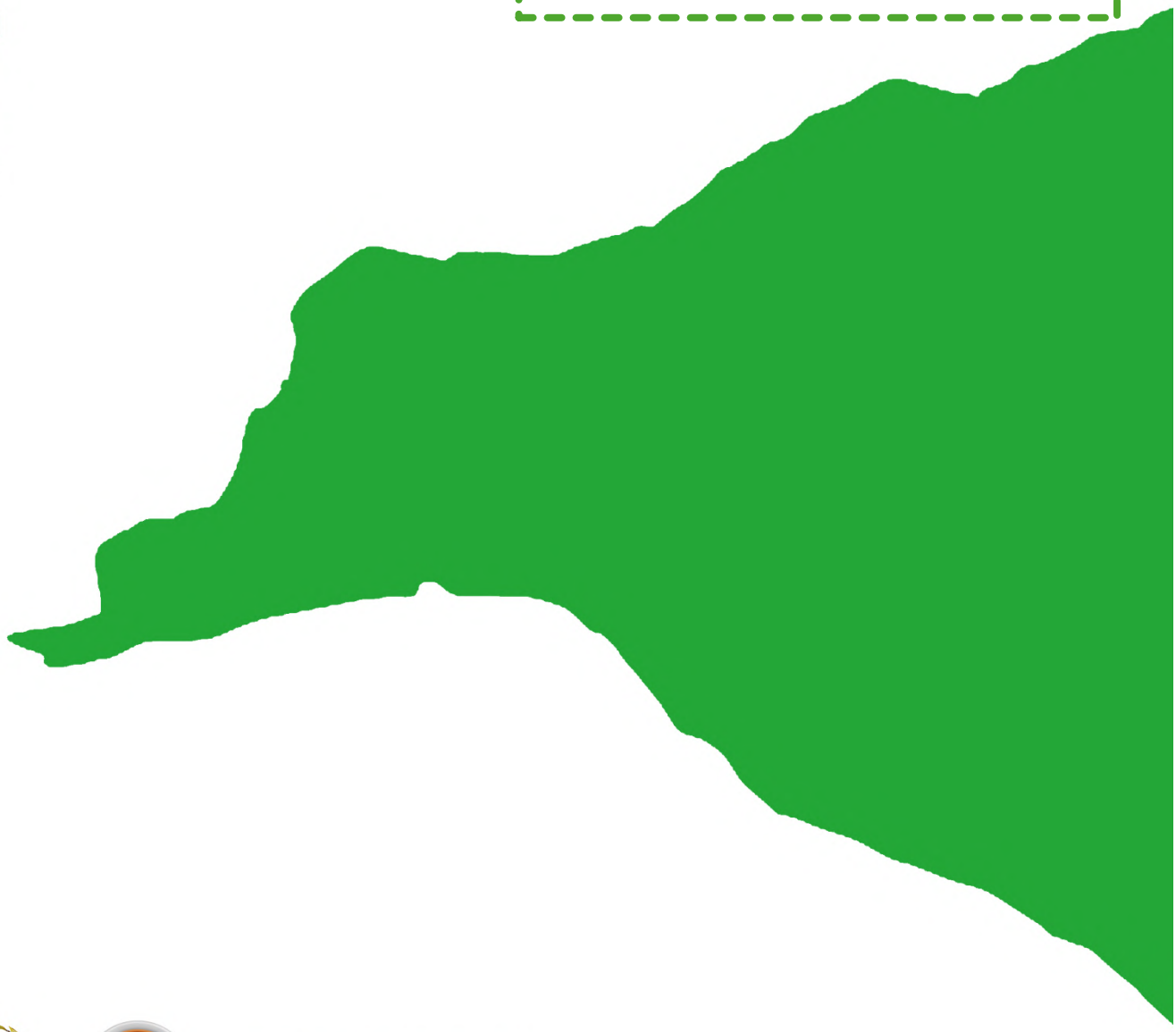
WHAT'S ON WEST WIGHT

COMMUNITY ACTIVITIES

Last updated 9th November 2026.
Find the latest version at:
westwight.org.uk/community-connector



COMMUNITY CONNECTOR
WEST WIGHT

West Wight Sports & Community Centre

LW & QHS Living Well and Early Help Service

Freshwater Parish Council

Our Place

Daisie Rich Trust

WHAT'S ON IN WEST WIGHT: MONDAYS

When?	What?	Where?
08:30 – 12:30	**FAMILY DROP-IN CHAT AND INFORMATION SESSIONS (Term Time Only)** Open for parents/carers (including those expecting a baby) to pop into chat with our team and find out about the support and services available to them. Follow us on social media to find out about themes or topics being covered at a specific session or just come along with any questions you have. Contact 01983 529208 or visit www.facebook.com/iowfamilycentres for more info.	West Wight Family Centre Moa Place, Freshwater, PO40 9XH www.isleofwightfamilycentres.org.uk
09:00 - 09:45	**ADULT SWIMMING LESSONS (Term Time Only)** Beginners' drop-in sessions with experienced swimming instructors. Have as few or as many lessons as you need. Call for more info and to book: 01983 752168. Cost: £13.05 (included in Diamond Class and Diamond Plus memberships.)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/adult-swimming-lessons
09:00 – 10:00	**SWIMMING FITNESS (Coach-led - Term Time Only)** Fitness swimming under the guidance of a qualified coach. Must be comfortable swimming 100m without stopping. Cost: £7.15 (included in Diamond Class and Diamond Plus memberships.)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/swimming-fitness
09:00 -10:00	**YOGA FOUNDATION** Gentle, beginner-friendly class designed to introduce the core principles of yoga in a supportive and accessible way. The class focuses on building strength, flexibility, balance and body awareness through foundational postures, breathing techniques and mindful movement. Cost: £8.30. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga
09:00 – 10:00	**BOOTCAMP** A high-intensity whole-body workout. Military-style endurance training that burns calories for 24 hours post-workout. Cost: £7.15 (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/adult-classes/bootcamp
09:00 – 10:00	**REVOLUTION** A low-impact exercise, indoor cycling has been shown to build muscle tone and increase your cardio endurance. Cost: £7.15 (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/adult-classes/revolution
09:00 -14:30	**WEST WIGHT MEN IN SHEDS (open to men and women)** The shed is a collective group of people working towards a common goal. Pop along for hot drinks, chat and tool craft projects. Cost: £15 annual subscription. Contact 01983 897 352 for more info.	Men in Sheds Workshop, Totland Recreation Ground, Totland, PO39 0AS. www.westwightshed.org

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

WHAT'S ON IN WEST WIGHT: MONDAYS

When?	When?	When?
09:30 -11:00	**STAY AND PLAY (Term Time Only)** Bring your little ones for a weekly stay-and-play session and connect with other parents/carers. Cost: FREE. Contact West Wight Nursery on 01983 640 190 for more info.	West Wight Family Centre, Moa Place, Freshwater PO40 9XH www.westwightnursery.org.uk
09:45-10:30	**ADULT SWIMMING LESSONS – IMPROVERS (Term Time Only)** Stroke Improvement drop-in sessions with experienced swimming instructors. Have as few or as many lessons as you need. Contact 01983 752168 for more info. Cost: £13.05 per session. (Included in Diamond Class and Diamond Plus memberships)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/adult-swimming-lessons
10:00 – 10:45	**GENTLE REVOLUTION** Indoor cycling is ideal for arthritic and rehabilitation clients. Gentle pace & gentle music. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/gentle-revolution
10:00 – 11:00	**BODY SCULPT** A range of exercises focusing on balance & core strength, to strengthen muscles surrounding ankles, knees & hips. Cost: £7.15 (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/adult-classes/body-sculpt
10:00 - 11:00	**AQUA MOBILITY – LEARNER POOL (Term Time Only)** Aquatic exercises are performed in water for relaxation, fitness, physical rehabilitation and endurance. Specifically designed for those with arthritis, osteoporosis, stroke rehabilitation, back pain, joint replacements and poor mobility. Cost: £7.15. (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/adult-classes/aqua-mobility
10:00 – 11:30	**PICKLEBALL (MIXED ABILITY)** A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £7.15 (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/adult-classes/pickleball
10:00-11:30	**WEST WIGHT ART HUB (3rd Monday of each month)** An Art group aimed at beginners and those of intermediate ability. The group will be part discussion and part practical. Cost: £5 per session. Limited numbers and a waiting list. Contact davinamsmith@outlook.com or the library on 01983 752377 for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk

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WHAT'S ON IN WEST WIGHT: MONDAYS

When?	When?	When?
10:00-12:00	**OASIS COFFEE MORNING** Coffee, tea, biscuits, knitting, games, chat, fair trade shop and more! Community lunch follows on 1st Monday of the month for regular attendees. Cost: **FREE** (donations welcome) Call Mike for more info: 07582054201 or email laypastormike@outlook.com or doreen.dace@googlemail.com	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER www.facebook.com/iowmethodistcircuit
10:00 - 12:00	**THE WRITE PLACE (2nd and 4th Monday of the month)** Open to both new and experienced writers, these sessions offer a supportive, encouraging space for anyone on a writing journey. Local playwright and author Cheryl Barrett is on hand to offer advice, tips and feedback on all forms of writing. Tea and biscuits provided. The group is currently full with a waiting list. Cost: FREE. Contact: 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
10:00 – 12:00	**SHALFLEET CRAFT GROUP** Meet with other community members for tea and cake and to work on your own project alongside other crafters. Cost: £3. Contact Jan on 01983531939 for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk
10:15 – 11:15	**YOGA - INTERMEDIATE** Building on knowledge and experience of the foundation level, intermediate yoga aims to maintain pace and flow. Cost: £8.30. (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga
10:15 - 12:15	**SING ABOUT** Based on recognised music therapy and can help improve memory, breathing, movement, speech and confidence. Run by Independent Arts. Tea/coffee and biscuits included. Cost: £3 (first 2-3 sessions FREE). Donations are welcome! Contact Independent Arts on 01983 822437 for more information.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU https://bit.ly/Singabout
10:30 – 12:00	**VETERANS OUTREACH SUPPORT SOCIAL HUB (4th Monday of the month)** VOS run a varied schedule of wellbeing activities/social groups and they'd love for you to join them. All registered VOS service users (and their spouses/partners/carers) can take part. If you're not registered with VOS but you would like to attend these sessions, please contact Wellbeing@vosuk.org or call 02392 731 767 to sign up.	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU https://vosuk.org
11:00 - 12:00	**AQUA AEROBICS – SHALLOW WATER (Term Time Only)** Water exercise class to meet the needs of all ages & fitness levels. Cost: £7.15 (included in Diamond Class and Diamond Plus memberships) To book or learn more, call 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/aqua-aerobics

