

Ryde Community Guide



rydetowncouncil.gov.uk

Welcome to our first Ryde Community Guide! It is designed to be a reference guide for you to see what groups are available.

Whilst every aim has been taken to include as many Ryde groups as possible, if you know of a group missing or your group would like to part of the next one, please get in touch via community@rydetowncouncil.gov.uk

! Important phone numbers

Isle of Wight Council

Council Services
Mon - Fri, 9am - 5pm

☎ 01983 821000
🌐 iow.gov.uk

Ryde Town Council

☎ (01983) 811105
🌐 rydetowncouncil.gov.uk

NHS Helpline (24 hrs) Non-Emergency

☎ 111
🌐 111.nhs.uk

Hampshire & IOW Police (24 hrs) Non-Emergency

☎ 101
🌐 hampshire.police.uk

Southern Water Emergency Wastewater

☎ 0330 303 0368
🌐 southernwater.co.uk

British Gas Emergency

☎ 0800 111 999
🌐 britishgas.co.uk

Environment Agency

☎ Environment Incident
0800 807060
☎ Floodline 0345 988 1188
🌐 gov.uk/government/organisations/environment-agency

The Priority Services Register is a free support service for people in vulnerable situations.

Eligibility includes those of state pension age, with a long-term medical condition or disability, with young children plus many more (including if you have poor or no sense of smell). You will get priority support in an emergency as well as lots of other benefits. To be registered please contact your utility suppliers.

🏠 Cost of Living and Warm Welcome Spaces

Help Through Crisis

Emergency funding support in a crisis.

☎ 01983 823859
🌐 iow.gov.uk/helpthroughcrisis

Footprint Trust energy & water saving advice

Ryde Library, George St
Drop-ins 1st Tuesday of month,
1.30pm - 3pm

☎ 01983 822282
🌐 footprint-trust.co.uk

Citizens Advice Information & Advice

Drop ins at Ryde Library, George St
Mon 10am - 2pm, Weds 11am - 2pm,
Fri 10am - 12 noon

Depozitory, Nelson Street
Tues 10am - 12 noon

☎ 0800 144 88 48
🌐 citizensadviceiw.org.uk

Isle of Wight Foodbank (Ryde)

Grace Church, Marlborough Rd
Voucher available from Citizens
Advice phone number (above).
Tues & Thurs 10am - 12.30pm

☎ 01983 292040
🌐 isleofwight.foodbank.org.uk

Living Well and Early Help Support before crisis point

☎ 01983 240732
🌐 livingwell.org.uk

Food Pantry

Oakfield School, Appley Road
Mon, Weds & Fri 3pm - 4.30pm

☎ 01983 563732
✉ pantry@oakfieldcepri.iow.sch.uk

Warm Welcome Spaces

Aspire, Dover Street
Tuesday - Friday lunchtimes

Ryde Library, Dover Street
Every day except Thurs & Sun

St Johns Church Hall, High Park
2nd & 4th Thursdays,
12.30pm - 4pm

Cuppa Club
Ryde Methodist Hall, Garfield Rd
Wednesdays 1pm - 3:30pm



Rodger & Steve's Warm Space - Safe Place

134 High Street
Ryde
Isle of Wight
PO33 2RJ

01983 722737

Men Only



LET'S TALK

We're a non-clinical, peer led group.
We're not doctors or therapists,
counsellors or psychiatrists.

We have created a safe, non
judgemental place for you to be a
part of, share support or just be a
good mate. You may get help or
comfort from hearing about other
peoples experiences and success.

www.menonlyiow.co.uk

admin@menonlyiow.co.uk
karl@menonlyiow.co.uk

The Beat My Addictions Rehab

This is a 2-week intensive course, including a 7 day stay at our Ryde Retreat, as part of a 2-month programme. You can take yourself out of your environments and away from all your triggers so you can make changes in your life.

The programme will help:

- remove habits, behaviours and addictions to substances or activities such as smoking, drinking, gambling and recreational drugs,
- anxiety and stress,
- with weight loss,
- those that might be suffering with bulimia and anorexia.
- you gain tools needed to restart your life and to make the right choices.

You will also receive some of the most cutting-edge treatments available today.



For more information
visit beatmyaddictions.com
or call 0800 644 6313

Rob Hill Foundation

The Rob Hill Foundation workshop

The Rob Hill Foundation helps people beat addictions to both substances and activities as well as empowering them to deal effectively with, anxiety, stress and depression. The Rob Hill Foundation is dedicated to Rob Hill, twin brother to Chris Hill, who tragically lost his life in May 2014 to an accidental drug overdose.

Mondays 6.30pm - 8pm

Ryde Methodist Church Hall, 14 Garfield Road

All welcome and no need to book.
Sessions are free. Sara the workshop leader has been through the programme.

