and advice line for anyone who needs a listening ear. 01983 217297. Available 24 hours.
www.mountbatten.org.uk

NATIONAL DOMESTIC ABUSE HELPLINE

Support for women experiencing domestic abuse.
0808 2000 247. 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
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
<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

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

RUTHERFORD EYECARE

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

SHALFLEET PARISH COUNCIL

01983 531491 Tues, Weds and Thurs 10:00 – 12:00. clerk@shalfleetiow.org.uk
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

SOUTHERN VECTIS BUSES

Local buses serving West Wight:
7, 12, Needles Breezer and Island Coaster.
0330 0539 182. www.islandbuses.info

TAXIS

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

UNIVERSAL CREDIT ENQUIRIES

National helpline. Mon - Fri, 08:00 – 18:00
0800 328 5644. 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

WEST WIGHT SPORTS AND COMMUNITY CENTRE

Health and fitness at the heart of the community. 01983 752 168.
info@westwight.org.uk
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
<https://www.wightsense.org.uk>

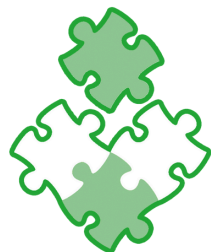
YARMOUTH PHARMACY

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

COMMUNITY CONNECTOR WEST WIGHT



LIVE IN FRESHWATER, YARMOUTH, TOTLAND OR SHALFLEET?

Looking for Support to Connect with Your Community?

Are you, or someone you know, feeling lonely or isolated? Want to get out, make life better, and connect with others, but not sure how to take the first step?

Adam, your Community Connector, is here to help!

HOW CAN ADAM SUPPORT YOU:

- Discover local opportunities: Learn what's happening in your area and how to get involved.
- Access support services: Be connected to informal or formal services, right on your doorstep or across the Island.
- Bring your ideas to life: Got an idea to bring people together or start something new? Adam can help make it happen!

Support from your Community Connector is free, open to all ages, and there's no time limit—help is available for as long as you need.

Contact Adam Tucker



07498 496 719
01983 240 722

adam.tucker@westwight.org.uk

Search
CommunityConnectorWestWight

West Wight
Sports & Community Centre

**LW
& HS**



*Our
Place*



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



westwight.org.uk/community-connector