# WHAT'S ON WEST WIGHT

**COMMUNITY ACTIVITIES** 

Last updated 27th October 2025.

Find the latest version at: westwight.org.uk/community-

















When?	What?	Where?
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08:30 – 12:30	FAMILY DROP-IN CHAT AND INFORMATION SESSIONS (Term Time Only)	West Wight Family Centre
	Open for parents/carers (including those expecting a baby) to pop in to chat with our team and find	Moa Place, Freshwater, PO40 9XH
	out about the support and services available to them. Follow us on social media to find out about	www.isleofwightfamilycentres.org.uk
	themes or topics being covered at a specific session or just come along with any questions you have.	
00.00.00.45	Contact 01983 529208 or visit <u>www.facebook.com/iowfamilycentres</u> for more info.	
09:00 - 09:45	ADULT SWIMMING LESSONS (Term Time Only)	West Wight Sports and Community Centre,
	Beginners and improvers drop-in sessions with experienced swimming instructors.	Moa Place, Freshwater, PO40 9XH
	Have as few or as many lessons as you need. Call for more info and to book: 01983 752168.	https://westwight.org.uk/swimming/adult-
	Cost: £12.40 (included in Diamond Class and Diamond Plus memberships.)	swimming-lessons
09:00 – 10:00	SWIMMING FITNESS (Coach-led - Term Time Only)	West Wight Sports and Community Centre,
	Fitness swimming under the guidance of a qualified coach. Must be comfortable swimming 100m	Moa Place, Freshwater, PO40 9XH
	without stopping. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/swimming/adult-
		<u>swimming-lessons</u>
09:00 -10:00	YOGA FOUNDATION	West Wight Sports and Community Centre,
	Perfect for the complete beginner to start Yoga. Cost: £7.90. (Included in Diamond Class and	Moa Place, Freshwater, PO40 9XH
	Diamond Plus memberships) Contact 01983 752168 for more info.	https://westwight.org.uk/fitness/yoga
09:00 – 10:00	BOOTCAMP	West Wight Sports and Community Centre,
	A high-intensity whole-body workout. Military-style endurance training that burns calories for 24	Moa Place, Freshwater, PO40 9XH
	hours post-workout. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/fitness/bootcamp
	Call for more info and to book 01983 752168.	
09:00 - 10:00	REVOLUTION	West Wight Sports and Community Centre,
	A low-impact exercise, indoor cycling has been shown to build muscle tone and increase your cardio	Moa Place, Freshwater, PO40 9XH
	endurance. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/fitness/indoor-
	Call for more info and to book: 01983 752168.	cycling
09:00 -14:30	WEST WIGHT MEN IN SHEDS (open to men and women)	Men in Sheds Workshop, Totland
	The shed is a collective group of people working towards a common goal. Pop along for hot drinks,	Recreation Ground, Totland, PO39 0AS.
	chat and tool craft projects. Cost: £15 annual subscription. Contact 01983 897 352 for more info.	www.westwightshed.org
09:30 -11:00	STAY AND PLAY (Term Time Only)	West Wight Family Centre, Moa Place,
	Bring your little ones for a weekly stay-and-play session and connect with other parents/carers.	Freshwater PO40 9XH
	Cost: FREE. Contact West Wight Nursery on 01983 640 190 for more info.	www.westwightnursery.org.uk

Last updated 27<sup>th</sup> October 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

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When?	When?	When?
09:45-10:30	ADULT SWIMMING LESSONS – IMPROVERS (Term Time Only)	West Wight Sports and Community Centre,
	Stroke Improvement drop-in sessions with experienced swimming instructors.	Moa Place, Freshwater, PO40 9XH
	Have as few or as many lessons as you need. Contact 01983 752168 for more info.	https://westwight.org.uk/swimming/adult-
	Cost: £12.40 per session. (Included in Diamond Class and Diamond Plus memberships)	swimming-lessons
10:00 - 10:45	GENTLE REVOLUTION	West Wight Sports and Community Centre,
	Indoor cycling is ideal for arthritic and rehabilitation clients. Gentle pace & gentle music	Moa Place, Freshwater, PO40 9XH
	Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/indoor-
	Contact 01983 752168 for more info and to book.	cycling
10:00 - 11:00	BODY SCULPT	West Wight Sports and Community Centre,
	A range of exercises focusing on balance & core strength, to strengthen muscles surrounding ankles,	Moa Place, Freshwater, PO40 9XH
	knees & hips. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/body-sculpt
	Call for more info and to book: 01983 752168.	
10:00 - 11:00	AQUA MOBILITY (Term Time Only)	West Wight Sports and Community Centre,
	Aquatic exercises are performed in water for relaxation, fitness, physical rehabilitation and	Moa Place, Freshwater, PO40 9XH
	endurance. Specifically designed for those with arthritis, osteoporosis, stroke rehabilitation, back	https://westwight.org.uk/fitness/aqua-
	pain, joint replacements and poor mobility. Cost: £6.80. (Included in Diamond Class and Diamond	mobility
	Plus memberships) Contact 01983 752168 for more info.	
10:00 – 11:30	PICKLEBALL (Mixed ability)	West Wight Sports and Community Centre,
	A paddle sport that combines elements of badminton, tennis & table tennis.	Moa Place, Freshwater, PO40 9XH
	Cost: £6.80 (this includes the hire of paddles and balls) Included in Diamond Class and Diamond Plus	https://westwight.org.uk/pickleball
	memberships. Call for more info and to book 01983 752168.	
10:00-11:30	WEST WIGHT ART HUB (3rd Monday of each month)	Freshwater Library, 41 School Green Road,
	An Art group aimed at beginners and those of intermediate ability. The group will be part discussion	Freshwater, PO40 9AP
	and part practical. Cost: £5 per session. Limited numbers and a waiting list.	www.fofl.co.uk
	Contact davinamsmith@outlook.com or the library on 01983 752377 for more info.	
10:00-12:00	OASIS COFFEE MORNING	Freshwater Methodist Church, Brookside
	Coffee, tea, biscuits, knitting, games, chat, fair trade shop and more! Community lunch follows on 1st	Road, Freshwater, PO40 9ER
	Monday of the month for regular attendees. Cost: FREE (donations welcome) Call Mike for more	www.facebook.com/iowmethodistcircuit
	info: 07582054201 or email <a href="mailto:laypastormike@outlook.com">laypastormike@outlook.com</a> or	

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	Plus memberships) Contact 01983 752168 for more info.	
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10:00-11:30	WEST WIGHT ART HUB (3rd Monday of each month)	Freshwater Library, 41 School Green Road,
	An Art group aimed at beginners and those of intermediate ability. The group will be part discussion	Freshwater, PO40 9AP
	and part practical. Cost: £5 per session. Limited numbers and a waiting list.	www.fofl.co.uk
	Contact davinamsmith@outlook.com or the library on 01983 752377 for more info.	
10:00-12:00	OASIS COFFEE MORNING	Freshwater Methodist Church, Brookside
	Coffee, tea, biscuits knitting, games, chat, fair trade shop and more! Community lunch follows on 1st	Road, Freshwater, PO40 9ER
	Monday of the month for regular attendees. Cost: FREE (donations welcome) Call Mike for more	www.facebook.com/iowmethodistcircuit
	info: 07582054201 or email <a href="mailto:laypastormike@outlook.com">laypastormike@outlook.com</a> or <a href="mailto:documents-documents-based-com">doreen.dace@googlemail.com</a>	



When?	When?	When?
10:00 - 12:00	THE WRITE PLACE (2 <sup>nd</sup> and 4 <sup>th</sup> Monday of the month)	Freshwater Library, 41 School Green Road,
	From newcomers to experienced writers, sessions are for everyone who would like support and	Freshwater, PO40 9AP
	encouragement on their writing journey. We offer a writing space, with local playwright and author,	www.fofl.co.uk
	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.	
10:00 - 12:00	SHALFLEET CRAFT GROUP	Shalfleet Village Hall, Church Lane,
	Meet with other community members for tea and cake and to work on your own project alongside	Shalfleet,
	other crafters. Cost: £3. Contact Jan on 01983531939 for more info.	PO30 4NF
		https://shalfleetvillagehall.org.uk
10:15 – 11:15	YOGA FOUNDATION (HATHÁ YOGA)	West Wight Sports and Community Centre,
	Perfect for the complete beginner to start Yoga. Cost: £7.90. (Included in Diamond Class and	Moa Place, Freshwater, PO40 9XH
	Diamond Plus memberships) Contact 01983 752168 for more info and to book.	https://westwight.org.uk/fitness/yoga
10:15 - 12:15	SING ABOUT	Freshwater Memorial Hall, Avenue Road,
	Based on recognised music therapy and can help improve memory, breathing, movement, speech	Freshwater, PO40 9UU
	and confidence. Run by Independent Arts. Tea/coffee and biscuits included.	https://bit.ly/Singabout
	Cost: £3 (first 2-3 sessions FREE). Donations are welcome! Contact Independent Arts on 01983	
	822437 for more information.	
10:30 – 12:00	VETERANS OUTREACH SUPPORT SOCIAL HUB (4th Monday of the month)	Community Hall of Yarmouth and District
	VOS run a varied schedule of wellbeing activities/social groups and they'd love for you to join them.	(CHOYD), St James Street, Yarmouth,
	All registered VOS service users (and their spouses/partners/carers) can take part. If you're not	PO40 0NU https://vosuk.org
	registered with VOS but you would like to attend these sessions, please contact	
	Wellbeing@vosuk.org or call 02392 731 767 to sign up.	
11:00 - 12:00	AQUA AEROBICS – SHALLOW WATER (Term Time Only)	West Wight Sports and Community Centre,
	Experience a refreshing, low-impact workout in the water. Enjoy great cardiovascular exercise while	Moa Place, Freshwater, PO40 9XH
	strengthening and toning muscles. The water's support reduces strain, lowers injury risk, and	www.westwight.org.uk
	improves flexibility—making it a safe, effective option. Cost: £6.80 (included in Diamond Class and	
	Diamond Plus memberships) To book or learn more, call 01983 752168.	
11:30 – 12:30	YOGA PROGRESSION (HATHÁ YOGA)	West Wight Sports and Community Centre,
	British Wheel of Yoga practice that requires some level of fitness.	Moa Place, Freshwater, PO40 9XH
	Cost: £7.90 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for	https://westwight.org.uk/fitness/yoga
	more info and to book.	

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When?	When?	When?
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 <a href="https://westwight.org.uk/dance-fit">https://westwight.org.uk/dance-fit</a>
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 <a href="https://westwight.org.uk/fitness/aqua-aerobics">https://westwight.org.uk/fitness/aqua-aerobics</a>
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 <a href="https://bit.ly/WW-Walking-for-Health">https://bit.ly/WW-Walking-for-Health</a>
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?	When?	When?
14:00 – 15:00	WALKING BASKETBALL	West Wight Sports and Community Centre,
	Enjoy the fun and fitness of basketball at a gentler pace. Walking Basketball offers a great	Moa Place, Freshwater, PO40 9XH
	cardiovascular workout that improves strength, balance, and coordination—all without the high	www.westwight.org.uk
	impact. It's perfect for all abilities and a great way to stay active and social. Cost: £6.80 (included in	
	Diamond Class and Diamond Plus memberships) To book or learn more, call 01983 752168.	
14:00-15:30	OUR PLACE TOTLAND	Christ Church, Alum Bay New Road,
	Drop by for drinks, chat and a weekly quiz with your local community. Adam, the Community	Totland, PO39 0ES
	Connector, is also on hand most weeks offering information, advice and support right on your	https://bit.ly/Our-Place-WW
	doorstep. Cost: FREE. (Donations welcome) Contact 01983 240 722 or email <a href="mailto:help@westwight.org.uk">help@westwight.org.uk</a> .	
	Sessions do not take place in August or on bank holidays.	
14:00 - 16:00	CRAFT CLUB (1st and 3rd Monday of the month)	All Saints Church, Church Place, Freshwater,
	Cost: FREE Contact Jill on 01983 756 308 for more info.	PO40 9BW
14:00 - 16:00	ST SAVIOUR'S TEA AND CHAT GROUP	St Saviour's Holy Family Centre, Weston
	Tea and chat with coffee and biscuits, followed by a game of Bingo or Hoy. An informal and	Lane, Totland PO39 0HE
	welcoming group open to all. Cost: £1.00. Contact Patricia via patriciaturner2003@yahoo.co.uk for	
	more info.	
15:30	BRIDGE LESSONS	Freshwater Conservative Club
	Everyone welcome. Cost: £3.00 per session, Contact Phillip on 07712108645 for more info.	Queens Road, Freshwater, PO40 9ES
		www.freshwaterconservativeclub.co.uk
15:30	SLIMMING WORLD FRESHWATER	Freshwater Memorial Hall, Avenue Road,
	Slimming World is a unique weight loss program. If you're considering joining, a warm welcome	Freshwater, PO40 9UU
	awaits! In your very first session, you'll receive everything you need for a fantastic first week - and so	www.slimmingworld.co.uk/group/557513
	much more! Cost: Contact Sam on 07825 040 119 for more information and pricing.	
15:45 – 16:30	KIDS DANCE CLASSES (ages 5 – 8)	West Wight Sports and Community Centre,
	A fun, energetic dance class blending jazz and street dance styles! Children will learn basic moves,	Moa Place, Freshwater, PO40 9XH
	improve coordination, balance, and flexibility, and build confidence through exciting routines to	https://westwight.org.uk/dance-kids
	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.	

