

Ryde Community Guide



RYDE
TOWN COUNCIL


rydetowncouncil.gov.uk

Photo: Boynton and Jones

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](http://gov.uk/government/organisations/environment-agency)

Paragon

Domestic Abuse Service
supporting adults and children.


 [paragonteam.org.uk/teams/
isle-of-wight](http://paragonteam.org.uk/teams/isle-of-wight)


 ParagonIOW@theyoutrust.org.uk

 0800 234 6266


Healthwatch Isle of Wight

Your independent local champion
for health and social care. Share
what you like and dislike about the
IOW health and social care services.

 healthwatchisleofwight.co.uk

 01983 608608

 [enquiries@
healthwatchisleofwight.co.uk](mailto:enquiries@healthwatchisleofwight.co.uk)

 [HealthwatchIOW](#)

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.

Welcome to our Ryde Community Guide 2025!

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**



Warm Welcome Spaces, Cost of Living and General Support

Help Through Crisis

Emergency funding support in a crisis.

📞 01983 684684

🌐 iow.gov.uk/helpthroughcrisis

Citizens Advice

Information & Advice.

*Drop-ins at Ryde Library,
George Street*

Mon 10am - 12:30pm,

Weds 10:30am - 12:30pm,

Fri 10am - 12 noon

📞 Main: 01983 684684

Callback service: 01983 309309

– Leave details & contact info –

a call will be returned on the same day or next working day

(if over a weekend/bank holiday)

✉ enquiries@iwcab.org.uk

🌐 citizensadviceiw.org.uk

Warm Welcome Spaces

Aspire, Dover Street

Tuesday - Friday lunchtimes

Ryde Library, George Street

Every day except Thurs & Sun

*Johns Club, Oakfield Football Club,
Slade Road*

Community Lunch | Mon 11am - 2pm

Men Only IOW, 134 High Street

Mon - Fri 9am - 4pm hot drinks

Mon 12.30pm lunch club

Ryde Veterans Lounge, High Street

Mon - Fri 9am - 2pm

Sat 9am - 12 noon

Ryde Methodist Church Hall,

14 Garfield Road

Weds 1pm - 3.30pm

Living Well & Early Help

Free support to help prevent crisis.

📞 01983 240732 | 🌐 lweh.org.uk

Am I eligible for a water bill discount?

You may be eligible for a reduction in your water bill if any of the following applies to you:

- Your household income is low
- Someone in your home gets a means-tested benefit
- You've got three or more children under 19 living at home
- Someone living with you needs more water because of a medical condition
- You haven't made a payment to us for a while.



Check online to see if one of our tariffs matches your situation.

Water Direct

Jobcentre Plus may consider paying us small amounts directly from your benefits on your behalf.

WaterSure

Caps your bills if you have a water meter – so you won't have to cut back on how much water you use.

Essentials

Provides a discount on your future bills.

NewStart

Could help you pay off your debt.

To find out more, visit
southernwater.co.uk/billhelp
or call **0330 303 0277**



from
**Southern
Water** 

Warm Welcome Spaces, Cost of Living and General Support (Cont'd)

Isle of Wight Foodbank (Ryde)

Grace Church, Marlborough Road
Voucher available from Ryde Information & Support Service and Citizens Advice drop-ins at Ryde Library.

Tues & Thurs 10am - 12 noon

 01983 292040

 isleofwight.foodbank.org.uk

Footprint Trust

Energy & water saving advice
Ryde Library, George Street
Drop-ins 2nd Tues of the month
10am - 12pm

 01983 822282

 footprint-trust.co.uk

Food Pantry

Oakfield C of E School, Appley Rd
Mon, Weds & Fri 3.15pm - 4.30pm

 01983 563732

 pantry@oakfieldcepri.iow.sch.uk

The Real Junk Food Project

Ryde Baptist Church, George St
Supermarket surplus food 'Pay as you feel' project.
Tues 1.30pm

Ryde Information and Support Service (RISS)


Information and support drop-in
Mon 10am - 3pm

Tues 9am - 3pm | Fri 9am - 3pm

1st Wed of month 5pm - 7pm

1st Sat of month 10am - 12 noon

 07713 701382

 community@rydetowncouncil.gov.uk

Social Prescribing Link Workers

Assigned to every GP surgery
Supporting adults with non-medical needs affecting their health and well-being. Ask for the Social Prescriber at your surgery.

 contact@onewighthealth.co.uk

 onewighthealth.co.uk



What is Timebanking?

- Timebanking is a way for people to help each other.
- Members spend time sharing hobbies, skills and knowledge and earn credits in return.
- This is absolutely free, so get in touch!

 07935 692651
 info@rydetimebank.co.uk
 rydetimebank.co.uk





Mental Health

Men Only IOW

134 High Street,

Mon - Fri, 9am - 4pm

Mon 12.30pm, lunch club

☎ 01983 722737

✉ team@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

Mon - Fri 5pm - 10pm

Weekends and bank holidays

12 noon - 10pm

☎ 01983 520168

✉ safehaven@twosaints.org.uk

Working Towards Wellbeing

Islandwide

Helping people with mental health
conditions to gain employment.

☎ 07940 307293

✉ lownt.workingtowardswellbeing@
nhs.net

🌐 workingtowardswellbeing.org.uk

NHS Talking Therapies

For anxiety and depression.

