



Ainsdale Lunch and Leisure

Newsletter July 2021

We are pleased to announce that we are now able to take bookings for lunches in the centre on Tuesdays and Thursdays. Bookings can be made via the office on 01704 574838. The menu will be available to view on our website on a weekly basis. We hope to re-open the café in August which will be available for lighter snacks, Coffee and cake and we are grateful to the Community Champions Fund for monies received in order to develop a patio area which will enable diners to also enjoy the outside space.

In addition to our Meals out Service and Lunches, we are now open to a variety of activities catering to a range of interests as follows:-

Tuesday 1.30-3.00pm Tai Chi

Thursday 10.30am-11.30am Gentle Gym (Chair-Based Exercise)

Thursday 10.15am-11.45am Arts and Crafts (with Tuition)

**Community Garden available for all to enjoy, Come and Potter or enjoy the sunshine
Please contact the office to book into classes.**

We respectfully request that participants use face coverings when moving around the building however these can be removed when participating in activities/lunch in a socially distanced way.

We will continue to review our activities and hope to gradually increase our offer as we are mindful that this has been missed in the community, however we wish to do this in a way by which we are doing all we can to keep our members as safe as possible due to the uncertainties that the pandemic still poses.

On behalf of the Board of Trustees I wish to thank the Staff and Volunteers at this time for their continued hard work in adapting to the challenges on a daily basis. I wish to thank all our funders who continue to support us financially in order that we can deliver what is needed in the community and to our Members and Visitors we are grateful for your continued support.

Rebecca Gomersall
Manager
July 2021

 Bags of Help

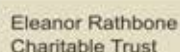
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