For more information
visit robhillfoundation.org
or call 0800 644 6313

Registered Charity
No.1181220



The Footprint Trust

Action on fuel poverty on the Isle of Wight

Services that we currently offer:

- Energy Guidance
- Insulation Signposting
- Free Water Butt Scheme

Contact us to find out more and discuss how we can support you :



01983 822282



info@footprint-trust.co.uk



footprint-trust.co.uk



[@footprintrust](https://www.instagram.com/footprintrust)

Registered Charity Number: 1106024

Men Only IOW

134 High Street,
Drop-in: Mon, Weds & Fri
10am - 2pm
Walk and Talk: Sundays
1pm, meet at Puckpool Park
☎ 01983 722737
✉ admin@menonlyiow.co.uk
🌐 menonlyiow.co.uk

Wellbeing Group – Anxiety & Depression Support

St Johns and Holy Trinity Church,
High Park Road
Wednesday 10.30am - 12 noon
☎ 01983 564433

Two Saints Safe Haven

7 High Street, Newport
Monday to Friday, 5pm - 10pm
Weekends and bank holidays
Mon - Fri 12 noon - 10pm
☎ 01983 520168
✉ safehaven@twosaints.org.uk

Isle Talk

NHS Talking Therapies, for anxiety and depression. Self Referral.
☎ 01983 532860
🌐 iow.nhs.uk/our-services/mental-health-services/isle-talk.htm

Isorropia Foundation

Medina Valley Centre, Dodnor Lane,
Newport
Mental Health & Wellbeing support.
☎ 01983 217791
✉ hello@isorropia.uk
🌐 isorropia.uk

Bodsters Equine Assisted Learning

Sandford Farm, Godshill
Spend time with ponies as a volunteer.
Fridays 2pm - 3pm
☎ 07887 876138
✉ joandgi@googlemail.com
🌐 eaqbodster.co.uk

Working Towards Wellbeing

Helping people with mental health conditions to gain employment.
☎ 07976 769274
✉ oiow.wtwb@iow.net
🌐 workingtowardswellbeing.org.uk

Samaritans of Isle of Wight

Anonymous emotional support.
☎ Freephone 116123
✉ jo@samaritans.org
🌐 samaritans.org/branches/isle-of-wight

Ryde Library

Your Local Library

101 GEORGE STREET

TEL : 01983 823825

Opening Hours

Monday Tuesday Friday
9 to 5.30
Wednesday 10.30 to 7
Saturday 9 to 5
Join the Library it's FREE

What We Offer

Books DVDs
Free Wi-Fi
Public Access Computers
Photocopier Scanning
Newspapers
Large Print Books
Audio Books
Access to Which Magazine
Access to Find My Past
Teenage & Children's Area
Free Gallery Space
Free Litter Picker Hire
Notice Boards with Local Events

Things We Do

Reading Groups
Audio Book Group
Family History Sessions
Colouring Club
Musical Teas
Knit & Natter
Tuesday Craft Group
Saturday Sewing
Chess Club
Family Board Games
Children's Storytime
Rhyme Time
Lego Club
Plus many one off events!

Friends Of Ryde Library

Some of their regular events!
Quiz & Chips
Tea & Talks
Book Sales

Find the Friends of Ryde Library on Facebook



FREE Online Services

E-audiobooks E-Books Comics Music
Newspapers Graphic Novels

Here to Help You

Council Help Centre
Citizens Advice Drop-in
Ryde Town Councillor Drop-in
Footprint Trust Age Uk Digital Support
Alzheimer's Society
Wessex Cancer Trust
Mountbatten Hospice
Playlist for Life Help Point

NETWORK RYDE is Ryde Town Council's award-winning youth service. We offer support, advice and guidance to all young people (school years 7-13) along with supplying a safe space at our youth centre in Ryde.

WHY WE'RE HERE

What We Provide...



SAFE & CONFIDENTIAL SPACE - A safe, confidential space for young people to spend time with their friends or meet new people.



ENTERTAINMENT - Xbox, Wii, iPads, PCs, books, arts & crafts and board games.



ADVICE & GUIDANCE - Youth Workers to provide advice, guidance and support to you no matter what is going on for you.

