



# The Furniture Scheme

ISSUE 19

SPRING 2014  
MARCH/APRIL/MAY

## Furniture Scheme News!

F R E E —PLEASE TAKE A COPY

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.

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### YOUR SUGGESTIONS AND IDEAS COUNT !

The Summer edition will be out at the end of May, if you have something to include, do let me know! Would you please send contributions by Friday 16th May 2014.

Elaine Duggan 01584 874922  
elaine@furniturescheme.co.uk





## OUR WONDERFUL VOLUNTEERS!

*Chris Christie - Work Placement Officer 01584 877751*  
[chrisc@furniturescheme.co.uk](mailto:chrisc@furniturescheme.co.uk)

Hello Everyone

As always, new and experienced volunteers are helping us keep our worthwhile show on the road and we are indebted to them all.

The number of volunteers fluctuates on a weekly basis as new faces are referred to us or contact us themselves, and as others progress onto pastures new. However, as I write, we have 15 volunteers in The Renaissance Centre, 14 in the Warehouse, 16 in the Carpentry Workshop, 7 working at, or with, Rockspring Community Centre and 6 at CasCA. We are very lucky to be able to draw on their skills.

The employability help we offer those actively seeking work continues to be taken up, with many volunteers working towards the Open College Network qualification we offer, reviewing their CVs and attending our Want to Work courses. We are investigating offering a further OCN module in practical skills which may be trialled in the first instance. Watch this space!

January and February was Volunteer Review time when I see as many of our established volunteers as possible to more formally check that we are doing enough to make their time with us rewarding and worthwhile. We allow ourselves a pat on the back for positive comments and do try and address any less positive issues the volunteers bring to our attention – **which I'm** pleased to say are not abundant.

As a reminder to all Volunteers reading this – **please don't forget that we** have Volunteer Suggestion boxes at all sites so do please use them to pass on views, comments, ideas at any time. They are emptied regularly and comments addressed – but apparently there have been very few comments sheets completed over the last months.

Now on to our Volunteers themselves ...

## Volunteer Voices

From ex Carpentry volunteer, Jeremy Swift  
(from email correspondence)

As you know I finally found work and I am now self-employed working with an Architect in Ombersley. It has been going relatively well though I am **continuing to look around for full time employment. I don't feel very secure** being self employed and I am still keen to find work at the Severn Valley Railway.

I do hope to continue to join in at the workshop every now and then. However it is probably not going to be easy fitting it in though at least being self employed I am almost my own master! At the very least I need to come and thank everyone for their help and support during the year especially from yourself. The help you gave me with my CV as well as the assistance over the problems I had with the Job centre is greatly appreciated. When I look back to how I was 12 months ago the difference is quite startling. I am not there yet but I am getting there.

Many thanks again and hope to be in touch again soon.

From Renaissance Centre Volunteer, Helen Shaw

I was visiting Ludlow one day last summer and happened upon Renaissance, and enchanted by the name I was drawn in. Lovely old furniture and a friendly assistant. I picked up the Newsletter and read about courses offered and volunteers needed. Richard said to ring Chris Christie, which I did and within a week, I had not only received a call but was enrolled on a free woodwork course, and had a volunteer session sorted out.

What I do is customer service in the furniture shop and flea market on alternative weeks. I am newly retired and this has given me a focus for my **week and the opportunity to meet interesting people.....customers love to** talk and so do I.

**It is endlessly fascinating hearing about collectors' interests when I am in the** flea market. The book store attracts a lot of people and it is similarly fascinating to see who has bought a book and why. It certainly appears to be a truism that no matter how obscure the book appears to me there is someone who is delighted to have found it.

Just last week Chris Christie the volunteer co-ordinator, went through a formal check-in with me, was I happy, was I getting enough out of my

volunteering, was there anything else I wanted to do. I was touched and impressed by this.

To date I have achieved an ONC, been on a woodwork course with an excellent tutor—both in manner and knowledge, helped in the Workshop in addition to my sessions in the shop.

Graham in the workshop motivates a diverse crew with infinite patience, kindness, enthusiasm, humour, and generously gives of his extensive knowledge. I learnt so much.

Chris Christie is in regular contact with all the volunteers and knows our individual needs and challenges and is so discreet, approachable and caring.

There is a culture of supportiveness amongst the staff, volunteers, managers that I have not encountered before.

This organisation is volunteer and community orientated. We matter, our growth and wellbeing is the focus of Renaissance and it feels lovely to be part of it.

# Like us on Facebook!



[www.facebook.com/furniturescheme](http://www.facebook.com/furniturescheme)

## **VOLUNTEER TRAINING OPPORTUNITIES**

We will be continuing our popular courses in Customer Service, Mental Health First Aid and Carpentry. Details of courses will be displayed at all sites when courses are finalised so please apply for a place quickly to avoid disappointment!