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When?	When?	When?
16:45 – 17:45 <b>KI</b>	IDS DANCE CLASSES (ages 9 – 12)	West Wight Sports and Community Centre,
Ar	n upbeat dance session combining jazz and street dance techniques! Dancers will develop	Moa Place, Freshwater, PO40 9XH
co	oordination, rhythm, and flexibility while mastering fun routines to chart-topping hits. Perfect for	https://westwight.org.uk/dance-kids
bι	uilding confidence, improving memory, and socialising in a dynamic setting. No experience	
ne	eeded—just enthusiasm and a love for movement! Cost: £4. Contact 01983 752 168 for more info.	
17:30 <b>SL</b>	LIMMING WORLD FRESHWATER	Freshwater Memorial Hall, Avenue Road,
Sli	limming World is a unique weight loss program. If you're considering joining, a warm welcome	Freshwater, PO40 9UU
av	waits! In your very first session, you'll receive everything you need for a fantastic first week - and so	www.slimmingworld.co.uk/group/557513
m	nuch more! Cost: Contact Sam on 07825 040 119 for more information and pricing.	
18:00 – 18:45 <b>TC</b>	OTAL WORKOUT	West Wight Sports and Community Centre,
А	HIIT-based circuit, using a variety of exercises to guarantee a full-body workout	Moa Place, Freshwater, PO40 9XH
Co	ost: £6.80. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for	https://westwight.org.uk/total-body-
m	nore info and to book.	workout
18:00 – 19:00 <b>B</b> C	OYS YOUTH FOOTBALL (13 – 15-year-olds)	West Wight Sports and Community Centre,
Jo	oin our pay-and-play football session, led by Aidan and Ian, both qualified FA coaches. While not a	Moa Place, Freshwater, PO40 9XH
fo	ormal coaching session, it's a great opportunity for boys to enjoy playing football under expert	www.westwight.org.uk
gu	uidance, helping to improve skills, teamwork, and fitness. Cost: £4 To book, call: 01983 752168	
18:00 – 19:00 <b>BA</b>	ALLET	West Wight Sports and Community Centre,
He	lelp improve your posture, balance, coordination and strength. Using a range of primarily lower	Moa Place, Freshwater, PO40 9XH
bo	ody exercises paired with grace and elegance. No prior experience is necessary.	https://westwight.org.uk/ballet
Co	ost: £6.80 (included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for	
m	nore info and to book.	
18:00 – 19:30 <b>M</b>	MOVEMENT WITH VIKKI	Shalfleet Village Hall, Church Lane,
Co	ontact Vikki on 07774 950400 for cost and more info.	Shalfleet,
		PO30 4NF https://shalfleetvillagehall.org.uk
18:15 – 19:15 <b>B</b> C	OXERCISE AND CIRCUITS	Community Hall of Yarmouth and District
А	circuits-based session to develop your strength. Every class is different, not suitable for beginners.	(CHOYD), St James Street, Yarmouth,
Du	oumbbells will be used within all classes and all equipment provided. Cost: £6.50 (bundles available	
to	o reduce per-session cost)	
Вс	ook online https://gymcatch.com/app/provider/7840/events	

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18:30 – 20:30	FRESHWATER CHESS CLUB	Freshwater Conservative Club, Queens
	If you want to learn to play chess or already play, this session is for you. No age restrictions but	Road, Freshwater, PO40 9ES
	children need to be accompanied by an adult. Cost £2 for adults, £1 for children (Free to club	www.freshwaterconservativeclub.co.uk
	members) Contact Donna on 07546 751 057.	
19:00 – 19:45	ADULT SWIMMING LESSONS - IMPROVERS	West Wight Sports and Community Centre,
	Confident beginners and improvers drop-in sessions with our experienced swimming instructors.	Moa Place, Freshwater, PO40 9XH
	Have as few or as many lessons as you need. Contact 01983 752168 for more info and to book. Cost:	https://westwight.org.uk/swimming/adult-
	£12.40 per session. (Included in Diamond Class and Diamond Plus memberships)	swimming-lessons
19:00 – 20:00	TOTAL STEP	West Wight Sports and Community Centre,
	This moderate to high-impact session will help strengthen & tone your muscles, burn fat and	Moa Place, Freshwater, PO40 9XH
	improve your cardio fitness. Cost: £6.80 per session. (Included in Diamond Class and Diamond Plus	https://westwight.org.uk/fitness/total-step
	memberships.) Contact 01983 752168 for more info and to book.	
19:00 – 21:00	WRITEWIGHT (3rd Monday of the month)	Freshwater Library, 41 School Green Road,
	Meeting once a month. For writers of fiction and non-fiction who would like to discuss their work	Freshwater, PO40 9AP
	and explore ways to get published. Articles, stories, novels etc. all welcome.	www.fofl.co.uk
	Please contact Alan on writewight@yahoo.com prior to attending a meeting and for more info.	
19:00 - 21:00	QUIZ (1st Monday of the month)	Freshwater Library, 41 School Green Road,
	Friends of Freshwater Library present a monthly quiz for teams of up to six people	Freshwater, PO40 9AP
	Cost: £1 per person. Book <u>patsymburge@gmail.com</u> . More info: 01983 752377	www.fofl.co.uk
19:00 - 21:00	SQUARE DANCING	Freshwater Parish Hall, Victoria Road,
	Small friendly group who get together for social and fun evenings, learning square dance routines.	Freshwater, PO40 9HZ
	Contact 07828 185396 or email <u>pebbletreasure@live.com</u> for more information.	https://bit.ly/WW-Square-Dance
19:00	SLIMMING WORLD FRESHWATER	Freshwater Memorial Hall, Avenue Road,
	Slimming World is a unique weight loss program. If you're considering joining, a warm welcome	Freshwater, PO40 9UU
	awaits! In your very first session, you'll receive everything you need for a fantastic first week - and so	www.slimmingworld.co.uk/group/557513
	much more! Contact Sam on 07825 040 119 for more information and cost.	
20:00 - 21:00	AQUA AEROBICS – DEEPWATER	West Wight Sports and Community Centre,
	Deep water class, which will challenge your balance and core stability using buoyant belts or ankle	Moa Place, Freshwater, PO40 9XH
	cuffs. Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/aqua-
	Contact 01983 752168 for more info and to book.	<u>aerobics</u>

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When?	When?	When?		
07:00 – 07:45	PERSONAL TRAINING SESSION (WOMEN ONLY)	Freshwater Memorial Hall, Avenue Road,		
	Empower your mornings with energising, women-only personal training. Build strength, boost	Freshwater, PO40 9UU		
	confidence, and stay motivated in a supportive small group setting—perfect for kickstarting your day	www.mikebinespersonaltraining.com		
	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.			
09:00 - 10:00	DYNAMIC YOGA	West Wight Sports and Community Centre,		
	Fast-paced Vinyasa flow. Progression level suitable for those with some experience. Cost: £9.00	Moa Place, Freshwater, PO40 9XH		
	(Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	https://westwight.org.uk/fitness/yoga		
09:00 - 10:00	TOTAL STEP	West Wight Sports and Community Centre,		
	This moderate to high-impact session will help strengthen & tone your muscles, burn fat and	Moa Place, Freshwater, PO40 9XH		
	improve your cardio fitness. Cost: £6.80 (Included in Diamond Class and Diamond Plus	https://westwight.org.uk/fitness/total-step		
	memberships). Contact 01983 752168 for more info and to book.			
09:00 - 10:00	CIRCUIT TRAINING	West Wight Sports and Community Centre,		
	Suitable for all ages & abilities, work at your own pace. Includes a variety of cardiovascular and	Moa Place, Freshwater, PO40 9XH		
	resistance work. Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships). Contact	https://westwight.org.uk/fitness/circuit-		
	01983 752168 for more info and to book.	training		
09:30 – 10:30	BOLLYFIT	Freshwater Memorial Hall, Avenue Road,		
	A fun, easy-to-follow Bollywood-themed dance fit class. Learn the beauty of Bollywood dance whilst	Freshwater, PO40 9UU		
	burning calories. Low impact with no dance or fitness experience required. Suitable for all.	www.freshwatermemorialhall.org.uk		
	Cost: £5. Contact Sheren on 07810 660 375 or <a href="mailto:sheren.ward@hotmail.co.uk">sheren.ward@hotmail.co.uk</a> for more info			
10:00 – 11:30	TRADITIONAL SATYANANDA YOGA	Shalfleet Village Hall, Church Lane,		
	Posture, breathwork and Yoga Nidra (guided meditation practice that brings you into a deep state of	Shalfleet,PO30 4NF		
	relaxation between wakefulness and sleep). Cost: £10. Contact Sandy Capon on 07720 020180 for	https://shalfleetvillagehall.org.uk/yoga-		
	more info.	with-sandy-capon		
10:00-11:30	PARENTS AND TODDLERS GROUP (Term-time only)	Freshwater Methodist Church, Brookside		
	Join other parents and toddlers for drinks, play, chat, stories and fun. Cost: £1 donation. Contact Liz	Road, Freshwater, PO40 9ER		
	on 01983 752 596 for more info.			
10:00 - 11:30	VETERANS FOOTBALL	West Wight Sports and Community Centre,		
	It's never too late to start playing! Whether you're new or experienced, our veterans' football offers	Moa Place, Freshwater, PO40 9XH		
	a great way to stay fit and enjoy indoor football. Cost: £6.80 (Included in Diamond Class and	https://westwight.org.uk/veterans-football		
	Diamond Plus memberships). Contact 01983 752168 for more info and to book.			

Last updated 27<sup>th</sup> October 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

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When?	When?	When?			
10:00 - 12:00	STITCH BY STITCH (1st and 3rd Tuesday of the month - bring your own materials)	Freshwater Library, 41 School Green Road,			
	Incorporating all needlecrafts, work on your latest project, meet up with others regularly with	Freshwater, PO40 9AP			
	whatever craft appeals to you, and receive help and advice if you need it. Cost: FREE. Contact 01983	www.fofl.co.uk			
	752377 or <u>freshwaterlibrary@iow.gov.uk</u> for more info.				
10:00 - 12:00	POTTERY/CLAY SCULPTURE CLASSES	Totland. Address available upon booking			
	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 jcjuliet@googlemail.com for more info and to book				
10:10 – 11:05	MATURE MOVERS	West Wight Sports and Community Centre,			
	Based on low-intensity Circuit Training, incorporating repetitions and a low (weight) resistance.	Moa Place, Freshwater, PO40 9XH			
	This is a light-hearted, fun class. Cost: £6.80 (Included in Diamond Class and Diamond Plus	https://westwight.org.uk/fitness/mature-			
	memberships). Contact 01983 752168 for more info.	<u>movers</u>			
10:30 – 11:30	YOGA AND MEDITATION	Freshwater Memorial Hall, Avenue Road,			
	Join personal trainer and mental health coach Mike Bines for calming yoga and meditation classes,	Freshwater, PO40 9UU			
	designed to support both physical and mental well-being. Ideal for women going through	www.mikebinespersonaltraining.com			
	menopause and men needing a motivation boost. Cost: £9 per class or £80 for 10 sessions				
	Contact 07966590026 or mike@mbpts.co.uk				
10:30 - 12:30	OUR PLACE DROP-IN COMMUNITY CAFÉ	West Wight Sports and Community Centre,			
	Pop by for drinks, chat with your local community and get information, advice and support from	Moa Place, Freshwater, PO40 9XH			
	various organisations and services. Followed by a community lunch on the 3 <sup>rd</sup> Tuesday of the month.	https://westwight.org.uk/our-place			
	Cost: FREE (donations welcome). Contact 01983 240 722 or <u>adam.tucker@westwight.org.uk</u> for				
	more info. Sessions take a break at Easter, in August and over Christmas.				
10:30 – 13:00	CHOYD COFFEE MORNING	Community Hall of Yarmouth and District			
	Open for refreshments and other activities. Pop in for a chat. Enjoy a snack. Special guest visitors	(CHOYD), St James Street, Yarmouth,			
	and stalls. Cost: FREE (donations welcome) Contact June on 01983 761 610 or email for more info.	PO40 0NU www.choyd.org.uk			
11:00 – 12:00	LISTENING GROUP (4th Tuesday of the month)	Freshwater Library, 41 School Green Road,			
	Most suited to those with a print disability. Listening to an audiobook each month supplied by the	Freshwater, PO40 9AP			
	charity "Calibre Audio". Cost: FREE with tea and coffee provided. Numbers are limited.	www.fofl.co.uk			
	Please contact the library to see if there are spaces available via 01983 752377.				