Self Referral.

☎ 01983 532860

🌐 hiowhealthcare.nhs.uk/our-services/a-z-list-of-services/nhs-talking-therapies-isle-wight

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. Funding available for
individual session with ponies (no
riding involved) for people with
mental health issues/depression.

Call for details.

Fri 2pm - 3pm

☎ 07887 876138

✉ joandgi@googlemail.com

🌐 eaqbodster.co.uk

Samaritans of Isle of Wight

Anonymous emotional support.

☎ Freephone 116123

✉ jo@samaritans.org

🌐 samaritans.org/branches/isle-of-wight/



How Can We Help?

- Impartial information and signposting (Phoneline: 01983 525282)
- Home Help
- Dementia Care Navigation
- Befriending and Goal Setting Services
- Digital Support
- Monthly Social Groups

Support In Ryde:

Digital Drop-In

2nd & 4th Wednesday every month 10:30am - 12pm

*Ryde Library, 101 George Street,
Ryde, PO33 2JE*

Home Based

Some of our services are delivered in your home, including dementia support, befriending and goal setting visits and home help.

Call to discuss.

NHS App Support

2nd Friday every month
10am - 12pm

*Tower House Surgery
(Patients Only)*

Telephone Support

Some of our services are delivered over the phone, including information and signposting, telephone befriending and dementia support. Call to discuss.

Social Groups and Dementia Chatty Brews

Free to attend social gatherings - socialise with peers, explore volunteer opportunities and access support. Locations vary. Call or visit website.



Children and Families

Network Ryde Youth Service

11 St Thomas Street

📞 01983 300128

✉ jo.johnson@networkryde.org

🌐 networkryde.co.uk

📘📷 NetworkRyde

Tidal Family Support

Roman House, Rink Road

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

📞 01983 639793

🌐 tidalfamilysupport.org.uk

Tiddlywinks

St James's Church, Lind St/
Market St

Tues 10.30am (term time only)

📞 01983 566381

✉ office@stjamesryde.com

🌐 stjamesryde.com

Home-Start

Supporting families with young children. Contact us to find out more about volunteering or getting support.

📞 01983 533357

✉ admin@homestartiw.org

🌐 homestartisleofwight.org.uk

📘📷 homestartisleofwight

Aspire Soft Play and Cafe

Aspire, Dover Street

Soft Play Mon - Sat.

📞 01983 716020

Isle of Wight Family Hubs and Centres (run by Barnardo's)

Ryde Family Hub, George Street

Information, support and guidance for families with children 0-19.

📞 01983 617617

🌐 isleofwightfamilycentres.org.uk

✉ iowfamilycentres@barnardos.org.uk

Sensory Space CIC

Beechgrove House, United

Reformed Church, Upton Road,
Haylands

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

Tues, Thurs, Fri 9am - 1pm

📞 07773570505

✉ sensoryspacecic@gmail.com

🌐 bookwhen.com/sensoryspacecic

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

Thursdays 9am - 12 noon

term time only

1st Ryde Brownies

Mon 5.30pm - 7.30pm term time only

All Saints Church, Queens Rd

📞 01983 472535



**NETWORK RYDE
YOUTH SERVICE
PROVIDES A SAFE,
CONFIDENTIAL SPACE
FOR YOUNG PEOPLE TO
SPEND TIME WITH
THEIR FRIENDS OR
MEET NEW PEOPLE**

**ENTERTAINMENT -
XBOX, SWITCH, PCS,
BOOKS, ARTS AND
CRAFTS, BOARD
GAMES, SILENT DISCO
AND POOL TABLE**

**ADVICE AND
GUIDANCE -
YOUTH WORKERS TO
PROVIDE ADVICE,
GUIDANCE AND
SUPPORT TO YOU NO
MATTER WHAT IS
GOING ON FOR YOU**

**FOR SCHOOL YEARS 7-13 OR EQUIVALENT
FOR MORE INFO PLEASE CONTACT US**

**@NETWORKRYDE
ST THOMAS STREET, RYDE
JO.JOHNSON@NETWORKRYDE.ORG**



NETWORK RYDE YOUTH SERVICE IS A YOUTH PROJECT FROM RYDE TOWN COUNCIL



Children and Families (Cont'd)

Rhyme Time

Mon 10.30am

Lego Club

Tues 2pm - 4pm

Children's Board Games

Sat 2pm - 4pm

Stay & Play Sessions

Thurs 10am - 12 noon

Duplo & Train Play

Fri 2pm - 4pm

Ryde Library, George Street

☎ 01983 823825

✉ rydelibrary@iow.gov.uk

Little Lambs Toddler Group

Ryde Baptist Church, George Street

A relaxed space for babies and toddlers with their adult carers.

Donations appreciated.

Mondays 10am - 12 noon

🌐 rydebaptist.xyz

Girlguiding Isle of Wight

Various groups across Ryde and Binstead.