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WHAT'S ON IN WEST WIGHT: MONDAYS

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: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/dance-fit
11:30 -12:30	**YOGA – SEATED** Gentle and accessible form of yoga practiced primarily while sitting on a chair. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga/
11:30 – 13:00	**PICKLEBALL (MIXED ABILITY)** A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £7.15 (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/adult-classes/pickleball
12:00 - 13:00	**AQUA AEROBICS – SHALLOW WATER** Water exercise class to meet the needs of all ages & fitness levels. Cost: £7.15 (included in Diamond Class and Diamond Plus memberships). Book or find out more: 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/aqua-aerobics
13:00	**WEST WIGHT WALKING FOR HEALTH** Led walks around different routes of the West Wight lasting between 2-3 hours. Cost: FREE. Contact Chris Jarman on 07905 002834 for more info.	Outside West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://bit.ly/WW-Walking-for-Health
13:15 – 14:15	**ADVANCED STRETCH** Designed to improve your range of movement & release tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/advanced-stretch
13:30 – 14:30	**MOVE TO IMPROVE CLASSES** Had a fall or feeling less confident on your feet? Want to improve your balance and strengthen your bones? Join this free 12-week exercise programme, led by specialist exercise leaders to help you build strength and improve balance. Cost: FREE. Contact: Referral required from 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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WHAT'S ON IN WEST WIGHT: MONDAYS

When?	When?	When?
14:00-15:30	**OUR PLACE TOTLAND** Drop by for drinks, chat and a weekly quiz with your local community. Adam, the Community Connector, is also on hand most weeks offering information, advice and support right on your doorstep. Cost: FREE. (Donations welcome) Contact 01983 240 722 or email help@westwight.org.uk. Sessions do not take place in August or on bank holidays.	Christ Church, Alum Bay New Road, Totland, PO39 0ES https://westwight.org.uk/community/our-place
14:00 - 16:00	**CRAFT CLUB (1st and 3rd Monday of the month)** Cost: FREE Contact Jill on 01983 756 308 for more info.	All Saints Church, Church Place, Freshwater, PO40 9BW
14:00 – 16:00	**ST SAVIOUR'S TEA AND CHAT GROUP** Tea and chat with coffee and biscuits, followed by a game of Bingo or Hoy. An informal and welcoming group open to all. Cost: £1.00. Contact Patricia via patriciaturner2003@yahoo.co.uk for more info.	St Saviour's Holy Family Centre, Weston Lane, Totland PO39 0HE
15:30	**BRIDGE LESSONS** Everyone welcome. Cost: £3.00 per session, Contact Phillip on 07712108645 for more info.	Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES www.freshwaterconservativeclub.co.uk
15:30	**SLIMMING WORLD FRESHWATER** Slimming World is a unique weight loss program. If you're considering joining, a warm welcome awaits! In your very first session, you'll receive everything you need for a fantastic first week - and so much more! Cost: Contact Sam on 07825 040 119 for more information and pricing.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.slimmingworld.co.uk/group/557513
17:30	**SLIMMING WORLD FRESHWATER** Slimming World is a unique weight loss program. If you're considering joining, a warm welcome awaits! In your very first session, you'll receive everything you need for a fantastic first week - and so much more! Cost: Contact Sam on 07825 040 119 for more information and pricing.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.slimmingworld.co.uk/group/557513
18:00 – 18:45	**TOTAL WORKOUT** A HIIT (High Intensity Interval Training) based circuit, using a variety of exercises to guarantee a full body workout. Cost: £7.15. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/total-workout
18:00 – 19:00	**BOYS YOUTH FOOTBALL (13 – 15-year-olds)** Join our pay-and-play football session, led by Aidan and Ian, both qualified FA coaches. While not a formal coaching session, it's a great opportunity for boys to enjoy playing football under expert guidance, helping to improve skills, teamwork, and fitness. Cost: £4 To book, call: 01983 752168	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/under18s-classes/youth-football

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WHAT'S ON IN WEST WIGHT: MONDAYS

When?	When?	When?
18:00 – 19:00	**BALLET** Help improve your posture, balance, coordination and strength. Using a range of primarily lower body exercises paired with grace and elegance. No prior experience is necessary. Cost: £7.15 (included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/ballet
18:00 – 19:30	**MOVEMENT WITH VIKKI** Contact Vikki on 07774 950400 for cost and more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk
18:15 – 19:15	**BOXERCISE AND CIRCUITS** A circuits-based session to develop your strength. Every class is different, not suitable for beginners. Dumbbells will be used within all classes and all equipment provided. Cost: £6.50 (bundles available to reduce per-session cost). Contact frans.fitness@outlook.com for more info. Book online https://gymcatch.com/app/provider/7840/events	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO41 0NU
18:30 – 20:30	**FRESHWATER CHESS CLUB** If you want to learn to play chess or already play, this session is for you. No age restrictions but children need to be accompanied by an adult. Cost £2 for adults, £1 for children (Free to club members) Contact Donna on 07546 751 057.	Freshwater Conservative Club, Queens Road, Freshwater, PO40 9ES www.freshwaterconservativeclub.co.uk
19:00 – 19:45	**ADULT SWIMMING LESSONS - IMPROVERS** Confident beginners and improvers drop-in sessions with our experienced swimming instructors. Have as few or as many lessons as you need. Contact 01983 752168 for more info and to book. Cost: £13.05 per session. (Included in Diamond Class and Diamond Plus memberships)	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/adult-swimming-lessons
19:00 – 20:00	**BOX FIT** High-intensity workout combining boxing, cardio and circuits. £7.15 (included with Diamond Plus & Class memberships). Fun, fast-paced, and great for stress relief — book online, in person, or call 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/boxercise
19:00 – 21:00	**WRITEWIGHT (3rd Monday of the month)** Meeting once a month. For writers of fiction and non-fiction who would like to discuss their work and explore ways to get published. Articles, stories, novels etc. All welcome. Please contact Alan on writewight@yahoo.com prior to attending a meeting for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
19:00 - 21:00	**QUIZ (1st Monday of the month)** Friends of Freshwater Library present a monthly quiz for teams of up to six people Cost: £1 per person. Book patsymburge@gmail.com. More info: 01983 752377	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk

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When?	When?	When?
19:00 - 21:00	**SQUARE DANCING** A small, friendly group who get together for social and fun evenings, learning square dance routines. Contact 07828 185396 or email pebbletreasure@live.com for more information.	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9HZ https://bit.ly/WW-Square-Dance
19:00 – 22:00	**BADMINTON CLUB** A friendly and welcoming badminton club suitable for all abilities, from complete beginners to advanced players. Enjoy relaxed match play in a supportive environment and improve your skills while keeping active. Cost: £1.50. For more info contact: Keith Lacey 01983 752034 / 07531 558821 or Kevin Foss: 01983 885055 / 07960 339061 Email: cheapskipsiw@aol.com	Yarmouth Sports Foundation Tennyson Road, Yarmouth https://www.wightbadminton.co.uk/clubs
19:00	**SLIMMING WORLD FRESHWATER** Slimming World is a unique weight loss program. If you're considering joining, a warm welcome awaits! In your very first session, you'll receive everything you need for a fantastic first week - and so much more! Contact Sam on 07825 040 119 for more information and cost.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.slimmingworld.co.uk/group/557513

WHAT'S ON IN WEST WIGHT: TUESDAYS

When?	When?	When?
09:00 – 10:00	**YOGA – VINYASA FLOW (ALSO ONLINE)** A Hatha based class in which we flow from one Asana to another. Gently dynamic –improves flexibility, maintains muscle tone and improves balance. Cost: £9.45 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga
09:00 – 10:00	**TOTAL STEP** This moderate to high impact session will help strengthen & tone your muscles, burn fat and improve your cardio fitness. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/total-step
09:00 – 10:00	**CIRCUITS** Suitable for all ages & abilities, work at your own pace. Includes a variety of cardiovascular and resistance work. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/circuits
09:30 – 10:30	**BOLLYWOOD BOLLYFIT** A fun, easy-to-follow Bollywood-themed dance fit class. Learn the beauty of Bollywood dance whilst burning calories. Low impact with no dance or fitness experience required. Suitable for all. Cost: £5. Contact Sheren on 07810 660 375 or sheren.ward@hotmail.co.uk for more info	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
10:00 – 11:30	**TRADITIONAL SATYANANDA YOGA** Posture, breathwork and Yoga Nidra (guided meditation practice that brings you into a deep state of relaxation between wakefulness and sleep). Cost: £10. Contact Sandy Capon on 07720 020180 for more info.	Shalfleet Village Hall, Church Lane, Shalfleet,PO30 4NF https://shalfleetvillagehall.org.uk/yoga-with-sandy-capon
10:00-11:30	**PARENTS AND TODDLERS GROUP (Term-time only)** Join other parents and toddlers for drinks, play, chat, stories and fun. Cost: £1 donation. Contact Liz on 01983 752 596 for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER
10:00 - 11:30	**VETERANS FOOTBALL** Whether you're starting out or a veteran of the game, our Veterans football is a great way to keep fit and enjoy a game of indoor football. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/veterans-football
10:00 - 12:00	**STITCH BY STITCH (1st and 3rd Tuesday of the month - bring your own materials)** Incorporating all needlecrafts, work on your latest project, meet up with others regularly with whatever craft appeals to you, and receive help and advice if you need it. Cost: FREE. Contact 01983 752377 or freshwaterlibrary@iow.gov.uk for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk

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WHAT'S ON IN WEST WIGHT: TUESDAYS