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When?	When?	When?	
11:15 – 12:15	EASY DOES IT	West Wight Sports and Community Centre,	
	A chair-based exercise class suitable for anyone with restricted mobility or fitness. Cost: £5.00	Moa Place, Freshwater, PO40 9XH	
	(Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	https://westwight.org.uk/fitness/easy-	
		<u>does-it</u>	
13:15 - 15:30	NATWEST BANK MOBILE SERVICE	Honnor and Jeffrey, Afton Road,	
	Mobile banking branch offering services to the local community. Not wheelchair accessible.	PO40 9UA	
13:30- 15:00	DRIFTWOOD LINE DANCING	West Wight Sports and Community Centre,	
	A friendly sociable class offering line dance tuition to suit most abilities.	Moa Place, Freshwater, PO40 9XH	
	Cost: £5. Contact Corinne on 01983 752 398 for more info.		
13:30 – 16:00	SCRABBLE GROUP	Freshwater Library, 41 School Green Road,	
	A friendly group dedicated to playing Scrabble. Tea and coffee provided. No need to book. Numbers	Freshwater, PO40 9AP	
	may be restricted if the space becomes crowded. Cost: FREE. Contact 01983 752377.	www.fofl.co.uk	
14:00	THE WI (WOMEN'S INSTITUTE) FRESHWATER CENTRAL (2 <sup>nd</sup> Tuesday of every month)	Freshwater Methodist Church, Brookside	
	Regular speakers, activities, chat and fun.	Road, Freshwater, PO40 9ER	
	Contact Annette on 01983 752 888 for more information	https://isle-of-wight.thewi.org.uk	
14:00 - 16:00	BINGO	Freshwater Memorial Hall, Avenue Road,	
	Join in weekly for Bingo with other locals. Contact Debra on 01983 752 956 or	Freshwater, PO40 9UU	
	memohall1960@gmail.com for more info.	www.freshwatermemorialhall.org.uk	
14:00 – 16:00	NINGWOOD & SHALFLEET WOMEN'S INSTITUTE (2 <sup>nd</sup> Tuesday of the month)	Shalfleet Village Hall, Church Lane,	
	The WI is the UK's largest voluntary women's organisation, offering women skill-building	Shalfleet, PO30 4NF	
	opportunities and a platform to campaign on important issues. New members welcome. Contact	https://isle-of-wight.thewi.org.uk	
	Patricia on 07704 684367 or email shalsec@hotmail.com for more info.		
14:30 – 16:00	AFTERNOON TEA, CAKE AND CHAT (1st Tuesday of the month)	Shalfleet Village Hall, Church Lane,	
	Come along for our monthly social get-together with drinks, homemade cake, biscuits and plenty of	Shalfleet,	
	chatter. Cost: £1 for drinks. Contact Michael on 077755 12104 or Catherine on 07979 906290 for	PO30 4NF	
	more info.	https://shalfleetvillagehall.org.uk	
15:00 – 16:00	FUNCTIONAL STRENGTH	West Wight Sports and Community Centre,	
	Focuses on developing strength in multi-joint movement patterns that are used in everyday life.	Moa Place, Freshwater, PO40 9XH	
	Involves body weight and free weight exercises. Cost: £6.80 (Included in Diamond Class and	https://westwight.org.uk/functional-	
	Diamond Plus memberships). Contact 01983 752168 for more info and to book.	<u>strength</u>	

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15:00 -17:00	ISLE OF WIGHT FOODBANK – FRESHWATER	Freshwater Methodist Church, Brookside	
	Anyone can reach a crisis point and we're here to help when that happens. Foodbank provides three	Road, Freshwater, PO40 9ER	
	days' worth of nutritionally balanced, non-perishable food. Adam, your Community Connector is a	https://isleofwight.foodbank.org.uk	
	Foodbank voucher holder. (Details on back page)		
16:00 – 17:00	PILATES (INTERMEDIATE)	West Wight Sports and Community Centre,	
	Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for	Moa Place, Freshwater, PO40 9XH	
	anyone and everyone. For those with experience of Pilates. Cost: £7.90 (Included in Diamond Class	https://westwight.org.uk/fitness/pilates	
	and Diamond Plus memberships). Contact 01983 752168 for more info.		
16:00 – 17:00	YOUTH PICKLEBALL (ages 7-12) (Term Time Only)	West Wight Sports and Community Centre,	
	Get active and make new friends at our youth pickleball session! This fun, inclusive activity boosts	Moa Place, Freshwater, PO40 9XH	
	confidence, improves coordination, and promotes teamwork. It's a fantastic way for kids to stay fit,	https://westwight.org.uk/youth-pickleball	
	build friendships, and develop valuable social skills, all while having a great time! Cost: £4. Book at		
	reception or contact 01983 752168.		
16:30-17:30	FRESHWATER JUDO CLUB	West Wight Sports and Community Centre,	
	Juniors – ages 4 to 11. Fully qualified, insured and DBS checked coaches. Kit: Judo jackets and belts	Moa Place, Freshwater, PO40 9XH	
	provided – please bring a t-shirt and jogging bottoms. Cost £4.50 – first session free. Contact Su	https://westwight.org.uk/fitness/judo	
	Trinci-Webster on 0771 245 3709 or email sutw@hotmail.com for more information.		
17:00 -17:45	NON-CONTACT BOXING (Ages 11-16) (Term Time Only)	West Wight Sports and Community Centre,	
	Discover the thrill of boxing without the impact! The youth non-contact boxing sessions offer a fun	Moa Place, Freshwater, PO40 9XH	
	and challenging fitness experience designed for children of all abilities. Cost: £3	www.westwight.org.uk	
	Contact 01983752168 for more info and to book.		
17:00 – 18:00	FUNDAMENTAL PILATES	West Wight Sports and Community Centre,	
	Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. Can be for	Moa Place, Freshwater, PO40 9XH	
	anyone & everyone. Cost: £7.90 (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/pilates	
	Contact 01983 752168 for more info and to book.		
18:00 – 18:30	HIIT (High Intensity Interval Training)	West Wight Sports and Community Centre,	
	Involves short bursts of intense exercise alternated with low-intensity recovery periods. Burn body	Moa Place, Freshwater, PO40 9XH	
	fat for up to 48 hours! Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/high-	
	Contact 01983 752168 for more info and to book.	intensity-interval-training	

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18:00 – 19:00	MEDITATION	West Wight Sports and Community Centre,
	Meditation brings calm, peace, and balance, supporting emotional and physical well-being. Our	Moa Place, Freshwater, PO40 9XH
	sessions support those with some experience to build a regular habit and enjoy its everyday	https://westwight.org.uk/meditation
	benefits. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships). Contact 01983	
	752168 to book.	
18:00-19:15	BEAVERS (TERM TIME ONLY)	Totland Bowling Club building, Totland
	1st Freshwater / Totland Beaver Scouts - Our Scout hut boasts the advantage of being situated in the	recreation ground, The Broadway, Totland,
	spacious Totland Rec and close by to wonderful countryside and beaches. Ages 6-8	PO39 0AS
	Contact: 01983 531455 or info@isleofwightscouts.org.uk for more information.	www.isleofwightscouts.org.uk
18:00 - 19:30	ISLE OF WIGHT TAE KWON-DO	Freshwater Memorial Hall, Avenue Road,
	Tae Kwon-Do training is available to anyone young or old, male or female, fit or unfit and allows you	Freshwater, PO40 9UU
	to grow at your own pace. Call Peter Scotcher on 07791 068 079 for more info.	www.freshwatermemorialhall.org.uk
18:00 – 20:00	FRESHWATER JUDO CLUB	West Wight Sports and Community Centre,
	Seniors. Fully qualified, insured and DBS checked coaches. Kit: Judo jackets and belts provided –	Moa Place, Freshwater, PO40 9XH
	please bring a t-shirt and jogging bottoms. Cost £6 – first session free. Contact Su Trinci-Webster on	https://westwight.org.uk/fitness/judo
	0771 245 3709 or email sutw@hotmail.com for more information.	
18:00 – 20:00	FRESHWATER UKULELE GROUP	Freshwater Library, 41 School Green Road,
	This group is <u>not</u> for beginners. Other instruments are welcome. Cost: £1 per session.	Freshwater, PO40 9AP
	Contact Sylvia on 01983 754607 or <a href="mailto:sylvia@frackfreeisleofwight.org">sylvia@frackfreeisleofwight.org</a> for more info.	www.fofl.co.uk
18:15 – 19:15	LEGS AND CORE	West Wight Football Club, Camp Road,
	This class is focused on developing leg strength and core. Each class will be different and challenge	Freshwater, PO40 9HL
	you to become fitter and stronger! Cost: £6.50 (bundles available to reduce per-session cost)	
	Book online <a href="https://gymcatch.com/app/provider/7840/events">https://gymcatch.com/app/provider/7840/events</a>	
18:30-20:00	ROCK SOLID YOUTH CLUB (SCHOOL YEARS 5 - 7) (TERM TIME ONLY)	West Wight Sports and Community Centre,
	A weekly youth club including various activities, games and discussion about God and other topics	Moa Place, Freshwater, PO40 9XH
	relevant to the young people that come along! Cost: £1 Contact Faye on 07857110784 or	https://isleofwight.yfc.co.uk/rocksolid/
	westwightyouth@gmail.com for more info.	
18:30 – 20:00	JENNY DOES YOGA	Shalfleet Village Hall, Church Lane,
	Weekly yoga sessions at the village hall. Contact Jenny on 07498 915791 or via	Shalfleet,
	jennydoesyoga@gmail.com for cost and to book your place.	PO30 4NF
		https://shalfleetvillagehall.org.uk

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When?	When?	When?
19:00 – 21:00	HANTS & IOW ARMY CADET FORCE	Totland Recreation Ground, Totland, PO39
	The Army Cadets deliver fun, friendship, action and adventure. Inspiring young people to challenge	OAS.
	their limits and go further, no matter what they want to do in life. Enrolment is £25 and we provide	www.armycadets.com
	a uniform and kit. Visit the website for more information and to join.	
19:00 – 21:00	POTTERY/CLAY SCULPTURE CLASSES	Totland. Address available upon booking
	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	
19:00	FRESHWATER HORTICULTURAL SOCIETY TALK (first Tuesday of the month)	Freshwater Methodist Church, Brookside
	Join like-minded gardeners to grow and exhibit gorgeous fruits and vegetables, display and enjoy	Road, Freshwater, PO40 9ER
	anything that flowers, along with making home-baked goodies, be creative with arts and crafts, and	www.freshwaterhs.co.uk
	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.	
19:15 – 21:15	SLIPSHOD SINGERS (Male Voice Choir)	Yarmouth Sailing Club, Bridge Road,
	Meet with male singers from over the Island, currently 30-strong but always looking for new	Yarmouth, PO41 0NL
	members of all ages. Come along to enjoy the music and camaraderie, you will be most welcome.	www.slipshods.org.uk
	Contact 01983 754009 or 07795596840 for more info.	
19:30 – 21:00	PICKLEBALL (Mixed Ability)	West Wight Sports and Community Centre,
	A paddle sport that combines elements of badminton, tennis & table tennis.	Moa Place, Freshwater, PO40 9XH
	Cost: £6.80 (this includes the hire of paddles and balls) Included in Diamond Class and Diamond Plus	https://westwight.org.uk/pickleball
	memberships. Call for more info and to book 01983 752168.	

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When?	What?	Where?
06:45 – 07:45	BOOTCAMP	West Wight Sports and Community Centre,
	A high-intensity whole-body workout. Military-style endurance training that burns calories for 24	Moa Place, Freshwater, PO40 9XH
	hours post-workout. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/fitness/bootcamp
	Call for more info and to book 01983 752168	
08:00 - 09:00	FUNDAMENTAL PILATES (BEGINNERS) 1st session	West Wight Sports and Community Centre,
	Improves physical and mental well-being and enhances strength, flexibility & coordination. Can be	Moa Place, Freshwater, PO40 9XH
	for anyone and everyone. Cost: £7.90 (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/pilates
	Contact 01983 752168 for more info.	
09:00 - 10:00	FUNDAMENTAL PILATES (BEGINNERS) 2 <sup>nd</sup> session	West Wight Sports and Community Centre,
	Improves physical and mental well-being and enhances strength, flexibility & coordination. Can be	Moa Place, Freshwater, PO40 9XH
	for anyone and everyone. Cost: £7.90 (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/pilates
	Contact 01983 752168 for more info.	
09:00 -14:30	WEST WIGHT MEN IN SHEDS (Open to men and women)	Men in Sheds Workshop, Totland
	The shed is a collective group of people working towards a common goal. Pop along for hot drinks,	Recreation Ground, Totland, PO39 0AS.
	chat and tool craft projects. Cost: £15 annual subscription. Contact 01983 897 352 for more info.	www.westwightshed.org
09:30 – 10:15	MAT PILATES (BEGINNERS)	Freshwater Memorial Hall, Avenue Road,
	Ideal for beginners, this Pilates class covers core strength, posture, and control. Build confidence and	Freshwater, PO40 9UU
	technique in a supportive setting to move with ease and stability. £6. Book online. Info:	https://gymcatch.com/app/provider/9564/eve
	classiquepilatesstudio@gmail.com or 07547631112.	<u>nts</u>
09:30 – 10:30	PILATES CONDITIONING	Community Hall of Yarmouth and District
	Strengthen your core, improve posture, and boost flexibility. Designed for all abilities, combining	(CHOYD), St James Street, Yarmouth,
	controlled movements with breathing techniques to enhance strength, balance, and mobility. Cost:	PO40 0NU
	£9 per class or £80 for 10 sessions. Booking essential. Contact Mike on 07966590026 or	www.mikebinespersonaltraining.com
	mike@mbpts.co.uk for more info.	
10:00 – 10:30	JUNIOR STORY TIME	Freshwater Library, 41 School Green Road,
	Most suitable for pre-school-aged children, but babies and toddlers are welcome.	Freshwater, PO40 9AP
	Cost: FREE, no need to book. Contact 01983 752377 for more information.	www.fofl.co.uk
10:00-11:00	AQUA MOBILITY (term time only)	West Wight Sports and Community Centre,
	A gentle water-based session for relaxation, fitness, and rehabilitation, designed for those with	Moa Place, Freshwater, PO40 9XH
	limited mobility, arthritis, stroke recovery, and joint replacement. Cost: £6.80 (Included in Diamond	https://westwight.org.uk/fitness/aqua-
	Class and Diamond Plus memberships). Contact 01983 752168 for more info.	mobility