☎ 01983 520873

✉ commissioner.ggiow@gmail.com

🌐 girlguidingisleofwight.co.uk

1st Ryde 1st Binstead Scout Group

Mon: Cubs 5.30pm - 7pm &

Scouts 7.15pm - 9pm

Tues: Squirrels 4.30pm - 5.30pm

& Beavers 5.45pm - 7pm

✉ gsl@1strydescouts.org.uk

📱 1stRyde1stBinsteadScouts

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 Avenue

Mondays 6pm - 7.30pm

☎ 01983 567268

✉ juliadowner123@btinternet.com

2nd Ryde Sea Scout Group

Somerset Road, Elmfield, Ryde

Tues: Cubs 8-10 yrs 6.30pm - 8pm

Weds: Squirrels 4-6 yrs 4.30pm
- 5.45pm & Beavers 6-8yrs 6pm -
7.15pm

Thurs: Scouts 10-14yrs 6.30pm -
8pm

Sat: Explorers 14-18yrs 2pm-4pm

01983 873766 (Explorers)

07572 109764 (All other sections)

✉ 2ndryde@gmail.com

Classes also held in
Shanklin and Sandown

MLD

STUDIO

HOME OF THE STARLIGHT DANCE ACADEMY

Contact for a
FREE
trial



MLD Studio offers a variety of classes for 20months - 21yrs.

**Street Dance/Commercial, Jazz, Ballet, Acro, Aerial,
Lyrical/Contemporary and Tap, Stretch, Strengthen and Tone.**

A beautiful large versatile studio with Cafe and changing rooms based in
Rink Road, Industrial Estate, Rink Road, Ryde, IOW

*Shows, Exams and regular performance opportunities or just for Fun!
Contact us: **07825 650408** | Email: info@mldstudio.co.uk [@mld.studio](https://www.instagram.com/mld.studio)




The Footprint Trust

Want to cut your home energy bills?


We are in Ryde Library every second
Tuesday 10am - 12pm

Contact The Footprint Trust for **FREE** energy help

CONTACT US:
 info@footprint-trust.co.uk
 01983 82 22 82



**Isle of Wight
Volunteer
Centre**



Connect • Network • Get Involved

Find out more about volunteering

www.iwvolunteer.org.uk volunteer@iwaonw.org.uk 01983 539370

Have you thought about
volunteering?

The IW Volunteer Centre has
over 300 volunteer opportunities
across the Isle of Wight.

Whatever your skills and time
available, we can help you find
something to suit.

For more information about volunteering see:
www.iwvolunteer.org
Text: 07498470216

To find out more about the work of Community Action IOW:
www.communityactioniow.org.uk



STUDIO33

DANCE STUDIO



THE HOME OF
HOT HEELS DANCE & WIGHT ARTS & FITNESS

Dance and Aerial Arts Studio

Adult & Youth Group
Classes/Privates &
Workshops



Non-Judgemental, Friendly,
Welcoming, Empowering and
Fun classes

BOOKWHEN.COM/HOTHEELSDANCE

WIGHTARTSFITNESS.CARRD.CO

 @HOTHEELSDANCE

@WIGHT_ARTS 

 @HOTHEELSDANCE

@WIGHTARTSFITNESS 



Children and Families (Cont'd)

3rd Ryde Girls' Brigade

Ryde Baptist Church, George Street

Learn life skills, make new friends and have fun.

Wed 6pm - 7.30pm,

4 to 11 year olds (must be in reception class to start)

7.15pm - 9pm, 12+ years old

07817 945246

5th Ryde Scout Group

Eric Warner Centre, St Johns Road

Mon: Squirrels 5pm - 6pm,

Wed: Beavers 6pm - 7.30pm &

Cubs 6pm - 7.30pm

Fri: Scouts 6.30pm - 8.00pm &

Explorers 7pm - 9pm

Adult volunteers welcome 18 years and over.

enquiries@5thrydescoutgroup.co.uk

5thrydescoutgroup.co.uk

MLD Studio

Rink Road Industrial Estate,

Rink Road

Children's classes in Street

Dance, Jazz, Ballet, Tap, Acro,

Aerial, Lyrical/Contemporary.

For 20 months - 21yrs

07825 650408

info@mldstudio.co.uk

MLDStudioIW

Netball Nippers Fun Club

Lift Ryde (formerly Ryde Academy), Pell Lane

Thurs 5.45pm - 7pm, 4yrs - 11yrs

07450 563312

katiaskia@gmail.com

@netballnippersfunclub

Theatretrain

Lift Ryde (formerly Ryde Academy)

Pell Lane

Sat (term time): 9am - 4.30pm

Classes for ages 3 - 18 years.

07768 863146

theatretrain.co.uk/isle-of-wight/

theatretrainiow

theatretrain_iow



Digital Support

Age UK Isle of Wight

Ryde Library, George Street

Digital drop-in sessions for your IT dilemmas.

Every 2nd & 4th Weds

10.30am - 12 noon

To be connected with one of our digital support volunteers for a home visit, please call us.

01983 525282

ageuk.org.uk/isleofwight



Serving the Ryde Community

Drop in and see us or
visit us online

aspireryde.org.uk

SCAN ME



Dover Street



Free
Community
Lunches



Soft Play



Creative
Music Hub

High Street



Community
Groups



Welcome &
Support
Point



Shop Plus
Tea, Coffee,
Cakes &
Sandwiches

Craft Café

Bring your own craft and make friends.

Tues 2pm – 3.30pm & Thurs
2pm – 4pm

Creative Hub

Band Rehearsal and Recording Studio. Weekly and monthly workshops for all ages and abilities.

Adult Music Club

Full access to all our music facilities. Learn new skills & meet new people.

