

WIGAN & LEIGH PENSIONERS LINK

Autumn
**Link
Line**
Edition
2023



Owed to autumn by John Keats

Season of mists and mellow fruitfulness
Close bosom-friend of the maturing sun;
Conspiring with him how to load and bless,
With fruit the vines that round the thatch-eves run;
To bend with apples the moss'd cottage-trees,
And fill all fruit with ripeness to the core;
To swell the gourd, and plump the hazel shells,
With a sweet kernel; to set budding more,
And still more, later flowers for the bees,
Until they think warm days will never cease,
For summer has o'er-brimm'd their clammy cells.

Who hath not seen thee oft amid thy store?
Sometimes whoever seeks abroad may find
Thee sitting careless on a granary floor,
Thy hair soft-lifted by the winnowing wind;
Or on a half-reap'd furrow sound asleep,
Drows'd with the fume of poppies, while thy hook
Spares the next swath and all its twined flowers:
And sometimes like a gleaner thou dost keep
Steady thy laden head across a brook;
Or by a cyder-press, with patient look,
Thou watchest the last oozings hours by hours
Where are the songs of spring? Ay, Where are they?
Think not of them, thou hast thy music too,—
While barred clouds bloom the soft-dying day,
And touch the stubble-plains with rosy hue;
Then in a wailful choir the small gnats mourn
Among the river shallows, borne aloft
Or sinking as the light wind lives or dies;
And full-grown lambs loud bleat from hilly bourn;
Hedge-cricket's sing; and now with treble soft
The red-breast whistles from a garden-croft;
And gathering swallows twitter in the skies.

Groups and activities At Pensioners Link, Leigh

I/T Drop-in Group

10:00—12:00

Coffee Club



Mindfulness (monthly)

09:30, First Monday of each month

Exercise class

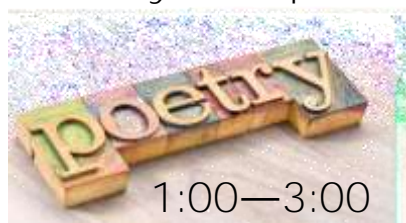


11:00—12:00

1:00—2:00pm

Monday

Poetry Group



1:00—3:00

Tuesday

10:00—12:00
Arts and Crafts



10:00—12:00

Art Gang



10:00—12:00

Knit and crochet



1:30—3:30

Coffee Mornings

at Elmridge Court, Lowton

meet fortnightly.

Ring 01942

261753 for details

Wednesday

Movement & Balance



1:00—1:45

Genealogy



1:00—4:00

Thursday

Coffee morning here — Fridays 10:00—12:00.

Dates arranged monthly for our Walk and Talk Group.

For further details, contact Pensioners Link on 01942 261753

www.pensionerslink.org.uk



Friday

The winning poem is revealed

The Colour of Autumn,

In the nineteen-fifties Manchester

Before the summer's end

The very posh shop Kendal Mine
followed the latest trend.

We do the autumn colours now

We don't do pinks and blues.

The colours here are greens and browns

And all of the autumn's hues.

So if madam would like a suit

In yellow, gold, or brown,

Just step this way; we'll fix you up.

Would Ma'am prefer a gown?

She had me trapped in 'autumn trends'

this women on commission.

I knew that I would not escape

Without her full permission.

The autumn colours suit you so,

Why don't you try this gown?

The ugly dress she bought to me

Was sludgy green and brown.

I bought the dress to escape,

And now I'm stony broke,

I gave it to my granny

And she thought it was a joke.

Diana Brooks

Perhaps you would like to take the opportunity
to test your prowess



Come along to our Poetry Group, which meets at
1:00 pm on a Tuesday Afternoon

BOOKS AND MORE

Our Books & More service is a continuation of the library home delivery service that served our borough for many years. Working in partnership with Wigan Libraries, we offer a delivery and collection service to people across the borough who, perhaps, are unable to access their local library themselves.

In addition to delivering the books, our volunteers will stay and chat, if required, offering company and may identify other needs and can signpost for other services offered by Pensioners Link.

The service offers access to the library and, if needed, action to help reduce social isolation and wider social and community services.

Our brilliant volunteers help run this service and without them, we could not continue. For more information, please contact us (quoting Books & More):

Bringing you home
Homesafe
safely from hospital

'HomeSafe' is one of our services available across the whole Wigan Borough. Working in partnership with Wigan Council and the Wigan, Wrightington and Leigh NHS Foundation Trust, we offer companionship and reassurance for patients when they are discharged from hospital.

The service is available to people who have been discharged from one of the foundation's hospitals who are over 50, live alone, or with a dependant, are mobile and live within the borough. We give the patients a follow up call with a few checks to make sure that they are comfortable and safe at home. We also provide one of our 'Welcome Home' bags that include essentials (such as tea, coffee, bread and soup) to help people get back into their usual routine. If appropriate, we can also help the patient connect to wider social services and events that they may need.

An important intervention that helps to reduce re-admission into hospital and social isolation.

This popular service relies on the help, support and commitment from our team of volunteers who - without their help - this service would not be able to function.

Please note that this service can only be booked by medical staff responsible for hospital discharges and cannot be booked directly by the public.

For more information, please contact us (quoting the Homesafe service)

Call Us: 01942 261 753

Email Us: contact@pensionerslink.org.uk

Fun Page

One fine day, in our front lounge, I peered out of the window at the driveway. Much to my dismay, I watched this man detach our gate from its hinges. He was about to make away with the gate when he realised he was caught. The man froze in terror. I felt pity for him—but dare not confront him in case he took offense.

