

Ventnor Well-Being Café

Review of 2022

2022 What an amazing year for the Ventnor Well-Being Café

This year has been such a resounding success for the Well-being Café in every way. The group members themselves have made the café the most welcoming place to be in town. Its warm and friendly atmosphere is a breath of fresh air to all that visit. Amongst a background of chatter and laughter between the group new friendships have been formed and this has even more helped to reinforce and further enhance the close-knit bond of the members.

The group have enjoyed a number of great outings this year, a jubilee barbeque party on the green, ran a group stall on the putting green at Ventnor Day, held a good old fashioned jumble sale and raffles to fundraise for group activities. The legendary hampers have yet again been a massive success with raffles in the lead up to Christmas this year. The Christmas lunch held at Mill Bay was an absolutely brilliant event with everyone thoroughly enjoying themselves immensely. The Christmas lunch was delicious with everyone having such a marvelous time indeed.

The membership has increased to nearly 90 with ages ranging from 18 to 80 and growing all of the time. The Ventnor Well-Being café has developed into a really special place for people to enjoy company, friendship and support from other members who are always the first to help with anything.

It's not all been without some serious business going on at the café. Regular visits from the Citizens Advice team to assist with any issues that may have been troubling members. The living Well team make a number of visits to the group and again help with any issues that may need sorting though. The support which is available to the group is fabulous and is very much appreciated indeed.

Terri Exposit

Ventnor Well-Being Café

Fabulous trip to the Donkey Sanctuary

The Ventnor Well-Being Café had a fabulous trip out on a glorious sunny Saturday Morning this weekend. Travelling in style on an open top bus they visited the Isle of Wight Donkey Sanctuary to The Well-Being Café is a self-help group based at the Green Room at Salisbury Gardens and funded by Ventnor Town Council , helping members regain their confidence and self-esteem again, helping to make friends whilst trying and enjoying new and varied activities.

This visit was arranged by the Well-Being Café's hardworking co-ordinator Terry and was a terrific success which gave an elevated view of Ventnor, and the countryside the group had not experienced before, especially being up alongside the treetops on the journey. meet and say hello to the donkeys.

The Donkey Sanctuary was indeed a worthwhile visit for the group, taking time to walk out in the sunshine amongst the donkeys. The group had refreshments and enjoyed the pleasant surroundings whilst chatting to each other along the way. Accompanied today by the Deputy Mayor Steph Toogood and Councillor John Watkins who both support the group tremendously.



Cont'd from page 1

Indeed so successful was the visit to the Sanctuary that the group have adopted a Donkey for the Well-Being Café (Pinky) who will obviously become a fully-fledged member of this fabulous group of like-minded people.

Special thanks must go to John Killick, our driver for the day, who amazingly gave up his Saturday to help the group by driving the open-top bus, also to the kind owner of the bus who donated its use for the day to the group.

Thanks to the Isle of Wight Donkey Sanctuary for being so accommodating on the group's visit.



Ventnor Well-Being Café outing to remember !

Ventnor Well-Being Café took some of its members on a boat trip to remember on a sunny Friday afternoon in August

The amazing Cowes Sailability were host for the afternoon and arranged a special treat for the group's members aboard the fabulous specially adapted 'Wet Wheels' powerboat another Charity who hail from the Hamble.

With weather to put the Caribbean to shame the group spent over an hour charging around the Solent under the watchful eye of skipper Ian and his crew. The group were treated to some very fast boating, and all had a turn at taking the helm of this fabulous craft which originated from here on the Isle of Wight from our local boat builder in Ventnor.

The smiles where almost as bright as the sunshine and the laughter could be heard all over the Solent, all of the members had a brilliant time and were as usual chaperoned by the groups co-ordinator Terri Exposit who works tirelessly for this group of fabulous people who are members of the Ventnor Well-Being Café at Salisbury Gardens.

The Sailability charity are a wonderful group who provide the chance for people with disabilities to have access to the water aboard their fleet of boats, as does the Wet Wheels charity who provide the larger power boat to make the Solent accessible for everyone who would otherwise not enjoy these experiences.



Terri Exposite

The Ventnor Well-Being Café have an amazing day at the Havenstreet Steam railway

Organised by its hardworking Co-ordinator Terri Exposite, The Well-Being Café members had a wonderful day out at the Isle of Wight Steam Railway at Havenstreet last Saturday.

Members dodged the initial rain showers to enjoy rides on the steam train in its period carriages, explore The Train Story – an undercover, interactive experience and exhibition of over 150 years of railway history, including Victorian and Edwardian carriages – and finally to watch flying displays of the Haven Falconry’s birds of prey.

Thanks go to Dave Forrester and team who privately-own the open-top bus and kindly provided this transport for the day, driven by volunteer John Killick.



Terri Exposite

Well-Being Café Christmas Lunch Mill Bay, Esplanade



The Well-Being Café enjoy a fabulous time at the Mill Bay down on the Esplanade for their Christmas lunch this year.

The group took the short journey down to Mill Bay on the Esplanade for their Christmas luncheon which was a great highlight for the end of the year. Over 50 members came to the lunch and enjoyed a full turkey meal with all the trimmings, a vegetarian alternative was available , equally as delicious.



Members invited the staff team from VTC who all were glad to attend, the atmosphere was brilliant, lots of laughter, and chatter was helped along with a few Christmas drinks. Terri the café Co-ordinator gave a speech thanking everyone for their efforts throughout the year, her speech ended by re iterating to the group that it is them that make the Café such a special place for people and that they are the heart of the Well-Being café.

December 2022

Ventnor Well-Being Café Gallery

Issue 1



Picture Caption: To make your document look professionally produced, Word provides header, footer, cover page, and text box designs that complement each other.

Mirjam Nilsson

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The latest breaking news of the day

- Mirjam Nilsson

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