In addition, we continue to offer national Open College Network qualifications via a range of Work Experience modules.

For more information contact: Gill Pitt 01584 874922



## Jean Jarvis MBE, CEO TFS

When I read about the interesting and useful things that are going on in our community through The



Furniture Scheme and the tireless work carried out by our staff and volunteers, I feel inspired to diversify still further. Linking me nicely into my next piece of news. Over the last few years our social enterprise development work has supported more than 300 social enterprises and charities across the UK. We have used our entrepreneurial skills and expertise in business planning, marketing, carrying out feasibility studies, training and mentoring to help these organisations to become stronger, more entrepreneurial, more financially sound and shown

them, through the tours around our sites, the range of activities delivered through our own social enterprise. We are now formalising this work and our board has approved the formation and naming of FUSE our social enterprise development agency. The first new enterprise for the FUSE portfolio is Clean Cut Services which already has a contract to manage the facilities of Wrekin Housing Trust's properties in Ludlow, Bridgnorth, Shrewsbury and Stafford. Our services are still available to local groups and more enterprises will swell our portfolio over the coming months.



**If you'd like more information on any of the above please do contact me.**



## James Cooper—General Manager

**We have had a busy start to 2014 across all sites and we haven't let the terrible weather disrupt our work –despite a new leak springing up almost weekly! January was especially busy at the Renaissance Centre, thanks in part to our new weekly special offers. The offers are displayed in our window as well as on Facebook, and**

have proved to be very popular with customers. We also had a successful book sale that helped bring new customers to our bookshop. Thank you to our bookshop volunteers Helen, Lawrence and Stephen for their hard work in sorting, pricing and displaying a huge volume of books. We now need to replenish stock and would like to appeal to the public to bring any unwanted books to us – especially interesting or rare ones! The Re-use centre team are about to start work on a recycling project at a Wrekin Housing Trust development site while still continuing to collect donated furniture to sell on to the public and distribute to those living in poverty. The team have also undertaken several jobs transporting bulky furniture for people moving house. We were all disappointed that the Coder Road Amenity Skip and Household Recycling Centre in Ludlow is due to close and would like to remind people that we are able to take re-useable household items at our Weeping Cross Lane depot and can also collect (see page 6 for details and page 16 for items we recycle).

**The Carpentry Workshop team (as you'll see on page 14) have been working very hard. Thank you to everyone who helped us complete our order for 50 dining chairs. Despite the focus on chairs the team of staff and volunteers still found time to refurbish some great pieces of furniture for the Renaissance Centre.**

**At both Community Centre's, staff have been working hard to put on great activities for the community and we are always looking for ideas. We also want to draw attention to our very reasonable room hire rates, so before you book a meeting, party, conference or activity get in touch to find out more about our facilities (see page 11)**

**Let's hope by the time our next newsletter is printed we'll be enjoying better weather – and those leaks will have been repaired!**



# Don't Dump It, Donate It.

**Donating furniture to South Shropshire 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  
Stereos

#### **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  
Chest of drawers  
Wardrobes  
Bedside cabinets  
Sheets  
Pillowcases  
Duvets  
Blankets  
Curtains

**There are 3 things to remember before you get started:**

**1**

We pick-up  
Mon-Thurs  
9am-4pm

MON  
TO  
THURS

\* We will contact you to confirm your donation

**2**

Your item must be  
in good condition



**3**

This must be  
on your sofa\*



\* If you're donating a sofa

**To Donate: Please Call 01584 877788  
or go to [www.furnitureScheme.co.uk](http://www.furnitureScheme.co.uk)  
Celebrating 20 years of Giving Back**

## NEWS

### Gallows Bank update

LUDLOW is the only town in Britain with Two Millennium Greens - one near Dinham Bridge by the river and Gallows Bank is the other. The name comes from centuries ago before public hangings were abolished in the 1600s and there was a 'hanging tree' up near Dark Lane.

**Gallows Bank has been Ludlow's 'larder** - crops of all kinds, until this last century when it became an open space. As the century turned, Gallows Bank Millennium Green was created by a 1000 year lease to local people who created a Trust charity on behalf of us all. The plans to build houses on the site were dropped and since then this wonderful open space has served us in all sorts of ways, walking, bird watching, events and the pleasure a our green space.

**There's always a lot to do, and we need new volunteers and trustees to help** (contact [dave@daviesconsultants.com](mailto:dave@daviesconsultants.com) - the chairman) with upkeep, fundraising, future plans etc. perhaps including a summer fete.

The Bank is unique: we need it. It needs us, with 987 years to go before the lease runs out! Its ours to keep. Perhaps you can help.

Robin Bennett (one of the trustees)

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In January, 8 staff and 1 volunteer completed training in Asbestos Awareness and have all received certificates.

