

NEWSLETTER



Welcome to our Young At Heart Newsletter..

..Keeping you up to date with all our news,
events, groups and celebrations!

Hello Everyone,

Firstly a big thank you to all who have been part of the Young at Heart team during the past year whether as supporters or active volunteers. I appreciate you all. Young at Heart has gone from strength to strength in the past year and continues to brighten up the days of the people of Stoke-on-Trent and Newcastle-Under-Lyme. We have started 2025 positively with the launch of three new groups and more to come. Looking forward to what is to come in the next few months.

Take Care and stay safe. *Alex*

What do we do here at Young at Heart?

Here at Young at Heart our aim is to target social isolation in the over 55's. It is important to us that older people feel part of the local community especially as they get older and are less able to access things like they used to. We create a welcoming space for all older people attending our groups. We support and encourage our service users, enabling them to visit a Young at Heart social group which will hopefully lead to more confidence and being re-engaged in their community.



NEW Local History Group

Working in partnership with Staffordshire Libraries

Local History Group at Newcastle Library, Castle House,
Newcastle, ST5 1BL

Held on the second Wednesday of each month, 10:30am-12pm. Discover the past, share stories & research, Meet new people, Everybody welcome. Free of charge.



NEW Ancestry Group

Working in partnership with Staffordshire Libraries

Ancestry Group at Newcastle Library

Held on the second Wednesday of each month.

10:30am-12pm Free access to online ancestry & genealogy service. Friendly help available to assist and get you started. Everybody welcome. Free of charge.



NEW Singing Connections Group

Working in partnership with Approach Dementia Services

Singing Connections Group at St Lukes Methodist Church,
Clayton, ST5 4BH.

Every Tuesday. 1pm -3pm. This group is focused on our older people living with Dementia and their carers although it is not exclusive and everyone is welcome. Free of charge.

Photo Gallery A Celebration of 2024



Entertainers, Speakers & Trips



... at our YAH Groups Feb-March

Kath Reynolds- Reminiscence Talk
Meir social Group 18/3/25

Vicki Thornton- Musical Moments
Meir Social Group 4/3/25
Cross Heath Social Group 6/3/25

Ukulele Band Performance
Happy Abbey Social Group 13/3/25

Trip to Bakewell Market
Hanley Lunch Group 17/3/25

Trip to Bents Garden Centre
Kidsgrove Friendship Club 18/3/25

Holly Reynolds- Singer
Happy Abbey Social Group 27/3/25

CELEBRATE

Going For Gold



We are delighted to announce that
our Young at Heart Project has just
been awarded
GOLD accreditation
for volunteering excellence!

by VAST Volunteering Quality
Standards. For
championing accessible, inclusive, and
high-quality volunteering
opportunities

List of All our Young at Heart Social Groups



HAPPY ABBEY SOCIAL GROUP.

Breathe New Life Church, Leek Road, Abbey Hulton, ST2 8BY.

Meet every other Thursday. Upcoming 2025 dates: 27th Feb, 13th March, 27th March, 10th April and so on.

Time: 10am until 1pm

Cost: £3

TALKE LUNCH GROUP

Talke Village Hall, High Street, Talke Pits, ST7 1QQ

Meet first and third Tuesdays of the month. Upcoming dates: 4th March, 18th March, 1st April and so on

Time: 11am-1pm

Cost: £4

CROSS HEATH SOCIAL GROUP

Cross Heath Methodist Church, King Street, ST5 9HQ.

Meet every other Thursday. Upcoming 2025 dates: 6th March, 20th March, 3rd April and so on.

Time: 10:30am -1pm

Cost: £3

GUITAR GROUP

Sacred Heart Church, 13 Queen's Ave, Tunstall, ST6 6EE Also live streams via Zoom

Every Wednesday

Time: 1pm - 3:30pm

Cost: £3 per session or £10 per month

HANLEY LUNCH GROUP

Sacred Heart Community Centre, Eastwood Place, Hanley, ST1 3DB

Meet every other Monday. Upcoming 2025 dates: 3rd March, 17th March, 31st March, 14th April and so on.

