

Furniture Scheme News!

F R E E — PLEASE TAKE A COPY



What's Chris P up to with Billy from DIY SOS? - see page 10

The Furniture Scheme is a dynamic social enterprise and charity. We collect donated furniture and re distribute to people in need.

We manage two Community Centres and support other Social Enterprises.

We offer a range of volunteering and training opportunities across all of our sites.

We are passionate about relieving poverty, protecting the environment, enabling the disadvantaged and encouraging a thriving Social Enterprise sector.

Visit our website for up to date news: www.furniturescheme.co.uk

SNAPSHOT OF THE FURNITURE SCHEME

What happens where...

WAREHOUSE, Weeping Cross Lane, Ludlow SY8 1JH Mon—Fri 10am—4pm, Sat 10am—2pm **Phone: 01585 877788 for furniture donations**

- ⇒ Trading site
- ⇒ Computer recycling workshop
- ⇒ Wood & Metal recycling facility
- ⇒ Bulky waste base
- ⇒ Removal of handles, knobs, hinges and screws for re-use
- ⇒ Volunteering and placement opportunities
- ⇒ Donation point
- ⇒ Two vans based here
- ⇒ Recycling Banks for textiles, wood & metal
- ⇒ Tools for Africa collection point



RENAISSANCE, 7-8 Tower Street, Ludlow SY8 1RL Mon—Sat 9.30am—5pm.
Phone: 01584 877751

- ⇒ Trading site
- ⇒ Bookshop and vinyl records
- ⇒ Flea Market
- ⇒ Information Board
- ⇒ Volunteering and placement opportunities
- ⇒ Household battery recycling point
- ⇒ Donation point



ROCKSPRING COMMUNITY CENTRE, Sandford Road, Ludlow SY8 1SX Mon—Fri 9am—5pm. Phone: 01584 874922

- ⇒ **Head office**
- ⇒ Volunteering and placement opportunities
- ⇒ Rooms for hire
- ⇒ Events and activities
- ⇒ Donation point for clothing, textiles, books etc



FRIARS WALK, Ludlow Mascall Centre, Ludlow SY8 1RZ

- ⇒ Carpentry workshop
- ⇒ Furniture restoration
- ⇒ Training facility
- ⇒ Training, volunteer and placement opportunities available
- ⇒ One van based here



CasCA, Newington Way, Craven Arms SY7 9PS
Mon—Thur 9am—10pm, Fri 9am—8pm, Sat 9am—12 noon -
by arrangement at other times. Phone: 01588 672847

- ⇒ Volunteering and placement opportunities
- ⇒ Rooms for hire
- ⇒ Events and activities
- ⇒ Donation point for clothing, textiles, books etc



THE CHARITY BOOKSHOP, Unit 2 Drover's House, Auction Yard, Craven Arms SY7 9BZ Open: Mon—Fri 9.30am – 4.30pm and Sat 9.30am – 1pm. Phone: 01588 673902

- ⇒ Trading site
- ⇒ Donation of books, jigsaw puzzles, CD's and DVD's





OUR WONDERFUL VOLUNTEERS!

Di Hyde—Volunteer Co-ordinator

Di Hyde—Volunteer Co-ordinator 01584 877751
diane@furnitureshcme.co.uk

Di Hyde, Volunteer Co-ordinator, as everyone knows regularly contributes to the Furniture Scheme Newsletter telling us all her news about our wonderful volunteers. This quarter you will see that Chris Perkins is focussing on volunteering, so do read her news starting on page 10.

In Di's absence, Gill Pitt will pick up any enquiries regarding volunteering on 01584 874922.

Thank you to all our wonderful volunteer team, we really couldn't manage without you!



Maria Darcy

Goodbye and thank you to Maria

Many of the staff and volunteer team will have heard that Maria Darcy, Community Centres Manager at CASCA and Rockspring will be leaving us this August.

Maria started with us on a work experience programme in 2011 as an administration assistant at Renaissance Centre and made such an impression that we employed Maria full time after the end of the 6 month programme.

When we took on Rockspring Community Centre later that year Maria was the obvious choice for Centre co-ordinator. She was well liked in the community and instrumental in getting things off the ground at the Rockspring Centre, taking on CasCA when that became one of The Furniture Scheme's projects.

I know Maria is moving on to new things and that we all wish her well. I will miss Maria's pragmatic and easy going approach. So it's thank you and good luck Maria in the future. Do please keep in touch and come back to see us if only to tell us about your latest holiday or perhaps join us for community lunch!

Gill Pitt, HR Learning & Development Manager

VOLUNTEERING OPPORTUNITIES WITH THE FURNITURE SCHEME

All of the volunteering opportunities provided by the Furniture Scheme come with full training and an allowance for travel expenses.

10 week placements for a part or full day per week are available in the first instance with opportunities for feedback and review to make sure all is going well for you.

All volunteers have the opportunity to take a qualification and get employability support if required.

For more information on any of these opportunities please contact:

Di Hyde Tel: 01584 874922 or email: diane@furniturescheme.co.uk

The Charity Bookshop

Unit 2 Drovers House, Auction Yard,
Craven Arms SY7 9BZ

Selling books, jigsaw puzzles, CD's
and DVD's.