When?	When?	When?
10:00 – 12:00	**POTTERY/CLAY SCULPTURE CLASSES** Join in with relaxed friendly classes at Juliet's studio in Totland. Suitable for all abilities. Small class numbers. No experience necessary. Cost: 3 week blocks £50. Contact Juliet on 07931 307403 or email jcjuliet@googlemail.com for more info and to book	Totland. Address available upon booking
10:10 – 11:05	**MATURE MOVERS** Based on low intensity Circuit Training incorporating repetitions and a low (weight) resistance. Cost: £7.15 (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/adult-classes/mature-movers
10:30 - 12:30	**OUR PLACE DROP-IN COMMUNITY CAFÉ** Pop by for drinks, chat with your local community and get information, advice and support from various organisations and services. Followed by a community lunch on the 3rd Tuesday of the month. Cost: FREE (donations welcome). Contact 01983 240 722 or adam.tucker@westwight.org.uk for more info. Sessions take a break during school holidays.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/community/our-place
10:30 – 13:00	**CHOYD COFFEE MORNING** Open for refreshments and other activities. Pop in for a chat. Enjoy a snack. Special guest visitors and stalls. Cost: FREE (donations welcome) Contact June on 01983 761 610 or email for more info.	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.choyd.org.uk
11:00 – 12:00	**LISTENING GROUP (4th Tuesday of the month)** Most suited to those with a print disability. Listening to an audiobook each month supplied by the charity "Calibre Audio". Cost: FREE with tea and coffee provided. Numbers are limited. Please contact the library to see if there are spaces available via 01983 752377.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
11:15 – 12:15	**EASY DOES IT** A chair-based exercise class suitable for anyone of restricted mobility or fitness. Cost: £5.25 (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/adult-classes/easy-does-it
12:30 – 13:30	**FUNCTIONAL STRENGTH** Focuses on developing strength in multi-joint movement patterns that are used in everyday life. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/functional-strength
13:15 - 15:30	**NATWEST BANK MOBILE SERVICE** Mobile banking branch offering services to the local community. Not wheelchair accessible.	Honnor and Jeffrey, Afton Road, PO40 9UA

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WHAT'S ON IN WEST WIGHT: TUESDAYS

When?	When?	When?
13:30 – 16:00	**SCRABBLE GROUP** A friendly group dedicated to playing Scrabble. Tea and coffee provided. No need to book. Numbers may be restricted if the space becomes crowded. Cost: FREE. Contact 01983 752377.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
14:00	**THE WI (WOMEN'S INSTITUTE) FRESHWATER CENTRAL (2nd Tuesday of every month)** Regular speakers, activities, chat and fun. Contact Annette on 01983 752 888 for more information	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER https://isle-of-wight.thewi.org.uk
14:00 - 16:00	**BINGO** Join in weekly for Bingo with other locals. Contact Debra on 01983 752 956 or memohall1960@gmail.com for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
14:00 – 16:00	**NINGWOOD & SHALFLEET WOMEN'S INSTITUTE (2nd Tuesday of the month)** The WI is the UK's largest voluntary women's organisation, offering women skill-building opportunities and a platform to campaign on important issues. New members welcome. Contact Patricia on 07704 684367 or email shalsec@hotmail.com for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://isle-of-wight.thewi.org.uk
14:30 – 16:00	**AFTERNOON TEA, CAKE AND CHAT (1st Tuesday of the month)** Come along for our monthly social get-together with drinks, homemade cake, biscuits and plenty of chatter. Cost: £1 for drinks. Contact Michael on 077755 12104 or Catherine on 07979 906290 for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk
15:00 -17:00	**ISLE OF WIGHT FOODBANK – FRESHWATER** Anyone can reach a crisis point and we're here to help when that happens. Foodbank provides three days' worth of nutritionally balanced, non-perishable food. Adam, your Community Connector is a Foodbank voucher holder. (Details on back page)	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER https://isleofwight.foodbank.org.uk
16:00 – 16:50	**PILATES - INTERMEDIATE** Building on knowledge and experience of the fundamentals, intermediate Pilates aims to maintain pace and flow. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates
16:30-17:30	**FRESHWATER JUDO CLUB** Juniors – ages 4 to 11. Fully qualified, insured and DBS checked coaches. Kit: Judo jackets and belts provided – please bring a t-shirt and jogging bottoms. Cost £4.50 – first session free. Contact Su Trinci-Webster on 0771 245 3709 or email sutw@hotmail.com for more information.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/under18s-classes/judo
17:00 – 17:50	**PILATES - FUNDAMENTAL** A mat-based class focusing on improving core strength, posture, balance, and flexibility. Suitable for beginners. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates

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

WHAT'S ON IN WEST WIGHT: TUESDAYS

When?	When?	When?
18:00 – 19:00	**HIIT (High Intensity Interval Training)** Involves short bursts of intense exercise alternated with low-intensity recovery periods. Burn body fat for up to 48 hours! Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/high-intensity-interval-training
18:00 – 19:00	**MEDITATION** A range of techniques to bring quiet and clarity to the mind, promoting a mentally clear and emotionally calm state. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga
18:00-19:15	**BEAVERS (TERM TIME ONLY)** 1st Freshwater / Totland Beaver Scouts - Our Scout hut boasts the advantage of being situated in the spacious Totland Rec and close by to wonderful countryside and beaches. Ages 6-8 Contact: 01983 531455 or info@isleofwightscouts.org.uk for more information.	Totland Bowling Club building, Totland Recreation Ground, The Broadway, Totland, PO39 0AS www.isleofwightscouts.org.uk
18:00 - 19:30	**ISLE OF WIGHT TAE KWON-DO** Tae Kwon-Do training is available to anyone young or old, male or female, fit or unfit and allows you to grow at your own pace. Call Peter Scotcher on 07791 068 079 for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
18:00 – 19:30	**WEST WIGHT DRUMMING CIRCLE** Join this friendly and welcoming drumming circle. Whether you're a complete beginner or an experienced drummer, everyone is welcome. All drums are provided, so you can simply come along and enjoy the rhythm, connect with others, and have fun in a relaxed setting. Cost: £10 per session For more information, contact Stefanos on 07809 621888.	Freshwater Conservative Club, Queens Road, Freshwater, PO40 9ES
18:30 – 19:30	**CLASSICAL MAT PILATES** Welcoming Pilates classes led by a classically trained instructor. Classical Mat Pilates focuses on building strength, improving alignment and helping you to move with greater confidence and control. Sessions emphasise technique, mindful movement and functional strength that supports your body in everyday life. Contact 07803824373 or email life.body.iw@gmail.com for more info.	St Saviour's Holy Family Centre, Weston Lane, Totland PO39 0HE https://gymcatch.com/app/provider/11390/events
18:00 – 20:00	**FRESHWATER JUDO CLUB** Seniors. Fully qualified, insured and DBS checked coaches. Kit: Judo jackets and belts provided – please bring a t-shirt and jogging bottoms. Cost £6 – first session free. Contact Su Trinci-Webster on 0771 245 3709 or email sutw@hotmail.com for more information.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/under18s-classes/judo

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WHAT'S ON IN WEST WIGHT: TUESDAYS

When?	When?	When?
18:30-20:00	**ROCK SOLID YOUTH CLUB (SCHOOL YEARS 5 - 7) (TERM TIME ONLY)** A weekly youth club including various activities, games and discussion about God and other topics relevant to the young people that come along! Cost: £1 Contact Faye on 07857110784 or westwightyouth@gmail.com for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/under18s-classes/youth-club
18:30 – 20:00	**JENNY DOES YOGA** Weekly yoga sessions at the village hall. Contact Jenny on 07498 915791 or via jennydoesyoga@gmail.com for cost and to book your place.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk
19:00 – 20:30	**PICKLEBALL - MIXED ABILITY** A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £7.15 (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/adult-classes/pickleball
19:00 – 21:00	**HANTS & IOW ARMY CADET FORCE** The Army Cadets deliver fun, friendship, action and adventure. Inspiring young people to challenge their limits and go further, no matter what they want to do in life. Enrolment is £25 and we provide a uniform and kit. Visit the website for more information and to join.	Totland Recreation Ground, Totland, PO39 0AS. www.armycadets.com
19:00 – 21:00	**POTTERY/CLAY SCULPTURE CLASSES** Join in with relaxed friendly classes at Juliet's studio in Totland. Suitable for all abilities. Small class numbers. No experience needed. Cost: 3 week blocks £50. Contact Juliet on 07931 307403 or email jcjuliet@googlemail.com for more info and to book	Totland. Address available upon booking
19:00	**FRESHWATER HORTICULTURAL SOCIETY TALK (first Tuesday of the month)** Join fellow gardeners to grow and exhibit beautiful fruit and veg, enjoy flowers, bake homemade treats, get creative with crafts, and take part in talks and social events. Membership is £5 per year. Contact Dawn on 07904 716655 or visit the website for more details, including events and session costs.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER www.freshwaterhs.co.uk
19:15 – 21:15	**SLIPSHOD SINGERS (Male Voice Choir)** Meet with male singers from over the Island, currently 30-strong but always looking for new members of all ages. Come along to enjoy the music and camaraderie, you will be most welcome. Contact 01983 754009 or 07795596840 for more info.	Yarmouth Sailing Club, Bridge Road, Yarmouth, PO41 0NL www.slipshods.org.uk

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS

When?	What?	Where?
06:45 – 07:45	**BOOTCAMP** A high intensity whole body workout. Military style endurance training that burns calories for 24 hours post workout. Cost: £7.15 (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/adult-classes/bootcamp
08:00 - 08:50	**PILATES - FUNDAMENTAL (1st session)** A mat-based class focusing on improving core strength, posture, balance, and flexibility. Suitable for beginners. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates
09:00 - 09:50	**PILATES - FUNDAMENTAL (2nd session)** A mat-based class focusing on improving core strength, posture, balance, and flexibility. Suitable for beginners. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates
09:00 -14:30	**WEST WIGHT MEN IN SHEDS (Open to men and women)** The shed is a collective group of people working towards a common goal. Pop along for hot drinks, chat and tool craft projects. Cost: £15 annual subscription. Contact 01983 897 352 for more info.	Men in Sheds Workshop, Totland Recreation Ground, Totland, PO39 0AS. www.westwightshed.org
10:15 -11:00	**MAT PILATES (BEGINNERS)** Ideal for beginners, this Pilates class covers core strength, posture, and control. Build confidence and technique in a supportive setting to move with ease and stability. £6. Book online. Info: classiquepilatesstudio@gmail.com or 07547631112.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU https://gymcatch.com/app/provider/9564/events
10:00 – 10:30	**JUNIOR STORY TIME** Most suitable for pre-school-aged children, but babies and toddlers are welcome. Cost: FREE, no need to book. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
10:00-11:00	**AQUA MOBILITY – MAIN POOL (Term time only)** A gentle water-based session for relaxation, fitness, physical rehabilitation & mobilisation. Specifically designed for those with limited mobility, arthritis, stroke rehabilitation, joint replacement, etc. Cost: £7.15 (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/adult-classes/aqua-mobility
10:00 – 10:50	**PILATES - INTERMEDIATE** Building on knowledge and experience of the fundamentals, intermediate Pilates aims to maintain pace and flow. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS

When?	What?	Where?
10:00 – 12:00	**MOUNTBATTEN HOSPICE POP-UP (1st Wednesday of the month)** Find out about volunteer opportunities with Mountbatten or drop in if you are a local volunteer. Contact 01983 529511 or info@mountbatten.org.uk for more info.	Freshwater Library, 41 School Green Road, PO40 9AP www.fofl.co.uk
10:00 – 12:30	**ART CLASSES AT THE WELLOW CARAVAN STUDIO.** A great way to build up skills in a variety of media working in a relaxed "art school" environment. Classes are exciting, fun and friendly, with loads of encouragement to help you learn. Cost: £120 for a four-session block, includes materials and refreshments. Contact Julie on 07753 102 482 or info@juliesajous.com for more info.	Wellow Caravan Studio, Pebbles, Wellow Top Road, Wellow, PO41 0TB
10:30 -11:30	**TABATA** A HIIT (High Intensity Interval Training) based session, targeting a range of muscle groups. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/tabata
10:30 – 12:00	**WEST WIGHT DEMENTIA FRIENDLY CHOIR (not 3rd Wednesday of the month)** Come along to enjoy singing with others. Open to all and dementia friendly. Contact Pam on 07729 938 893 or westwightdementiachoir@gmail.com for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER https://bit.ly/WW-Dementia-Friendly-Choir
10:30-12:30	**BLOKES, BACON BUTTIES AND BANTER (3rd Wednesday of the month)** An opportunity for men to get together and have their own monthly chit-chat. Turn up and join in. Cost: FREE (donations welcome) Contact Mike on 07582 054 201 for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER www.facebook.com/iowmethodistcircuit
11:00 – 11:30	**TAI CHI - QIGONG POSTURE AND BREATHING** A gentle introduction to the principles of balance, posture and breathing through the ancient practice of Qigong. Ideal for beginners and anyone looking to improve well-being, relaxation and body awareness. New students are welcome and free taster sessions are available. Cost: £5 per session. Contact autoworker2@yahoo.com or 07800 501676 for more information or to book.	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9PP https://embodiedtaichi.org
11:30 – 12:00	**TAI CHI - TRADITIONAL YANG FAMILY LONG FORM** Traditional Yang Family Tai Chi taught using an embodied approach that focuses on mindful, relaxed movement, balance and internal awareness. Suitable for those wishing to develop their Tai Chi practice following the Qigong session. Cost: £8 when attending both the Qigong and Embodied Tai Chi sessions. Contact autoworker2@yahoo.com or 07800 501676 for more information or to book.	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9PP https://embodiedtaichi.org
11:00-12:00	**AQUA AEROBICS – SHALLOW WATER (Term Time Only)** Water exercise class to meet the needs of all ages and fitness levels. Cost: £7.15 (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/adult-classes/aqua-aerobics

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS

When?	What?	Where?
11:00 – 12:00	**LINE DANCING – LONG ISLAND STOMPERS** Learn 1–2 new routines each week, with time to review past ones, including a 4-wall recap and walk-through. New or missed a class? Weekly YouTube uploads with demos and tutorials help you catch up. £6 per session. https://www.longislandstompers.co.uk/book-a-class	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.longislandstompers.co.uk
11:15 – 12:00	**PILATES - SEATED** Maintaining the core principles of Pilates, seated classes are suitable for people who have difficulty getting down to the floor and/or prefer the support of a chair. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates
11:15 – 12:00	**MAT PILATES (MIXED LEVEL)** Perfect for those new to Pilates, this class introduces the fundamentals of core strength, posture, and controlled movement. With a focus on building confidence and technique, you'll learn the essential exercises in a supportive environment designed to help you move with ease and stability. Cost: £6. Book online. For more info, contact classiquepilatesstudio@gmail.com or 07547631112.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU https://gymcatch.com/app/provider/9564/events
11:30 – 13:00	**PICKLEBALL - BEGINNER'S GROUP SESSION** For those new to Pickleball who want to gain confidence before joining a mixed ability session. Cost: £7.15 (included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pickleball
12:00 – 13:00	**RELAXATION AND REHABILITATION SWIM** In the main pool where the temperature is raised to make it more comfortable for older and/or less mobile people. Extra staff on hand to help you get in and out of the water should you need it and where possible we also help in the water (please let us know beforehand). Newcomers very welcome. Cost: £6.90. Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swim/relaxation-and-rehabilitation-swim
12:00 – 14:00	**PROBUS (1st Wednesday of the month)** Join other retired men for lunch and a talk from a speaker, plus catch-up and chat with other residents. Cost: £15 annual membership plus cost of lunch. Contact Jon on 01983 531 613 for more info.	Horse and Groom, Main Road, Ningwood, PO30 4NW https://probusglobal.org
12:15 - 14:00	**SHALFLEET COMMUNITY LUNCH (3rd Wednesday of the month), not July or August** Join others from your local community for a delicious lunch and pudding each month Cost: £3.50 (Under 7s free)	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS

When?	What?	Where?
12:30 – 13:30	**GENTLE CIRCUITS** Created for those who find regular circuits too much, yet not ready for seated classes. No floor work, just functional exercises to improve daily living. Cost: £7.15 (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/adult-classes/gentle-circuits
13:00 – 15:00	**DIABETES GROUP ISLE OF WIGHT DROP-IN (2nd Wednesday of the month)** Gain a better understanding of living with diabetes through sharing knowledge and experiences. Learn about what services are available to you. Come and join in for a friendly chat. Everyone welcome. Contact 07415 399102 or diabetesgroupiow@gmail.com for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9AN https://diabetesiow.org.uk/
13:30 – 14:30	**TONE AND STRETCH** Designed to increase flexibility, improve posture and balance. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/fitness/tone-and-stretch
13:30 – 15:00	**MODERN LINE DANCE CLASS** If you have danced before this is the class for you. If you haven't, then we can support you. All genres of music. Old and new dances. All welcome to this lovely, friendly class. Cost: £7 Contact 07857 552491 or kevandcor@outlook.com for more info.	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9PP
14:00 -17:00	**WEST WIGHT BRIDGE CLUB** Weekly bridge club. Details of alternative online meetings are in the link below. Table Money: Members £2.00, visitors £3.00. Annual Subscription: current members £15, new members £20. More info at www.bridgewebs.com/westwight	Community Hall of Yarmouth and District, St James Street, Yarmouth PO40 0NU www.choyd.org.uk
14:00 -17:00	**SMOKEFREE ISLAND** Free, friendly stop-smoking support from the Smokefree Island team. Sessions are ideal for anyone wanting to learn more about the service, explore quitting options, or access resources to help start a smokefree journey. Contact 01983 642369.	West Wight Family Centre, Moa Place, Freshwater, PO40 9XH https://smokefreeisland.co.uk/sign-up
14:00	**TOWNSWOMEN'S GUILD (1st Wednesday of the month)** A group of ladies of all ages who meet for friendship and fun. As well as monthly speakers, there are walks, lunches, theatre visits, craft groups, book club, outings and more each month. The first visit is free. Just pop along or contact Cheryl on 07973 187101 or email cherylmaytennysontg@gmail.com	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9AN https://bit.ly/TG-Freshwater

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS

When?	What?	Where?
14:00 – 16:00	**BRIDGE** Bridge is a trick-taking card game played by four players in two teams, where players bid to determine the trump suit and aim to win tricks based on their hands. For beginners to experienced players, join other community members for a weekly game of bridge. Cost: £3.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/community/bridge
14:00 - 16:00	**ALZHEIMER CAFÉ (3rd Wednesday of the month)** Each month an informative presentation relating to dementia is given and there is time to discuss dementia-related issues in a relaxed atmosphere, with light refreshments being served. Cost: FREE (donations welcome) Contact 01983 220200 or info@alzheimercafeiow.org.uk for more info.	St Saviour's Holy Family Centre, Weston Lane, Totland PO39 0HE www.alzheimercafeiow.org.uk/totland
15:00 – 16:00	**FRESHWATER LIBRARY BOOK GROUP (3rd Wednesday of the month)** A friendly group, reading a book each month chosen from the library service reading group sets. Tea and coffee are provided. Cost: FREE. Numbers are limited. Contact 01983 752377 for more information and availability.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
15:15 – 16:45	**YOGA – YIN – MIXED LEVEL (Also online)** Hatha-based Yoga class that requires some level of fitness, but all levels are encouraged as modifications are supplied. Cost: £9.45 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga
16:00 – 17:00	**DROP-IN ONLINE SKETCHING** Friendly online sketching sessions for all abilities. Learn sketchbook techniques through short films of amazing places and guided tuition. Join live via Zoom or watch a recording from home or anywhere with Wi-Fi. £10 per session. To book, request to join the private WhatsApp group. Contact Julie: 07753 102482 or info@juliesajous.com.	Online https://www.juliesajous.com
16:00 – 17:00	**BALLET** Help improve your posture, balance, co-ordination and strength. Using a range of primarily lower body exercises paired with grace and elegance. No prior experience necessary. Cost: £7.15 (included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/ballet
16:30 – 18:00	**FREESTYLE DANCE** High-Energy. Fierce Technique. Full Expression. Disco Freestyle is a dynamic and powerful dance style that blends explosive energy, athletic movement, and technical precision. Set to fast-paced music and filled with bold, expressive choreography, this style pushes dancers to their physical and creative limits. Cost £7.50. Book online: www.classiquedancestudios.co.uk/service-page/west-wight-disco-freestyle	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.classiquedancestudios.co.uk