Congratulations to:

James Cooper  
Rob Gardner  
Kevin Gubbins  
John Jones  
Kevin Jones

Kristian Jones-Davies  
Stefan Laird  
Simon Magill  
Tim Stevens



#### Small Gardens open event

We still need budding gardeners who would like to open their gardens during the weekend of 26<sup>th</sup> and 27<sup>th</sup> July 2014, or could help with stewarding, if you are interested please contact Chris Perkins 01584 874922



Just a reminder ... if anyone has 2 or 3 litre black plant pots that they want to get rid of – would you please drop them off at the Rocksring Community Centre for collection by Angela Siminson who will be giving away plants later in the year, and needs the pots to be able to do this. Thank you very much to all who have already donated to us. Also if anyone has plants that could be divided up for the next plant give away please get in touch with us so your details can be forwarded onto Angela who can then arrange collection of these plants.

## Community News – by Christine Perkins – Community Engagement Worker

### Community Choir

The Rockspring community choir has had a busy end to 2013 with the Caroloke at the Baptist Church as well as leading the carols on the Millennium Green. The choir **has even been booked for this year's event in December** – How about that for advance planning!

The choir is also talking about taking part in a local eisteddfod! Watch this space We have had an increase in members from the New Year, but would always welcome anyone who likes a good old sing. The aims of the choir are to get the community singing, learn something new, and have fun!

So do come along and join us on a Wednesday evening in the Baptist Church at the Rockspring centre from 7.15pm.



The Dogs Trust contacted Rockspring community centre regarding a free micro chipping day. This was very successful with over 70 dogs and owners attending. All were very well behaved with only one minor mishap that needed a bucket and mop!

We are hoping to host another micro chipping day with the Dogs Trust either at Rockspring Community Centre or at the Community Centre at Craven Arms (Casca) Watch out for information regarding this.

### Rockspring Community Garden



Exciting news – We have managed to secure some funding to be able to purchase seeds and equipment for the community garden. This will mean that the community gardeners will be able to grow vegetables to supply the Thursday Community Lunches, and the intention is for any surplus produce to be used in the community, through the CTAL (Churches together around Ludlow) food bank and lunch schemes.

We are hoping to run cookery sessions later this year, using the produce from the garden and turning this into healthy meals that can supplement the food bank. If you would like to be part of this exciting venture and help your community, please do give us a ring at Rockspring centre, or pop in on a Thursday.



## Community News

**Free plant giveaway – Following the success of last year's event in the** Community Garden where 400 plants were given away, an even bigger plant give away will be taking place this year. The date has not been set as yet, but should be in June, weather permitting!!!!

The call for any unwanted black plant pots is connected to the plant give away, the more pots we have the more plants to give away!

The event is open to everyone, but those taking part in any element of the Garden competition organised by South Shropshire Housing Group will get a priority ticket.

Keep a look out for news of the garden tool scheme that will be operating through the Community Garden. Ever wanted to do a few of those odd jobs in the garden, but just don't have the right tools to do it? Well now help is at hand. Small garden tools such as rakes, hoes, forks will be available to loan from the garden tool bank located at the Rockspring Community centre, as well as other garden equipment such as lawn mowers and hedge trimmer – A small charge will be made for the loan of these pieces of equipment to cover the cost of fuel as they will be petrol driven.



### Future Events around Rockspring and Casca (Craven Arms Community Centre)

A free digital photography and photo shop course will be run at both centres, so dig out your old brownies! If you would like to get to know your digital camera better, and be able to adjust and improve images this could be the course for you. Keep your eyes peeled for dates of this course on our website and if you use it, on Face book.

### Good Neighbourhood Scheme in Henley Ward

The Community Council of Shropshire is very keen to help with setting up a Good Neighbourhood scheme in the Henley ward, so look out for posters and leaflets asking if anyone would like to be part of the scheme in any capacity.

What are Good Neighbourhood Schemes? Well they can anything that the local community wants, but basically they consist of local volunteers that can lend a helping hand at times when people in the local area need it, and can include help with babysitting, sitting for carers, dog walking, giving someone a good morning call, etc.

If there is sufficient interest, the launch of the scheme will be sometime in April.

## Local housing group shortlisted for Large Social Landlord of the Year

The Wrekin Housing Group, made up of The Wrekin Housing Trust, Reviive furniture stores, Choices Housing, The Furniture Scheme and Shropshire Housing Alliance, is thrilled to have been shortlisted in the Large Landlord category at the UK Housing Awards 2014.

The Group has been chosen as a finalist for its landlord services, providing homes for local people, tackling homelessness and worklessness and social value. The Cambrian Care-Hotel in Bucknall was also used as a case study in how the companies work in partnership to provide not just homes, but innovative services and facilities where they are needed.

The awards, which have attracted more than 250 entries from all over the UK, recognise outstanding work by housing organisations to improve the lives of people in their communities. They are organised by the Chartered Institute of Housing (CIH) and Inside Housing magazine and sponsored this year by Campbell Tickell, H + H and Higgins.