If anyone is interested in volunteering
here please contact Di Hyde on the
number above.



Customer Service Assistant

At the Warehouse and Renaissance we
need help with answering telephone
calls, dealing with enquiries, making
sales, using the till and credit card
machine, keeping displays looking
attractive and using a computer.

We are flexible with time as you are
being generous with yours, but ideally
either 9.30am - 1pm or 1pm - 5pm.

We also need assistants in our Flea
Market.

CasCA—General Assistants

Newington Way, Craven Arms SY7 9PS

General assistants needed to answer
phones, set up the rooms, make
refreshments (tea and coffee)
and meet and greet.



Waste Management Project

Could you help us to dismantle sofas,
washing machines and other items
ready for the recycling process?

Times to suit you, but you will need to
be reasonably fit as it's quite hard
work!

Warehouse

Weeping Cross Lane, Ludlow SY8 1JH

- ◆ customer service assistants
- ◆ warehouse assistants
- ◆ van drivers and van buddies

You will need to be physically fit and
able to lift items of furniture.

Rockspring Community Centre

We would like volunteers to assist with
reception duties, cleaning and
administration.

We also need volunteer gardeners for
our community garden.



Carpentry Workshop

Lower Galdeford SY8 1RZ

Volunteers carry out a variety of tasks
from stripping and polishing donated
furniture to more challenging projects.

Morning or afternoon sessions
available, starting with a half day
taster. You will be provided with full
workshop training and support.



Jean Jarvis MBE—Chief Executive

This newsletter gets bigger with each new edition, we've got so much to tell you! Chris Perkins' pages give you an overview of the many events and activities she's been involved in – introducing new people to TFS.

We're saying good bye and good luck to Maria Darcy, our Community Centres Manager, in August but as you'll see as you read on, we're gaining new volunteers and supporters. We've been very pleased with our bookshop sales lately, and our relaunched Renaissance looks really good, over the last few months the stock has been very good quality – I've recently moved house and bought a few nice pieces myself! And of course, the income from sales supports our core aim to improve the quality of life of disadvantaged people in southern Shropshire and our services.

Enjoy your read.

Jean Jarvis MBE, CEO
Phone: 01584 874922



South Shropshire Youth Forum - Rockspring Garden Project

People of Ludlow...do you know anyone that genuinely needs help with their garden? Maybe they have been ill or are elderly and cannot physically manage. We have a youth project that could help you.



All sessions are adult supervised and at a time that is convenient to the customer.

Please email richssyf@yahoo.com for all enquiries or call into Rockspring Community Centre.



James Cooper—General Manager

Writing for the Autumn Newsletter is a bit depressing. It means summer will soon be gone and Elaine will stop letting me have the window open in our office. I'll have to wear a coat to work and I'll be getting home in the dark. My coat doesn't have a hood and I've lost my umbrella. Again.

I think I've become a grumpy old man since turning 30. I need cheering up, so let's focus on all the good news from the last few months...

We took over the running of The Ludlow Small Gardens Festival (see page 17) and it was a success! I visited all of the excellent gardens but kept my head down in order to avoid any hard work. Thank you to everyone involved especially Chris Perkins, Diane Lyle, Sarah Dixon and the Garden Owners and stewards. Thanks also to Angela Siminson who brought this opportunity to us and pointed us in the right direction. Watch this space for next year!

Our bookshops in Ludlow and Craven Arms are going from strength to strength and have had lots of visitors over the summer. Thank you to the volunteers who contribute to both shops.

Thanks to cabinet office funding we have new signage at our Renaissance shop and will soon have new signs at our Warehouse. We hope this will help promote our work and encourage more people to access our services and visit the sites. The funding is helping us to take steps towards financial sustainability and there will be more changes in the coming months

We survived a brief time without any vans! One was stolen (it's replacement broke down), another (the OAP of our fleet) took some persuasion to get through its MOT and the other decided to lock itself with the keys inside. The guys kept smiling (just about) and we soon got ourselves back on the road.

The Lower Broad Street Residents held a plant sale and donated £400 of the proceeds to the Furniture Scheme! See page 19.

We have so many amazing supporters who we couldn't do without – thank you.

James Cooper, General Manager

The Furniture Scheme Tel: 01584 874922



THE WAREHOUSE, WEEPING CROSS LANE

TO DONATE FURNITURE PLEASE TELEPHONE: 01584 877788

The Warehouse has a wide range of household items from washing machines and cookers, refrigerators, tables, chairs, sofas, lamps, beds, mattresses, crockery etc at reasonable prices and is **open to the general public**, not just people on benefits.

**The Warehouse is open: Monday—Friday 10am—4pm & Saturday 10am—2pm
Do call in and have a browse, all welcome!**

Don't Dump it, Donate it!

Donating furniture to the Furniture Scheme is easy and it goes a long way towards helping your community.