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Find out about volunteer opportunities with Mountbatten or drop in if you are a local volunteer. PO40	Where?  nwater Library, 41 School Green Road, 0 9AP v.fofl.co.uk t Wight Sports and Community Centre,
Find out about volunteer opportunities with Mountbatten or drop in if you are a local volunteer. PO40	) 9AP v.fofl.co.uk
· · ·	v.fofl.co.uk
Contact 01983 529511 or info@mountbatten.org.uk for more info.	
	t Wight Sports and Community Centre.
10:00 – 11:00 PILATES (INTERMEDIATE) West	,
Improves physical & mental wellbeing; & enhances strength, flexibility & coordination. For those Moa	Place, Freshwater, PO40 9XH
with experience of Pilates. Cost: £7.90 (Included in Diamond Class and Diamond Plus memberships). https	s://westwight.org.uk/fitness/pilates
Contact 01983 752168 for more info.	
10:30 -11:30 <b>TABATA</b> West	t Wight Sports and Community Centre,
A HIIT (High Intensity Interval Training) based session, targeting a range of muscle groups.  Moa	Place, Freshwater, PO40 9XH
Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168.	v.westwight.org.uk
10:30 – 12:00 WEST WIGHT DEMENTIA FRIENDLY CHOIR (not 3 <sup>rd</sup> Wednesday of the month) Fresh	nwater Methodist Church, Brookside
Come along to enjoy singing with others. Open to all and dementia friendly. Contact Pam on 07729 Road	l, Freshwater, PO40 9ER
938 893 or westwightdementiachoir@gmail.com for more info. <a href="https://doi.org/https://do&lt;/td&gt;&lt;td&gt;s://bit.ly/WW-Dementia-Friendly-Choir&lt;/td&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;10:30-12:30 BLOKES, BACON BUTTIES AND BANTER (3&lt;sup&gt;rd&lt;/sup&gt; Wednesday of the month) Fresh&lt;/td&gt;&lt;td&gt;nwater Methodist Church, Brookside&lt;/td&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;An opportunity for men to get together and have their own monthly chit-chat. Turn up and join in. Road&lt;/td&gt;&lt;td&gt;l, Freshwater, PO40 9ER&lt;/td&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;Cost: FREE (donations welcome) Contact Mike on 07582 054 201 for more info.&lt;/td&gt;&lt;td&gt;v.facebook.com/iowmethodistcircuit&lt;/td&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;11:00-12:00 AQUA AEROBICS (Term Time Only) West&lt;/td&gt;&lt;td&gt;t Wight Sports and Community Centre,&lt;/td&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;Water exercise class to meet the needs of all ages and fitness levels. Some sessions are run in Moa&lt;/td&gt;&lt;td&gt;Place, Freshwater, PO40 9XH&lt;/td&gt;&lt;/tr&gt;&lt;tr&gt;&lt;td&gt;shallow water &amp; others in the deep end of the pool. Cost: £6.80 (Included in Diamond Class and &lt;a href=" https.nih.gov="" https:="" https:<="" td=""><td>s://westwight.org.uk/fitness/aqua-</td></a>	s://westwight.org.uk/fitness/aqua-
Diamond Plus memberships). Contact 01983 752168 for more info.	<u>bics</u>
11:00 – 12:00 FRESHWATER BAY COMMUNITY BEACH CLEAN (1st Wednesday of the month) Shelt	er on the Promenade, Freshwater Bay
Help keep your coastline tidy by joining Freshwater Bay Residents' Association community beach www	<u>r.fbra.org.uk</u>
cleans. Bring some gloves and something to collect litter in. Contact: fbra@stayfreshwaterbay.co.uk	
11:00 – 12:00 LINE DANCING – LONG ISLAND STOMPERS Comm	munity Hall of Yarmouth and District
Learn 1–2 new routines each week, with time to review past ones, including a 4-wall recap and walk- (CHO	YD), St James Street, Yarmouth,
through. New or missed a class? Weekly YouTube uploads with demos and tutorials help you catch PO40	ONU www.longislandstompers.co.uk
up. £6 per session. <a href="https://www.longislandstompers.co.uk/book-a-class">https://www.longislandstompers.co.uk/book-a-class</a>	
11:15 – 12:00 <b>SEATED PILATES</b> West	t Wight Sports and Community Centre,
	Place, Freshwater, PO40 9XH
people who have difficulty getting down on the floor and prefer the support of a chair. Cost: £7.90 https	s://westwight.org.uk/fitness/pilates
(Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168.	

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10:30 – 11:15	MAT PILATES (MIXED LEVEL)	Freshwater Memorial Hall, Avenue Road,			
	Perfect for those new to Pilates, this class introduces the fundamentals of core strength, posture,	Freshwater, PO40 9UU			
	and controlled movement. With a focus on building confidence and technique, you'll learn the	https://gymcatch.com/app/provider/9564/eve			
	essential exercises in a supportive environment designed to help you move with ease and stability.	<u>nts</u>			
	Cost: £6. Book online. For more info, contact <u>classiquepilatesstudio@gmail.com</u> or				
	07547631112.				
10:30 – 11:30	YOGA AND RELAXATION	Community Hall of Yarmouth and District			
	Unwind and restore with gentle yoga, breathwork, and guided relaxation. This calming class	(CHOYD), St James Street, Yarmouth,			
	promotes flexibility, mindfulness, and inner peace—perfect for all levels seeking balance and stress	PO40 0NU			
	relief. Cost: £9 per class or £80 for 10 sessions. Booking essential. Contact Mike on 07966590026 or	www.mikebinespersonaltraining.com			
	mike@mbpts.co.uk for more info.				
12:00 – 13:00	SPECIAL CARE SWIM SESSION	West Wight Sports and Community Centre,			
	In the main pool where the temperature is raised to make it more comfortable for older and/or less	Moa Place, Freshwater, PO40 9XH			
	mobile people. Extra staff on hand to help you get in and out of the water should you need it and	https://westwight.org.uk/swimming/specia			
	where possible we also help in the water (please let us know beforehand) Newcomers very	<u>l-care-swim-session</u>			
	welcome. Cost: £6.50. Contact 01983 752168 for more info.				
12:00 – 14:00	PROBUS (1st Wednesday of the month)	Horse and Groom, Main Road, Ningwood,			
	Join other retired men for lunch and a talk from a speaker, plus catch-up and chat with other	PO30 4NW			
	residents. Cost: £15 annual membership plus cost of lunch. Contact Jon on 01983 531 613 for more	https://probusglobal.org			
	info.				
12:15 - 14:00	SHALFLEET COMMUNITY LUNCH (3 <sup>rd</sup> Wednesday of the month), not July or August	Shalfleet Village Hall, Church Lane,			
	Join others from your local community for a delicious lunch and pudding each month	Shalfleet, PO30 4NF			
10.00	Cost: £3.50 (Under 7s free)	https://shalfleetvillagehall.org.uk			
12:30 – 13:30	GENTLE CIRCUITS	West Wight Sports and Community Centre,			
	Created for those who find regular circuits too much, yet not ready for seated classes. There is no	Moa Place, Freshwater, PO40 9XH			
	floor work, just functional exercises to improve daily living. Cost: £6.80 (Included in Diamond Class	https://westwight.org.uk/gentle-circuits			
10.00 15.00	and Diamond Plus memberships) Contact 01983 752168 for more info.				
13:00 – 15:00	DIABETES GROUP ISLE OF WIGHT DROP-IN (2 <sup>nd</sup> Wednesday of the month)	Freshwater Methodist Church, Brookside			
	Gain a better understanding of living with diabetes through sharing knowledge and experiences.	Road, Freshwater, PO40 9AN			
	Learn about what services are available to you. Come and join in for a friendly chat. Everyone	https://diabetesiow.org.uk/			
	welcome. Contact 07415 399102 or <a href="mailto:diabetesgroupiow@gmail.com">diabetesgroupiow@gmail.com</a> for more info.				

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When?	What?	Where?		
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-		
	and Diamond Flus memberships). Contact 01363 732106 for more line.	stretch		
14:00 -17:00	WEST WIGHT BRIDGE CLUB	Community Hall of Yarmouth and District,		
	Weekly bridge club. Details of alternative online meetings are in the link below.	St James Street, Yarmouth PO40 0NU		
	Table Money: Members £2.00, visitors £3.00. Annual Subscription: current members £15, new members £20. More info at <a href="https://www.bridgewebs.com/westwight">www.bridgewebs.com/westwight</a>	www.choyd.org.uk		
14:00	TOWNSWOMEN'S GUILD (1st Wednesday of the month)	Freshwater Methodist Church, Brookside		
	A group of ladies of all ages who meet for friendship and fun. As well as monthly speakers, there are	Road, Freshwater, PO40 9AN		
	walks, lunches, theatre visits, craft groups, book club, outings and more each month.	https://bit.ly/TG-Freshwater		
	The first visit is free. Just pop along or contact Cheryl on 07973 187101 or email			
14:00 – 16:00	cherylmaytennysontg@gmail.com  BRIDGE	West Wight Sports and Community Centre,		
14.00 - 10.00	Bridge is a trick-taking card game played by four players in two teams, where players bid to	Moa Place, Freshwater, PO40 9XH		
	determine the trump suit and aim to win tricks based on their hands. For beginners to experienced	www.westwight.org.uk		
	players, join other community members for a weekly game of bridge. Cost: £2.			
14:00 - 16:00	ALZHEIMER CAFÉ (3 <sup>rd</sup> Wednesday of the month)	St Saviour's Holy Family Centre, Weston		
	Each month an informative presentation relating to dementia is given and there is time to discuss	Lane, Totland PO39 0HE		
	dementia-related issues in a relaxed atmosphere, with light refreshments being served.	www.alzheimercafeiow.org.uk/totland		
	Cost: FREE (donations welcome) Contact 01983 220200 or info@alzheimercafeiow.org.uk for more			
15:00 – 16:00	info.  FRESHWATER LIBRARY BOOK GROUP (3 <sup>rd</sup> Wednesday of the month)	Freshwater Library, 41 School Green Road,		
15.00 - 10.00	A friendly group, reading a book each month chosen from the library service reading group sets. Tea	Freshwater, PO40 9AP		
	and coffee are provided. Cost: FREE. Numbers are limited. Contact 01983 752377 for more	www.fofl.co.uk		
	information and availability.			
15:15 – 16:45	YOGA (MIXED LEVEL - ALSO ONLINE)	West Wight Sports and Community Centre,		
	Hatha-based Yoga class that requires some level of fitness, but all levels are encouraged as	Moa Place, Freshwater, PO40 9XH		
	modifications are supplied. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	https://westwight.org.uk/fitness/yoga		

