

# What's On At

ASPIRE  
RYDE



**The Queen's Award  
for Voluntary Service**

*The MBE for volunteer groups*

## Monday

<b>Dance Makers</b>	1:30pm – 3:00 pm
Community Hall Chair based exercise and dance. Open to all - just drop in or use contact below for further information. Independent Arts 822437 <a href="http://www.independentarts.co.uk">www.independentarts.co.uk</a>	
<b>Aerial hoop - Wight Arts &amp; Fitness</b>	4:30pm – 5:30 pm
Main Hall This class is for every level of student, including brand new beginners. All classes must be booked and paid for in advance using the booking link: <a href="https://v1.bookwhen.com/wightarts">https://v1.bookwhen.com/wightarts</a> Facebook page: Wight arts & fitness	
<b>Prayer Jam songwriting</b>	12:00 – 4:00 pm
Closed group for those who attend prayer jams (on Thursday) where we construct songs from the prayer jam worship sessions.	

## Tuesdays

<b>Growing Great Things</b>	10.00 – 12.30 pm
Community Garden	
A gardening project open to anyone looking to improve their mental health and make new friends.	
For more information, phone Alice on 01983 716020 alice@rydeaspire.org.uk	
<b>National Autistic Society support group</b>	10.00 – 12.00 pm
Community Cafe	
A drop-in support group for families and individuals affected by Autism Spectrum Conditions	
<b>Aspire - Men in Sheds</b>	10.30 – 3.30 pm
Woodwork shop	
Open to all men, a group carrying out woodwork using scrap wood to make a range of different items. Donations invited for materials	
<b>Aspire – Men in Sheds Cycle Maintenance and Recycle</b>	
Cycle workshop	1.00 – 3.30pm
Open to all men – the opportunity to work together repairing, maintaining and building new bikes from old.	
<b>Uke can do it</b>	4:00 – 7:00 pm
Music Room	
Ukelele jam session	
<b>Pole Fitness</b>	6.00 – 9.00 pm
Community Hall	
You MUST pre-book and pay for these classes using the online form. Booking form: <a href="https://v1.bookwhen.com/wightarts">https://v1.bookwhen.com/wightarts</a>	
For more info: 077 7295 8023	

## Wednesdays

<b>Aspire Information Drop-In with Citizens Advice Bureau, Local Area Health Coordinator and Southern Housing</b>	
Community Cafe	10.00 – 1.00 pm
<b>Growing Great Things</b>	10.00 – 12.30
Community Garden	1.30 – 4.00 pm
A gardening project open to anyone looking to improve their mental health and make new friends. For more information, phone Alice on 01983 716020 alice@rydeaspire.org.uk	
<b>Aspire to Sew</b>	10.00 – 12.30 pm
Community café Come along and learn how to use a sewing machine or hand sew your own project and someone will be on hand to help you.	
<b>Aspire Men in Sheds</b>	10.30 – 1.00 pm
Woodwork shop Open to all men, a group carrying out woodwork using scrap wood to make a range of different items.	
<b>Aspire Men in Sheds – supported group</b>	1.00 – 4.00 pm
Woodwork shop Open to those with additional needs, a group carrying out woodwork using scrap wood to make a range of different items.	

## Still Wednesdays

<b>Just Be Creative</b>	1.30 – 3:00 pm
Main Hall For those struggling with mental health issues, enjoy making things and learn a new craft. Contact Aspire for more information 01983 716020	
<b>Aspire Tea Dance</b>	2.00 – 4.00 pm
Community Hall Open to all, contact Aspire for more information 01983 716020	
<b>After School Singing/Dancing &amp; Drama</b>	4.00 – 5.00 pm
Community Hall Open to children of all ages Contact Miss Paula on 078 9505 8471 to book a space <a href="http://www.pjstheatreschool.co.uk">www.pjstheatreschool.co.uk</a>	
<b>Community Choir</b>	5.30 – 7.00 pm
Main Hall Open to all, enjoy a fun session singing a range of music in a friendly group. Contact Miss Paula on 078 9505 8471	
<b>Pole Fitness</b>	6.00 – 9.00 pm
Community Hall You MUST pre-book and pay for these classes using the online form. Booking form: <a href="https://v1.bookwhen.com/wightarts">https://v1.bookwhen.com/wightarts</a> For more info: 077 7295 8023	
<b>Adult Bible Study</b>	7.30 – 9.30 pm
Community Café Open to all, contact 01983 716020 for more information.	

## Thursdays

<b>Growing Great Things</b>	10.00 – 12.30 pm
Community Garden A gardening project open to anyone looking to improve their mental health and make new friends. For more information, phone Alice on 01983 716020 alice@rydeaspire.org.uk	
<b>Aspire Just Be Group</b>	10.00 – 12.00 pm
Community Cafe Mental Health support group open to all. Phone 01983 716020 for more information.	
<b>Aspire Young at Heart</b>	12.00 – 2.00 pm
Community Hall Anyone 70 years young and over is invited to enjoy lunch once a week. Please contact us on 01983 716020 to book	
<b>Aspire – Men in Sheds Cycle Maintenance and Recycle</b>	1.00 – 3.30 pm
Cycle workshop Open to all men – the opportunity to work together repairing, maintaining and building new bikes from old Bicycles are then sold to help fund the project.	
<b>Prayer Group for Aspire</b>	2.00 – 3.00 pm
Small Meeting Room Open to all, contact us on 01983 716020	
<b>Prayer Jams</b>	3.00 – 5.00 pm
Undercroft Put your prayers to music Open to all, contact us on 01983 716020	
<b>Kung Fu</b>	7.00 – 8.00 pm
Main Hall Adult group Contact 078 7149 0405 k.fu@hotmail.co.uk	

## Fridays

<b>Aspire Treasure Box Toddler Group</b>	10.00 – 12.00 pm
Community Hall Phone 01983 716020 for more information.	
<b>Men in Sheds</b>	10.30 – 1.00 pm
Wood workshop Open to all men, a group carrying out woodwork using scrap wood to make a range of different items.	
<b>Aspire Women in Sheds</b>	1.00 – 4.00 pm
Wood workshop Open to all women, a group carrying out woodwork using scrap wood to make a range of different items.	
<b>PJ's Dance Lessons</b>	4.45 – 7.00 pm
Main Hall For children 14 years and over Contact Miss Paula on 078 9505 8471 to book a space <a href="http://www.pjstheatreschool.co.uk">www.pjstheatreschool.co.uk</a>	

## Saturdays

**PJ's Theatre School Dance Classes**

10.30 – 1.00 pm

Community Hall

Dance for ages 2 – 13 years

Contact Miss Paula on 078 9505 8471

Please note – this is what is generally on.

Check our website calendar for a specific date:

**Use the QR code below**



Or go to [www.aspireryde.org.uk](http://www.aspireryde.org.uk) and click on 'What'