NETWORK RYDE | 147 High Street, Ryde | 01983 300128 | admin@networkryde.org



2nd Ryde Sea Scouts
(Admiral Calthorpes Own)

Somerset Road, Ryde, PO33 1BU

Open to all in the following sections, from 4 to 18

♣ **Squirrels** ♣ **Beavers**

♣ **Cubs** ♣ **Scouts**

In partnership with
Nelson Explorer Scout Unit

Volunteers are always welcome, for more information about anything regarding 2nd Ryde, please contact gsl2ndryde@hotmail.com

#Skills for life

GAME ON SPLAT!
RETRO GAMING ARCADE
BIRTHDAY PARTIES
VENUE HIRE
AFTER 8PM CLUB
HEAD TO THE WEBSITE FOR MORE INFO
WWW.GAMEON.ZONE



Children and Families

Network Ryde Youth Service

147 High Street

📞 01983 300128

✉ admin@networkryde.org

🌐 networkryde.co.uk

Tidal Family Support

Roman House, Rink Rd

Working with families who are directly impacted by separation or divorce.

📞 01983 639793

🌐 tidalfamilysupport.org.uk

Sensory Space CIC

Beechgrove House, Haylands

Sensory experiences for babies, young children and children with additional needs.

Tues, Thurs, Fri 9am - 1pm

📞 07773570505

✉ clareanne21@btinternet.com

🌐 bookwhen.com/sensoryspacecic

Aspire Kingdom Play

Aspire, Dover Street

Soft Play Mon - Sat with sessions for children with additional needs.

📞 01983 716020

Creative Music Hub

Aspire, Dover Street

Monthly music group for young people.

📞 01983 716020

Isle of Wight Family Centres

North East Wight Hub, George St

Supporting families with children 0-19.

📞 01983 617617

🌐 isleofwightfamilycentres.org.uk

Tiddlywinks

St James Church, Lind St/Market St

📞 01983 566381

✉ tiddlywinks@stjamesryde.com

🌐 stjamesryde.com/tiddlywinks

Parents Voice IW

Parent Carer forum for children with SEND and their families.

📞 07729 493354

✉ contactus@parentsvoice-iw.org.uk

Home-Start

Volunteers supporting families at home and a family group for parents and children under 5.

📞 01983 533357

✉ admin@homestartiw.org

🌐 homestartisleofwight.org.uk

T.O.T.S. group for pre-schoolers

All Saints Church, Queens Rd

Thursdays 10am - 11.30am

term time only

📞 01983 472535



Children and Families (Cont'd)

2nd Ryde Sea Scout Group

Elmfield, Ryde

Tues: Cubs 6:30pm - 8pm

Wed: Squirrels 4:30pm - 5:30pm &
Beavers 6pm - 7:15pm

Thurs: Scouts 6:30pm - 8pm

Sat: Explorers 2pm - 4pm

☎ 873766 (Explorers)

☎ 07867 420970

✉ gsl2ndryde@hotmail.com

5th Ryde Scout Group

St Johns Rd

Mon: Squirrels (4 & 5 yrs)

Wed: Beavers (6 & 7 yrs) & Cubs
(8,9 & 10 yrs)

Fri: Scouts (10 - 13 yrs) & Explorers
(14 - 17 yrs)

Adult volunteers welcome 18 yrs +

☎ 07974 291861

✉ grahamwiow@tiscali.co.uk

Girlguiding Isle of Wight

Various groups across Ryde
and Binstead.

☎ 01983 520873

✉ commissioner.ggiow@gmail.com

🌐 girlguidingisleofwight.co.uk

1st Binstead Guides

Binstead Methodist Church Hall,
Chapel Road

Tuesdays 6.45pm - 8.30pm

☎ 01983 567268

✉ juliadowner123@btinternet.com

1st Binstead Brownies

Binstead Community Centre,
Coniston Ave

Mondays 6pm - 7.30pm

☎ 01983 567268

✉ juliadowner123@btinternet.com

3rd Ryde Girls' Brigade

Ryde Baptist Church, George Street

Learn life skills, make new friends
and have fun.

Wednesdays 6pm - 7.30pm,
4 to 11 year olds (must be in
reception class to start)

7.15pm - 9pm, 12+ years old

☎ 07817 945246

1st Ryde 1st Binstead Scout Group

Mon: Cubs 5.30pm - 7pm &
Scouts 7.15pm - 9pm

Tues: Squirrels 4pm - 7pm &
Beavers 5:45pm - 7pm

✉ gsl@1strydescouts.org.uk

The Arts

Craft Cafe

Aspire, Dover Street

Bring your own craft

Tues 2pm - 3:30pm &

Thurs 2pm - 4pm

☎ 01983 716020

ISLE OF WOOL



2 High Street, Ryde, PO33 2PN
helen.isleofwool@btinternet.com

Crochet classes for all abilities.
High quality lessons with
experienced teachers in small
groups maximum of 4 people.

Pop in to our shop to get the
up-to-date times, check out our
Facebook page.

📘 facebook.com/isleofwool or
☎ 01983 472062



RETRO GAMING ARCADE

BAR

SNACKS

SOFT DRINKS

WWW.GAMEON.ZONE

10% OFF BOOKINGS MADE ONLINE

IN SEPT & OCT USING CODE:

RYDE10

The Arts (Cont'd)

Furniture Upcycling

Bring your own project or work on one of ours.