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When?	What?	Where?			
16:00 - 17:00	BALLET	West Wight Sports and Community Centre,			
	Help improve your posture, balance, coordination and strength. Using a range of primarily lower-	Moa Place, Freshwater, PO40 9XH			
	body exercises paired with grace and elegance. No prior experience is necessary.	https://westwight.org.uk/ballet			
	Cost: £6.80 (included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for				
	more info and to book.				
16:30 – 18:00	FREESTYLE DANCE	Freshwater Memorial Hall, Avenue Road,			
	Dance class for ages 5+. Students will learn fast, lyrical, street and acro as well as team dances.	Freshwater, PO40 9UU			
	Cost £10. Book online: www.classiquedancestudios.co.uk/service-page/west-wight-disco-freestyle	www.classiquedancestudios.co.uk			
17:00 - 18:00	DANCE FIT	West Wight Sports and Community Centre,			
	A feel-good exercise class which incorporates many forms of dance, with a variety of tracks that	Moa Place, Freshwater, PO40 9XH			
	provide a range of intensities. Cost: £6.80 (Included in Diamond Class and Diamond Plus	https://westwight.org.uk/dance-fit			
	memberships) Contact 01983 752168 for more info.				
17:30 – 18:30	YOGA (MIXED LEVEL)	West Wight Sports and Community Centre,			
	Hatha-based Yoga class that requires some level of fitness, but all levels are encouraged as	Moa Place, Freshwater, PO40 9XH			
	modifications are supplied. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships).	https://westwight.org.uk/fitness/yoga			
	Contact 01983 752168 to book.				
17:45 – 18:45	COBRA KICKBOXING CLUB (Adults only session)	West Wight Sports and Community Centre,			
	Welcoming new members with no previous experience in martial arts and promoting a controlled	Moa Place, Freshwater, PO40 9XH			
	and disciplined environment to learn. Cost: £4 per session, first year membership is £20 (includes	www.westwight.org.uk			
	insurance) renewal £15. Contact Dave on 07960 099544 or <a href="mailto:dave@cave.me.uk">dave@cave.me.uk</a> for more info.				
18:00 – 19:00	REVOLUTION	West Wight Sports and Community Centre,			
	A low-impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio	Moa Place, Freshwater, PO40 9XH			
	endurance. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/fitness/indoor-			
	Call for more info and to book on 01983 752168.	cycling			
18:15 – 19:15	DANCE FITNESS	Freshwater Memorial Hall, Avenue Road,			
	An aerobic workout for everyone involving different dance styles! It is guaranteed to get the body	Freshwater, PO40 9UU			
	moving, the heart pumping and to make you smile!	www.freshwatermemorialhall.org.uk			
	Cost: £5 per session or 5 for £20. Contact 07759 617 632 or visit www.katsifitness.com				
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When? What? Where?			
What?	Where?		
BOXERCISE AND STRENGTH	Community Hall of Yarmouth and District		
This session will involve 30 minutes of High-intensity Boxercise, followed by 30 minutes of Strength.	(CHOYD), St James Street, Yarmouth,		
This class will develop your fitness and strength. Cost: £6.50 (bundles available to reduce per-session	PO40 0NU		
cost) Book online <a href="https://gymcatch.com/app/provider/7840/events">https://gymcatch.com/app/provider/7840/events</a>	www.gymcatch.com/app/provider/7840/ev		
	<u>ents</u>		
YOGA NIDRA ('YOGIC SLEEP')	West Wight Sports and Community Centre,		
, , , , , ,	Moa Place, Freshwater, PO40 9XH		
1	https://westwight.org.uk/fitness/yoga		
/Diamond Plus memberships). Contact 01983 752168 to book.			
RS2 (ROCK SOLID) YOUTH CLUB – (SCHOOL YEARS 8+ - TERM TIME ONLY)	West Wight Sports and Community Centre,		
<u> </u>	Moa Place, Freshwater, PO40 9XH		
1	https://westwight.org.uk/young-		
Cost: FREE. Contact Faye on 07857110784 or westwightyouth@gmail.com for more info.	people/youth-club/		
AQUA AEROBICS (DEEP WATER)	West Wight Sports and Community Centre,		
	Moa Place, Freshwater, PO40 9XH		
· · · · · · · · · · · · · · · · · · ·	https://westwight.org.uk/fitness/aqua-		
	aerobics		
· · · · · · · · · · · · · · · · · · ·	Totland Recreation Ground, Bowling Green		
	Lane, Totland PO39 0AS		
	https://bit.ly/Cadets-IW		
	West Wight Sports and Community Centre,		
	Moa Place, Freshwater, PO40 9XH		
	https://westwight.org.uk		
TOTLAND OVER 40s TABLE TENNIS CLUB	Totland Village Hall, The Broadway,		
	Totland, PO39 0BW		
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.			
	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 <a href="https://gymcatch.com/app/provider/7840/events">https://gymcatch.com/app/provider/7840/events</a> 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.  RS2 (ROCK SOLID) YOUTH CLUB – (SCHOOL YEARS 8+ - TERM TIME ONLY)  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.  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.  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. <a href="https://bit.ly/FreshwaterCadets">https://bit.ly/FreshwaterCadets</a> .  LEGS, BUMS AND TUMS  Tone and strengthen your lower body and core. Using a mix of weights and mat work, this session targets key muscle groups to help improve strength and definition. Suitable for all fitness levels. £6.80 per class (included with Class and Diamond Plus memberships). To book, call 01983752168, visit our website, or speak to Reception.  TOTLAND OVER 40s TABLE TENNIS CLUB  Join us for a fun an		

Last updated 27<sup>th</sup> October 2025. Check with venues for the most up-to-date information.

## When? When? What? What? Where? Where? Singo 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. Where? Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES www.freshwaterconservativeclub.co.uk

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When?	What?	Where?
07:00 – 07:50	PILATES CONDITIONING	Freshwater Memorial Hall, Avenue Road,
	Strengthen and tone your body with focused Pilates exercises that improve posture, core stability,	Freshwater, PO40 9UU
	and flexibility. This energising class builds endurance and control—ideal for all levels seeking	www.mikebinespersonaltraining.com
	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.	
09:15 – 10:15	TOTAL ABS	West Wight Sports and Community Centre,
	Focusing on the core muscles of the back, side & abdominals. Cost: £6.80 (Included in Diamond Class	Moa Place, Freshwater, PO40 9XH
	and Diamond Plus memberships). Contact 01983 752168 for more info.	https://westwight.org.uk/fitness/total-abs
09:30-11:30	ENGLISH AND MATHS -ADULT COMMUNITY LEARNING (term-time only)	Freshwater Library, 41 School Green Road,
	Functional Skills courses offer qualifications in English and Maths starting at Entry Level 1 and going	Freshwater, PO40 9AP
	up to Level 2. You and your tutor will work together to identify the correct level for you and any	www.iwcommunitylearning.ac.uk
	progression needs if suitable. Contact 01983 817 280 or acl@iow.gov.uk for more info.	
09:00 -09:45	PARENT AND BABY SWIMMING (term-time only)	West Wight Sports and Community Centre,
	Suitable for preschool children accompanied by an adult. Includes games, songs, structured activities	Moa Place, Freshwater, PO40 9XH
	and lots of fun!	https://westwight.org.uk/young-
	Cost: £6.75 per session (£3.40 for each extra sibling attending). Call for more info 01983 752168.	people/parent-baby-swimming
	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.	
09:45 – 10:45	BODY FIT	West Wight Sports and Community Centre,
	Whole body workout focusing on improving core strength, posture & flexibility using a combination	Moa Place, Freshwater, PO40 9XH
	of Barre workout, stretching & relaxation. Cost: £6.30 (Included in Diamond Class and Diamond Plus	https://westwight.org.uk/fitness/body-fit
	memberships). Contact 01983 752168 for more info.	
09:45 – 10:30	PARENT AND BABY SWIMMING (term-time only)	West Wight Sports and Community Centre,
	Suitable for preschool children accompanied by an adult. Includes games, songs, structured activities	Moa Place, Freshwater, PO40 9XH
	and lots of fun!	https://westwight.org.uk/young-
	Cost: £6.75 per session (£3.40 for each extra sibling attending) Call for more info: 01983 752168.	people/parent-baby-swimming
	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.	
10:00-11:30	PARENTS AND TODDLERS (term-time only)	Freshwater Methodist Church, Brookside
	Join other parents and toddlers for drinks, play, chat, stories and fun. Cost: £1 donation. Contact	Road, Freshwater, PO40 9ER
	Janet on 01983 752 618 for more info.	

Last updated 27<sup>th</sup> October 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

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When?	What?	Where?
10:30 –11:30	THE REALLY USEFUL CAFÉ	West Wight Sports and Community Centre,
	Join us for a cuppa and a chat, make new friends, enjoy interesting speakers and get active with	Moa Place, Freshwater, PO40 9XH
	some gentle seated exercise. Plus, tabletop games, quizzes, bingo and more	https://westwight.org.uk/community/the-
	Cost £3.75 (includes tea or coffee and a gentle exercise class) Call for more info 01983 752168	<u>really-useful-cafe</u>
10:30 – 11:00	TWEENIES SWIMMING (term time only)	West Wight Sports and Community Centre,
	A fun, 30-minute session to build water confidence using noodles, floats, and pool toys. We focus on	Moa Place, Freshwater, PO40 9XH
	water safety, basic strokes, and core aquatic skills through activities like motorbike races, animal	https://westwight.org.uk/young-
	games, and underwater exploration with goggles! Cost: £6.75, £3.40 for each additional sibling. For	people/parent-baby-swimming
	more info, call: <u>01983 752168</u> . Note: Children not fully potty trained must wear a swim nappy	
	(available at reception for £1.50).	
10:30 – 12:30	MELODIC CHOIR	Freshwater Memorial Hall, Avenue Road,
	Join this fun and friendly community choir singing contemporary songs. No need to be able to read	Freshwater, PO40 9UU
	music, no experience required and no auditions. Cost: £9 per session, includes tea/coffee. Sessions	www.freshwatermemorialhall.org.uk
	raise money for local charities. Contact Kay on 07956 149 091 or kayhowardvocals@gmail.com for	
	more info.	
11:00 – 12:00	DANCE FIT (SESSION 1)	West Wight Sports and Community Centre,
	A feel-good exercise class that incorporates many forms of dance, with a variety of tracks that	Moa Place, Freshwater, PO40 9XH
	provide a range of intensities. Cost: £6.80 (Included in Diamond Class and Diamond Plus	https://westwight.org.uk/dance-fit
	memberships). Contact 01983 752168 for more info.	
11:45 – 12:45	GENTLE PILATES	West Wight Sports and Community Centre,
	Improves physical & mental well-being and enhances strength, flexibility & coordination. Can be for	Moa Place, Freshwater, PO40 9XH
	anyone and everyone. Cost: £7.90 (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/pilates
	Contact 01983 752168 for more info.	
12:00 – 13:00	AQUA AEROBICS – SHALLOW WATER	West Wight Sports and Community Centre,
	A perfect blend of traditional exercise and water's benefits, offering a strong cardiovascular workout	Moa Place, Freshwater, PO40 9XH
	while toning and strengthening muscles. The water's support reduces the risk of muscle and joint	https://westwight.org.uk/fitness/aqua-
	injuries and enhances flexibility. Cost: £6.80 (Included in Diamond Class and Diamond Plus	aerobics
	memberships). Contact 01983 752168 for more info.	
12:00 – 13:00	DANCE FIT (SESSION 2)	West Wight Sports and Community Centre,
	A feel-good exercise class that incorporates many forms of dance, with a variety of tracks that	Moa Place, Freshwater, PO40 9XH
	provide a range of intensities. Cost: £6.80 (Included in Diamond Class and Diamond Plus	https://westwight.org.uk/dance-fit
	memberships). Contact 01983 752168 for more info.	

Last updated 27<sup>th</sup> October 2025. Check with venues for the most up-to-date information.

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When?	What?	Where?
13:15 - 16:30	SHORT MAT BOWLS	Freshwater Memorial Hall, Avenue Road,
	Informal bowls club. Includes the use of bowls if required and refreshments.	Freshwater, PO40 9UU
	Cost: Annual Membership is £20.00 (2025) and a playing fee of £4.00 a week. Contact Stuart Sanford	www.freshwatermemorialhall.org.uk
	(Chairman) on 01983 754725, stuart.sanford@outlook.com or Ken Elders (Treasurer) on 01983	
	75937, kelders569@btinternet.com for more info.	
13:45 – 14:30	SEATED PILATES	West Wight Sports and Community Centre,
	A low-impact exercise to strengthen muscles, improve posture, flexibility, and body awareness. Uses	Moa Place, Freshwater, PO40 9XH
	controlled movements, often with a chair for support. Cost: £7.90 (Included in Diamond Class and	https://westwight.org.uk/fitness/pilates
	Diamond Plus memberships) Call 01983 752168 for more info.	
14:00 - 15:00	TABLE TENNIS (SENIORS)	West Wight Sports and Community Centre,
	Whether you're a veteran player or have never picked up a bat, come along and join in the fun	Moa Place, Freshwater, PO40 9XH
	Cost: £3.50. (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/seniors-
	Contact 01983 752168 for more info.	<u>table-tennis</u>
14:00 – 15:30	OUR PLACE THURSDAYS * (runs in blocks)	West Wight Sports and Community Centre,
	Join the volunteer team for a wide range of activity sessions including crafting, reminiscence,	Moa Place, Freshwater, PO40 9XH
	cookery, games, exercise and more. Cost: FREE (donations welcome). Contact 01983 240 722 or	https://westwight.org.uk/our-place
	adam.tucker@westwight.org.uk for more info.	(for the latest timetable)
15:00 – 16:00	FUNCTIONAL STRENGTH	West Wight Sports and Community Centre,
	Focuses on developing strength in multi-joint movement patterns that are used in everyday life.	Moa Place, Freshwater, PO40 9XH
	Involves body weight and free weight exercises. Cost: £6.80 (Included in Diamond Class and	https://westwight.org.uk/functional-
	Diamond Plus memberships). Contact 01983 752168 for more info and to book.	strength
16:45 – 17:45	BOXERCISE	West Wight Sports and Community Centre,
	Get ready to punch, jab, and sweat your way to fitness! Boxercise is a high-energy workout	Moa Place, Freshwater, PO40 9XH
	combining boxing pad work, circuits, and cardio to boost strength, stamina, and coordination. £6.80	www.westwight.org.uk
	(included with Diamond Plus & Class memberships). Fun, fast-paced, and great for stress relief —	
	book online, in person, or call 01983 752168.	
16:45 – 18:00	BEAVERS (TERM TIME ONLY) Ages 6-8	Yarmouth Scout Hut, Mill Road, Yarmouth,
	1st Yarmouth Troop - Beaver Scouts, the youngest section of Scouting, enjoy activities like crafting,	PO41 ORA (other venues for some sessions)
	outdoor fun, games, nature exploration, and making new friends. Cost: £6.80/month, with additional	www.isleofwightscouts.org.uk/beavers
	fees for uniforms and camps/events. Contact info@isleofwightscouts.org.uk.	