Thurs 2pm - 3.30pm

✉ creativehub@aspireryde.org.uk

Aspire Singers

A fun, casual choir for making friends. All abilities welcome!

Tues 6.30pm – 7.30pm

Re:connect Music Group

A music group open to all musicians over 65. Specially experienced in supporting those living with dementia.

Mondays 11am - 1pm

✉ jess@aspireryde.org.uk

All groups at Aspire, Dover Street

☎ 01983 716020

Crochet group

Co-op Cafe, 4 Anglesea St

Bring what you're working on – any needlecraft.

Weds 10am - 12 noon.

VIVA Carnival Club

St John's Church Hall, High Park Rd
Samba drumming.

Tuesdays 5.30pm - 6.30pm

✉ info@vivacarnival.club

Colouring Group

2nd and 4th Weds 2.30pm - 5pm

Crafternoon

1st and 3rd Tues 2pm - 4pm

Saturday sewing (monthly)

10am - 4pm

Knit & Natter (monthly)

Wed 5pm - 7pm

Audio Book Group (monthly)

Fri 11am

Book Group (monthly)

Tues 3pm

Board Games

Fri 2pm – 4pm

All groups at Ryde Library, George St

☎ 01983 823825

✉ rydelibrary@iow.gov.uk

Vectis Brass Band

*Oakfield Primary School,
Apple Road*

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

☎ 07749 954354

✉ jjtaylor15@hotmail.co.uk

f [vectisbrassiow](https://www.facebook.com/vectisbrassiow)

Abbey Brass

*Binstead Methodist Church,
Chapel Road*

Wed 7.30pm - 9.15pm

Grade 5 standard or above.

✉ band.manager@abbeybrass-iow.
com

📘 abbeybrassiow

Coffee, Chat & Craft Session

Island Craftworks, 130 High Street

All ages and abilities welcome to join this friendly group. Free refreshments in return for helping to prepare for workshops. Booking essential.

Tues 11am - 12.30pm

☎ 07944 125419

✉ gabbycraftworks@gmail.com

🌐 islandcraftworks.co.uk

Independent Arts Singabout

All Saints Church, Queens Road

For just £3 per session come and enjoy singing, laughter, and a great community spirit. No need to book. Mondays 2.30pm - 4.30pm

☎ 01983 822437

✉ info@independentarts.org.uk

🌐 independentarts.org.uk

Photo Group Ryde

Yelfs Hotel, Union Street

Friendly group with a monthly photo theme.

Last Fri of the month

11am - 12 noon

☎ 07845 917270

✉ allancox34@hotmail.co.uk

New Carnival Company CIC

The Coaching House, Union Road

Uniting communities through creativity, celebration and learning! From dazzling events to school workshops and adult community learning.

☎ 01983 716095

✉ info@newcarnival.co.uk

🌐 newcarnival.co.uk

📘 The New Carnival Company

📷 @new.carnival

Ryde Carnival Association

Monthly meetings

Help run the carnival by raising money, building floats, managing events, and keeping everything organised. It's busy but fun, and you'll be part of a team that brings joy to Ryde and beyond.

✉ info@rydecarnival.com

🌐 rydecarnival.com

📘 RydeCarnival

DEPARTMENT

29-30 Cross Street, Ryde PO33 2AA



VOLUNTEER



**WE ARE LOOKING FOR
VOLUNTEERS TO HELP WITH
FRONT OF HOUSE ON OUR EVENTS
COME AND JOIN OUR TEAM**



THE OFFICE

Open: 10-5.30pm

Try out our new lunch menu

Serving Island Roasted Coffee, Lost Mills Bakery
and a delicious selection of homemade treats.



Located on the first floor
with our roof terrace



**Have you signed up to our loyalty card?
Save money on tickets, in our shop and in the cafe
-Sign up on our website-**

Book tickets online at www.department-ryde.org

•ISLE OF WIGHT• BUS & COACH MUSEUM

The Bus Depot, Park Road, Ryde, Isle of Wight PO33 2BE

Tel: 01983 567796

An integral part of the Ryde community and an
award-winning attraction.

We're open from Easter until the end of October on Sundays,
Mondays, Wednesdays and Thursdays from 10am until 4pm.
There's also our popular operating weekends in the spring and autumn.



Come and see our collection of buses and
coaches from the 1880s to the 1980s, plus
uniforms and other memorabilia.
We also have a popular tea bar and gift shop.
Admission is free.



Find us on Facebook, Instagram and X (Twitter)
or check out the websites below.

www.iwbusmuseum.org

www.rydabus.co.uk

www.wightrider.co.uk

Gardening Club

Ryde Spiritualist Church, 28
Belverdere St

Tues 1pm - 3pm

✉ rydespiritualistchurchcsnu@gmail.com

🌐 rydespiritualistchurchcsnu.com

Social Prescribing Garden Project

Riboleau Studio & Gardens,
Riboleau St

To join please contact your Social Prescriber at your surgery.
Monday mornings

Riboleau Community Garden

Riboleau Studio & Garden,
Riboleau St

All welcome.

Thurs 2pm - 4.15pm

✉ community@rydetowncouncil.gov.uk



Read Easy Isle of Wight

Helping adults learn to read

Read Easy Isle of Wight provides free, confidential, one-to-one reading coaching for adults who cannot read or want to improve their reading skills. No exams, timescales or pressure – just friendly help with a personal coach for as long as required.