Mon 1.30pm - 3:45pm

Crochet for all

Bring your own crochet.

Wed 10am - 12.15pm

Aspire to Sew

Thurs 10.30am - 3.30pm

All 3 groups at Aspire Community Hub (ARCH), High Street

📞 01983 597905

Shady Ladies colouring group

Ryde Library, Dover Street

Wednesdays 2.30pm - 5pm

📞 01983 823825

VIVA Carnival Club

Haylands Farm, Salters Road

Samba drumming.

Tuesdays 5.30pm - 6.30pm

✉ info@vivacarnival.club

Vectis Brass Band

Oakfield Primary School, Appley Road

Thursdays: Youth and Training 6.30pm - 7.15pm, Senior 7.30pm - 9pm

📞 07749954354

✉ jjtaylor15@hotmail.co.uk

📘 vectisbrassiow

Abbey Brass

Binstead Methodist Church, Chapel Road

Wednesdays 7.30pm - 9pm
Grade 5 standard or above.

✉ band.manager@abbeybrass-iow.com

📘 abbeybrassiow

Aspire Community Choir

Aspire, Dover Street

Tuesdays 5.30pm - 7.30pm

📞 01983 716020

Independent Arts Singabout

All Saints Church, Queens Road

Singing for pleasure suitable for older voices and carers - not a choir!
Mondays 2.30pm - 4.30pm

📞 01983 822437

✉ info@independentarts.org.uk

🌐 independentarts.org.uk

Adult Music Club

Creative Hub, Aspire, Dover St

Learn new skills. Full access to all music equipment.

Thursdays 2pm - 3.30pm

📞 01983 716020

✉ creativehub@aspireryde.org.uk



new carnival
Enriching lives, enhancing communities

📘 The New Carnival Company 📷 @new.carnival

WHAT WE OFFER

- Events organisation and management including our flagship IOW Mardi Gras and Ryde Merry and Bright
- Schools / educational workshops and continued professional development for teachers and leaders in carnival and community arts
- Large accessible workshop and workspace available to hire
- Community carnival arts workshops and courses including Adult and Community Learning and Arts Award
- Commercial costume design, props and large puppet commissions accepted
- Costumes, puppets, flags and decorations available to hire.

📧 info@newcarnival.co.uk 📞 01983 716095 🌐 www.newcarnival.co.uk

Would you like to learn a brass instrument for FREE in Ryde?



Join our Brass Band! We meet weekly on Thursdays at Oakfield Primary School—Ryde. We are currently looking for new brass and percussion players.

Youth and Training Band. Thursdays—6.30pm-7.15pm
Learn to play brass from the beginning. Free instrument hire. Learners of all ages welcome.

Senior Band. Thursdays—7.30pm-9.00pm
A friendly yet ambitious non-contesting brass band for existing brass players. New players always welcome.

Open Day! —Saturday 21st October
1000-1300, Oakfield Primary School.
Come and try a brass instrument for free and meet the tutors.
No need to pre-book, just come along and have a go!

📘 Find us on facebook: @vectisbrassiow



STONECRABS THEATRE
OUT
ON AN ISLAND
PRIDE IN SELF
PRIDE IN PLACE

LGBTQ+ HISTORY WORKSHOPS
LGBTQ+ HERITAGE
THEATRE & FILM
BOOK CLUB
EXHIBITIONS, WELLBEING & MORE

GET INVOLVED!
OUTONANISLAND@STONECRABS.CO.UK
WWW.OUTONANISLAND.CO.UK

SUPPORTED BY
BBC CHILDREN IN NEED




**Aspire Creative Hub
Community Multimedia
Production Studio**

- Live Rehearsal Space
- Recording Studio
- Live Events
- DJ Workshops
- Music Groups & Clubs

 facebook.com/aspirecreativehub

THE LOST CRYPT 

The UK's first escape room
inside a real church crypt



Book Online
info@thelostcrypt.co.uk



Kingdom Play
Cafe & Softplay

INDOOR SOFT PLAY
PARTY VENUE &
CAFÉ
FAMILY FUN
WHATEVER THE
WEATHER




SCAN ME

01983 716020



ASPIRE
ASPIRE RYDE COMMUNITY HUB
A.R.C.H.