Should the Group be successful at the awards ceremony in April it will then be put forward, along with the winners of the Small Social Landlord and Specialist Social Landlord for the prestigious 'Social Landlord of the Year' award.

**Stuart Macdonald, editor of Inside Housing, said: "The quality of the entries rose again this year so even to get this far is an amazing achievement. In the face of some really stiff competition, The Wrekin Housing Group has shown it is performing at the highest level - well done!"**

**Morag Bailey, Head of Continuous Improvement for The Wrekin Housing Trust, said: "The strength of our Group comes from all of the companies working together to provide new and improved services and homes for a multitude of people, while still retaining their independence and individuality. We couldn't be happier that the work we do has been recognised in this way."**

For more information on the Group, visit [www.wrekinhousingtrust.org.uk](http://www.wrekinhousingtrust.org.uk)

**Having a party?**  
**Need a meeting room?**  
**Holding an event?**



**ROCKSPRING COMMUNITY CENTRE**

**Sandford Road, Ludlow SY8 1SX Tel: 01584 874922**

**Email: [Rockspring@furniturescheme.co.uk](mailto:Rockspring@furniturescheme.co.uk)**

**Room hire from £6 per hour**



**CRAVEN ARMS COMMUNITY CENTRE (CasCA)**

**Newington Way, Craven Arms SY7 9PS**

**Tel: 01588 672847**

**Email: [casca@furniturescheme.co.uk](mailto:casca@furniturescheme.co.uk)**

**Room hire from £5 per hour**

**Website: [www.furniturescheme.co.uk](http://www.furniturescheme.co.uk)**



Charity No. 1082068

## 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.

For more information on any of these opportunities please contact:

Chris Christie Tel: 01584 877751 or email: [chrisc@furniturescheme.co.uk](mailto:chrisc@furniturescheme.co.uk)

### 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!



### Electrical Testing

We would like volunteers to assist with the function testing of the electrical appliances.

You would work alongside a trained member of staff for this role - times to suit you.

### Rockspring Community Centre

Sandford Road, Ludlow SY8 1SX

- ◆ catering assistant
- ◆ caretaker assistant
- ◆ event support assistants
- ◆ general administration



### Customer Service Assistant

In our shop 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

### Urgently needed at SSFS Re-use Centre

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.



### 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, support and the opportunity to gain a qualification.





## RE-USE CENTRE, WEEPING CROSS LANE

TO DONATE FURNITURE PLEASE TELEPHONE: 01584 877788

The Re-use Centre has a wide range of household items from washing machines and cookers (limited supply), 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 Re-use Centre is open: Monday—Friday 10am—4pm & Saturday 10am—2pm  
Do call in and have a browse, all welcome!

## STATISTICS FOR AUGUST/SEPTEMBER/OCTOBER

Nov:	Collections.....112 .....	387 items.....	12,136 kgs
	Deliveries.....98.....	330 items.....	8,054 kgs
Dec:	Collections.....82.....	258 items.....	8,067 kgs
	Deliveries.....60.....	141 items.....	3,761 kgs
Jan:	Collections.....134.....	443 items.....	14,652 kgs
	Deliveries.....126.....	308 items.....	6,844 kgs

## BOOKSHOP APPEAL!

We are always in need of books!! If you have any books you would like to donate please drop them off at any of our sites, or if you have a large donation please phone the Re-use centre on 01584 877788 and they will arrange to collect them.





## THE RENAISSANCE CENTRE

The Renaissance Centre **provides 'reborn' items for the household.** Donated items are imaginatively rejuvenated to a condition worthy of resale.

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! this is a great opportunity for vendors of antiques, collectables, upcycled items and handmade objects.

The Renaissance Centre is open Monday—Saturday 9.30am—5pm.  
For more information telephone 01584 877751



## CARPENTRY WORKSHOP

The Globe Thai in Ludlow, now re-named Chang Thai Restaurant re opened to the public on the 7<sup>th</sup> February after an amazing refurbishment. The Furniture Scheme was commissioned to provide 50 assorted dining chairs which have been stripped, waxed, polished and covered by our very hard working carpentry team. Reserve a table and check out our handiwork...



**Adam at The Globe Thai said "The Furniture Scheme**

**have been brilliant ... again. Upcycling is a great way to be creative and to go beyond the "off the peg" look. We are lucky to have the Furniture Scheme here and I would recommend you take a peek if you haven't seen what they do."**

**Stef our carpentry workshop supervisor, says a big "Thank you" to the volunteers** who helped with this as he couldn't have done it without them.

Our Carpentry Workshop team can carry out repairs and restoration to your furniture for a small fee. For more information contact the team on 01584 877706.