Here are some of the items we accept:

Electrical

Fridges
Cookers
Vacuum cleaners
Washing machines
Freezers
Irons
Toasters
Microwaves
Lamps
Televisions (slim only)
Stereos
Computers

Kitchen & Household

Saucepans
Crockery
Cutlery
Waste bins
Washing up bowls
Baking tins
Ironing boards
Tables
Chairs
Clocks
Freestanding cupboards
Sideboards

Living

Settees/sofas
Armchairs
Coffee tables
TV stands
Fireguards
Mirrors
Pictures
Rugs
Books

Bedroom

Beds
Mattresses
Chests of drawers
Wardrobes
Bedside cabinets
Sheets
Pillowcases
Duvets
Blankets
Curtains

Unfortunately we are no longer able to take printers

There are 3 things to remember before you get started:

<p>1 We pick-up Mon-Thurs 9am-4pm</p> <p>MON TO THURS</p> <p><small>* We will contact you to confirm your donation</small></p>	<p>2 Your item must be in good condition</p>  	<p>3 This must be on your sofa*</p>  <p><small>* If you're donating a sofa!</small></p>
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To donate: please call 01584 877788

or go to www.furnitureScheme.co.uk to book your item in online

Open: Monday—Friday 10am—4pm; Saturday 10am—2pm

Renaissance



Renaissance provides 'reborn' items for the household. Donated items are imaginatively rejuvenated to a condition worthy of resale. Open Monday—Saturday 9.30am—5pm, Sundays 10am—4pm.

The Book Shop selling good quality good value books and a wide selection of rare books and 1st editions. Paperback fiction is always needed as well as interesting non-fiction and quality children's books.

The Flea Market Open Monday—Saturday 9.30am—5pm and Sundays 10am—4pm.

Carpentry Workshop

Did you know our **Carpentry Workshop** team can carry out competitively priced repairs and restoration to your furniture?

We also make bird boxes, bee boxes and house name plaques.

For more information contact the team on 01584 877706.

The Warehouse

We provide PAT testing carried out by a trained tester. Fully mobile service—we'll come to you. Full test records for you to keep on file.

We charge £1.50 + VAT per item which includes free fuse and plug replacement as required—minimum charge of £30. We travel 10 miles from Ludlow at no cost to you, a charge of £1 per mile may be applied thereafter.
To book please phone 01584 874922 and speak to James

News from Renaissance

In June we held a two week sale and a relaunch which was successful and increased footfall to the shop, book shop and flea market ending with a coffee morning on the Friday.

We would like to trial selling vintage clothing, shoes and bags at the shop, so if anyone has any of these you would like to donate, as well as books old and new, good quality jewellery bric a brac, we would be very grateful.

If there are any retired people who have a few hours to spare and would like to volunteer in the book shop, flea market or Renaissance, please contact me.

Julie Nash, Renaissance Retail Manager
Tower Street, Ludlow. Telephone: 01584 877751
Email: Julie.Nash@furniturescheme.co.uk

Tales from the Book Room at Renaissance

The other day, in a box of books there was an unusual find. A Metropolitan Railway Register of passes issued dating from 1901 up to the 1930s. In a variety of clear handwritings, it is a priceless tool for anyone researching the histories of individuals working for the railway at that time. The customer who bought it would very much like to know where it came from as he is hoping to use it for just such a purpose.

This is just the latest in a number of unusual and high value books donated to us this year. They include a 1st edition 1st printing of Dylan Thomas' Under Milk Wood sold for £95, a fine 1930s illustrated Alice in Wonderland for £175 a 19th century family bible illustrated by Gustave Dore and most unusual of all, a rare Somerset Maugham story called "The Book Bag" issued in a limited edition signed by the author on the title page and with an inscription to the poet Coventry Patmore. This was sold for £235.

Our book expert goes through all donated boxes of books to ensure that we get the best possible price for the Furniture Scheme and that rare books have another chance to reach a booklover. We have been enjoying record book sales so are as always in need of more donations.

Latest news is the acquisition of the entire library of a classical scholar - hundreds of classical texts in Greek and Latin with learned commentaries, most in very good condition. They will be offered for sale at Renaissance at prices from £1 to £90 at a special one week event starting September 12th.

CLASSICAL BOOKS SALE

MONDAY 12th SEPTEMBER FOR ONE WEEK

at Renaissance, Tower Street, Ludlow.

Hundreds of classical texts in Greek and Latin

Prices from £1 to £90



Community News – by Christine Perkins – Community Engagement Worker

Here we are again! What a hectic few months it has been – I know how the Queen must have felt attending all her birthday celebrations – exhausted!

This issue is focusing greatly on our volunteers and volunteering in general. The Furniture Scheme as an organisation could not operate without help from our dedicated volunteers.

So why do people volunteer? It maybe to help someone in need, the sense of achievement you feel when working with other likeminded people, or just the feeling of giving something back to the community free of charge.

An issue of a previous newsletter hinted at the celebratory status I had achieved through volunteering!

I had written to DIY SOS about the plight of a widower and his young daughter concerning the state of their house and their situation. When DIY SOS agreed to take on the project, it only seemed right that I would lend a hand as well. Over 150 tradesmen/women and other people volunteered their time over a very hectic nine day period.