Scan QR code for video

For reading help phone 07392 517334
or email southamptoncoordinator@readeasy.org.uk

To volunteer email southamptonrecruiter@readeasy.org.uk

Read Easy Southampton & Isle of Wight is a legally independent local organisation (Registered charity no. 1211966), affiliated to Read Easy UK.



General Social

Appley Women's Institute

*St Johns Church Hall,
High Park Road*

A friendly group with range of interests and ages. A speaker each month plus regular outings.

2nd Thurs of the month
7.30pm - 9.30pm

☎ 01983 613681

✉ vivculley23@gmail.com

Binstead Womens Institute

*Binstead Methodist Church Hall
Chapel Road, Binstead*

Interesting speakers, walking/
luncheon group/book club and craft
group. Lots of laughter and fun.

3rd Wed of the month (except Aug)
at 10am

✉ binsteadwi@gmail.com

f [binsteadwi](https://www.facebook.com/binsteadwi)

Upton Girls WI

*Ryde United Reformed Church,
Corbett Road*

We are a mixed age, friendly group.
We have a modern approach with
a busy social group and monthly
craft group alongside the main
meetings. Non-members welcome,
first meeting free.

4th Thurs of the month at 7.30pm

☎ 07971 778974

✉ uptongirlsiow@gmail.com

Read Easy Southampton & Isle of Wight

Free, confidential one-to-one
coaching for adults who struggle
to read or need to develop their
reading skills. Various island
locations or online.

Timings to suit you.

☎ Allison Walker 07392 517334

✉ southamptoncoordinator@readeasy.org.uk

🌐 readeasy.org.uk/groups/southampton/

Coffee morning

*Ryde Spiritualist Church,
28 Belverdere St*

Every other Friday 11am - 2pm

✉ rydespiritualistchurchcsnu@gmail.com

🌐 rydespiritualistchurchcsnu.com

Rydettes Women's Institute

The Wonky Goat, 30 Union Street

A vibrant group, interesting
activities and speakers, book club,
walks and fun.

3rd Weds of the month 7pm

✉ rydetteswi@gmail.com

Community Cuppa

*11 St Thomas Square
(former Natwest)*

Fridays 9.30am - 12 noon

f [communitycupparyde](https://www.facebook.com/communitycupparyde)



General Social (Cont'd)

Living Well Coffee Morning & Info Point

Ryde Library, George Street

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

Coffee morning

Ryde Baptist Church, George Street

Free with donations welcome.

Thurs 10am - 12 noon

Coffee morning in aid of Girls Brigade

Ryde Baptist Church, George St

Second Sat of the month

10.30am - 12.30pm

Cuppa Club

Methodist Hall, Garfield Road

All welcome, disabled access.

Weds 1pm - 3.30pm

Sunshine Group

Ryde Methodist Church,

Garfield Road

Dementia friendly social group with activities.

Alternate Wednesdays

10am - 12 noon

☎ 01983 568041

Ryde Rotary (now part of Rotary on the Wight)

The Castle Inn, 91 High St, Newport

Tues from 6.30pm

As part of worldwide charitable organisation of 1.2 million members, we support local and international projects and fundraising for local, national and international charities. New members welcome – both individuals and businesses.

☎ 01983 611049

✉ rotaryonthewight@gmail.com

📱 rotaryOTW

Oddfellows Book Club

3rd Tues of the month 10.30am

Oddfellows Coffee Morning

1st Weds of the month 10.30am

Ryde Library, George St

☎ 01983 523115

✉ Maretta.Heap@oddfellows.co.uk

People with Disabilities

The Phoenix Project

Salter's Road, Ryde

Variety of different activities tailored to suit the needs of people with learning disabilities and autism.

 01983 810172


 enquiries@phoenixprojectiow.org

 phoenixprojectiow.org

John's 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)

Empowering people with a disability to achieve their goals with meaningful work or work-related activities.

Mon - Thurs 9am - 5pm,

Fri 9am - 4:30pm

 01983 823823

 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

 01983 568041

Way Forward Programme

Newport and Islandwide

Supporting individuals with physical, learning or mental health conditions.

Our day centre offers a variety of sessions including art, cooking, drama and dance.

1 to 1 and respite support also offered.

 01983 523000

 wfsupport@oseliow.org.uk

 wayforwardprogramme.org.uk

Haylands Farm

Salter's Road, Ryde

Work based training centre for people with a learning disability

 01983 566038

 HaylandsFarm

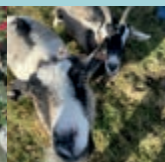
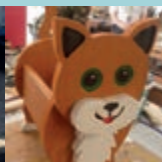
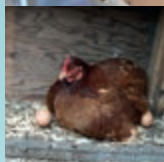


Providing Training & Work Experience for People with a Learning Disability



The Isle of Wight's
farm-based day centre run
by Isle of Wight Mencap.

We sell our free range eggs, plants,
woodwork and much more!



**Find us at Salter's Road, Ryde PO33 3HU.
Telephone: 01983 566038.**

Follow the Farm on Facebook at:
facebook.com/HaylandsFarm/
and the Shop at
facebook.com/people/Haylands-Farm-Charity-Shop/100082332181907/



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 have our community hub in Shanklin.