## SPONSORS NEEDED!

There are many unsung heroes in South Shropshire who have given generously over the years. Often the most generous are also the most modest and wish to remain anonymous. For example, we receive a monthly donation from a retired business man to part support the employment of a young person who had previously been struggling to find work. We also receive regular donations from a local trust who, like ourselves, are passionate about relieving poverty. During these difficult times we are supporting even more people at even greater cost. If you would like to sponsor the employment of a young person or donate towards keeping our vans on the road please get in touch. As a busy and diverse charity we make the most of your donations. £300 will provide a domestic violence survivor who has had to urgently flee a life threatening situation with a new washing machine, microwave and kettle as well as a houseful of re-used furniture. If you can help contact James Cooper, General Manager on 01584 874922 or email [james@furniturescheme.co.uk](mailto:james@furniturescheme.co.uk)



Reviive is a community interest company and is a partnership between the Furniture Scheme and the Shropshire Housing Alliance. Both charities are committed to relieving poverty and protecting the environment and supporting a range of people in need, including victims of domestic violence, families living in poverty through unemployment and those excluded through disadvantage.

#### REVIIVE SHREWSBURY

Unit 4, Knights Park, Battlefield Enterprise Park,  
Shrewsbury SY1 3AB

Open: Monday to Friday 9am - 5pm, Saturday  
10am - 5pm, Sunday 10am - 4pm

Tel: 01743 588458 or 01743 442642  
[info@reviive.co.uk](mailto:info@reviive.co.uk)



Reviive in Shrewsbury



Reviive in Telford

#### REVIIVE TELFORD

We are at the former VW garage in  
Trench Road, Telford TF2 8AA

Open: Monday to Friday 9am - 5pm,  
Saturday 10am - 5pm, Sunday 10am -  
4pm.

Tel: 01952 217300 [info@reviive.co.uk](mailto:info@reviive.co.uk)

#### REVIIVE CHESTER

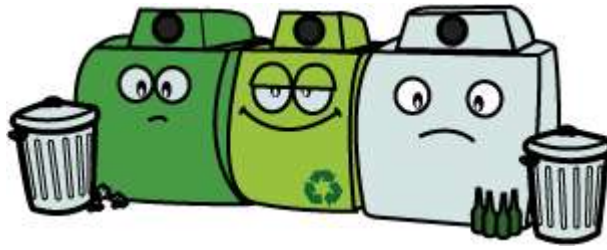
Sovereign Way, Chester CH1 4QJ

Open: Monday to Friday 9am - 5pm,  
Saturday 10am - 5pm, Sunday 10am - 4pm

Tel: 01244 297 396 [info@reviive.co.uk](mailto:info@reviive.co.uk)



Reviive in Chester



*Below is a list of the items that we can now recycle*

- ✓ Books – any condition
- ✓ Shoes – any condition
- ✓ Clothes/textiles – any condition
- ✓ CDs
- ✓ Records
- ✓ Scrap metals
- ✓ Wood
- ✓ Ink cartridges
- ✓ Computer equipment
- ✓ Hinges, handles, screws and fittings
- ✓ We also carry out battery disposal

The items above can now be dropped off at all our sites, including Rockspring Community Centre and Craven Arms Community Centre (CasCA).



## The Renaissance Flea Market

This is a great opportunity for vendors of antiques, collectables, upcycled items and handmade objects.

All pitches have now been taken but if you are interested we can add you onto the waiting list, please contact Matt or Richard on 01584 877751 for more information



FIND US ON TWITTER & FACEBOOK !



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

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

## THE BOOK SHOP at the Renaissance Centre

Selling good quality good value books and a wide selection of rare books and 1st editions.  
Donation of books are always wanted.



## SOUTH SHROPSHIRE CARE INFORMATION PROVIDER (SSCIP) 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 in to Rockspring Community Centre. Alternatively you can access the Community Directory at: [www.shropshire.gov.uk/community.nsf](http://www.shropshire.gov.uk/community.nsf) 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](mailto:elaine@furniturescheme.co.uk)



# rockspring community centre

## WHAT'S ON AT ROCKSPRING

Day	Activity	Time	Cost	Other Notes
Monday	Family Drop in - <b>under 5'</b>	9.30am – 11.30am	FREE	Sure Start 01694 723465
	Baptist Church Lunch Club 2 <sup>nd</sup> Monday of the month	12 noon – 2pm	£2.50	
Tuesday	Basic Flower Arranging	10am – 12pm	FREE	Every two weeks
	Junior Youth Club (9 -13 years)	3.30pm – 6pm	FREE	Richard: 07710086395
Wednesday	Tiddly Tots Yoga (every other)	9.15am – 10.30am	£5	Gail: 07806897896
	Tai-Chi	10am – 12 noon		Susan: 01584 874296
	Bumps & Babes – Family Room	10am – 11.30am	FREE	Sure Start 01694 723465
	Rockspring Community Choir	7.15pm – 8.45pm	£2 sub	Chris: 01584 874922
Thursday	Drop in – staff on hand from the Multi Agency Team, Benefits Advisor, Community Housing Officer, IT help with emails, word processing, file management etc Credit Union (12.30 – 3.30pm)	10.30 -12.00pm	FREE	
	LUNCH – homemade soup (alternate weeks either jacket potato, cottage pie, sausage & mash or pasta!) and cake – all welcome!	12.15pm	£1.50	
	<b>Childminder's</b> – Family Room	10am – 12pm	FREE	Sure Start 01694 723465
Friday				
Saturday	Marches Polio Group – 2 <sup>nd</sup> Saturday every month (except Dec & Jan) – bring and share lunch	12pm - 3pm		Dorothy Crook: 07890 972011