Last updated 27<sup>th</sup> October 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

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YOUTH BASKETBALL (ages 11 to 18)	West Wight Sports and Community Centre,
Fancy a game? Join our friendly basketball session for ages 11–18 — all skill levels welcome! Just	Moa Place, Freshwater, PO40 9XH
turn up, pay, and play. £4.50 (Spond), £5 cash, £7 non-members. Questions:	https://iowbasketball.club
info@iowbasketball.club. Join Spond: <a href="https://group.spond.com/NBRFV">https://group.spond.com/NBRFV</a> . Get on court, make mates,	
have fun!	
YOUTH DARTS CLUB (ages 7 to 16 )	Freshwater Conservative Club, Queens
Meet new friends and improve your darts skills in a fun, welcoming setting! Open to all abilities,	Road, Freshwater, PO40 9ES
from beginners to experienced players. Just bring your enthusiasm and give it a go! Cost: £10	https://www.freshwaterconservativeclub.c
registration, then £2 per session. For more info contact Andy on 07718 851 184 or	<u>o.uk</u>
youthdartsacademyiow@gmail.com.	
CIRCUIT TRAINING	West Wight Sports and Community Centre,
Suitable for all ages & abilities, work at your own pace. Includes a variety of CV & resistance work.	Moa Place, Freshwater, PO40 9XH
Cost: £6.80 per session. (Included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/fitness/circuit-
Contact 01983 752168 for more info and to book.	training
RESTORATIVE YOGA	West Wight Sports and Community Centre,
A deeply relaxing, muscle tension-releasing class aimed at improving mobility and flexibility. Bring a	Moa Place, Freshwater, PO40 9XH
blanket. Cost: £7.90 (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/yoga
Contact 01983 752168 for more info	Freelessehen Mannen viel Hell, Assesse Book
 BODYTONE  With all the continue feet and letin counter of Colortone. This unique and highly offertive aleas will	Freshwater Memorial Hall, Avenue Road,
With all the carnival feel and Latin sounds of Salsatone. This unique and highly effective class will	Freshwater, PO40 9UU
target core, legs, glutes and arms, sculpting and strengthening your whole body. No transitions to	www.freshwatermemorialhall.org.uk
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.	
YARMOUTH CUBS (TERM TIME ONLY) Ages 8 -10 ½	Yarmouth Scout Hut, Mill Road, Yarmouth,
1st Yarmouth Troop - Cubs are young people who: master new skills and try new things, have fun	PO41 0RA (other venues for some sessions)
and go on adventures, make friends and make a difference, in their own communities and beyond,	www.isleofwightscouts.org.uk/cubs
having lots of fun along the way. Cost: £8.20 per month. Additional costs for uniform, camps/events.	www.isieorwightscoats.org.uk/cubs
Contact info@isleofwightscouts.org.uk for more info.	
TABLE TENNIS	Freshwater Methodist Church, Brookside
Join other community members for a friendly game of singles or doubles table tennis. All equipment	Road, Freshwater, PO40 9ER
provided. Light refreshments are available and all abilities are welcome.	www.methodistiow.org.uk/churches/freshwa
Cost: FREE (donations welcome)	ter

Last updated 27<sup>th</sup> October 2025. Check with venues for the most up-to-date information.

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When?	What?	Where?
18:30-20:00	TOTLAND / FRESHWATER CUBS (TERM TIME ONLY) Ages 8 -10 ½	Totland Bowling Club building, Totland
	Our Scout hut is on Totland Rec, near the countryside and beaches. Cost: £20 per half-term (first	recreation ground, The Broadway, Totland,
	half-term free). Additional costs for uniform, camps, and events. Contact:	PO39 0AS
	freshwaterandtotlandcubs@talktalk.net for more info.	www.isleofwightscouts.org.uk/cubs
19:00	THE WI (WOMEN'S INSTITUTE) YARMOUTH (Last Thursday of the month)	Royal Solent Yacht Club, The Square,
	Regular speakers, activities, chat and fun. Contact 01983 760256 for more info.	Yarmouth PO41 0NS
		https://isle-of-wight.thewi.org.uk
19:00 – 21:00	THE WI (WOMEN'S INSTITUTE) FRESHWATER BAY (2 <sup>nd</sup> Thursday of the month)	Parish Hall, Victoria Road, Freshwater,
	Come in and see what we are about - it is not all Jam and Jerusalem! Speakers, Theatre visits, crafts,	PO40 9PP
	fun, book club, coffee mornings, friendship and more!	https://isle-of-wight.thewi.org.uk
	Contact Peri on 07714 766 929 for more info.	
19:00 - 20:00	REVOLUTION	West Wight Sports and Community Centre,
	A low-impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio	Moa Place, Freshwater, PO40 9XH
	endurance. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/fitness/indoor-
	Call for more info and to book: 01983 752168.	cycling
19:00	WEST WIGHT FLORAL ART SOCIETY (1st and 3rd Thursdays of the month)	Parish Hall, Victoria Road, Freshwater,
	Join us for our main meeting on the 1st Thursday of the month featuring a demonstrator and often a	PO40 9PP
	speaker. Workshop meeting most 3rd Thursdays. Open to visitors and new members.	www.facebook.com/WWFASociety
	Cost: Annual subscription £25 plus £2 per session (members), £5 (visitors).	
	Contact wwfasociety@gmail.com for more info.	

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When?	What?	Where?
06:45 - 07:45	BOOTCAMP	West Wight Sports and Community Centre,
	A high-intensity whole-body workout. Military-style endurance training that burns calories for 24	Moa Place, Freshwater, PO40 9XH
	hours post-workout. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/fitness/bootcamp
	Call for more info and to book: 01983 752168.	
08:30-12:00	MINI MARKET	Freshwater Memorial Hall, Avenue Road,
	Weekly stalls selling a variety of items, including an array of homemade items, plus a café corner to	Freshwater, PO40 9UU
	meet and chat in a friendly community environment. Contact 01983 752 956 for more information.	www.freshwatermemorialhall.org.uk
09:00 -10:00	YOGA FOUNDATION	West Wight Sports and Community Centre,
	Perfect for the complete beginner to start Yoga. Cost: £7.90 (Included in Diamond Class and	Moa Place, Freshwater, PO40 9XH
	Diamond Plus memberships). Contact 01983 752168 for more info.	https://westwight.org.uk/fitness/yoga
09:00 – 10:00	REVOLUTION	West Wight Sports and Community Centre,
	A low-impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio	Moa Place, Freshwater, PO40 9XH
	endurance. Cost: £6.80 (included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/fitness/indoor-
	Call for more info and to book: 01983 752168.	cycling
09:00 – 10:15	ADVANCED STRETCH (SESSION 1)	West Wight Sports and Community Centre,
	Designed to improve your range of movement & release tight muscles back to their natural length.	Moa Place, Freshwater, PO40 9XH
	Stretches are held for longer, working with your breathing for a deeper stretch.	www.westwight.org.uk
	Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for	
	more info and to book.	
09:00 -14:30	WEST WIGHT MEN IN SHEDS (Open to men and women)	Men in Sheds Workshop, Totland
	The shed is a collective group of people working towards a common goal. Pop along for hot drinks,	Recreation Ground, Totland, PO39 0AS.
	chat and tool craft projects.	www.westwightshed.org
	Cost: £15 annual subscription. Contact 01983 897 352 for more info.	
10:00 – 10:30	RHYME TIME	Freshwater Library, 41 School Green Road,
	A weekly half-hour session of rhymes, actions and songs that helps your baby or toddler with their	Freshwater, PO40 9AP
	language development and allows you and your baby to make new friends. No need to book - come	www.fofl.co.uk
	along with your baby and have fun!	
	Cost: FREE. Contact 01983 752377 for more information.	
10:00 – 12:00	STAY AND PLAY SHALFLEET (Term time only)	Shalfleet Village Hall, Church Lane,
	A safe place for grown-ups to chat and pre-school children to play. Refreshments and snacks	Shalfleet, PO30 4NF
<u>I</u>	provided. COST: Donations welcome. Contact <u>abbysellen1993@hotmail.co.uk</u> for more info.	https://shalfleetvillagehall.org.uk

Last updated 27<sup>th</sup> October 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

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When?	What?	Where?
10:15 – 11:00	GENTLE REVOLUTION	West Wight Sports and Community Centre,
	Indoor cycling is ideal for arthritic and rehabilitation clients. Gentle pace & gentle music	Moa Place, Freshwater, PO40 9XH
	Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships)	https://westwight.org.uk/fitness/indoor-
	Contact 01983 752168 for more info and to book.	cycling
10:15 – 11:05	PILATES WITH HANNAH (INTERMEDIATE LEVEL)	Community Hall of Yarmouth and District
	This is mat work class and would suit those with some experience of Pilates. Pilates is a method of	(CHOYD), St James Street, Yarmouth,
	exercise that consists of low-impact flexibility, muscular strength and endurance movements. Pilates	PO40 0NU
	emphasises proper postural alignment, core strength and muscle balance.	www.choyd.org.uk
	Cost: £6.50. Contact 07759 617 632 or visit www.katsifitness.com	
10:15 – 11:15	YOGA PROGRESSION	West Wight Sports and Community Centre,
	British Wheel of Yoga practice that requires some level of fitness. Cost: £7.90 (Included in Diamond	Moa Place, Freshwater, PO40 9XH
	Class and Diamond Plus memberships). Contact 01983 752168 for more info.	https://westwight.org.uk/fitness/yoga
10:15 – 11:30	ADVANCED STRETCH (SESSION 2)	West Wight Sports and Community Centre,
	Designed to improve your range of movement & release tight muscles back to their natural length.	Moa Place, Freshwater, PO40 9XH
	Stretches are held for longer, working with your breathing for a deeper stretch. Cost: £6.80	www.westwight.org.uk
	(Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	
11:15 12:05	PILATES WITH HANNAH (BEGINNER LEVEL)	Community Hall of Yarmouth and District
	This is a mat work class and would suit those with some experience of Pilates. Pilates is a method of	(CHOYD), St James Street, Yarmouth,
	exercise that consists of low-impact flexibility, muscular strength and endurance movements. Pilates	PO40 0NU
	emphasises proper postural alignment, core strength and muscle balance.	www.choyd.org.uk
	Cost: £6.50. Contact 07759 617 632 or visit www.katsifitness.com	
12:00-13:00	AQUA AEROBICS (SHALLOW WATER)	West Wight Sports and Community Centre,
	Water exercise class to meet the needs of all ages & fitness levels.	Moa Place, Freshwater, PO40 9XH
	Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships)	www.westwight.org.uk
	Contact 01983 752168 for more info and to book.	
12:30 – 13:30	GENTLE CIRCUITS	West Wight Sports and Community
	Created for those who find regular circuits too much, yet not ready for seated classes. There is no	Centre, Moa Place, Freshwater, PO40
	floor work, just functional exercises to improve daily living. Cost: £6.80 (Included in Diamond Class	9XH
	and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	https://westwight.org.uk/gentle-circuits