**For more information call
John on 07702 340193 or email
johnsclubisleofwight@gmail.com**

johnsclubisleofwight.com



Dementia

Alzheimer's Society

Ryde Library, George Street
1-to-1 drop-in with a Dementia Adviser.
2nd Friday of the month 11am - 1pm

📞 023 9289 2035 & 0333 150 3456

✉️ HIP@alzheimers.org.uk

🌐 alzheimers.org.uk

Alzheimer Cafe Isle of Wight

All Saints Church Hall, Queens Rd
1st Weds of the month
11.30pm - 1.30pm

📞 01983 220200

✉️ info@alzheimercafe.org.uk

🌐 alzheimercafeiw.org.uk

Musical Teas

Ryde Library, George Street
Celebrate connection between
music and memories for people
with dementia or memory issues
and their carers.

3rd Wed of the month 2pm - 3.30pm

📞 07496 382950

✉️ rydemusicalteas@gmail.com



Health and Wellbeing

Wessex Cancer Support

21 Lugley Street, Newport
Tues - Fri, 10am - 2pm
Drop ins and appointments.

📞 01983 524186

✉️ isleofwight@wessexcancer.org.uk

🌐 wessexcancer.org.uk/support-services/isle-of-wight/

The Veterans Hub

162 High Street
Mon - Sat 9am - 3pm

📞 01983 615426

📞 Text only 07561 630769

🌐 veteranshubiw.co.uk

Carers Isle of Wight

Support for carers of relatives
& friends.

📞 01983 533173

🌐 carersiw.org.uk

Alcoholics Anonymous

Mon 7pm - 8.15pm
Binstead Methodist Church,
17 Arnold Rd, Binstead

Tues 7pm - 8pm (men only session)
Men Only, 134 High St

Fri 7.45pm - 9pm, Sun 6pm - 7.15pm
Aspire, Dover St

📞 023 9258 0776 (24 hr helpline)



Ryde Neighbourhood Board



YOUR VOICE, YOUR COMMUNITY

The Ryde Neighbourhood Board is a group of local representatives working together to make Ryde a better place to live, work, and visit. We help guide £20 million of government funding over 10 years—focusing on projects that matter most to our community.

We want to hear from you!

**What do you think government
funding should be spent on in Ryde?**

Share your thoughts with us:



info@rydeneighbourhoodboard.org.uk



rydeneighbourhoodboard.org.uk

Together, we can shape Ryde's future.



Health and Wellbeing (Cont'd)

Gamblers Anonymous

Aspire, Dover Street

Mondays 7pm - 9pm

📞 Contact Tom 07546 100675

Narcotics Anonymous (NA)

Men Only, 134 High Street

All welcome.

Mon 7pm - 8.30pm

MS Society Isle of Wight Support

Islandwide

A group that actively supports our island MS community, offering financial, wellbeing and emotional assistance.

📞 07976 629012

✉️ isleofwightsupport@mssociety.org.uk

🌐 wightms.org.uk

📘 MS Society Isle of Wight

📘 New Generation MSS IOW Group

Smokefree Island

Islandwide with face-to-face clinics in Ryde

Your stop smoking service. Self-refer or via your GP or Healthcare Professional.

📞 Text Quit to 80011

📞 01983 642369

📘 Instagram X Smokefreelsland

🌐 Smokefreeisland.co.uk

Chronic Pain Coach & Escape Pain Facilitator

Health and Wellbeing Coaches help you make sustainable changes to improve your health and wellbeing. May be suitable for adults 18+ experiencing hip/knee or back pain that has persisted for >3months or pain which goes beyond the expected healing time.

Please contact your surgery* and ask for the Chronic Pain Coach.

**Medina and Healthcare patients only.*

✉️ contact@onewighthealth.co.uk

🌐 onewighthealth.co.uk

Wight Cardiac Rehab

Islandwide with classes in Ryde

Continued support for people with heart conditions to improve and preserve quality of life. Referral via your GP.

📞 07979 806636

✉️ info@wightcardiacrehab.co.uk

🌐 wightcardiacrehab.co.uk

Take Cover

Venue withheld for safety

3rd Thurs of the month 7.15pm - 8.45pm

Women only peer to peer support / survivors of child sexual abuse

✉️ take.cover.south@gmail.com

🌐 take-cover.org



MENTAL HEALTH AND WELLBEING PRACTITIONER

REALIGNING AND CONNECTING
MIND - BODY - EMOTIONS - ENERGY

HELPING CLIENTS WITH:

- ANXIETY/STRESS
- DEPRESSION
- TRAUMA
- HEALING THE PAST
- CONFIDENCE
- LIMITING BELIEFS
- RELATIONSHIPS
- PAIN
- CAREER AND MORE.

Get in touch now to book a free
20 minute discovery call.
Sessions can be online or face to face.

Contact: Michelle Hill, Ryde, Isle of Wight, UK

Phone: 07725 046794

Email: mrsmichelle.hill@hotmail.co.uk



Groups available in Ryde

TUESDAY GROUPS

at 8.15am, 10am, 5.30pm & 7pm
Call Hayley on 07543 440467

WEDNESDAY GROUPS

at 7.30am, 9am & 10.30am
Call Hayley on 07543 440467

THURSDAY GROUP

at 5.30pm
Call Bernice on 07970 770519

real food, real support, real results






Free, friendly
support to quit
for good.