Rockspring Holiday Scheme – activities take place every school holiday for 8 – 14 year olds.

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

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

FEBRUARY 2014

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

**01584  
874922**



## Thursdays

Drop in for a cup of tea and some **FREE** help and support from our friendly team between

**9.30am and 12 noon**

We can arrange an appointment with one of our specialist advisers for advice on:-

- Tenancy Support
- Benefits including in work benefits
- Support to overcome barriers into employment
- IT Support
- CV writing

The Rockspring Team will be there to meet you. There will be refreshments, a friendly face and time to chat.



The team will be at Rockspring Community Centre every Thursday.

Rockspring Community Centre, Sandford Rd, Ludlow, SY8 1SX.  
Telephone: **01584 874922**

Access tenancy support, benefit advice from Bromford Support and Sustain, every Thursday between 11am and 1pm, with Rach Paskin and Sue Wilson, this is available to all, private tenants, home owners and Housing Association tenants.

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 £1.50—home made soup (on alternate weeks it's either jacket potato, cottage pie, sausage & mash or pasta) and slice of home made cake.

Everyone welcome, no need to book.



### 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	N/A	N/A	N/A
PRIVATE HIRE TEME - SEATS 20 - 25	£9.00	N/A	N/A	N/A
COMMUNITY GROUPS CORVE - SEATS 10 - 12	£6.00	N/A	N/A	N/A
PRIVATE HIRE CORVE - SEATS 10 - 12	£7.00	N/A	N/A	N/A

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](mailto:rockspring@furniturescheme.co.uk)

## ROCKSPRING ANNUAL REPORT

Over the last 12 months The Furniture Scheme has continued to focus and build on engaging the community into activities and services offered through Rockspring Community Centre. This is done through our own Community Engagement Worker, Centre Coordinator and a committed staff and volunteer team as well as the work put in by the supporting multi agency team from housing associations, local churches, benefits team, community youth group who go to make up a holistic approach to supporting the perennially disadvantaged. Through the focus of Rockspring Thursday we have not only been able to strengthen links with the local community and other partners but really bring to life the vision of a lively hub at the heart of the Sandpits estate.

This last 12 months we have:

- Introduced supported IT drop in with wi-fi access including CV help, job seeking support, used of Learn My Way as a tool for health related support, taken visitors through basic IT skills such as setting up email address, social media accounts, word processing
- Delivered holiday scheme activities for 8-14 years to up to 20 children a session including bike riding, a magic show, shelter building, sports day and facilitated a weekly youth club
- Arranged community visits to Mynd Hardy Plants, Small Gardens Association
- Facilitated weekly youth club and homework club
- **Offered a children's disco on Saturday afternoons, children's parties, and Tiddly Tots Play and Stay**
- Served weekly community lunches to 1250 people
- Established a Community Choir with 30 members who have taken part in Ludlow Fringe Festival, Carols at Gallows Bank and private events such as weddings and will attend the Eisteddfod this year
- Poetry afternoons, flower arranging, tai chi, musical events, antenatal classes
- Delivered a film making and editing course for ten members of the community
- Organised a Plants Day with 400 free plants and advice on offer to the community in conjunction with the community garden, supported small gardens weekend and garden competition
- Offered a mobile shop selling low cost vegetables grown in the community garden to sheltered housing schemes and local schools as well as a weekly stall at the centre
- Supported 27 of the local community into volunteering
- Delivered training in Food Hygiene, Self Confidence, First aid and defibrillator, Safeguarding and child protection, Cooking on a budget, Film making and editing
- Offered 4 Want to Work Workshops to improve employability skills
- Administered the local Food Bank and Fuel Poverty Fund supporting 4 local families each week

## ROCKSPRING ANNUAL REPORT

Here is a typical and recent comment from a local jobseeker after attending our Rockspring IT support sessions.

*"This place (Rockspring) was indispensable for searching for work, the Jobcentre out-reach is about to stop in Ludlow library, access to the internet is restricted and getting worse, the jobcentre in Leominster could give no help with I.T. despite attending a course there. There is no doubt that if you want work the Rockspring centre is the place in Ludlow."*

This coming year we will continue to build on what we have achieved so far and widening our partner networks. New projects planned include putting in place continuation support for the community garden scheme, and a second Plant Day given the overwhelming success last year. 2015 will see the introduction of a community policing drop-in facility which we will actively support and facilitate.