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When?	What?	Where?
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13:30: 14:30	THE REAL JUNK FOOD PROJECT ISLE OF WIGHT	Totland Village Hall, The Broadway,
	Faith visits each week with food that would otherwise go to waste from Island supermarkets. Cost:	Totland, PO39 0BU.
14:00 – 15:00	FREE with donations welcome to support the sustainability of the project.  STRENGTH AND BALANCE	West Wight Sports and Community Centre,
14.00 – 15.00	Join Emily for a specialised class designed to build confidence, strength, and balance for everyday	Moa Place, Freshwater, PO40 9XH
	movement. Cost: First class FREE, then £7.90 per session. A pre-assessment is required to ensure the	https://westwight.org.uk
	class suits your needs. To book or join the waiting list, call 01983 752168 or email	TILLES.// WESTWIGHT.OIG.UK
	emily.mann@westwight.org.uk	
14:00 – 15:30	PICKLEBALL (MIXED ABILITY)	West Wight Sports and Community Centre,
	A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6.80 (Included in	Moa Place, Freshwater, PO40 9XH
	Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	https://westwight.org.uk/fitness/aqua-
		aerobics
14:00 – 16:00	CRIBBAGE CLUB	Freshwater Library, 41 School Green Road,
	Meeting every week to play the classic card game. Everyone is welcome, from beginners upwards.	Freshwater, PO40 9AP
	Cost: FREE. Contact 01983 752377 for more information.	www.fofl.co.uk
14:00 – 15:15	CHOIR PRACTICE	Shalfleet Village Hall, Church Lane,
	Weekly sessions. Contact Pamela on 01983 531613 for more info.	Shalfleet,
		PO30 4NF
		https://shalfleetvillagehall.org.uk
14:30-16:30	ART GROUP	Tennyson Suite, Freshwater Memorial Hall,
	A small self-run art group of mixed abilities who meet regularly to draw and paint for pleasure.	Avenue Road, Freshwater, PO40 9UU
	Members work in a variety of media – watercolour, pastel, pencil (graphite or colour), acrylic and oils	www.freshwatermemorialhall.org.uk
45.20 47.00	(which are not as scary as you might think). Drop by to find out more.	W . W . L
15:30 – 17:00	PICKLEBALL (MIXED ABILITY)	West Wight Sports and Community Centre,
	A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £6.80 (Included in	Moa Place, Freshwater, PO40 9XH
16,00 17,00	Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	https://westwight.org.uk/pickleball
16:00 – 17:00	TAP DANCE	West Wight Sports and Community Centre,
	Learn the basic sounds and steps of tap dance, including steps on the spot and travelling. No tap	Moa Place, Freshwater, PO40 9XH
	shoes are required. Cost: £6.80 (Included in Diamond Class and Diamond Plus memberships).  Contact 01983 752168 for more info and to book.	www.westwight.org.uk
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When?	What?	Where?
17:00 – 18:30	YOGA MIXED LEVEL & MEDITATION	West Wight Sports and Community Centre,
	A one-hour Vinyasa Flow class, Hatha-based, followed by 30 minutes of guided mindfulness	Moa Place, Freshwater, PO40 9XH
	meditation. Some Yoga experience is necessary, but all levels are encouraged as modifications are	https://westwight.org.uk/fitness/yoga
	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.	
18:00-19:00	COBRA KICKBOXING CLUB (ages 7-13)	West Wight Sports and Community Centre,
	Welcoming new members with no previous experience in martial arts and promoting a controlled	Moa Place, Freshwater, PO40 9XH
	and disciplined environment to learn.	www.westwight.org.uk
	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.	
18:00-19:00	WEST WIGHT JUNIOR BADMINTON	West Wight Sports and Community Centre,
	Beginners (parents of under 8's must remain in the Sports Centre)	Moa Place, Freshwater, PO40 9XH
	Cost: £2 a session. New members welcome. Contact Tony on 01983 753 159 for more info.	westwight.org.uk/young-people/badminton
18:00 - late	DUNGEONS AND DRAGONS *	Freshwater Library, 41 School Green Road,
	18+. Numbers are limited and the group has a waiting list. * The group meet on a Friday evening or a	Freshwater, PO40 9AP www.fofl.co.uk
	Saturday afternoon, weekly or fortnightly. The next meeting time is decided at the prior meeting.	
	Contact Mark on wizard.360@googlemail.com for more info.	
18:30 – 19:30	LINE DANCING – LONG ISLAND STOMPERS	Freshwater Memorial Hall, Avenue Road,
	You'll learn 1-2 new routines each week, with extra time dedicated to reviewing previously learned	Freshwater, PO40 9UU
	routines, including a 4-wall recap and walk-through. Don't worry if you're unfamiliar with the	www.longislandstompers.co.uk
	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	
19:00-20:00	WEST WIGHT JUNIOR BADMINTON	West Wight Sports and Community Centre,
	Improvers (parents of under 8's must remain in the Sports Centre)	Moa Place, Freshwater, PO40 9XH
	Cost: £2 a session. New members welcome. Contact Tony on 01983 753 159 for more info.	westwight.org.uk/young-
		people/badminton
19:00-20:00	COBRA KICKBOXING CLUB (Adults only session)	West Wight Sports and Community Centre,
	Welcoming new members with no previous experience in martial arts and promoting a controlled	Moa Place, Freshwater, PO40 9XH
	and disciplined environment to learn. Cost: £4 per session, first year membership is £20 (includes	www.westwight.org.uk
	insurance) renewal £15. Contact Dave on 07960 099544 or <a href="mailto:dave@cave.me.uk">dave@cave.me.uk</a> for more info	

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When?	What?	Where?
19:00-21:00	TOTLAND AND FRESHWATER SCOUTS (TERM TIME ONLY) Ages 10 ½ - 14	Totland Bowling Club building, Totland
	1st Totland/Freshwater Scout Group is based in the spacious Totland Rec, near beautiful countryside	recreation ground, The Broadway, Totland,
	and beaches. Cost: £20 per half term (first half term free). Additional fees for uniform, camps, and	PO39 0AS
	events. Contact: 01983 531455 or info@isleofwightscouts.org.uk for more information.	www.isleofwightscouts.org.uk
19:00-21:00	WEST WIGHT ADULT BADMINTON	West Wight Sports and Community Centre,
	If you are looking to get back into Badminton, why not join our friendly Friday night session. (Not	Moa Place, Freshwater, PO40 9XH
	suitable for complete beginners.) Cost: £5 a session (not included in Diamond or Diamond PLUS	westwight.org.uk/young-
	memberships) Contact Shirley Cokes on 01983752168 for more info.	people/badminton
19:00-21:00	YARMOUTH SEA SCOUTS (TERM TIME ONLY) Ages 10 ½ - 14	Yarmouth Scout Hut, Mill Road, Yarmouth,
	1st Yarmouth Sea Scouts - A go-getting group of young people who master new skills and try new	PO41 ORA (other venues for some sessions)
	things, make new friends, have fun and go on adventures, at home and abroad, explore the world	www.isleofwightscouts.org.uk
	around them, help others and make a difference, in their own communities and beyond.	
	Cost: £10 per month. Additional costs for uniform, camps/events.	
19:45 – 21:00	ADULT POLE FIT & AERIAL HOOP	Freshwater Memorial Hall, Avenue Road,
	Classique Dance Studio offers exhilarating Pole Fit and Aerial Hoop classes, with a limit of 6 students	Freshwater, PO40 9UU
	per class, we prioritize safety and ensure the highest quality of lessons. Led by our industry	www.classiquedancestudios.co.uk
	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	

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When?	What?	Where?
08:00 – 9:00	STRENGTH CIRCUITS	Community Hall of Yarmouth and District
	A circuits-based session to develop your strength. Every class is different, not suitable for beginners.	(CHOYD), St James Street, Yarmouth,
	Dumbbells will be used in all classes, and all equipment will be provided. Cost: £6.50 (bundles	PO40 0NU
	available to reduce per-session cost)	www.choyd.org.uk
	Book online <a href="https://gymcatch.com/app/provider/7840/events">https://gymcatch.com/app/provider/7840/events</a>	
09:00 - 10:00	SALSATONE	Freshwater Memorial Hall, Avenue Road,
	Start the weekend party style and come along to Salsatone! A fun and fabulous dance fit class,	Freshwater, PO40 9UU
	combining vibes of Latin, disco, Swing and more. No dance experience needed, just bring a smile and	www.freshwatermemorialhall.org.uk
	some water. No need to book. Cost: £5 per class. Visitors are very welcome.	
09:00 - 10:00	MIXED ABILITY PILATES (SESSION 1)	West Wight Sports and Community Centre,
	Boost strength, flexibility, and posture in our Mixed Ability Pilates class. Focus on core stability,	Moa Place, Freshwater, PO40 9XH
	balance, and controlled movement. All levels welcome. £7.90 (Diamond Plus members free). Book:	https://westwight.org.uk/fitness/pilates
	01983 752168, online, or at Reception.	
09:00 -10:00	CIRCUITS	West Wight Sports and Community Centre,
	Suitable for all ages & abilities, work at your own pace. Includes a variety of CV & resistance work.	Moa Place, Freshwater, PO40 9XH
	Cost: £6.80 per session. (Included in Diamond Class and Diamond Plus memberships.)	https://westwight.org.uk/fitness/circuit-
	Contact 01983 752168 for more info and to book.	training
09:00 - 10:30	YOGA (MIXED LEVEL - ALSO ONLINE)	West Wight Sports and Community Centre,
	Hatha-based Yoga class that requires some level of fitness, but all levels encouraged as modifications	Moa Place, Freshwater, PO40 9XH
	are supplied. Cost: £9.00 (Included in Diamond Class /Diamond Plus memberships). Contact 01983	www.westwight.org.uk
	752168 to book.	
09:30 – 10:30	WEST WIGHT FENCING CLUB – JUNIOR BEGINNERS (term-time only)	West Wight Sports and Community Centre,
	Beginner Juniors session. (Ages 9-14). The Olympic sport with cold steel!	Moa Place, Freshwater, PO40 9XH
	Cost: £45 per term. Contact Nick via westwightfencingclub@gmail.com or 07966311485 for more	www.westwight.org.uk
	info.	
10:00 – 11:00	MIXED ABILITY PILATES (SESSION 2)	West Wight Sports and Community Centre,
	Boost strength, flexibility, and posture in our Mixed Ability Pilates class. Focus on core stability,	Moa Place, Freshwater, PO40 9XH
	balance, and controlled movement. All levels welcome. £7.90 (Diamond Plus members free). Book:	https://westwight.org.uk/fitness/pilates
	01983 752168, online, or at Reception.	

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When?	What?	Where?
10:00 – 12:00	JUNIOR LIBRARY	Freshwater Library, 41 School Green Road,
	LEGO and colouring every week, with junk modelling on 2nd Saturday of each month.	Freshwater, PO40 9AP
	Cost: FREE, no need to book. Parental supervision is required for under 12's. Contact 01983 752377	https://www.fofl.co.uk
	for more info.	
10:00 - 12:00	JUNIOR GOLF CLASSES	Freshwater Bay Golf Club,
	Be part of our Junior Academy and join us for fortnightly golf tuition. Suitable for ages 8-13 years	Afton Down, Freshwater, PO40 9TZ
	(some flexibility). Cost: FREE. Contact Peter via <a href="mailto:juniors.fbgc@gmail.com">juniors.fbgc@gmail.com</a> or phone 01983 752955.	www.freshwaterbaygolfclub.co.uk
10:00 - 12:00	THORLEY COFFEE MORNING (2 <sup>nd</sup> Saturday of the month)	St Swithin's Church, Main Road, Thorley,
	Including a sale of books for all tastes. Contact Margaret on 01983 754 929 for more info	PO41 OSS
10:30 – 11:30	WEST WIGHT FENCING CLUB – JUNIORS (term-time only)	West Wight Sports and Community Centre,
	The Olympic sport with cold steel! Cost: £45 per term.	Moa Place, Freshwater, PO40 9XH
	Contact Nick via westwightfencingclub@gmail.com or 07966311485 for more info.	www.westwight.org.uk
10:30 – 12:00	WELLOW COFFEE MORNING (Last Saturday of the month)	Wellow Literary Institute, Wellow Top
	Contact Stuart on 01983 760 162 for more info.	Road, PO41 0TB
11:00 - 12:00	FRESHWATER BAY COMMUNITY BEACH CLEAN (3 <sup>rd</sup> Saturday of the month)	Shelter on the Promenade, Freshwater Bay
	Help keep your coastline tidy by joining Freshwater Bay Residents' Association beach cleans. Bring	www.fbra.org.uk
	some gloves and something to collect litter in. Contact: <a href="mailto:fbra@stayfreshwaterbay.co.uk">fbra@stayfreshwaterbay.co.uk</a> .	
11:30 – 12:30	WEST WIGHT FENCING CLUB (term-time only)	West Wight Sports and Community Centre,
	Adults' session. The Olympic sport with cold steel! Cost: £55 per term. Contact Nick via	Moa Place, Freshwater, PO40 9XH
	westwightfencingclub@gmail.com or 07966311485 for more info.	www.westwight.org.uk
11:30-13:00	ISLE OF WIGHT TAE KWON-DO	Freshwater Memorial Hall, Avenue Road,
	Tae Kwon-Do training is available to anyone young or old, male or female, fit or unfit and allows you	Freshwater, PO40 9UU
	to grow at your own pace. Call Peter Scotcher for more info 07791 068 079	www.freshwatermemorialhall.org.uk
14:00 - 16:00	CHURCH GROUNDS MAINTENANCE (1st Saturday of the month)	All Saints Church, Church Place, Freshwater,
	Volunteer opportunity each month to help with the upkeep of the grounds at All Saints church	PO40 9BW
	Cost: FREE Contact Jill on 01983 756 308 for more info	
20:30 – 23:30	EVENT NIGHTS	Freshwater Conservative Club
	Pop along to the club each Saturday for a different event night, including discos, live music, karaoke	Queens Road, Freshwater, PO40 9ES
	and more! None members welcome (£2 signing in fee applies)	www.freshwaterconservativeclub.co.uk
	Contact 01983 752988 or email freshconclub@gmail.com for more info.	
	Check out the latest events calendar here: www.freshwaterconservativeclub.co.uk	

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WHAT'S ON IN WEST WIGHT: SUNDAYS 🕸			
When?	What?	Where?	
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:	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/veterans-football	
	£6.80 (Included in Diamond Class and Diamond Plus memberships)  Contact 01983 752168 for more info.		
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 <a href="https://www.alcoholics-anonymous.org.uk">www.alcoholics-anonymous.org.uk</a> 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 <a href="www.iowcanoeclub.org.uk">www.iowcanoeclub.org.uk</a>	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.facebook.com/IsleofWightCanoeClub	