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS

When?	What?	Where?
17:00 - 18:00	**DANCE FIT** A feel-good exercise class which incorporates many forms of dance, with a variety of tracks that provide a range of intensities. Cost: £7.15 (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/adult-classes/dance-fit
17:30 – 18:30	**YOGA HATHA - MIXED LEVEL** Hatha based Yoga class that requires some level of fitness, but all levels are encouraged as modifications are supplied. Cost: £9.45 (Included in Diamond Class /Diamond Plus memberships). Contact 01983 752168 to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga
17:45 – 18:45	**COBRA KICKBOXING CLUB (Adults only session)** Welcoming new members with no previous experience in martial arts and promoting a controlled and disciplined environment to learn. Cost: £4 per session, first year membership is £20 (includes insurance) renewal £15. Contact Dave on 07960 099544 or dave@cave.me.uk for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
18:00 – 19:00	**REVOLUTION** A low-impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio endurance. Cost: £7.15 (included in Diamond Class and Diamond Plus memberships.) Call for more info and to book on 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/revolution
18:15 – 19:15	**DANCE FITNESS** An aerobic workout for everyone involving different dance styles! It is guaranteed to get the body moving, the heart pumping and to make you smile! Cost: £5 per session or 5 for £20. Contact 07759 617 632 or visit www.katsifitness.com	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
18:15 -19:15	**FULL BODY BLAST** 15 minutes strength + 15 minutes cardio + 15 minutes abs - the perfect full-body workout! Cost: £6.50 (bundles available to reduce per-session cost). Contact frans.fitness@outlook.com for more info. Book online www.gymcatch.com/app/provider/7840/events	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU
18:30 – 19:15	**YOGA – NIDRA** Also known as 'Yogic Sleep', Yoga Nidra Guided form of meditation and practiced lying down, making it an accessible form of meditation for those who may struggle with traditional seated practices. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga

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WHAT'S ON IN WEST WIGHT: WEDNESDAYS

When?	What?	Where?
19:00-20:30	**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.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/under18s-classes/youth-club
19:00 - 20:00	**AQUA AEROBICS (DEEP WATER)** Water exercise class to meet the needs of all ages and fitness levels. Cost: £7.15 (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/adult-classes/aqua-aerobics
19:00 – 21:00	**FRESHWATER ARMY CADETS TROOP (AGES 12-18)** Army Cadets are boys and girls seeking new challenges and opportunities to push their limits. Cadets can choose from a variety of activities, with all completing the Army Proficiency Certificate. There are also opportunities to volunteer as an adult. Sign up online or just pop along to find out more. https://bit.ly/FreshwaterCadets.	Totland Recreation Ground, Bowling Green Lane, Totland PO39 0AS https://bit.ly/Cadets-IW
19:15 -20:15	**LEGS, BUMS AND TUMS** Lower body workout toning the legs and bum. Working core for strength and endurance. Increasing fitness and energy levels. £7.15 per class (included with Class and Diamond Plus memberships). To book, call 01983752168, visit our website, or speak to Reception.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/legs-bums-and-tums
19:30 – 20:30	**WALKING NETBALL (FORTNIGHTLY)** A friendly, inclusive session for all ages and abilities. Played at a walking pace with adapted rules, it's ideal for those returning from injury, wanting gentle exercise, or new to netball. A great way to stay active, meet people and build confidence—no experience needed. Sessions run until early July (subject to demand). Cost £5. Contact carey.mccormick@englandnetball.co.uk, 07595086751 or Chris Grimes on cmg1504@gmail.com, 07969504734 for more details and to book, or just turn up.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://www.englandnetball.co.uk
19:30 -21:30	**TOTLAND OVER 40s TABLE TENNIS CLUB** Join us for a fun and friendly table tennis session every week. Whether you're a seasoned player or just looking to have a go, this is a great way to stay active, meet new people, and enjoy some light-hearted competition. All abilities are welcome – just bring your enthusiasm! No need to book, just turn up. Cost: £3.00 per session Contact Ted on 07421 326446 for more info.	Totland Village Hall, The Broadway, Totland, PO39 0BW
20:30	**BINGO** Enjoy a game of Bingo with Ruth calling. Snowball and Raffle: try your luck. Eyes down at 8:30! For more info and cost, contact 01983 752988 or email freshconclub@gmail.com.	Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES www.freshwaterconservativeclub.co.uk

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WHAT'S ON IN WEST WIGHT: THURSDAYS

When?	What?	Where?
09:15 – 10:15	**TOTAL ABS** Focusing on the core muscles of the back, side and abdominals. Cost: £7.15 (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/adult-classes/total-abs
09:30-11:30	**ENGLISH AND MATHS -ADULT COMMUNITY LEARNING (term-time only)** Functional Skills courses offer qualifications in English and Maths starting at Entry Level 1 and going up to Level 2. You and your tutor will work together to identify the correct level for you and any progression needs if suitable. Contact 01983 817 280 or acl@iow.gov.uk for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.iwcommunitylearning.ac.uk
09:00 -09:45	**PARENT AND BABY SWIMMING (term-time only)** Suitable for preschool children accompanied by an adult. Includes games, songs, structured activities and lots of fun! Cost: £7.10 per session (£3.55 for each extra sibling attending). Call for more info 01983 752168. Please note: children are required to wear a swim nappy under their swimming costume during the session until fully potty trained. Swim nappies are sold at reception for £1.50.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swim/baby-toddler-swimming-classes
09:45 – 10:45	**BODY FIT** Whole body workout focusing on improving core strength, posture and flexibility using a combination of Barre workout, stretching and relaxation. Cost: £7.15 (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/adult-classes/body-fit
09:45 – 10:30	**PARENT AND BABY SWIMMING (term-time only)** Suitable for preschool children accompanied by an adult. Includes games, songs, structured activities and lots of fun! Cost: £7.10 per session (£3.55 for each extra sibling attending) Call for more info: 01983 752168. Please note: children are required to wear a swim nappy under their swimming costume during the session until fully potty trained. Swim nappies are sold at reception for £1.50.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swim/baby-toddler-swimming-classes
10:00-11:30	**PARENTS AND TODDLERS (term-time only)** Join other parents and toddlers for drinks, play, chat, stories and fun. Cost: £1 donation. Contact Janet on 01983 752 618 for more info.	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER
10:30 –11:30	**REALLY USEFUL CAFÉ** Join us for a cuppa and a chat, make new friends, enjoy interesting speakers and get active with some gentle seated exercise. Plus, tabletop games, quizzes, bingo and more… Cost £3.95 (includes tea or coffee and a gentle exercise class) Call for more info 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/community/really-useful-cafe

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WHAT'S ON IN WEST WIGHT: THURSDAYS

When?	What?	Where?
10:00 – 12:00	**DROP-IN ART CLASS AT THE WELLOW CARAVAN STUDIO.** Book a pay-as-you-go session by requesting to join the private WhatsApp Group. Covering everything from acrylic painting to pen and wash, drawing and collage. Classes are small, friendly and encouraging. Any level of experience welcome. Cost: £32.50 a session, which includes all materials and refreshments. Contact Julie on 07753 102 482 or info@juliesajous.com for more info.	Wellow Caravan Studio, Pebbles, Wellow Top Road, Wellow, PO41 0TB
10:30 – 11:00	**TWEENIES SWIMMING (term time only)** A fun, 30-minute session to build water confidence using noodles, floats, and pool toys. We focus on water safety, basic strokes, and core aquatic skills through activities like motorbike races, animal games, and underwater exploration with goggles! Cost: £7.10, £3.55 for each additional sibling. For more info, call: 01983 752168. Note: Children not fully potty trained must wear a swim nappy (available at reception for £1.50).	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swim/baby-toddler-swimming-classes
11:00 – 12:00	**DANCE FIT** A feel-good exercise class that incorporates many forms of dance, with a variety of tracks that provide a range of intensities. Cost: £7.15 (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/adult-classes/dance-fit
12:00 – 12:50	**PILATES - GENTLE** A lower intensity class aimed at beginners, older adults and individuals recovering from injuries or with specific health conditions. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates
12:00 – 13:00	**AQUA AEROBICS – SHALLOW WATER** Water exercise class to meet the needs of all ages & fitness levels. Cost: £7.15 (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/adult-classes/aqua-aerobics
13:15 - 16:30	**SHORT MAT BOWLS** Informal bowls club. Includes the use of bowls if required and refreshments. Cost: Annual Membership is £20.00 (2025) and a playing fee of £4.00 a week. Contact Stuart Sanford (Chairman) on 01983 754725, stuart.sanford@outlook.com or Ken Elders (Treasurer) on 01983 75937, kelders569@btinternet.com for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
14:00 – 14:45	**PILATES - SEATED** Maintaining the core principles of Pilates, seated classes are suitable for people who have difficulty getting down to the floor and/or prefer the support of a chair. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships) Call 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates

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WHAT'S ON IN WEST WIGHT: THURSDAYS

When?	What?	Where?
14:00 – 15:00	**TABLE TENNIS (SENIORS)** Whether you're a veteran player or have never picked up a bat, come along and join in the fun Cost: £3.70. (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/adult-classes/table-tennis-seniors
14:00 – 15:30	**OUR PLACE THURSDAYS * (runs in blocks)** Join the volunteer team for a wide range of activity sessions including crafting, reminiscence, cookery, games, exercise and more. Cost: FREE (donations welcome). Contact 01983 240 722 or adam.tucker@westwight.org.uk for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/community/our-place (for the latest timetable)
15:00 – 16:00	**FUNCTIONAL STRENGTH** Focuses on developing strength in multi-joint movement patterns that are used in everyday life. Involves body weight and free weight exercises. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/functional-strength
16:45 – 17:45	**AERIAL ARTS CLUB (AGES 7+)** A fun and inclusive after-school club where children can learn aerial silks, aerial hoop, tumbling and circus skills while building confidence, strength and coordination. Cost: £12.50 per session or £55 for a block of 6 sessions. Contact 07497655314 or artswithalicia@gmail.com for more info.	Freshwater & Yarmouth CofE Primary School, School Green Road, Freshwater, PO40 9AX https://bookwhen.com/artswithalicia
16:45 – 17:45	**BOX FIT** High-intensity workout combining boxing, cardio and circuits. £7.15 (included with Diamond Plus & Class memberships). Fun, fast-paced, and great for stress relief — book online, in person, or call 01983 752168.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/boxercise
16:45 – 18:00	**BEAVERS (TERM TIME ONLY) Ages 6-8** 1st Yarmouth Troop - Beaver Scouts, the youngest section of Scouting, enjoy activities like crafting, outdoor fun, games, nature exploration, and making new friends. Cost: £7.15/month, with additional fees for uniforms and camps/events. Contact info@isleofwightscouts.org.uk.	Yarmouth Scout Hut, Mill Road, Yarmouth, PO41 0RA (other venues for some sessions) www.isleofwightscouts.org.uk/beavers
17:00 – 18:30	**YOUTH BASKETBALL (ages 11 to 18)** Fancy a game? Join our friendly basketball session for ages 11–18 — all skill levels welcome! Just turn up, pay, and play. £4.50 (Spond), £5 cash, £7 non-members. Questions: info@iowbasketball.club. Join Spond: https://group.spond.com/NBRFV. Get on court, make mates, have fun!	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://iowbasketball.club

