



100 Club Winners

Jean Craven	£100
Kathryn Shanley	£50
Jen Paul	£50
Jeff Smith	£50



We are delighted to say that we reached our 100th member at the beginning of October – Thank you to all who have supported us!



Delighted to confirm that the Lego education club is return on Friday 5th December at 5.30pm
Suitable for ages 5-12

Christmas is Coming

We have lots going on at The Hub:
Get ready for Christmas with our relaxing
sound bath on 14th November in The Hub
<https://buytickets.at/thekelsallwellbeinghub/1789472>



Join us for our Christmas Fair on 29th November at Kelsall
Community Centre – Visit with Santa / Games/ Refreshments

or spend quality time with loved ones at our Beaded Wreath
Workshop with Rachel on 30th November in The Hub –
<https://buytickets.at/thekelsallwellbeinghub/1590466>



Good Companions at the Hub

Looking for friendship, laughter, and good company? Good Companions is a friendly social group for older people that meets twice a month – on the first and third Thursdays – at the Kelsall Wellbeing Hub starting at 2.15.

Our aim is to bring people together through friendship, shared experiences, and plenty of smiles. Each session offers something new to enjoy – from crafts and singing to guest speakers and informative talks.

Whether you'd like to meet new people, try a new activity, or just enjoy a cup of tea a biscuit and a chat, you'll always find a warm welcome at Good Companions. There's no need to book and the cost is £2 per session



Gentle Exercise – Friday Afternoons – Chair Yoga and Qigong



Our funded Chair Yoga and Qigong courses restart on 7th November, and its never to late to join, missed the first session? Speak to Ann on info@kelsallwellbeinghub.org.uk who can help you book for the remaining classes OR book here for just £4.00 per session, with the Hub subsidising the cost.

Chair Yoga <https://buytickets.at/thekelsallwellbeinghub/1915278>
Qigong <https://buytickets.at/thekelsallwellbeinghub/1915278>

Memory Art

Alison Jones has been running two sessions a week on Monday and Tuesday afternoons in our Hub for well over a year now. The participants become engrossed in painting pictures that they relate to and thoroughly enjoy the sessions. Alison makes sure the themes are personalised to the artist.

The volunteers look after the carers who accompany the artists and lasting friendships have been made and useful information shared. Everyone involved in these sessions enjoys the experience and this is thanks to Alison. The charity is delighted with its success and it totally aligns with our ethos.

Here is a redacted testimonial:

"The achievements you have made in leading the Memory Art Classes at the Wellbeing Hub Kelsall, are simply amazing:-

- Your warm greeting as C and I crossed the threshold on 1st April 2025. In the morning he had confirmation from the memory nurse and Consultant of Vascular Dementia.

- Your class was well spaced, table layout with beautiful name cards, inviting use of multiple materials and very soft low background music, was the icing of the cake, so to speak.

- You took time and interest in each individual person. Listening to them and encouraging them in quiet warm tones of your voice.

- You found ways to breakthrough fear of trying to use and attempt pencil free hand art, with exceptional results, particularly in C's case.

- the companions of those doing the Memory Art Class with you, are well served by the volunteers in the cafe and provide further Health and Wellbeing to the carers of their loved ones.

The Memory Art Classes at the Wellbeing Hub Kelsall, are absolutely vital going forward, under your Leadership."



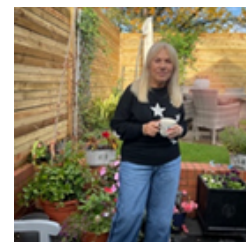
Meet The Trustees – Linda Ashdown

Born in Leeds, I moved to Chester when I married Mike in the seventies. We have since lived in various villages in the locale ever since, finally moving to Kelsall 20 years ago. We have three married sons and 6 grandchildren all of whom live close enough to enable us to spend lots of time with them; which is one of my greatest pleasures.

Now retired, I trained in Occupational Psychology and have worked in self-employed and contracted roles for large and small organisations, on occasion for large national government, people focus projects. Latterly, I worked for an American company in talent acquisition and management for all their UK sites.

Having retired several years ago, I now enjoy a number of hobbies. I love cooking and baking, particularly bread. We have an allotment in the village which provides lots of vegetables and fruit to support my recipes. Mike and I like walking in the forest and by the coast. Our particular love is travel and we have been lucky enough to have travelled to many parts of the world.

I now volunteer for the Kelsall Wellbeing Hub in the capacity of Trustee and I also assist in the cafe to provide cover where necessary. I do hope I see you there sometime.



Book to see SANTA!



Book your slot to see Santa when he makes a special visit to our Christmas Fair at Kelsall Community Centre. For three magical hours only, your little ones can share their Christmas wishes with Santa, capture a festive photo, and take home a special gift to treasure. There will be a wonderful selection of festive crafts for your child to get creative, alongside plenty of fun games and local craft stalls showcasing the best of our community.

Book your slots between 11:00am and 2:00pm at:

Scan the QR Code above or buy here:

<https://buytickets.at/thekelsallwellbeinghub/1846395>

Or Call/text Jen & Alan Bottomley on 01829 751941 or 07779 653123