Our parent company, Wrekin housing, also got involved and helped with the build.

The village did not know quite what had hit it! Volunteers and the BBC DIY SOS team descending from 8.00am to 9.00pm every day, in conditions rivalling that of Glastonbury! By the way it's true what they say about film catering – absolutely marvellous!

It really was a humbling and uplifting experience. In today's consumer and materialistic world, people are still keen to work together to improve the situation for someone they do not know and have never met before without any financial incentive.

The programme detailing the efforts of all those concerned was finally shown in June, coinciding with volunteers week, a very fitting tribute to all those who took part in this amazing project.

Here are some pictures to help capture the flavour of the build.

DIY SOS volunteers in South Shropshire



Transforming this



into this

Via



So, what else has been happening – well as I reported in the last edition of the newsletter, we held a celebration of volunteering tea party on 10th June at Rockspring Community Centre, to mark HRH the Queens 90th Birthday. Organisations in and around Ludlow were invited to send two volunteers from their organisations to attend this event. Certificates recognising their volunteering service were handed out by the Mayor and Deputy Mayor and I even wore a dress! It was a fantastic event, the brainchild of Claire Jackson – Senior Co ordinator for Homestart Shropshire and so ably assisted by Linda Monteith Community Enablement Officer from Shropshire Council.



Scrumptious cakes fit for a Queen



Myself Linda Claire



Jack Andow cutting the Birthday cake – Jack has raised over £40,000 for charity from sales of his amazing tapestries.



Mayor Paul Draper handing out Volunteer certificates.

Our own furniture scheme volunteering “thank you ” event also took place at the end of June – this was an opportunity for all volunteers from our sites to come together and meet one another. We were joined this year for the first time by volunteers from The Charity Bookshop in Craven Arms. The bookshop is the first venture in our organisation to be run completely by volunteers with support from the Furniture scheme.

We had intended to hold a BBQ in the community garden, but thanks to the weather on a typical British summer’s day we reconvened in the main hall at Rockspring Community Centre.



More Food!



The summer holidays are in full swing and as part of the summer activities this year we have been able to offer some great activities for young people to take part in. The first week of the summer holidays saw a group tackling the Ipikin Rocks with Arthog Outreach.



Working in partnership with Ludlow Assembly rooms, every Tuesday throughout the holidays, workshops and films are being held at the Assembly rooms as part of their Roald Dahl Fun Days activities organised and run by Ludlow Library staff. One of these fun workshops and the film *Fantastic Mr Fox* will be held at Rockspring Community Centre on 23rd August.

Craft activities have also taken place at Rockspring Community Centre as part of the summer activities.

Three workshops were held to build a Polar Bear! These workshops were sponsored by Ludlow Green Festival to highlight the plight of endangered animals - Look out for the finished polar bear at the Green Festival over the bank holiday weekend!



Jessica Jackson of Jessica Found It CIC

The youth partnership held another very successful craft afternoon at Rockspring Community Centre. Although the event was free to attend, the money raised from the tombola and refreshments will go towards the community fireworks event later this year.



Clay cats and snails!



You know what they say about Policemen looking younger these days!

Still on a volunteering theme – The community garden is in full vegetable production thanks to the efforts of our two regular volunteers. Some produce from the garden is now being sold regularly at the community centre as well as other produce being used in the weekly community lunches. Look out for what's on offer via our website and Facebook pages.



Community Garden Volunteer– Nick





Let's Get Cooking and Crafty Crafters sessions are now having a summer break. These sessions will start again in September - look out for details on our website. Many thanks once again to our volunteer cookery trainer – Margaret Appleton. Without Margaret these sessions could not take place.

The final session of Let's Get cooking, saw the group making use of the cob oven in the community garden to cook their home made pizza's in – and really delicious they were – as I have frequently said, it's a very hard job being a community engagement worker – taking and eating! (but not at the same time)





Small Garden festival 7th August

What a fantastic day we had on Sunday 7th August. This is the first year that the Furniture Scheme has run an event such as this, and without the help of Angela Siminson who found all the gardens and “persuaded” the owners to allow their gardens to be open to the public, Diane Lyle and Sarah Dixon helping to organise it all, and all the volunteers who helped on the day by stewarding the gardens, driving the minibus, selling tickets, making cakes or serving refreshments, without all this help it would not have been possible to hold the event.

What a great example of volunteering - Thanks to all our marvellous volunteers your efforts helped us raise £1600 on the day, profits of which will be put to use to further the aims of the Furniture Scheme.

Just an advance notice – We will be running a Small Gardens Festival next year - end of June/July 2017 and would welcome any enquiries from potential garden owners for this event.