Community hub and retail space
selling bric-a-brac, furniture,
Collectables, DVDs, CDs, Books and
lots lots more

ARCH, 35/36 High Street, Ryde,
Isle of Wight, PO33 2BN
Telephone 01983 597905



 **General Social**

Living Well Coffee Morning & Info Point
The Depository, Nelson St
Tuesdays 10am - 12 noon
 01983 716020
 reception@aspireryde.org.uk

Binstead Coffee Morning
*Binstead Methodist Church,
Chapel Road*
First Tuesday of the month
10am - 12 noon
 01983 614862

Sunshine Group
*Ryde Methodist Church,
Garfield Road*
Dementia friendly social group with
activities.
Alternate Wednesdays
10am - 12 noon
 01983 568041

Rainbow Island
Monkton Arts, East St
Friendly and welcoming group for
LGBTQ+ people of all ages.
1st Sat of the month
10.30am - 1.30pm
 07786 080203
 RainbowIslandIW@gmail.com
 [RainbowIslandIW](https://facebook.com/RainbowIslandIW)

Haylands Women's Institute
*Ryde United Reformed Church,
Corbett Road*
First Wednesday of the month
2pm - 4.00pm
 01983 567268
 iwcfwi.office@gmail.com

 **Digital Support**

Age UK Isle of Wight
Ryde Library, George St
Digital drop-in sessions for your
IT dilemmas.
Every 2nd & 4th Weds
10.30am - 12 noon
 01983 525282
 ageuk.org.uk/isleofwight
Free digital workshops in locations
across the Island.
 01983 301693

 **Gardening**

Growing Great Things
Aspire Dover Street
All welcome no matter the
experience.
Wednesday 10am - 12.30pm
 01983 716020

COME AND VIST RYDE BEACHFRONT
MULTIPLE EVENTS CLOSE BY • BEACH EQUIPMENT HIRE



PADDLEBOARD AND KAYAK HIRE



FROM RYDE MARINA OFFICE

01983 613879

Theatre Educational

Promoting confidence, positive mental
health and well-being

Dance, Drama, Theatre Production,
Singing & Song Writing

- Exams
- Holiday clubs
- Theatre based projects
- Alternative provision

www.theatreeducational.co.uk

07984 170014

TEd

Education in Theatre

<https://www.johnsclubisleofwight.com/>

John's Club Isle of Wight



REGISTERED CHARITY NO. 1130472



The Island's leading charity supporting people
with:

- Learning Disabilities
- Disabilities
- Mental Health issues

We have our centre at Oakfield Football Club
where we provide daycentre and social inclusion
services at the most competitive rates on the
Island. We also have our Educational Hub in
Shanklin to enhance peoples' knowledge of the
conditions we deal with.

For more information call John on 07702 340193
or email JohnivorPhillips@live.co.uk

Disabled People

Haylands Farm

Salter's Road, Ryde

Work based training centre for people with a learning disability

 01983 566038

 haylandsfarm.co.uk


The Phoenix Project

Salter's Road, Ryde

Variety of different activities tailored to suit needs of adults with learning disabilities.

 01983 810172

 enquiries@phoenixprojectiow.org

 phoenixprojectiow.org

Johns Club

Oakfield Football Club Ryde

Offering social & recreational activities for disabled people, people with learning difficulties and mental health.

 01983 865865

 johnivorphillips@live.co.uk

No Barriers (Isle of Wight Council)

Offers guidance and support to people with a learning disability and enable them to find and sustain a job.

Mon - Thurs 9am - 5pm,

Fri 9am - 4:30pm

 01983 810923

 adultnobarriers@iow.gov.uk

The Meeting Place

Garfield Road Hall

Friendship group for people with learning or physical disabilities and their carers.

Every Tuesday 10am - 12 noon

 Sue and Pete 01983 568041

Dementia

Alzheimers' UK

Ryde Library, George St

One to one drop-in with a Dementia Adviser.

2nd Friday of the month 11am - 1pm


 023 9289 2035

Ryde Alzheimer Cafe

All Saints Church Ryde

1st Friday of the month 11am - 1pm

 01983 220200 (answerphone)

 info@alzheimercafeiow.org.uk

 alzheimercafeiow.org.uk

Reminiscence Music Group

Aspire, Dover Street

For people with Alzheimer's and Early on-set dementia.

Mondays 11am - 1pm

 01983 716020

 jess@aspireryde.org.uk

Dementia (Cont'd)

Musical Teas

Ryde Library, George St

Celebrate connection between music and memories for people with dementia or memory issues and their carers.

4th Wednesday of the month
2pm - 3.30pm

 07496 382950

 rydemusicalteas@gmail.com

Health

Bereavement Cafe

Aspire, Dover St

Friendly and supportive group.

1st & 3rd Thursdays of the month
1.30pm - 3pm

 01983 716020

Wessex Cancer Support

Ryde Library, George St

Ryde drop-in.

1st Thursday of the month,
1pm - 4pm


 01983 524186


The Veterans Hub

162 High Street

Mon - Sat 9am - 3pm

 01983 615426

 Text only 07561 630769

 veteranshubiow.co.uk

Carers Isle of Wight

Support for carers of relatives & friends.