Why did the mechanic prefer to carry out a service to his car throughout the night? So that he could get up oily in the morning!

A buffet lunch accompanied the company's Board Meeting. The quality of food was excellent overall. However, the salad disappointed with wet lettuce, soft tomatoes—and the rocket went off!

easy

	1			9		2	4
	4		5	8			1
5		3		4	1		9
							7
1	3	6	7		5	4	8
9							
3			1	2		7	
8				7	4		3
6	7		9				1

Sudoku

Using only digits 1-9, fill in the grid so that each column, row, and 9-square sub-grid contains all of the digits from 1 to 9. There is no maths, you solve the puzzle by applying logic

medium

7		6		2	9	1		
	5	8			7	6		9
9								
				5			6	
5		1				8		2
	7			3				
								1
1		5	7			3	4	
		3	5	9		2		7

WORD SEARCH

One especially for foodies!
Heh-heh!

Can you find these hidden foods in the grid?

- | | | |
|-------------|--------------|------------|
| APPLE | HOT DOG | TOAST |
| BISCUIT | ICE CREAM | VOLAU VENT |
| BURGER | MOUSSE | WAFFLE |
| CAKE | MUFFIN | YOGHURT |
| CANAPE | CHEESE STRAW | OLIVE |
| PEANUTS | CHEW | PEAR |
| PICKLED EGG | CHIPS | CRACKERS |
| POPCORN | PRETZELS | CREPE |
| CRISPS | SANDWICH | DOUGHNUT |
| SCONE | FRIES | SOUP |

S	P	S	I	R	C	C	E	D	B	H	F	T	C	C
O	M	O	U	S	S	E	P	L	B	P	R	T	H	F
U	W	M	A	E	R	C	E	C	I	F	I	U	E	W
P	E	A	N	U	T	S	R	J	K	R	E	N	E	S
G	G	E	D	E	L	K	C	I	P	A	S	H	S	A
R	Y	Y	C	V	T	R	A	O	V	E	C	G	E	N
P	E	A	X	S	M	V	E	B	N	P	A	U	S	D
R	K	G	A	S	H	U	O	P	I	E	T	O	T	W
E	Z	O	R	G	P	O	F	L	A	S	L	D	R	I
T	T	Z	L	U	C	I	T	F	A	N	C	G	A	C
Z	W	G	M	I	B	C	H	D	I	U	A	U	W	H
E	Q	X	U	K	V	P	F	C	O	N	V	C	I	U
L	A	P	P	L	E	E	A	R	P	G	X	E	O	T
S	E	L	F	F	A	W	P	O	P	C	O	R	N	H
C	R	A	C	K	E	R	S	Y	O	G	H	U	R	T

Wigan and Leigh Pensioners Link welcome their first Employer Supported Volunteer (ESV).

We were absolutely delighted to hear that Janet Latham had chosen Pensioners Link to volunteer with as part of the Employer Supported Volunteering Programme, and to welcome Janet to the team.

Janet is an employee with the Be Well Team as a 'Be Well Health Advisor' and regularly meets service users in the Pensioners Link building. After hearing that we were looking for volunteers, Janet asked her manager about the possibility of volunteering as an Employee Supported Volunteer, who embraced the idea and gave Janet the go ahead to join us.

Employer Supported Volunteering (ESV) is an integral part of the Volunteer Programme at Pensioners Link, helping to create stronger links with Partner Organisations and Businesses, and providing more opportunities to support local people within their communities.

Janet is now one of the Time Limited Contact Shopping volunteers, providing support for people aged 50 and over who are experiencing a time of significant change. Janet has embraced the role, sharing her passion and energy, utilising her expertise and knowledge, whilst developing new skills and helping to make a difference for people in the local community.

We have a variety of volunteer opportunities and if you are an organisation or business that offers ESV to your employees, and would like to have a chat about how you can get involved, please email:

contact@pensionerslink.org.uk or telephone: 01942 261753.



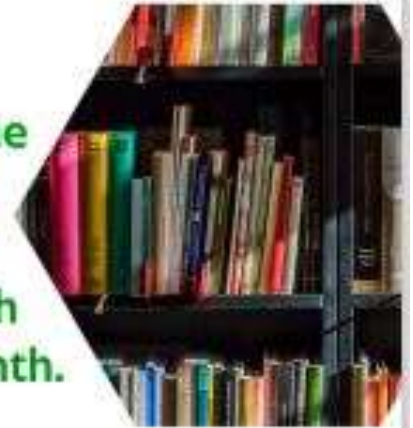
Janet delivering our clients shopping.



Volunteers can choose to help us in one or more of the following services:

BOOKS & MORE

Our Books & More service can be a vital lifeline for lonely & isolated people. Our volunteers collect books from the library, deliver them to their reader in their home and sit with them for up to an hour for a chat. Once a month.



T.L.C. (Shopping Service)

T.L.C. (Time Limited Contact scheme) is our shopping service. Volunteers assist people who are experiencing a time of change, by doing their shopping for up to 6 visits, to help them to get back on their feet.

HOMESAFE

Our Homesafe service supports patients being discharged from hospital. As a volunteer you would collect the patient from hospital and accompany them home ensuring that they arrive safely and are signposted to additional support if needed.