Feedback from events

Queen's 90th Birthday Celebrations

Thank you for a lovely afternoon tea celebrating the Queen's 90th birthday. Very nicely organised! Well done! Jeremy & Diane



Cookery Session

Thanks Rockspring, for yet another very enjoyable cookery session. I had a truly great time - fun filled morning with upbeat ladies and helpful cookery tutor, Margaret. Learned a couple of new cookery skills, too! Cob oven produced a very tasty pizza! Great way to spend summer morning al fresco in lovely Ludlow. Thanks for having my friend Trudi and me. Annie



Playday 2016 at Craven Arms Community Centre (CasCA)

Just a quick note to say thank you so much for the lovely fun day on August 1st. We really appreciated the effort everyone put in to make and organise the fun-packed day. We hope to keep coming to the fun-day in the future. Kindest regards, Alison

Rockspring Holiday Scheme

My daughter is just back from story telling and film at Assembly Rooms today, she's had a fantastic time and enjoyed every minute! She said the people were so lovely!! Thanks for a great day. Kerry

**Thank you to
Lower Broad Street Residents!**

The Lower Broad Street Residents held a plant sale and donated £400 of the proceeds to the Furniture Scheme! Thank you to all the lovely people from Lower Broad Street and the people who bought their plants. The money has gone towards the provision of essential household items for those living in poverty and towards community activity at the Rockspring Centre.



Maggie and Elaine from Lower Broad Street Residents presenting James with the donation.

****COMING SOON****

Friends

of  **the Furniture Scheme**

We will soon be launching a new scheme for all supporters of the Furniture Scheme.

For an annual membership donation Friends will directly contribute towards the running costs of The Furniture Scheme and help people facing disadvantage or hardship in South Shropshire.

Look out for more details in our next newsletter or why not contact Jean on:
jean@furniturescheme.co.uk



Community Garden

ROCKSPRING THURSDAYS

FREE IT help and support is available from 9.30am to 12pm learn how to use the internet, apply for jobs online, sending emails etc.

At 12.15pm we have a **Community Lunch** which only costs **£2**—it's either jacket potato, cottage pie, sausage & mash/chips, potato & cheese pie, pasta bake etc (requests welcome within reason!) and slice of home made cake. Everyone welcome, no need to book, but if you are vegetarian it would be useful to know. See our website or call in to find out what the dish of the week is: www.furniturescheme.co.uk

Credit Union is available between 1pm and 4pm.

During the summer months volunteers are welcome to come and work in the Community Garden between 10am and 4pm. **All garden volunteers will have lunch for FREE.**



ROCKSPRING COMMUNITY CENTRE

HIRE PRICES



RATE PER HOUR OR PART THEREOF	WEEKDAYS 9AM-5PM	WEEKDAYS 5PM-9PM	SATURDAYS 9AM-5PM	SATURDAYS 5PM-9PM
COMMUNITY GROUPS MAIN HALL - SEATS 60	£8.00	£12.00	£12.00	£15.00
PRIVATE HIRE MAIN HALL - SEATS 60	£10.00	£15.00	£15.00	£20.00
COMMUNITY GROUPS TEME - SEATS 20 - 25	£7.00	£10.00	£10.00	£14.00
PRIVATE HIRE TEME - SEATS 20 - 25	£9.00	£13.00	£13.00	£18.00
COMMUNITY GROUPS CORVE - SEATS 10 - 12	£6.00	£9.00	£9.00	£12.00
PRIVATE HIRE CORVE - SEATS 10 - 12	£7.00	£10.00	£10.00	£14.00

Payment in advance is requested for all private parties.

Please note, the centre is not licensed to sell alcohol.

To book a room or for more information contact: 01584 874922 or email rockspring@furniturescheme.co.uk

rockspring community centre



WHAT'S ON AT ROCKSPRING

Day	Activity	Time	Cost	Other Notes
Monday	Baptist Church Lunch Club 2 nd Monday of the month	12 noon – 2pm	£2.50	
Tuesday	Basic Flower Arranging	10am – 12pm	DONATION	Every two weeks
	IT Drop in support - help with emails, word processing, file management etc	9.30am – 12pm	FREE	Every week
Wednesday	Tai-Chi	10am – 12 noon		Susan: 01584 874296
	Singing for Lung Health	2.30pm – 3.40pm	FREE	Kate: 01584 890284
	Rockspring Community Choir	7.15pm – 8.45pm	£3 sub	Chris: 01584 874922
Thursday	Drop in – IT drop in support - help with emails, word processing, file management etc	9.30 -12.00pm	FREE	
	LUNCH – it's either homemade soup, jacket potato, cottage pie, sausage & mash or pasta etc! and cake – all welcome! Lunch is FREE for Community Garden volunteers.	12.15pm	£2	
Friday	Let's Get Cooking / Rag Rug making / crafts	10am – 12.30pm	FREE	Every other week
Saturday	Marches Polio Group – 2 nd Saturday every month (except Dec & Jan) – bring and share lunch	12pm - 3pm		Dorothy Crook: 07890 972011

Ludlow Churches provide Emergency Food Parcels (by referral only through Housing Officer or Citizens Advice Bureau at Ludlow Youth Centre, Lower Galdeford, Ludlow Tel: 08444 99 11 00) these can be collected: Monday, Wednesdays, Thursdays & Fridays 11am – 1pm.