 01983 533173

 carersiow.org.uk

Alcoholics Anonymous

Aspire, Dover St

Fridays 7.45pm - 9.15pm

 johneathey@gmail.com

Gamblers Anonymous

Aspire, Dover St

Mondays 7pm - 9pm

 Contact Tom 07546 100675

MENOPAUSE

Isle of Wight

SOMETHING FOR MENOPAUSALS MADE BY MENOPAUSALS*

Offering in person events in Ryde and around the island, like Chatty things & Wild Menopause and all with the aim to empower & support.

* a non-clinical peer-led network for menopausal

www.menopauseiow.co.uk
hello@menopauseiow.co.uk
mobile: 07922611650






CALLING ALL VETERANS

+ THEIR PARTNERS, SPOUSES & CARERS

Join us to access **FREE** mental health, wellbeing and welfare resources, plus weekly social hubs and fun activities!

 vosuk.org/drop-in/iow
 (023) 9273 1767
admin@vosuk.org



Veterans Outreach Support
Isle of Wight (Facebook Group)



RYDE CHIROPRACTIC & COMPLEMENTARY THERAPIES

Your health and wellbeing is our priority, please contact our friendly team for:

- Chiropractic
- Physiotherapy
- Sports Therapy
- Massage
- Acupuncture
- Reflexology
- Audiology/Microsuction
- Epley Manoeuvre
- Body Stress Release
- Trauma Therapy
- Counselling
- Mental Health Services

- More than 20 professional & approachable therapists
- Large multi-disciplined therapy centre
- Short waiting lists
- Competitive prices
- Open 6 days a week
- Evening & weekend appointments available
- Helping people since 2005

81 George Street
Ryde
PO33 2JF

01983 618800
enquiries@wightchiro.com
www.wightchiro.com

The Carers Centre based in Newport supporting Island unpaid carers. Tel 533173.

Do you help look after someone who would struggle to manage without your help?

You may not think of yourself as a carer because you carry out tasks for a friend, relative or neighbour

We offer a range of support for Carers in the community and for those caring for someone in hospital.

Tel 533173 | info@carersiw.org.uk
carersiw.org.uk





The Studio at RYDE CHIROPRACTIC

Clean & airy purpose built studio
Peaceful garden setting in central location
Small classes suitable for all abilities
Professional & friendly teachers



For teacher contact details please visit:
www.wightchiro.com/the-studio
 81 George Street - Ryde - 01983 618800

MONDAY	09:00 - 10:00	OPEN LEVEL VINYASA YOGA
	12:00 - 13:00	RESTORATIVE YOGA
	18:00 - 19:00	HATHA FLOW YOGA
	19:30 - 20:30	GENTLE YOGA
TUESDAY	09:00 - 10:00	BEGINNERS PILATES
	10:30 - 11:30	YIN YOGA
	18:00 - 19:30	YOGA & YOGA NIDRA
WEDNESDAY	09:30 - 10:30	PILATES
	11:00 - 12:00	ZEN YOGA
	18:15 - 19:15	PILATES RECHARGE
	19:45 - 20:45	TIBETAN BOWLS & MEDITATION
THURSDAY	10:00 - 11:15	GENTLE YOGA & YOGA NIDRA
	11:30 - 12:30	MUM AND BABY YOGA
	19:30 - 20:30	VINYASA FLOW YOGA
FRIDAY	09:30 - 10:30	OPEN LEVEL VINYASA FLOW YOGA
	10:45 - 11:45	GENTLE YOGA
SATURDAY (monthly)	10:00 - 13:00	YOGA RETREAT & SOUND BATH
	10:00 - 12:00	YOGA & ESSENTIAL OILS
	10:00 - 12:30	MINDFULNESS & RESTORATIVE YOGA

Sports and Fitness groups

Waterside pool

The Esplanade

Sensory swim sessions and adult & children lessons. Accessible pool for people with additional needs.

☎ 01983 563656

✉ enquiries@watersidepool.co.uk

Ryde Swimming Club

Waterside pool, The Esplanade

Mon 6pm - 8:30pm,

Wed 7pm - 8:30pm,

Thurs 6pm - 7:30pm, Fri

6pm - 8:15pm, Sun 4pm - 6pm

☎ 01983 563656

✉ RSC@watersidepool.co.uk

🌐 watersidepool.co.uk/ryde-swimming-club

Ryde Sea Cafe cold water sea swimming

Meet at Appley Cafe

Sessions depend on tide

Call/email for times

☎ 07812 573935

✉ sandyciccognani@gmail.com

📘 rydeseacafe

Spring Chicks

Binstead Methodist Church Hall, Chapel Road

Keep-fit and dance for women over 50.