Time: 11am- 1pm

Cost: £3.50

LOCAL HISTORY GROUP & ANCESTRY GROUP

Newcastle Library, Castle House, Newcastle, ST5 1BL

Held on the second Wednesday of each month. Upcoming dates: 12th March, 9th April and so on

Time: 10:30am-12pm

Cost: Free

KIDSGROVE FRIENDSHIP GROUP

Kidsgrove Town Hall Liverpool Road, Kidsgrove, ST7 4EL

Meet on the last Tuesday of every month.

Upcoming dates: 25th March, 29th April and so on.

Time: 1:30pm until 3:30pm

Cost: £3 per session

MUSIC & MEMORIES

Wilbraham House, Newcastle Under Lyme, Newcastle, ST7 8DE

Meet on the first Thursday of the month.

Upcoming dates: 6th March, 3rd April and so on

Time: 1:30pm-3pm

This is a dementia friendly group but not exclusive.

Cost: Free

MEIR SOCIAL GROUP

St Francis Church, Sandon Road, Meir, ST3 7LH

Meet every other Tuesday. Upcoming 2025 dates: 4th March, 18th March, 1st April and so on.

Time: 2pm until 4pm

Cost: £3

SINGING CONNECTIONS GROUP

St Luke's Methodist Church, Clayton, ST5 4BH

Every Tuesday.

Time: 1pm -3pm.

This is a group for people living with dementia and their carers but not exclusive.

Cost: Free

UKULELE GROUP

St Johns Welcome Centre, 30, Greasley Road, Abbey Hulton ST2 8JE

Meet every Saturday

Time: 11:30-1:30pm

Cost: Free

COMING
SOON

CLAYTON SOCIAL GROUP



* NEW SOCIAL GROUP *

St James The Great C of E Church, Clayton Lane, Clayton, ST5 3EU

Last Friday of the month starting Friday 28th February 2025

1:30pm-3:30pm .

We will have quizzes, games , bingo, guest speakers, day trips out and of course refreshments! Cost £3

FENTON SPORTS CLUB



Working in partnership with Dougie Mac



* NEW SPORTS GROUP *

Fenton Manor Sports Complex, City Road, Fenton, ST4 2RR

First Friday of the month starting 4th April 2025 10am-12pm

Come along for a bit of exercise, we have Table Tennis, Indoor Bowls, Walking Football, Pickleball, Practice Golf and of course fun & laughter! Free of Charge

NEW &
EVENTS

Start your Volunteering Journey with us!



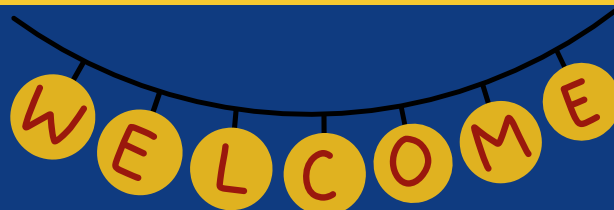
Do you have a passion to support older people in your community?
Do you want to make a difference? Learn new Skills? Connect with others?

Volunteers are at the heart of what we do and we've been helping to change the lives of older individuals since 2014.

Please contact us if you would like more information about our volunteering opportunities

Date for the Diary...

Beneficiaries Advisory Forum will take place on the 10th April 2025 from 11am until 2pm at Fenton Town Hall, Fenton, ST4 3AF. Lunch included. Please book places with Alex.



A very warm welcome to all our new volunteers!

Ange - Talke YAH Group

Pam - Talke YAH Group

Claire - Talke YAH Group

Hassan - Talke YAH Group

Steve - Hanley YAH Group

Kashaf - Hanley YAH

Group

Wale - Hanley YAH Group

Ian - Clayton YAH Group

Anne - Clayton YAH Group

Patrick - Clayton YAH Group

Ann - Clayton YAH Group

Sharon - Clayton YAH Group

Mandy - YAH Befriender

Val - YAH Befriender

Kate - Ancestry Group

Ernie - Local History Group

For more news, information or to make a referral call/text us on

07467 062139, email alexandrabaines@fatherhudsons.org.uk

or visit our website at

www.fatherhudsons.org.uk/older-people/young-at-heart