Rockspring Community Garden – run by volunteers for the community. To offer help contact: Chris Perkins - 01584 874922

Community Directory, information on health and care services available to people living in the Southern Shropshire area. Contact: Elaine Duggan 01584 874922 or 07896642018 Email: elaine@furniturescheme.co.uk

August 2016

Sandford Road, Ludlow, Shropshire SY8 1SX
rockspring@furniturescheme.co.uk www.furniturescheme.co.uk

01584
874922

Do you have breathing difficulties?

British Lung Foundation

Join a singing for lung health group today. It may help you to breathe better and it's fun.

Everyone welcome – no previous singing experience necessary.

Contact Kate Jones
on 01584 890 284/07817 250 762

We meet on Wednesdays 2.30pm—3.30pm
at Rockspring Community Centre, SY8 1SX

The group leader above can explain more about singing for lung health classes. They are a singing professional who has completed a BLF endorsed training course to provide safe and relevant singing instruction to people with lung conditions.

Contact the British Lung Foundation for more information about lung health
Helpline: 03000 030 555 www.blf.org.uk

Reprinted, singing for lung health (2010) by the British Lung Foundation (BLF) and the Royal College of Physicians (RCP)

Ludlow Singing for Lung Health group started sessions at Rockspring Community Centre in May this year.

The first 12 weeks were funded by the British Lung Foundation who also gave other practical support for setting up the group.

Now that this funding is coming to an end the group is keen to continue, so will be continuing at a new time in the Autumn, starting September 7th.

Anyone with breathing problems and their partners are welcome to attend. It may help you breathe better and it's fun!

New members are welcome to join any time.

Contact Kate: Tel: 01584 890 284
email: singlaughbreathe@gmail.com

"Having been ill for some weeks, and finding it difficult to get my breath, and at times being short of breath getting up hill. After two classes, things have become much easier for me. Being shown exercises which I can do at home, has been a great help." Keith

"I have COPD (Chronic Obstructive Pulmonary Disease) resulting from a chest infection and pneumonia. When I heard that there was a course "Singing for Lung Health" I thought I would try it and have been very pleased with the whole course. Breathing exercises in playful ways and awareness of our breath for the main backbone of each class, but these are combined with singing short songs by rote which helps the memory and makes it much more relaxing. The class tutor handles the whole session with knowledge, helpfulness and humour. This is a very worthwhile class and come away singing little ditties in my head."

Ian

"Initially I joined 'Singing for Lung Health' to support my husband who has Chronic Obstructive Pulmonary Disease commonly known as COPD, but I soon discovered benefits for myself. I was mainly breathing from the top of my lungs and it was restricting my voice delivery (both in song and speech). I am learning how to relax and breathe deeply to sustain my voice in all my activities. The main reason it has become a permanent entry in my diary each week is because we're having fun. All my life my siblings said I sang 'off-key' and I felt shy about enjoying my favourite songs but now I can sing to my heart's content."

Murri



The **Library** at CasCA, opening hours are Monday to Thursday 9am – 10pm, Friday 9am – 8pm & Saturday 9am – 12 noon.

Craven Arms and District History Group are based here on Friday mornings 10am–1pm, just drop in to view parish records, old photographs, maps, documents etc. For more information contact: Russell Jones 01584 861547

Cafe @ CasCA—on Monday, Tuesday & Wednesdays 10am – 2pm, offering sandwiches, Panini's, cakes and more! See menu on page 26.

Children's Party Packages are available, see our website for more details or call into the Centre and pick up a leaflet.

WALK IN WEDNESDAYS AT CasCA 10am–12 noon

COMMUNITY LUNCH at 12.15pm it's either jacket potato, cottage pie, sausage & mash, spaghetti Bolognese, cheese & potato pie etc followed by a slice of cake or a pudding for only **£2.50**.



KNIT AND NATTER bring your knitting and have a cuppa while having a natter!

FREE IT support also available 10am–1pm.



Sandwiches

£2.90



- Egg & Cress
- Ham Salad
- Cheese & pickle
- Cheese & Tomato

*served on white or brown bread
with a salad garnish*

- Bacon £2.50
- Sausage £2.50
- Egg £2.00

Or add any one of the 3
above for a extra 50p
Served on white or brown bread

Toasties

A choice from the
following fillings:

- ♦ Cheese
- ♦ Tomato
- ♦ Onions
- ♦ Ham
- ♦ Beans

1 Filling £2.50

Home Made Soup of the day



*Served with fresh
bread*
£2.50

Omelettes

Plain omelette £2.50

*For filling of the day please
see a member of staff*

50p per extra filling

Special of the day

£3.00 inc a cuppa

A Selection of

*Homemade cakes
&
Homemade Biscuits*

Please take a look at the counter



Coffee	£1.50
Tea	£1.00
Hot Chocolate	£1.50
Choco milk	£1.50
Cafe Latte	£1.50
Cappuccino	£1.50
Espresso	£1.50
Cans	80p
Squash	30p