We will also need to address the challenges that have come as a result of our success. Increasingly, as we are developing a reputation as a place to get help, local residents and agencies are seeing us as the place to go for information, advice, guidance and support. We are supporting this by **offering an 'Ask The Rockspring' type service, signposting and directing** those often facing greatest multiple disadvantage to appropriate agencies. Requests range from those needing help to deal with welfare reform **changes and don't know where to turn, receiving letters from statutory agencies** they need help to understand or without the means to respond, those who suddenly find themselves without basic means of support e.g. food, heating. Currently the full multi agency team is only generally **available on the Thursday but we are experiencing an 'overspill' and acting** as a reception hub service for all the local agencies. We will need to find a way to resource this in the future as we anticipate, as services continue to be redesigned and Welfare Reform changes continue to bite, the number of vulnerable will potentially increase.

Gill Pitt  
HR Learning and Development Manager  
January 2014



The South Shropshire Youth Forum now have their fabulous new website up and running, check it out <http://www.ssyf.net/home> and also like their Facebook page.



 **Shropshire Council**



**FREE  
basic cycle  
maintenance  
workshops  
Ludlow 2014**

Rockspring Community Centre, Sandford Road Ludlow, SY8 1SX

- Friday 14 February
- Friday 4 April
- Friday 20 June
- Friday 3 October



Suitable for anyone who wants to keep a bicycle in good working order. Learn how to check bicycle safety, repair a puncture and make minor adjustments to your bike to make it ready to ride.

Classes last 3 hours (10am-1pm), are free of charge and are open to people who live, work or study in Shropshire.

For more information and to book your place visit:  
[www.travelshropshire.co.uk/cycle-maintenance](http://www.travelshropshire.co.uk/cycle-maintenance)  
or contact Ray Hughes, Shropshire Council 01743 253008  
[transport@shropshire.gov.uk](mailto:transport@shropshire.gov.uk)

**just**  
CREDIT UNION LTD.

Opening at the Rockspring  
Centre 1<sup>st</sup> December

**Safe as a bank**

Just for you  
Just for savings  
Just for loans  
Just for bank accounts

Find out about us - join  
Thursdays 12.30 to 3.30pm

Shirehall • Abbey Foregate • Shrewsbury • SY2 6ND  
Tel: 01743 252325 • Fax: 01743 252937  
[www.justcreditunion.org](http://www.justcreditunion.org)

**ROCKSPRING  
YOUTH CLUB**

Starting Tuesday 3rd September  
Ages 9-13  
every Tuesday

3.30-6pm Junior Youth Club

I.T Suite—Games—Cooking—Arts  
and Crafts—Community Projects

 Volunteers wanted if interested  
please contact Richard on  
07710086395





*"What a treat of an evening!"*

**Welcomes new members.**

We meet every Wednesday at the Rockspring Community Centre, Ludlow  
7.15pm- 8.45pm- Subs only £2.00 per week.

Singing songs from Musicals to Traditional -In fact anything that  
takes our fancy! Come along and join in the fun.

For more information please contact 01584 874922  
Christine Perkins - [chrisp@funniturescheme.co.uk](mailto:chrisp@funniturescheme.co.uk)







**Come and join us at...**  
 Rockspring Community Centre  
 Sandford Road, Ludlow SY8 1SX

**Date:** every other Wednesday **Time:** 9.15—10.30am

Tiddly Tots Yoga classes are for mobile babies to children aged 7 years. Based around yoga moves, each class is different and has been designed to be lots of fun!

**What happens in a class?**

- Stretching and movement
- Learning different postures
- Songs and Rhymes
- Games
- Exciting stories
- Fun and laughter
- Quiet time / Relaxation

Classes are split depending on the age of the child

**Some of the benefits are...**

- Develops strength, agility and flexibility
- Can improve co-ordination
- Aids digestion
- Can improve sleep patterns in babies
- Can improve concentration skills
- It's fun!

For more information contact Gail Jones:  
 gailjones@tiddlytotsyoga.co.uk Tel: 07806 897 896 www.tiddlytots.co.uk  
 Or find us on Facebook and Twitter




# Children's Disco

at  
**Rockspring Community Centre**

Usually the last Saturday of the month  
 6pm-8pm  
 Age 5-10

Entrance fee £2.00  
 Hotdogs £1.00, Sweets 20p

All children must be accompanied to and from the venue by an adult, otherwise entrance will not be permitted

For more information contact:  
 Rockspring Community Centre: 01584 874992



## ASK THE ROCKSPRING!

COMMUNITY DIRECTORY - everything you need to know about your community  
[www.shropshire.gov.uk/community.nsf](http://www.shropshire.gov.uk/community.nsf)