With clinics available Islandwide, our expert quit coaches will build a plan that works for you, including **free** nicotine replacement products.

It's **completely free** if you live, work or are registered with a GP on the Island, are aged 12 or over and currently use tobacco products like cigarettes and vapes.

It's quick and easy to get started. Join today!

 Text **QUIT** to 80011  Search **Smokefree Island** online

 Or scan the QR code with your smartphone or tablet

smokefree
ISLAND





Sports and Fitness groups

Waterside pool

The Esplanade

Swimming lessons for all ages and abilities. A wide variety of swimming sessions each day. Accessible pool for people with additional needs.

Open 7 days a week

📞 01983 563656

✉️ enquiries@watersidepool.co.uk

Ryde Sea Cafe

Meet at Appley Cafe

Cold water sea swimming.

Sessions depend on tide

Call/email for times.

📞 07812 573935

✉️ sandyciccognani@gmail.com

🌐 rydeseacafe

Ryde Swimming Club

Waterside pool, The Esplanade

Masters and Junior training sessions

Mon, Wed, Thurs, Fri & Sun evening.

📞 01983 563656

✉️ RSC@watersidepool.co.uk

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

Binstead COB Football Club

Binstead Recreation Ground,

Coniston Ave

Wednesdays 6pm

✉️ mrpid36@hotmail.co.uk

📘 BinsteadCOBFootballClub

Spring Chicks

*Binstead Methodist Church Hall,
Chapel Road*

Morning classes for women over 50: Keep Fit with a sense of dance, Strength & Tone and Adult Ballet for strength, flexibility and the pure pleasure of ballet.

📞 07775 838169

📘 SpringChickOver50

Ryde Beach Lifeguards

North Walk

In addition to Lifeguard Service, they provide training for rookie lifeguards, as well as qualifications such as Pool & Beach Lifeguard & First Aid.

✉️ rydebeachlifeguards@gmail.com

Isle of Wight Underwater Hockey Club

Waterside Pool, The Esplanade

All ages welcome

Sun 5pm - 6pm Juniors (8 - 15 year olds), 6pm - 7pm Intermediates (any age adult, no experience necessary)

📞 07903 831971

📘 IsleOfWightOctopush



RYDE CHIROPRACTIC

& COMPLEMENTARY THERAPIES



Chiropractic - Physiotherapy - Sports Therapy - Massage
PEMF (pulsed electro magnetic field) Therapy - Acupuncture
Body Stress Release - Epley Manoeuvre - Reflexology
Ear Wax Removal - Counselling - ADHD Assessments
Nutritionist/Dietitian - Yoga - Pilates

*The Island's largest multi-disciplined clinic, making your
health and well-being our priority for over 20 years*

81 George St - Ryde - 01983 618800 - www.wightchiro.com



Sports and Fitness groups (Cont'd)

Ryde Marina Bowls Club

The Esplanade

Outdoor bowling club meeting the needs of players of all levels. Members of the public are welcome to enjoy the sport, with bowls etc supplied.

Open to members of the public from April to September, every day when a steward is on duty.

 01983 564477

 rydemarinabowls@outlook.com

 rydemarinabowlsclub.co.uk

Ryde Rowing Club

RRC Clubhouse, Appley Lane

Practice: On the water - Mon - Thurs eve & Sat (when not racing) - summer. Sat - winter.

Land training: Occ weekday evenings - summer, Mon - Thurs eves - winter.

 07786 034941

 ryderowingclub@gmail.com

 ryderc.org

Oakfield Football Club


Various venues in Ryde

Disability/Walking Football – Open age.

Youth Football - U6 to U16

Adult Football - Open age

 07800 709438

 ross.hammond@apsgroup.uk.com

Rydekings Badminton Club

Lift Ryde (formerly Ryde Academy), Pell Lane,

Club nights: Mon & Thurs 8pm – 10pm
Welcomes people over the age of 16.
Beginner sessions: Sat 11am – 1pm
(Please call first for info).

 07384 625801

 Marksmithram1@outlook.com

 RydekingsBadmintonClubIsleOfWight

Wight Bowmen Archery Club

Appley Road

Following successful completion of a Beginners Archery course (with the club) we welcome members from 11 years old.

Weds am/pm outdoor archery,
Sat pm & Sun am/pm (summer).
Sun am/pm indoor archery (winter).

 wightbowmen@gmail.com

 wightbowmen.org.uk



Sports and Fitness groups (Cont'd)

Ryde Lawn Tennis and Croquet Club

Playstreet Lane

Tennis, Padel, Croquet, Pickleball and much more...

