

What's On At

ASPIRE
RYDE



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

The MBE for volunteer groups

Mondays

Art Group

10am – 12pm

Community Hall

Closed group for wellbeing.

Contact Maggie at magwoodiow@hotmail.co.uk

Dance Makers

1.30pm – 3pm

Community Hall

Chair based exercise and dance. Open to all - just drop in or use contact below for further information.

Independent Arts 822437 www.independentarts.co.uk

Epilepsy Support Group – EVERY 2 WEEKS (see website)

1.30pm – 3.45pm

Café Area

Open to all - just drop in or contact place@aspireryde.org.uk, 01983 716020 for further information.

Aerial hoop - Wight Arts & Fitness

6.30pm – 7.30pm

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:

<https://v1.bookwhen.com/wightarts> Facebook page: Wight arts & fitness

Tuesdays

Aspire Works!

9:30 am – 12.30pm

Community Hub

Education, Training and Learning run by POA and Southern Housing Group. Employability skills plus basic skills and IT. Contact Aspire for more details.

Aspire Growing Great Things

10am – 12.30pm

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@aspireryde.org.uk

Aspire Men in Sheds

10.30 – 12.30 & 3.00 – 3.30

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. Contact Aspire for more information 01983 716020

Aspire Cycle maintenance & workshop

10.30am – 12.30pm

Open to all men. The opportunity to work together repairing, maintaining and building new bikes from old. Contact Aspire for more information 01983 716020

National Autistic Society Support Group

Café

10.30am – 12.30pm

Contact Jess 079 6929 7666

Home Educated Families

12pm – 3pm

Community Hall

Contact Jemma on 077 1818 3456

Pole Fitness

6pm – 9pm

Community Hall

You MUST pre-book and pay for these classes using the online form. Booking form: <https://v1.bookwhen.com/wightarts>

Contact Shannon on 077 7295 8023

Wednesdays

Aspire Information Drop-In with Citizens Advice Bureau, Local Area Health Coordinator and Southern Housing 10am – 1pm

Community Café

Contact Aspire for more information 01983 716020

Aspire Growing Great Things 10.00 – 12.30

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@aspireryde.org.uk

Aspire to Sew 10.00 – 12.30 & 1.00 – 3.00

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. Contact Aspire for more information 01983 716020

Aspire Men in Sheds 10am – 12:30pm

Woodwork shop

Open to all men. A group carrying out woodwork using scrap wood to make a range of different items. Contact Aspire for more information 01983 716020

Aspire Men in Sheds – supported group 1pm – 4pm

Woodwork shop

Open to those with additional needs. A group carrying out woodwork using scrap wood to make a range of different items. Contact Aspire for more information 01983 716020

Still Wednesdays

Aspire Just Be Creative

1.30pm – 3pm

Main Hall

For those struggling with mental health issues, enjoy making things and learn a new craft. Contact Aspire for more information 01983 716020

Aspire Tea Dance

1.45pm – 3.45pm

Community Hall

Open to all. Contact Aspire for more information 01983 716020

After School Singing, Dancing & Drama

4pm – 5pm

Community Hall

Open to children of all ages. Contact Miss Paula on 078 9505 8471 to book a space. www.pjstheatreschool.co.uk

Pole Fitness

6pm – 9pm

Community Hall

You MUST pre-book and pay for these classes using the online form.

Booking form: <https://v1.bookwhen.com/wightarts> For more info: 077 7295 8023

Aspire Adult Bible Study

6pm – 7.30pm

Reception area

Open to all. Contact 01983 716020 for more information.

Thursdays

Aspire Just Be Group

10am – 12pm

Community Cafe

Mental Health support group open to all. Contact Aspire for more information
01983 716020

Aspire Young at Heart

12pm – 2pm

Community Hall

Anyone 70 years young and over is invited to enjoy lunch once a week. Please
contact us on 01983 716020 to book

Aspire Men in Sheds Cycle Maintenance and Recycle 1pm – 3.30pm

Cycle workshop

Open to all men. The opportunity to work together repairing, maintaining and
building new bikes from old which are then sold to help fund the project. Contact
Aspire for more information 01983 716020

Aspire Prayer Group

2pm – 3pm

Small Meeting Room

Open to all. Contact us on 01983 716020

Kung Fu

7pm – 8pm

Main Hall

Adult group. Contact 078 7149 0405 k.fu@hotmail.co.uk

Tai Chi

7pm – 8pm

Community Hall

Contact Andy on 075 3837 3130

Fridays

Aspire Treasure Box Toddler Group 10am – 12pm
Community Hall
Phone 01983 716020 for more information.

Aspire Men in Sheds 10.30am – 1pm
Wood workshop
Open to all men. A group carrying out woodwork using scrap wood to make a range of different items. Contact Aspire for more information 01983 716020

Aspire Women in Sheds 1pm – 4pm
Wood workshop
Open to all women. A group carrying out woodwork using scrap wood to make a range of different items. Contact Aspire for more information 01983 716020

Saturdays

PJ's Theatre School Dance Classes 10.30am – 1pm
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 and click on 'What'

Revised 8 Nov 2018