*Bikers &
Walkers
Welcome*

*Photo copying
&
Printing*

Buffets

*Hot & Cold
Drinks and
Snacks*

*Eat in or
Take Away*

*FREE
WiFi*

*FREE
Use of
Computers*

Local Information Centre



**Craven Arms Community Centre
& Library**
Newington Way, Craven Arms
Shropshire . SY7 9PS
01588 672847
casca@furniturescheme.co.uk
www.facebook.com/casca.centre



Day	Activity	Time	Cost	Other Notes
Monday	Art Group	1.00pm – 3.00		Call 07891106669
	CA Men's Chorus	7.30 - 9.00pm		Not in Jan or Aug
Monday- Friday	Craven Arms Childcare & Pre School	9am – 3pm – flexible hours		Birth to 11yrs Wendy 07891106339

Tuesday	Rhyme Time - under 5's	11am – 11.30am	FREE	Last Tuesday of month
	Indoor Bowls	2.00 - 4.30pm	£3.00	October – March ONLY
	Walking in to the Light	7.30 – 9.30pm		Every second Tuesday
	Youth Forum Football	6 – 7pm	FREE	

Wednesday	Knit & Natter	10.00am – 12.00 noon	FREE	
	Basic IT skills	10am – 1pm	FREE	Adrian
	Yoga	11am – 12.30pm		01694 724317
	Community Lunch	12.15pm	£2.50	Meal and slice of cake
	Tea Dance	2.00 - 4.00pm	£2.50	2 nd & 4 th Wednesday
	Junior Football 8 – 9yrs	5.30 – 6.30pm		Dave Rowley 07976 241 463
	Slimming World	5.30pm and 7.30pm	£4.95	Alan - 01584 874430
	Zumba Fitness Class	7pm-8pm		07740835673
	Corvedale Badminton	8pm – 9.30pm		

Thursday	Rhyme Time – under 5's	1.30pm – 2pm	FREE	Last Thur of month
	Gymnastics 3-16yrs	3pm – 6pm		07769151649
	Marches Branch Embroiderers Guild	7.00pm – 9.30pm	£1.50 (member) £5.00 (visitors)	1 st Thursday of the month

Friday	Local History Group	9.30am – 1pm	FREE	
	CASBA Samba Drumming	4.15pm – 5.45pm	Children £1.50 Adults £3	Carol: 01588 672640
	Flames Netball	4.30 - 5.30pm 5.30 - 6.30pm	Term time only	U 11's 01584 U 16's 841231

Saturday	Empathy	2.00 - 4.00pm		Every Other Saturday

Badminton and Volleyball are available every day and evening upon request Tennis: £8.00 per Court
 Badminton: £8.00 Per Court. Volleyball: £8.00 Per Court. CALL 01588 672847 JULY 2016

HIRE CHARGES FOR CasCA



Room		Corporate per hour	Community per hour	Youth per hour
Welsh Mountain (Sports Hall)	350 Theatre Style 200 Boardroom style	£30.00	£20.00	£15.00
Badminton Court		-	£8.00	-
Bowls per individual		-	£2.60	-
Children's party hire		-	£15.00	-
Shropshire	200 Standing/Theatre 170 seated	£25.00	£17.50	£15.00
Plowden	50 Theatre Style 30 Boardroom Style	£16.00	£12.00	-
Clun	20 Theatre Style 10 Board Room	£10.00	£5.00	-
Kerry	30 Theatre Style 15 Board Room Style	£13.00	£10.00	-
Playroom/pre-school		£13.00	£10.00	£6.00
Pavillion		£15.00	£10.00	£5.00
Small Office			£7.50	
Kitchen		£15.00	£7.50	
Badminton/Tennis/Table Tennis/Volley Ball		£8.00		
Bowls per individual		£3.00		
Tea Dance per individual		£2.50		
Art Group per individual		£1.50		
Children's Party Hire		Weekdays £15.00	Weekends £20.00	Bouncy Castle and room hire 3 hrs £100.00
Conference Hire (full use of building)		£1000 per day	£500 per day	

April 2016

Every 2nd & 4th Wednesday



**£2.50 PER
PERSON
INCLUDING
Tea & Biscuits**

2PM-4PM

Craven Arms Community Centre 01588672847



Find us on Twitter and Like us on Facebook!

The Furniture Scheme, Rockspring Community-Centre and CasCA are on Facebook and we welcome anyone who would like to be our friend or like our page!

The Furniture Scheme is also on Twitter which we try to keep regularly updated. Find us at : www.twitter.com/furniturescheme

Also visit our website for more information about The Furniture Scheme and up to date news www.furniturescheme.co.uk

Volunteer Training Opportunities

There are plenty of volunteer training opportunities in customer services, retail, warehousing and carpentry, these are great opportunities for developing employability skills in a workplace environment and giving something back to the local community. For more information contact: Di Hyde 01584 877751 diane@furniturescheme.co.uk

IT Support @ Rockspring & CasCA

You can hardly cross the road these days without needing to be able use a computer. Accessing Government and Local Council services – it's called Digital by Default

At Rockspring and CasCA we offer free support and training to help do many of the things you want to do with the computer in a relaxed and jargon-free atmosphere. People have even said "it's fun"!