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WHAT'S ON IN WEST WIGHT: THURSDAYS

When?	What?	Where?
17:30 – 19:30	**YOUTH DARTS CLUB (ages 7 to 16)** Meet new friends and improve your darts skills in a fun, welcoming setting! Open to all abilities, from beginners to experienced players. Just bring your enthusiasm and give it a go! Cost: £10 registration, then £2 per session. For more info contact Andy on 07718 851 184 or youthdartsacademyiow@gmail.com.	Freshwater Conservative Club, Queens Road, Freshwater, PO40 9ES https://www.freshwaterconservativeclub.co.uk
18:00 – 19:00	**CIRCUITS** Suitable for all ages and abilities, work at your own pace. Includes a variety of cardiovascular and resistance work. Cost: £7.15 per session. (Included in Diamond Class and Diamond Plus memberships.) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/circuits
18:00 - 19:00	**YOGA - RESTORATIVE** A deeply relaxing, muscle tension releasing class aimed at improving mobility and flexibility. Bring a blanket. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga
18:00 - 19:00	**BODYTONE** With all the carnival feel and Latin sounds of Salsatone. This unique and highly effective class will target core, legs, glutes and arms, sculpting and strengthening your whole body. No transitions to the floor as all exercises are performed in movement or standing. Women only class. Cost: £5. Contact Sheren on 07810 660 375 or sheren.ward@hotmail.co.uk for more info.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
18:00 – 19:30	**YARMOUTH CUBS (TERM TIME ONLY) Ages 8 -10 ½** 1st Yarmouth Troop - Cubs are young people who: master new skills and try new things, have fun and go on adventures, make friends and make a difference, in their own communities and beyond, having lots of fun along the way. Cost: £8.20 per month. Additional costs for uniform, camps/events. Contact info@isleofwightscouts.org.uk for more info.	Yarmouth Scout Hut, Mill Road, Yarmouth, PO41 0RA (other venues for some sessions) www.isleofwightscouts.org.uk/cubs
18:00 – 19:30	**TABLE TENNIS** Join other community members for a friendly game of singles or doubles table tennis. All equipment provided. Light refreshments are available and all abilities are welcome. Cost: FREE (donations welcome)	Freshwater Methodist Church, Brookside Road, Freshwater, PO40 9ER www.methodistiow.org.uk/churches/freshwater
18:15 – 19:15	**LEGS AND ABS** This class is focused on developing leg strength and core. Each class will be different and challenge you to become fitter and stronger! Cost: £6.50 (bundles available to reduce per-session cost). Contact frans.fitness@outlook.com for more info. Book online https://gymcatch.com/app/provider/7840/events	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO41 0NU

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WHAT'S ON IN WEST WIGHT: THURSDAYS

When?	What?	Where?
18:30 -19:30	**CLASSICAL MAT PILATES** Welcoming Pilates classes led by a classically trained instructor. Classical Mat Pilates focuses on building strength, improving alignment and helping you to move with greater confidence and control. Sessions emphasise technique, mindful movement and functional strength that supports your body in everyday life. Contact 07803824373 or email life.body.iw@gmail.com for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://gymcatch.com/app/provider/11390/events
18:30-20:00	**TOTLAND / FRESHWATER CUBS (TERM TIME ONLY) Ages 8 -10 ½** Our Scout hut is on Totland Rec, near the countryside and beaches. Cost: £20 per half-term (first half-term free). Additional costs for uniform, camps, and events. Contact: freshwaterandtotlandcubs@talktalk.net for more info.	Totland Bowling Club building, Totland recreation ground, The Broadway, Totland, PO39 0AS www.isleofwightscouts.org.uk/cubs
19:00	**THE WI (WOMEN'S INSTITUTE) YARMOUTH (Last Thursday of the month)** Regular speakers, activities, chat and fun. Contact 01983 760256 for more info.	Royal Solent Yacht Club, The Square, Yarmouth PO41 0NS https://isle-of-wight.thewi.org.uk
19:00 – 20:00	**ADVANCED STRETCH** Designed to improve your range of movement & release tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch. Cost: £7.15 per session. (Included in Diamond Class and Diamond Plus memberships.) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/advanced-stretch
19:00 – 21:00	**THE WI (WOMEN'S INSTITUTE) FRESHWATER BAY (2nd Thursday of the month)** Come in and see what we are about - it is not all Jam and Jerusalem! Speakers, Theatre visits, crafts, fun, book club, coffee mornings, friendship and more! Contact Peri on 07714 766 929 for more info.	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9PP https://isle-of-wight.thewi.org.uk
19:00	**WEST WIGHT FLORAL ART SOCIETY (1st and 3rd Thursdays of the month)** Join us for our main meeting on the 1st Thursday of the month featuring a demonstrator and often a speaker. Workshop meeting most 3rd Thursdays. Open to visitors and new members. Cost: Annual subscription £25 plus £2 per session (members), £5 (visitors). Contact wwfasociety@gmail.com for more info.	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9PP www.facebook.com/WWFASociety

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WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
06:45 – 07:45	**BOOTCAMP** A high-intensity whole-body workout. Military-style endurance training that burns calories for 24 hours post-workout. Cost: £7.15 (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/adult-classes/bootcamp
09:00 -10:00	**YOGA HATHA - MIXED LEVEL** Hatha based Yoga class that requires some level of fitness, but all levels are encouraged as modifications are supplied. Cost: £8.30 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga
09:00 – 10:00	**REVOLUTION** A low-impact exercise, indoor cycling has been shown to build muscle tone & increase your cardio endurance. Cost: £7.15 (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/adult-classes/revolution
09:00 – 10:15	**ADVANCED STRETCH (SESSION 1)** Designed to improve your range of movement and release tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/advanced-stretch
09:00-13:00	**FRESHWATER MARKET** Weekly stalls selling a variety of items, including an array of homemade items, plus a café corner to meet and chat in a friendly community environment. Contact 01983 752 956 for more information.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
09:00 -14:30	**WEST WIGHT MEN IN SHEDS (Open to men and women)** The shed is a collective group of people working towards a common goal. Pop along for hot drinks, chat and tool craft projects. Cost: £15 annual subscription. Contact 01983 897 352 for more info.	Men in Sheds Workshop, Totland Recreation Ground, Totland, PO39 0AS. www.westwightshed.org
10:00 – 10:30	**RHYME TIME** A weekly half-hour session of rhymes, actions and songs that helps your baby or toddler with their language development and allows you and your baby to make new friends. No need to book - come along with your baby and have fun! Cost: FREE. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
10:00 – 12:00	**STAY AND PLAY SHALFLEET (Term time only)** A safe place for grown-ups to chat and pre-school children to play. Refreshments and snacks provided. COST: Donations welcome. Contact abbysellen1993@hotmail.co.uk for more info.	Shalfleet Village Hall, Church Lane, Shalfleet, PO30 4NF https://shalfleetvillagehall.org.uk

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WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
10:15 – 11:00	**GENTLE REVOLUTION** Indoor cycling is ideal for arthritic and rehabilitation clients. Gentle pace & gentle music. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/gentle-revolution
10:15 – 11:05	**PILATES WITH HANNAH (INTERMEDIATE LEVEL)** This is mat work class and would suit those with some experience of Pilates. Pilates is a method of exercise that consists of low-impact flexibility, muscular strength and endurance movements. Pilates emphasises proper postural alignment, core strength and muscle balance. Cost: £6.50. Contact 07759 617 632 or visit www.katsifitness.com	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.choyd.org.uk
10:15 – 11:30	**ADVANCED STRETCH (SESSION 2)** Designed to improve your range of movement and release tight muscles back to their natural length. Stretches are held for longer, working with your breathing for a deeper stretch. Cost: £7.15 (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/adult-classes/advanced-stretch
11:15 12:05	**PILATES WITH HANNAH (BEGINNER LEVEL)** This is a mat work class and would suit those with some experience of Pilates. Pilates is a method of exercise that consists of low-impact flexibility, muscular strength and endurance movements. Pilates emphasises proper postural alignment, core strength and muscle balance. Cost: £6.50. Contact 07759 617 632 or visit www.katsifitness.com	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.choyd.org.uk
12:00-13:00	**AQUA AEROBICS (SHALLOW WATER)** Water exercise class to meet the needs of all ages and fitness levels. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/aqua-aerobics
12:30 – 13:30	**GENTLE CIRCUITS** Created for those who find regular circuits too much, yet not ready for seated classes. There is no floor work, just functional exercises to improve daily living. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/gentle-circuits
13:30: 14:30	**THE REAL JUNK FOOD PROJECT ISLE OF WIGHT** Faith visits each week with food that would otherwise go to waste from Island supermarkets. Cost: FREE with donations welcome to support the sustainability of the project.	Totland Village Hall, The Broadway, Totland, PO39 0BU.