When?   When?   Where?   Where?			
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  SUNDAY WORSHIP – ST SWITHIN THORLEY Check the website for most up-to-date information and timetable. Rector – Reverand Jackie Maw 01983 741049 westwightrector@gmail.com; or contact the churchwarden on 01983 754929 or mrenoufiow@gmail.com  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.  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.  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.  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  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.  SUNDAY WORSHIP — CHRIST CHURCH OF ENGLAND Check the website for the most up-to-date information and timetable or contact 07582 861966 or admin@christchurchtotland.org.uk for more info.  SUNDAY WORSHIP — ST AGNES' CHURCH OF ENGLAND Check the website for the most up-to-date information and timetable or contact 07582 861966 or admin@christchurchtotland.org.uk for more info.  SUNDAY WORSHIP — ST AGNES' CHURCH OF ENGLAND Check the website for the most up-to-date information and timetable or contact 07582 861966 or admin@christchurchtotland.org.uk for more info.  SUNDAY WORSHIP — ST AGNES' CHURCH OF ENGLAND Check	When?	What?	Where?
Administrator: Julia Bridgeman 07930 670 772 fytparishes@gmail.com   SUNDAY WORSHIP - ST SWITHIN THORLEY   Check the website for most up-to-date information and timetable. Rector - Reverand Jackie Maw 01983 741049 westwightrector@gmail.com; or contact the churchwarden on 01983 754929 or mrenouflow@gmail.com   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.   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.   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 753740 or dave.minister@gmail.com or Mike Hackleton, Local Lay Pastor, laypastormike@outlook.com   SUNDAY WORSHIP - CHRIST CHURCH TOTLAND   Check the website for the most up-to-date information and timetable or contact 07582 861966 or adminimedration.com or will be supported by the property of the most up-to-date information and timetable or contact 07582 861966 or adminimedration.com or will be supported by the property of the property of the most up-to-date information and timetable or contact 07582 861966 or adminimedration.com or will be supported by the property of the most up-to-date information and timetable or contact 07582 861966 or adminimedration.com or will be supported by the property of the property of the most up-to-date information and timetable or contact 07582 861966 or adminimedration.com or will be supported by the property of the property	09:30	SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND	All Saints Church, Church Place, Freshwater,
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01983 741049 westwightrector@gmail.com; or contact the churchwarden on 01983 754929 or mrenoufiow@gmail.com   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.   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.   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   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.   SUNDAY WORSHIP - ST AGNES' CHURCH OF ENGLAND   Check the website for the most up-to-date information and timetable or contact 07582 861966 or admin@christchurchtotland.org.uk for more info.   SUNDAY WORSHIP - ST AGNES' CHURCH OF ENGLAND   Check the website for the most up-to-date information and timetable or contact 07582 861966 or admin@christchurchtotland.org.uk for more info.   SUNDAY WORSHIP - ST AGNES' CHURCH OF ENGLAND   ST Saviour's Church, Alum Bay New Road, Totland, P039 0ES   Www.christchurchtotland.org.uk   ST Saviour's Church, Gate Lane Freshwater Bay, P040 9PY   Www.allsaintsandstagnes.org.uk   ST Saviour's Church, Weston Lane, Totland   Say, P039 0HE   Www.stass.lowrcchurch.org.uk   ST Saviour's Church, Org.uk   ST Saviour's Church, Org.uk   SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND   SUNDAY WORSHIP - ALL SAINTS	09:30	SUNDAY WORSHIP – ST SWITHIN THORLEY	St Swithin Church, Main Road, Thorley,
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'   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'   Yarmouth, PO41 ONP   www.stjamesyarmouth.org.uk		Check the website for most up-to-date information and timetable. Rector – Reverand Jackie Maw	PO41 OSS
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.   SUNDAY WORSHIP - COLWELL BAPTIST CHURCH		01983 741049 westwightrector@gmail.com; or contact the churchwarden on 01983 754929 or	https://stswithin.co.uk
Check the website for the most up-to-date information and timetable or contact the FYT parishes' administrator on 07930670772 for more info.  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.  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  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.  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 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.  SUNDAY WORSHIP – ST LALL SAINTS CHURCH OF ENGLAND O9:30 SUNDAY WORSHIP – ALL SAINTS CHURCH OF ENGLAND SUNDAY WORSHIP – AL		mrenoufiow@gmail.com	
administrator on 07930670772 for more info.  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.  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  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.  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  SUNDAY WORSHIP – 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.  SUNDAY WORSHIP – ST SAVIOUR'S ROMAN CATHOLIC CHURCH, TOTLAND O9:30  SUNDAY WORSHIP – ST SAVIOUR'S ROMAN CATHOLIC CHURCH, TOTLAND SUNDAY WORSHIP – ST SAVIOUR'S ROMAN CATHOLIC CHURCH, TOTLAND All Saints Church, Weston Lane, Totland Say, PO39 0HE Www.stass.iowrcchurch.org.uk All Saints Church, Church Place, Freshwater, PO40 9BP.  All Saints Church, Church Place, Freshwater, PO40 9BP.	10:00	SUNDAY WORSHIP – ST JAMES CHURCH OF ENGLAND YARMOUTH	St James' Church, St James' Square,
Colwell Baptist Church, Colwell Road, Freshwater, PO40 9NB		Check the website for the most up-to-date information and timetable or contact the FYT parishes'	Yarmouth, PO41 0NP
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.  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  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.  SUNDAY WORSHIP - ST AGNES' CHURCH OF ENGLAND Check the website for the most up-to-date information: Julia Bridgeman 07930 670 772 fytparishes@gmail.com  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.  SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.  SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.  SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.  SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.  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 on 07930670772 for more info.	www.stjamesyarmouth.org.uk
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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		Check the website for the most up-to-date information and timetable or contact Dave (the minister)	Freshwater,PO40 9NB
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 or Mike Hackleton, Local Lay Pastor, laypastormike@outlook.com 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.  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  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.  SUNDAY WORSHIP – ALL SAINTS CHURCH OF ENGLAND SUNDAY WORSHIP – ALL SAINTS CHURCH OF ENGLAND All Saints Church, Church Place, Freshwater, Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.		on 01983 753741 or dave.minister@gmail.com for more info.	www.colwellbaptistchurch.co.uk
01983 754946, doreen.dace@googlemail.com or Mike Hackleton, Local Lay Pastor, laypastormike@outlook.com	10:30	SUNDAY WORSHIP (most weeks) FRESHWATER METHODIST CHURCH	Freshwater Methodist Church, Brookside
Iaypastormike@outlook.com   www.methodistiow.org.uk		Check the website for the most up-to-date information and timetable or contact: Doreen Dace on	Rd
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.  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  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.  SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.  Po40 9BP.		01983 754946, doreen.dace@googlemail.com or Mike Hackleton, Local Lay Pastor,	Freshwater, PO40 9ER
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admin@christchurchtotland.org.ukwww.christchurchtotland.org.ukTimes varySUNDAY WORSHIP – ST AGNES' CHURCH OF ENGLAND Check the website for the most up-to-date info. Administrator: Julia Bridgeman 07930 670 772 fytparishes@gmail.comSt Agnes Church, Gate Lane Freshwater Bay, PO40 9PY www.allsaintsandstagnes.org.ukTimes varySUNDAY 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.ukSt Saviour's Church, Weston Lane, Totland Bay, PO39 0HE www.stass.iowrcchurch.org.uk09:30SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.All Saints Church, Church Place, Freshwater, PO40 9BP.	11:00	SUNDAY WORSHIP – CHRIST CHURCH TOTLAND	Christ Church, Alum Bay New Road,
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  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.  SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.  PO40 9BP.		Check the website for the most up-to-date information and timetable or contact 07582 861966 or	Totland, PO39 0ES
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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.  SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND  Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.  St Saviour's Church, Weston Lane, Totland  Bay, PO39 0HE  www.stass.iowrcchurch.org.uk  All Saints Church, Church Place, Freshwater,  PO40 9BP.		Check the website for the most up-to-date info. Administrator: Julia Bridgeman 07930 670 772	Freshwater Bay, PO40 9PY
Check the website for the most up-to-date information and timetable or contact 01983 522027 or  StSandSTC@portsmouthdiocese.org.uk for more info.  Bay, PO39 0HE  www.stass.iowrcchurch.org.uk  SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND  Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.  PO40 9BP.		fytparishes@gmail.com	www.allsaintsandstagnes.org.uk
StSandSTC@portsmouthdiocese.org.ukfor more info.www.stass.iowrcchurch.org.uk09:30SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.All Saints Church, Church Place, Freshwater, PO40 9BP.	Times vary	SUNDAY MASS – ST SAVIOUR'S ROMAN CATHOLIC CHURCH, TOTLAND	St Saviour's Church, Weston Lane, Totland
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Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable. PO40 9BP.		StSandSTC@portsmouthdiocese.org.uk for more info.	www.stass.iowrcchurch.org.uk
	09:30	SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND	All Saints Church, Church Place, Freshwater,
Administrator: Julia Bridgeman 07930 670 772 fytparishes@gmail.com <u>www.allsaintsandstagnes.org.uk</u>		Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable.	PO40 9BP.
		Administrator: Julia Bridgeman 07930 670 772 fytparishes@gmail.com	www.allsaintsandstagnes.org.uk

WHAT'S ON IN WEST WIGHT: SUNDAYS 🕸				
When?	What?	Where?		
09:30	SUNDAY WORSHIP – ST SWITHIN THORLEY	St Swithin Church, Main Road, Thorley,		
	Check the website for most up-to-date information and timetable. Rector – Reverand Jackie Maw	PO41 OSS		
	01983 741049 westwightrector@gmail.com; or contact the churchwarden on 01983 754929 or	https://stswithin.co.uk		
	mrenoufiow@gmail.com			
10:00	SUNDAY WORSHIP – ST JAMES CHURCH OF ENGLAND YARMOUTH	St James' Church, St James' Square,		
	Check the website for the most up-to-date information and timetable or contact the FYT parishes'	Yarmouth, PO41 0NP		
	administrator on 07930670772 for more info.	www.stjamesyarmouth.org.uk		
10:15	SUNDAY WORSHIP – COLWELL BAPTIST CHURCH	Colwell Baptist Church, Colwell Road,		
	Check the website for the most up-to-date information and timetable or contact Dave (the minister)	Freshwater,PO40 9NB		
	on 01983 753741 or dave.minister@gmail.com for more info.	www.colwellbaptistchurch.co.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.

<u>iowfamilycentres@barnardos.org.uk</u> <u>www.isleofwightfamilycentres.org.uk</u>

#### **BLUE LAMP TRUST - BOBBY SCHEME**

Free home security checks 0300 777 0157 <a href="mailto:info@bluelamptrust.org.uk">info@bluelamptrust.org.uk</a>. <a href="mailto:www.bluelamptrust.org.uk">www.bluelamptrust.org.uk</a>

#### **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. <a href="mailto:info@carersiw.org.uk">info@carersiw.org.uk</a> <a href="mailto:www.carersiw.org.uk">www.carersiw.org.uk</a>

#### CHILDREN & YOUNG PEOPLE'S CRISIS LINE

Telephone support for young people ages 11 to 17 Mon - Thurs 15:00 – 20:30. 0300 303 1590 <a href="mailto:cypcrisisline@easthantsmind.org">cypcrisisline@easthantsmind.org</a> <a href="mailto:www.easthantsmind.org/cyp-crisis-line">www.easthantsmind.org/cyp-crisis-line</a>

#### **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 <a href="mailto:council.tax@iow.gov.uk">council.tax@iow.gov.uk</a> <a href="https://bit.ly/CouncilTaxIOW">https://bit.ly/CouncilTaxIOW</a>

#### **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. <a href="https://www.cruse.org.uk">www.cruse.org.uk</a> 01983 523030 or 0808 808 1677 <a href="mailto:isleofwight@cruse.org.uk">isleofwight@cruse.org.uk</a>

#### **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@isorropia.uk isorropia.uk https://isorropia.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. <a href="www.lweh.org.uk">www.lweh.org.uk</a> reception@lweh.org.uk

#### **MEN'S ADVICE LINE**

Support for male victims of domestic abuse 0808 8010327 www.mensadviceline.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. <a href="https://111.nhs.uk">https://111.nhs.uk</a>

#### **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. <a href="https://www.britishlegion.org.uk">www.britishlegion.org.uk</a>

#### **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. <a href="https://www.iowscp.org.uk">www.iowscp.org.uk</a>

#### **SHALFLEET PARISH COUNCIL**

01983 531491 Tues, Weds and Thurs 10:00 – 12:00. <a href="mailto:clerk@shalfleetiow.org.uk">clerk@shalfleetiow.org.uk</a> <a href="mailto:www.shalfleetiow.org.uk">www.shalfleetiow.org.uk</a>

#### **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. <a href="https://www.facebook.com/SocialPrescribingIsleofWight">www.facebook.com/SocialPrescribingIsleofWight</a>

#### **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 <u>www.totlandparishcouncil.org.uk</u>

#### **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. <a href="mailto:info@westwight.org.uk">info@westwight.org.uk</a> <a href="https://www.westwight.org.uk">www.westwight.org.uk</a>

#### **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





#### 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





westwight.org.uk/community-connector