Mon: Ballet 10am

Wed: Keep-fit 10am & Strength/Tone 11:15am

Thurs: Beginners Ballet 5pm

Fri: Keep-fit 10am & Ballet 11:30am

☎ 07775 838169

📘 SpringChickOver50

Isle of Wight Underwater Hockey Club

Waterside Pool, The Esplanade

Sun: Juniors (8 - 17) 6pm - 7pm,

Intermediates (new adults & experienced juniors) 7pm - 8pm,

Adults (experienced) 8pm - 9pm

Thurs: adult team training

(experienced players),

7:45pm - 8:45pm

☎ 07880 797292

🌐 gbuwh.co.uk/clubs/isleofwight

Binstead COB Football Club

Binstead Recreation Ground,

Coniston Ave

Wednesdays 6pm

✉ mrpid36@hotmail.co.uk

📘 BinsteadCOBFootballClub

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📍 48a High Street, Ryde 📞 01983 562980

bookwhen.com/wightarts

Wight Arts & Fitness

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- Pole Choreography
- Aerial Hoop
- Flexibility

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Wightartsfitness.oarrd.co/ 🌐

Aspire Ryde, Dover Street, PO33 2BN 📍

Visit our Facebook or Instagram for our special offers!
F: @WightArtsFitness
IG: @wight_arts

La Tease

Burlesque & Cabaret Dance Classes

Empowering women to rediscover their confidence in a nurturing and non judgmental environment.

Classes for over 18's in Ryde, Sandown and Havenstreet - dancing in whatever you feel comfortable in x

www.latease.co.uk

📘 La Tease ✉ lateasedance@gmail.com

Places of Worship

St Johns and Holy Trinity Church

High Park Road

Sunday services at 10am

Thursday services at 10.30am

 01983 564433

 stjohnsryde

Binstead Methodist Church

Chapel Road

Sunday service at 10.30am

 01983 562029

Holy Cross Church

Church Rd, Binstead

Sunday service 9.30am

 01983 562890

St Mary's Catholic Church

55 High Street

Sunday service at 11am

 01983 812127

Grace Church

Marlborough Road

Sunday services at 9.15am

and 11.15am

 01983 568807

 steve@gracechurch-iow.co.uk

 gracechurch-iow.co.uk

All Saints Church

Queens Road

Sunday services at 9.30am

 01983 472535

Ryde Methodist Church

Garfield Road

Sunday services at 10.15am

 01983 563163

St James Church

Lind St/Market St

Sunday services at 10.30am weekly

& 6.30pm fortnightly

 01983 566381

 office@stjamesryde.com

Zion Chapel

6 William Street

Sunday service at 11am

48 Ashley Road

Bible study every Thurs 2.30pm,

Prayer meeting last Wed of every

month.

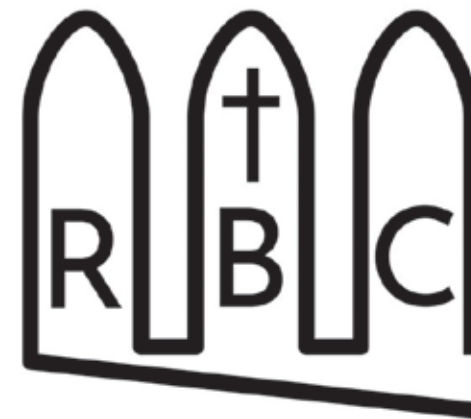
 07467022297

 briansexton09@talktalk.net

 zionchapelryde.co.uk

"We seek to be a welcoming and nurturing Baptist family of Christians worshipping and witnessing in Ryde, with a collaborative leadership style, supporting our local community and cooperating with other churches and groups with the same purpose."

- Sunday Worship weekly at 10.30am;
- Regular Coffee Mornings, Church Meetings, Social and Community Activities;
- Home to Several Organisations such as 3rd Ryde Girls' Brigade;
- Meeting Place for Local Groups such as the Ryde Social Heritage Group;
- Various Rooms to Hire for Regular or Occasional Community Groups, Meetings, Training Events, and other Activities;
- For more information or to get in touch please see our website or drop in to see us.



RYDE BAPTIST CHURCH

The George Street Centre

George Street

Ryde PO33 2JF

<https://www.rydebaptist.xy>



Ryde Methodist Church,
Garfield Road, Ryde
Sunday Service 10.15 am
 (also live streamed on Youtube)
 Everyone welcome

Community Hall Activities:
Cuppa Club – Wednesdays
Market – 1st Saturday of the month
10 am – 12 noon
Facilities available to hire
Contact Pauline 563163, Pete 568041
Or Helen 07858599648
DO COME AND JOIN US

**ST JOHNS
 AND HOLY TRINITY
 CHURCH**



High Park Road, Ryde PO33 1BP
 facebook.com/stjohnsryde
 stjohnschurchryde@gmail.com
 01983 564433

Monthly services
Sundays at 10am
Thursdays at 10.30am

Other groups

- Wednesdays 10.30 am Wellbeing Group
- 2nd and 4th Thursdays 12.30 pm -4 pm Community Warm Space
- 2nd Saturday 2 pm – 4 pm Messy Church (Sept till Easter)
- Every Wednesday 6.30 pm Together in Prayer - contact Parish Office for link

Contact us for more information on all our services and groups.