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WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
14:00 – 15:00	**STRENGTH AND BALANCE** Join Emily for a specialised class designed to build confidence, strength, and balance for everyday movement. Cost: First class FREE, then £8.30 per session. A pre-assessment is required to ensure the class suits your needs. To book or join the waiting list, call 01983 752168 or email emily.mann@westwight.org.uk	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/strength-and-balance
14:00 – 15:30	**PICKLEBALL (MIXED ABILITY)** A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pickleball
14:00 – 16:00	**CRIBBAGE CLUB** Meeting every week to play the classic card game. Everyone is welcome, from beginners upwards. Cost: FREE. Contact 01983 752377 for more information.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
14:00 – 15:15	**CHOIR PRACTICE** Weekly sessions. Contact Pamela on 01983 531613 for more info.	Shalfleet Village Hall, Church Lane, Shalfleet,PO30 4NF https://shalfleetvillagehall.org.uk
14:30-16:30	**ART GROUP** A small self-run art group of mixed abilities who meet regularly to draw and paint for pleasure. Members work in a variety of media – watercolour, pastel, pencil (graphite or colour), acrylic and oils (which are not as scary as you might think). Drop by to find out more.	Tennyson Suite, Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
15:30 – 17:00	**PICKLEBALL (MIXED ABILITY)** A paddle sport that combines elements of badminton, tennis & table tennis. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pickleball
16:00 – 17:00	**TAP DANCE** Learn the basic sounds and steps of tap dance, including steps on the spot and travelling. No tap shoes are required. Cost: £7.15 (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/tap
17:00 – 18:30	**YOGA - DYNAMIC ADVANCED** A dynamic fast-paced Vinyasa flow. Progression level suitable for those with some experience. Cost: £9.45. (Included in Diamond Class and Diamond Plus memberships). Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/yoga

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

WHAT'S ON IN WEST WIGHT: FRIDAYS

When?	What?	Where?
18:00-19:00	**COBRA KICKBOXING CLUB (ages 7-13)** Welcoming new members with no previous experience in martial arts and promoting a controlled and disciplined environment to learn. Cost: £3 per session, first year membership is £20 (includes insurance) renewal £15 Contact Dave on 07960 099544 or dave@cave.me.uk for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
18:00 - late	**DUNGEONS AND DRAGONS *** 18+. Numbers are limited, and the group has a waiting list. * The group meet on a Friday evening or a Saturday afternoon, weekly or fortnightly. The next meeting time is decided at the prior meeting. Contact Mark on wizard.360@googlemail.com for more info.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP www.fofl.co.uk
18:30 – 19:30	**LINE DANCING – LONG ISLAND STOMPERS** You'll learn 1-2 new routines each week, with extra time dedicated to reviewing previously learned routines, including a 4-wall recap and walk-through. Don't worry if you're unfamiliar with the routine! New routines are uploaded weekly to YouTube with demos and teaching options to help you catch up. Cost: £6 Book online www.longislandstompers.co.uk/event-bookings	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.longislandstompers.co.uk
19:00-20:00	**COBRA KICKBOXING CLUB (Adults only session)** Welcoming new members with no previous experience in martial arts and promoting a controlled and disciplined environment to learn. Cost: £4 per session, first year membership is £20 (includes insurance) renewal £15. Contact Dave on 07960 099544 or dave@cave.me.uk for more info	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
19:00-21:00	**TOTLAND AND FRESHWATER SCOUTS (TERM TIME ONLY) Ages 10 ½ - 14** 1st Totland/Freshwater Scout Group is based in the spacious Totland Rec, near beautiful countryside and beaches. Cost: £20 per half term (first half term free). Additional fees for uniform, camps, and events. Contact: 01983 531455 or info@isleofwightscouts.org.uk for more information.	Totland Bowling Club building, Totland recreation ground, The Broadway, Totland, PO39 0AS www.isleofwightscouts.org.uk
19:00-21:00	**YARMOUTH SEA SCOUTS (TERM TIME ONLY) Ages 10 ½ - 14** 1st Yarmouth Sea Scouts - A go-getting group of young people who master new skills and try new things, make new friends, have fun and go on adventures, at home and abroad, explore the world around them, help others and make a difference, in their own communities and beyond. Cost: £10 per month. Additional costs for uniform, camps/events.	Yarmouth Scout Hut, Mill Road, Yarmouth, PO41 0RA (other venues for some sessions) www.isleofwightscouts.org.uk

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WHAT'S ON IN WEST WIGHT: SATURDAYS

When?	What?	Where?
08:00 – 08:50	**PILATES - MIXED ABILITY (SESSION 1)** Aimed at individuals with some Pilates experience, exercises can be progressed, adapted, and/or modified to suit different abilities. £8.30 (Diamond Plus members free). Book: 01983 752168, online, or at Reception.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates
08:00 – 9:00	**FULL BODY STRENGTH CIRCUITS** A circuits-based session to develop your strength. Every class is different, not suitable for beginners. Dumbbells will be used in all classes, and all equipment will be provided. Cost: £6.50 (bundles available to reduce per-session cost) Book online https://gymcatch.com/app/provider/7840/events	Community Hall of Yarmouth and District (CHOYD), St James Street, Yarmouth, PO40 0NU www.choyd.org.uk
09:00 – 10:00	**SALSATONE** Start the weekend party style and come along to Salsatone! A fun and fabulous dance fit class, combining vibes of Latin, disco, Swing and more. No dance experience needed, just bring a smile and some water. No need to book. Cost: £5 per class. Visitors are very welcome.	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
09:00 – 09:50	**PILATES - MIXED ABILITY (SESSION 2)** Aimed at individuals with some Pilates experience, exercises can be progressed, adapted, and/or modified to suit different abilities. £8.30 (Diamond Plus members free). Book: 01983 752168, online, or at Reception.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates
09:00 -10:00	**CIRCUITS** Suitable for all ages and abilities, work at your own pace. Includes a variety of cardiovascular and resistance work. Cost: £7.15 per session. (Included in Diamond Class and Diamond Plus memberships.) Contact 01983 752168 for more info and to book.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/circuits
09:30 – 10:30	**WEST WIGHT FENCING CLUB – JUNIOR BEGINNERS (term-time only)** Beginner Juniors session. (Ages 9-14). The Olympic sport with cold steel! Cost: £45 per term. Contact Nick via westwightfencingclub@gmail.com or 07966311485 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/under18s-classes/fencing
10:00 – 10:50	**PILATES - MIXED ABILITY (SESSION 3)** Aimed at individuals with some Pilates experience, exercises can be progressed, adapted, and/or modified to suit different abilities. £8.30 (Diamond Plus members free). Book: 01983 752168, online, or at Reception.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/adult-classes/pilates
10:00 – 12:00	**JUNIOR LIBRARY** LEGO and colouring every week, with junk modelling on 2nd Saturday of each month. Cost: FREE, no need to book. Parental supervision is required for under 12's. Contact 01983 752377.	Freshwater Library, 41 School Green Road, Freshwater, PO40 9AP https://www.fofl.co.uk

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WHAT'S ON IN WEST WIGHT: SATURDAYS

When?	What?	Where?
10:00 – 12:00	**JUNIOR GOLF CLASSES** Be part of our Junior Academy and join us for fortnightly golf tuition. Suitable for ages 8-13 years (some flexibility). Cost: FREE. Contact Peter via juniors.fbgc@gmail.com or phone 01983 752955.	Freshwater Bay Golf Club, Afton Down, Freshwater, PO40 9TZ www.freshwaterbaygolfclub.co.uk
10:00 – 12:00	**THORLEY COFFEE MORNING (2nd Saturday of the month)** Including a sale of books for all tastes. Contact Margaret on 01983 754 929 for more info	St Swithin's Church, Main Road, Thorley, PO41 0SS
10:30 – 11:30	**WEST WIGHT FENCING CLUB – JUNIORS (term-time only)** The Olympic sport with cold steel! Cost: £45 per term. Contact Nick via westwightfencingclub@gmail.com or 07966311485 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH www.westwight.org.uk
10:30 – 12:00	**WELLOW COFFEE MORNING (Last Saturday of the month)** Contact Stuart on 01983 760 162 for more info.	Wellow Literary Institute, Wellow Top Road, PO41 0TB
11:30 – 12:30	**WEST WIGHT FENCING CLUB (term-time only)** Adults' session. The Olympic sport with cold steel! Cost: £55 per term. Contact Nick via westwightfencingclub@gmail.com or 07966311485 for more info.	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/under18s-classes/fencing
11:30-13:00	**ISLE OF WIGHT TAE KWON-DO** Tae Kwon-Do training is available to anyone young or old, male or female, fit or unfit and allows you to grow at your own pace. Call Peter Scotcher for more info 07791 068 079	Freshwater Memorial Hall, Avenue Road, Freshwater, PO40 9UU www.freshwatermemorialhall.org.uk
14:00 - 16:00	**CHURCH GROUNDS MAINTENANCE (1st Saturday of the month)** Volunteer opportunity each month to help with the upkeep of the grounds at All Saints church Cost: FREE Contact Jill on 01983 756 308 for more info.	All Saints Church, Church Place, Freshwater, PO40 9BW
18:30 – 19:30	**NARCOTICS ANONYMOUS** A free, non-judgemental support group for people who want to stop using drugs. No referral needed and no cost to attend. Come to share, listen, or find support in recovery. New attendees welcome. Contact 0300 999 1212.	The Rectory Chapel, Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9HZ https://ukna.org
20:30 – 23:30	**EVENT NIGHTS** A different event night each Saturday, including discos, live music, karaoke and more! Non-members welcome (£2 signing in fee applies). Contact 01983 752988 or email freshconclub@gmail.com for more info. Check out the latest events calendar here: www.freshwaterconservativeclub.co.uk	Freshwater Conservative Club Queens Road, Freshwater, PO40 9ES www.freshwatercnservativeclub.co.uk

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WHAT'S ON IN WEST WIGHT: SUNDAYS

When?	What?	Where?
10:00 - 11:00	**VETERANS FOOTBALL** Whether you're 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: £7.15 (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/adult-classes/veterans-football
11:00 – 12:30	**ALCOHOLICS ANONYMOUS FRESHWATER – LIVING SOBER GROUP** These AA Meetings are open to all who may or may not have an alcohol problem, e.g. family, friends and other interested parties. More info available at www.alcoholics-anonymous.org.uk Helpline: 02392580776 (24 hours)	Freshwater Parish Hall, Victoria Road, Freshwater, PO40 9HZ www.alcoholics-anonymous.org.uk
13:00 – 14:00	**ISLE OF WIGHT CANOE CLUB (term time only)** Pool Sessions 14+ only skills practice. Cost: £6.80 For more information, visit www.iowcanoeclub.org.uk	West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH https://westwight.org.uk/swim/kayaking
14:00 – 17:00	**AREIAL SKILLS (Fortnightly)** An exciting three-hour workshop, exploring a range of aerial skills including silks, Lyra hoop, and spinning pole. Sessions finish with a mindful, yoga-inspired cool down to relax both the body and mind. During the warmer months we head over to the park for a short break in the middle of the session. Suitable for ages 6 and up – all levels welcome! Cost: £30. Contact artswithalicia@gmail.com for more info.	Freshwater Parish Hall, 12 Victoria Road, Freshwater, PO40 9HZ https://bookwhen.com/artswithalicia