☎ 01983 562095

✉ enquiries@rltcc.co.uk

🌐 clubspark.lta.org.uk/

RydeLawnTennisCroquetClub

📘 RydeLawn

Ryde Amateur Boxing Club

22 Newport Street

Mon 7pm female session

Tues - Thurs 6.30pm - 7.30pm

juniors (12-17yrs), 7.30pm - 8.30pm

seniors (17+) mixed session

✉ rydeboxing@outlook.com

📘 RydeABC

📷 rydeabc



Places of Worship

St Johns and Holy Trinity Church

High Park Road

Sunday services at 10am

Thursday services at 10.30am

☎ 01983 564433

📘 stjohnsryde

St Mary's Catholic Church

55 High Street

Sunday mass 11am

Weekday mass Mon, Weds & Fri

12 noon

☎ 01983 812127

🌐 stmarysryde.org.uk

Binstead Methodist Church

Chapel Road

Sunday service at 10.30am

☎ 01983 614862

🌐 methodistiow.org.uk/churches/
binstead

Grace Church

Marlborough Road

Sunday services at 9.15am

and 11.15am

☎ 01983 722557

✉ steve@gracechurch-iow.co.uk

🌐 gracechurch-iow.co.uk

Holy Cross Church

Church Rd, Binstead

Sunday service 9.30am

☎ 01983 242906

RYDE CRICKET CLUB PLAYERS WANTED

Experienced & New Players Welcome!

pc consultants



Get involved

Email - rydecricquet@googlemail.com

Website - <https://rydecc.play-cricket.com>

Twitter - @RydeCricketClub

CALLING ALL VETERANS

• THEIR PARTNERS/SPOUSES/CARERS

ATTEND A DROP IN DAY

ACCESS OUR SUPPORT
3RD WEDNESDAY OF EACH MONTH
RIVERSIDE CENTRE, THE QUAY, NEWPORT
PO30 2QR (1200-1600)

COME TO A SOCIAL HUB

- 1ST MONDAY OF EACH MONTH
ARRITON COMMUNITY HALL, 3AD, A3056,
NEWPORT, PO30 3AD (1030-1200)
- 2ND MONDAY OF EACH MONTH
WROXALL COMMUNITY ASSOC.
STENBURY HALL, PO38 3DP (1030-1200)
- 4TH MONDAY OF EACH MONTH
YARMOUTH COMMUNITY HALL,
ST.JAMES ST, YARMOUTH,
PO43 0NU, (1030-1200)

TRY A WELLBEING ACTIVITY

We run a calendar of fun and free activities to boost your wellbeing, like book binding, painting workshops, bowling, games and much more!

WE WELCOME ALL VETERANS FROM THE ARMED FORCES & MERCHANT NAVY - SPOUSES, PARTNERS & CARERS

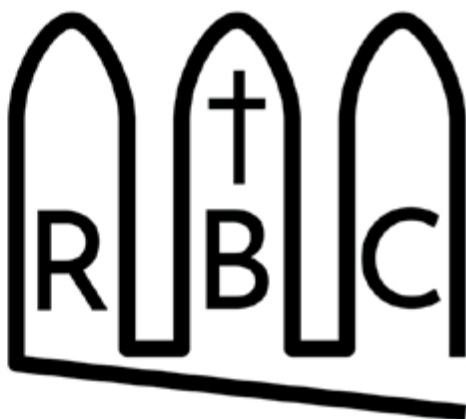
Veterans Outreach Support

admin@vosuk.org
(023) 9273 1767
www.vosuk.org

Join our Isle of Wight (Facebook Group)

"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 please see our website, Facebook page, or drop in to see us.



RYDE BAPTIST CHURCH

George Street

Ryde PO33 2JF

<https://www.rydebaptist.xyz>

<https://www.facebook.com/rydebaptistiof>

THE LOST CRYPT



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



Book Online

info@thelostcrypt.co.uk



**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 Pete 568041
Or Helen 07858599648
DO COME AND JOIN US**



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 | [fb](https://www.facebook.com/stjamesryde) stjamesryde

Places of Worship (Cont'd)

All Saints Church

Queens Road

Sun services: 9.30am Traditional
(Communion 2nd & 4th Sun), 11am
Contemporary with kids church
Every Thurs: Celtic Prayer 9am

 01983 472535

 ryde.church

St James's Church

Lind St/Market Street

Sunday services at 10.30am weekly
& 6.30pm fortnightly

 01983 566381

 office@stjamesryde.com

 stjamesryde.com

Ryde Elim Pentecostal Church

48 Albert Street, Ryde

Sun service at 10.30am (currently
held at Ryde School, check website
for details). Kids club Wed 4pm -
5pm, Youth Club Wed 6pm - 7.30pm

 01983 615965

 info@rydeelim.org


 rydeelim.org

Zion Chapel

6 William Street

Sunday service at 11am
Bible study every Thurs 2.30pm,
Prayer meeting every Tues at 2pm

 07467022297

 briansexton09@talktalk.net

 zionchapelryde.co.uk

Ryde Methodist Church

Garfield Road

Sunday services at 10.15am

 01983 568041

Ryde United Reformed Church

Upton Rd/Corbett Rd, 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

George Street

Sunday services at 10.30am

 rydebaptistsecretary@gmail.com

 rydebaptist.xyz

 rydebaptistiw


Ryde Spiritualist Church

28 Belvedere St

Tues: Healing meditation (free)

3.30pm, Healing 4pm - 6pm

Sunday: 5.30pm - 7.30pm Divine
Service, free tea and coffee.

 rydespiritualistchurchcsnu@
gmail.com

 rydespiritualistchurchcsnu.com

 RydeSpiritualistChurch

ISLE OF WIGHT CHESS TOURNAMENT

Ryde School & Town Centre

16 - 22 FEB 2026



School Half Term

Join us community Chess events in the town centre, featuring:

Social chess - Lessons - Simuls
Learning groups - Fun tournaments

Follow IOWCHESS.com for more info and updates closer to the event.



*Scan to
get involved!*