Places of Worship (Cont'd)

Ryde United Reformed Church

Upton/Corbett roads, Haylands
Sunday services at 10.30am (Holy Communion - second in month)

 01983 862485
Room Hire only: 07811 723499
 brianharley58@gmail.com
 iowurc.co.uk
 rydeurc

Ryde Baptist Church

The George Street Centre,
George Street
Sunday services at 10.30am
rydebaptistsecretary@gmail.com

 rydebaptist.xyz
 rydebaptistiow

Ryde Spiritualist Church

28 Belvedere St
Tues: 2pm – 4pm
Sun: 5.30pm – 7pm

 rydespiritualistchurchcsnu.com

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Email: digital@ageukiw.org.uk

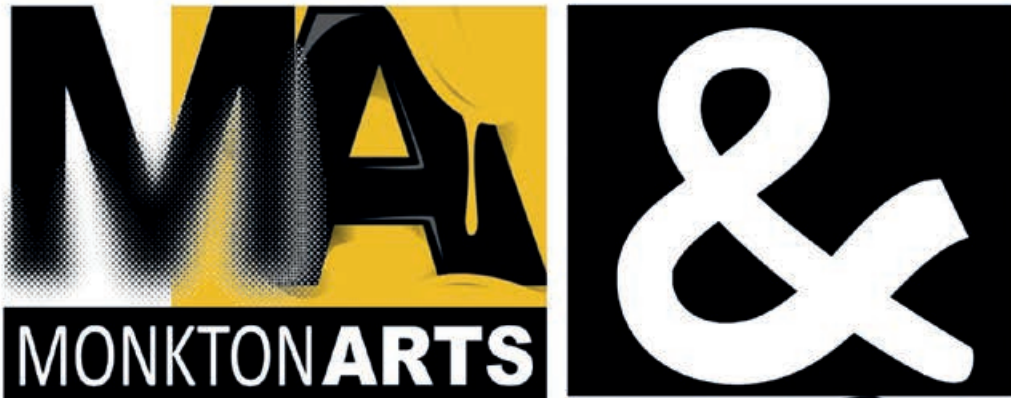
Friendly,
informal
workshops

1 to1
tuition &
home visits

Local
drop-in
sessions

Device
loans:
mobiles &
tablets





Shared Work Spaces

Business Workshops

Meeting Spaces

Creative Opportunities

Community Projects

Educational Projects

A Place to Meet & Network

Courses

A Warm & Friendly Welcome

Community & Private Hire Space

Collaborating With Other Organisations

MONKTON ARTS 11 East Street Ryde PO33 1JP 07515 284460

www.monktonarts.co.uk

MONTAGE PLACE The Depozitory 23 Nelson Street Ryde PO33 2EZ

www.montage.place



The Veteran Hotel and Bar

15 Esplanade, Ryde
01983 611313
theveteranhotelandbar@gmail.com
theveteranryde.co.uk



The hotel offers respite, holiday and transition accommodation for veterans. Those veterans having transition and respite stays will be supported and signposted in a safe, calm and caring environment.



The Veterans Hub

162 High Street, Ryde | 01983 615426
info@veteranshubiow.co.uk

Advice and Support for all Armed Forces Veterans
9am - 3pm Monday to Friday | 9am - 1pm Saturdays

Refreshments and a chance to socialise with other veterans.

Supporting those with mental ill health with:

- finding suitable employment
- retaining employment
- finding volunteering
- training or education

We provide a holistic and tailored employment support service with a team of trained employment advisors. You can self refer to us or get referred through the mental health teams.

Contact Us:
iow.wtwb@iow.net or
07976769274 / 07940307295

Working Towards Wellbeing - Employers Service

An employer support service working with the employer and employees to reduce on going work related stress, sickness and help retain employment.

Contact Us:
julie.gladman@oseliow.org.uk /
lorna.murray@oseliow.org.uk



St James's Church Ryde
(Lind Street/Market Street)

All welcome to our Sunday services:

🕒 10.30am weekly

🕒 6.30pm fortnightly

Holy Communion and other groups + activities as announced

Contact the church office for further details: **01983 566381**
Email: office@stjamesryde.com