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WHAT'S ON IN WEST WIGHT: SUNDAYS

When?	What?	Where?
09:30	**SUNDAY WORSHIP - ALL SAINTS CHURCH OF ENGLAND** Sunday worship at 9.30am. Check the website for the most up-to-date information and timetable. Administrator: Julia Bridgeman 07930 670 772 fytparishes@gmail.com	All Saints Church, Church Place, Freshwater, PO40 9BP. www.allsaintsandstagnes.org.uk
09:30	**SUNDAY WORSHIP – ST SWITHIN THORLEY** Check the website for most up-to-date information and timetable. Contact the churchwarden on 01983 754929 or mrenoufiow@gmail.com	St Swithin Church, Main Road, Thorley, PO41 0SS https://stswithin.co.uk
10:00	**SUNDAY WORSHIP – ST JAMES CHURCH OF ENGLAND YARMOUTH** Check the website for the most up-to-date information and timetable or contact the FYT parishes' administrator on 07930670772 for more info.	St James' Church, St James' Square, Yarmouth, PO41 0NP www.stjamesyarmouth.org.uk
10:15	**SUNDAY WORSHIP – COLWELL BAPTIST CHURCH** Check the website for the most up-to-date information and timetable or contact Dave (the minister) on 01983 753741 or dave.minister@gmail.com for more info.	Colwell Baptist Church, Colwell Road, Freshwater, PO40 9NB www.colwellbaptistchurch.co.uk
10:30	**SUNDAY WORSHIP (most weeks) FRESHWATER METHODIST CHURCH** Check the website for the most up-to-date information and timetable or contact: Doreen Dace on 01983 754946, doreen.dace@googlemail.com or Mike Hackleton, Local Lay Pastor, laypastormike@outlook.com	Freshwater Methodist Church, Brookside Rd Freshwater, PO40 9ER www.methodistiow.org.uk
11:00	**SUNDAY WORSHIP – CHRIST CHURCH TOTLAND** Check the website for the most up-to-date information and timetable or contact 07582 861966 or admin@christchurchtotland.org.uk for more info.	Christ Church, Alum Bay New Road, Totland, PO39 0ES www.christchurchtotland.org.uk
Times vary	**SUNDAY WORSHIP – ST AGNES' CHURCH OF ENGLAND** Check the website for the most up-to-date info. Administrator: Julia Bridgeman 07930 670 772 fytparishes@gmail.com	St Agnes Church, Gate Lane Freshwater Bay, PO40 9PY www.allsaintsandstagnes.org.uk
Times vary	**SUNDAY MASS – ST SAVIOUR'S ROMAN CATHOLIC CHURCH, TOTLAND** Check the website for the most up-to-date information and timetable or contact 01983 522027 or StSandSTC@portsmouthdiocese.org.uk for more info.	St Saviour's Church, Weston Lane, Totland Bay, PO39 0HE www.stass.iowrcchurch.org.uk

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USEFUL CONTACTS

EMERGENCY & CRISIS

Emergency Services: 999
Non-emergency Police: 101
NHS 111 (24/7): Call 111 or visit www.111.nhs.uk
Samaritans (24/7): 116 123 | www.samaritans.org
Shout Crisis Text (24/7): Text SHOUT to 85258
Mountbatten Helpline (24/7): 01983 217297 www.mountbatten.org.uk

BENEFITS / DEBT

Citizens Advice: 01983 684684| www.islehelp.me
StepChange Debt Charity: 0800 138 1111 | www.stepchange.org
National Debtline: 0808 808 4000 | www.nationaldebtline.org
Turn2Us: www.turn2us.org.uk
MoneyHelper: 0800 138 7777 | www.moneyhelper.org.uk
Council Tax: 01983 823901| www.gov.uk/universal-credit

MENTAL HEALTH & WELL-BEING

Isorropia Foundation: 01983 217791 | https://isorropia.uk
Mental Health Support Hub: | www.hiowhealthcare.nhs.uk
Social Prescribing (West Wight): via Brookside Surgery 01983 758 998
Independent Arts Creative Hub: 01983 822437 | www.independentarts.org.uk

HOUSING & HOMELESSNESS

Housing Benefit: 01983 823950 |
www.iow.gov.uk/article/1139/Housing-benefits
Shelter: 0808 800 4444 | www.shelter.org.uk
Two Saints: 01983 520168 | https://twosaints.org.uk/isle-of-wight

FAMILIES & YOUNG PEOPLE

Barnardo's: 01983 529208 | www.isleofwightfamilycentres.org.uk
Childline (24/7) 0800 1111 | www.childline.org.uk
Children & Young People's Crisis Line: 0300 303 1590
The Mix (Under 25s): 0808 808 4994 www.themix.org.uk

OLDER PEOPLE & CARERS

Age UK Isle of Wight: 01983 525282 | www.ageuk.org.uk/isleofwight
Carers IW: 01983 533173 | www.carersiw.org.uk
Re-engage: 0800 716 543 | https://reengage.org.uk

LOCAL COMMUNITY & SUPPORT

Community Connector West Wight: 07498 496719 / 01983 240 722 |
www.westwight.org.uk/community-connector
Living Well & Early Help: 01983 240732 | www.lweh.org.uk
West Wight Sports and Community Centre: 01983 752168 |
www.westwight.org.uk
Freshwater Parish Council: 01983 752000 | www.freshwater-parish.org.uk
Totland Parish Council: 01983 756028 | www.totlandparishcouncil.gov.uk
Shalfleet Parish Council: 01983 531491 | www.shalfleetiow.org.uk
Yarmouth Town Council: 01983 527093 | www.yarmouth-tc.gov.uk

FOOD & ESSENTIALS

- Isle of Wight Foodbank: 01983 292040 | www.isleofwight.foodbank.org.uk

TRANSPORT

- FYT Bus: 01983 752917 | www.fytbus.org.uk
- Southern Vectis: 0330 0539182 | www.islandbuses.info
- Optio Volunteer Drivers: 01983 522226

www.communityactionisleofwight.org.uk/optio-voluntary-car-service

COMMUNITY CONNECTOR WEST WIGHT

SCAN

HELPING PEOPLE ACROSS FRESHWATER, TOTLAND AND YARMOUTH TO CONNECT WITH LOCAL ACTIVITIES, SERVICES AND OPPORTUNITIES.

HOW I CAN HELP

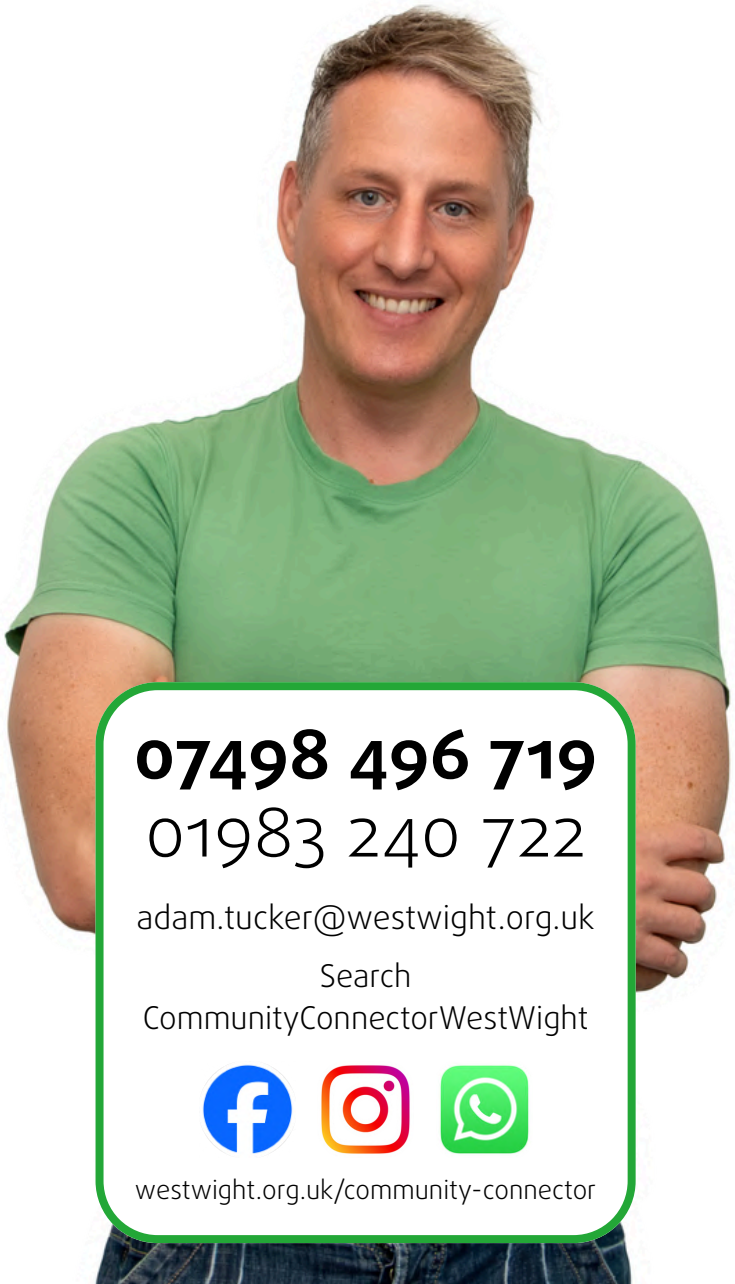
👥 Loneliness & Isolation	🏃 Finding local activities	🤝 Making new connections
🌳 Getting out more	🌟 Building confidence	💚 Health & Well-being
🏠 Housing support options	🧭 Advice & support services	📝 Forms, benefits & applications
🎯 Volunteering & getting involved	💡 Community ideas & projects	💼 Employment & training support

FREE SUPPORT

✅ No referral needed, just get in touch	✅ Open to all ages
✅ Confidential	✅ Flexible support at your pace

West Wight Sports & Community Centre · LW QHS Living Well and Early Help Service · Freshwater Parish Council · Our Place · Daisie Rich Trust

Contact
Adam Tucker



07498 496 719

01983 240 722

adam.tucker@westwight.org.uk

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