Help setting up an email account, preparing a CV, learning to use a Word Processor, finding information. Advice on On-Line Security, help with tablets and E-Book readers (up to a point). You learn in small groups with a patient tutor. And did we mention that it's free? And fun?



South Shropshire Care Information Provider (SSCIP) Shropshire Community Directory

If anyone would like information on where to access a support group or information on a health or care related issue, please contact Elaine Duggan on **01584 874922** Monday – Friday 9am – 5pm, or call into Rockspring Community Centre.

Alternatively you can access the Community Directory at:

www.shropshire.gov.uk/community-directory

If you know of a group which is not on there and you feel should be, please let me know. Email: elaine@furniturescheme.co.uk



Visit our website for up to date news: www.furniturescheme.co.uk

The staff and where they work

Rockspring Community Centre, Sandford Road, Ludlow SY8 1SX Tel: 01584 874922

Jean Jarvis MBE—Chief Executive	jean@furniturescheme.co.uk
James Cooper—General Manager	james@furniturescheme.co.uk
Gill Pitt—HR Learning & Development Manager	gill@furniturescheme.co.uk
Amy Morling—Management Team Support/Fuse	amy@furniturescheme.co.uk
Elaine Duggan—Community Directory & Marketing	elaine@furniturescheme.co.uk
Christine Perkins—Community Engagement Worker	chrisp@furniturescheme.co.uk
Rob Gardner—Caretaker	rob@furniturescheme.co.uk
Ben Jenkins—Reception/General Assistant (Mon—Thurs)	ben@furniturescheme.co.uk
Lynda Hoad—Finance Officer	accounts@furniturescheme.co.uk
Adrian Cobby—IT Technician & Tutor (Tue & Thur 9am—12.30pm)	adrian@furniturescheme.co.uk

Renaissance, 7-8 Tower Street, Ludlow SY8 1RL Tel: 01584 877751

Julie Nash—Renaissance Retail Manager	Julie.Nash@furniturescheme.co.uk
Richard Carpenter—Renaissance Co-ordinator	richard@furniturescheme.co.uk
Di Hyde—Volunteer Co-ordinator	diane@furniturescheme.co.uk
Paul Francis—Statistics Officer	paul@furniturescheme.co.uk
Lisa Jacks—Customer Service Assistant	

Carpentry Workshop, Ludlow Mascall Centre, Friars Walk, Ludlow SY8 1RZ Tel: 01584 877706

Stefan Laird—Workshop Supervisor	carpentry@furniturescheme.co.uk
Graham Lambourn—Volunteer Support Worker	

Warehouse, Weeping Cross Lane, Ludlow SY8 1JH Tel: 01584 877788

Simon Magill—Warehouse Centre Manager	
simon@furniturescheme.co.uk	
Kevin Jones—Assistant Manager	kevinj@furniturescheme.co.uk
Stuart James—General Assistant	stuart.james@furniturescheme.co.uk
Tim Stevens—Van Driver	
Chris Marston—General Assistant	

CasCA (Community arts sports Craven Arms), Newington Way, Craven Arms SY7 9PS Tel: 01588 672847 Email: casca@furniturescheme.co.uk

Alison Kennedy—CasCA Supervisor	ali@furniturescheme.co.uk
Lorna Odour—General Assistant	
Richard Handley—General Assistant	Adrian Cobby—IT Tutor/Technician (Wed)
Jackie Wright—Finance Administrator	Alexis Seaborne—General Assistant
Marion Bailey—Domestic Assistant	Jade Watson—Domestic Assistant
Marilyn de Warrenne—Catering General Assistant	

The Charity Bookshop, Unit 2, Drover's House, Auction Yard, Craven Arm SY7 9BZ
Tel: 01588 673902 Monday to Friday 9.30am - 4.30pm & Saturday 9.30am - 1pm.
charitybookshop@furniturescheme.co.uk

Clean Cut Services— www.cleancutservices.co.uk info@cleancutservices.co.uk
Michael Bolton, Business Development Manager 07816 510250
Gareth Roderick, Project Leader 07816 510272

Ian Bossons—Manager of The Longford Centre & Northfield Centre

The Longford Centre, Longford Road, Cannock, Staffordshire WS11 1QN info@longfordcentre.co.uk
Tel: 01543 571157 www.longfordcentre.co.uk

The Northfield Centre, Magnolia Avenue, Stone Road, Stafford ST16 3DU
info@northfieldcentre.co.uk
Tel: 01785 248 733 www.northfieldvillage.co.uk

DIRECTORS

Chris Horton—Company Secretary	Julian Price—Co-opted	Chris Boote
Clare Ratcliff	Steve Price	Graeme Perks
Mike Beazley MBE	Bryan Powell	Louise Holland

Reviive, Unit 4, Knights Park, Battlefield Enterprise Park, Shrewsbury SY1 3AB Tel **01743 588458**
Reviive, Trench Road, Telford TF2 8AA Tel: **01952 217300**
Reviive, Sovereign Way, Chester CH1 4QJ Tel: **01244 297396**