Want to find Activities for Young People?  
**ASK THE ROCKSPRING!**

Need to know about Mental Health Issues or Disability Support?  
**ASK THE ROCKSPRING!**

Need advice on Living with Debt?  
**ASK THE ROCKSPRING!**

Got questions about Bringing up a Baby?  
**ASK THE ROCKSPRING!**

Looking for local Self Help Groups?  
**ASK THE ROCKSPRING!**

**01584 874922**  
 Text: 07896 542018  
[www.furniturescheme.co.uk](http://www.furniturescheme.co.uk)  
[rockspring@furniturescheme.co.uk](mailto:rockspring@furniturescheme.co.uk)

## FAIRshare

Savings & Loans

### MAIN BRANCHES

**TELFORD** 01952 282528  
 Unit 5, Hazeldene House, Central Square, Town Centre, Telford TF3 4JL

MONDAY	10am-2pm
TUESDAY	10am-2pm
WEDNESDAY	Closed
THURSDAY	10am-4pm
FRIDAY	10am-4pm
SATURDAY	10am-12pm

**SHREWSBURY** 01743 240403  
 17a Castle Gates, Shrewsbury SY1 2AB

MONDAY	10am-2pm
TUESDAY	10am-2pm
WEDNESDAY	10am-4pm
THURSDAY	Closed
FRIDAY	10am-4pm
SATURDAY	10am-12pm

### MOBILE SERVICE

<b>Bridgnorth</b>		
TUESDAY	10am-1pm	Westgate
WEDNESDAY	2pm-4pm	Bridgnorth Community Hub
<b>Craven Arms</b>		
WEDNESDAY	10am-12pm	Newington Way
<b>Ludlow</b>		
TUESDAY	2pm-4pm	Stone House, Corve Street
<b>Market Drayton</b>		
FRIDAY	2.30pm-4pm	49 Cheshire Street
<b>Oswestry</b>		
MONDAY	10am-12.30pm	Arthur Street
<b>Wem</b>		
THURSDAY	10am-1pm	Edinburgh House, New Street
<b>Whitchurch</b>		
MONDAY	1.30pm-4pm	Heritage Centre, 12 St Mary's Street
FRIDAY	10am-12pm	Stonham, 35 Dodington



## SURE START CHILDREN'S CENTRES

### Family Drop In

(For families with children under 5 years)



Rockspring Community Centre,  
Ludlow  
**Monday's 9.30-11.30am**

Ludlow Infants School  
**Tuesday's (term time only)**  
9.30-11.30am

Ludlow Harvest House  
**Tuesday's 1.00-3.00pm**

**Craven Arms Children's Centre**  
Wednesday's 9.30-11.30am

### Bumps and Babes

(For expecting families and children under 1 year)



Rockspring Community  
Centre, Ludlow  
**Wednesday's**  
10.00-11.30am

### An Introduction to feeding Your Baby



Advice, information and support  
about feeding your baby for  
expectant mother and fathers

An opportunity to answer all your  
questions and explore the benefits  
of breast feeding for you and your  
baby

Rockspring Community Centre, Ludlow  
**Wednesday's 11.00-11.30am**  
12<sup>th</sup> March 2014

**Craven Arms Children's Centre**  
Tuesday's 2.00-2.30pm  
18<sup>th</sup> March 2014  
Health Visitor Advice line:  
01588 676 321

## make money matter



### Sure Start Children's Centres Shropshire

Speak to a Welfare  
Benefits Advisor at your  
local Sure Start  
Children's Centre about:

- £ Maximising your income
- £ Better off in work calculations
- £ Disability benefits advice

By appointment only

Please contact your  
Children's Centre Support  
Worker for more information

**Next Benefits Surgeries:**  
27th February 2014  
24th April 2014  
26th June 2014  
28th August 2014  
23rd October 2014  
18th December 2014

**Venue:**

Rockspring Community Centre  
Sandford Road, Ludlow

**Time:**

1.00 - 3.00pm  
(30minute appointments)  
To book your place please  
contact 01694 723465

Please note that appointments are not for debt counselling, please contact your local Citizen's Advice Bureau if you need advice about managing debts



## Ready Steady Play course

### Sure Start Children's Centres Shropshire

A relaxed, friendly  
and fun course for  
families with children  
between 2 and 5 yrs old



- find out how your child learns
- investigate how to help your child speak and listen
- test out a range of books, how can they help?
- explore how important messy play and mark making are
- learning how work, number and singing games can help your child
- get your child ready for more formal education

... plus loads of ideas and practical activities to try  
out with your little one or learn now and use in the future!

Why not come and join us at:

**Sure Start Children's Centre  
Rockspring, Ludlow**

**Start Tuesday 4th March 2014  
1.00-3.00pm**

For 4 weeks — Course is FREE

Free Crèche available  
(Crèche places limited, booking essential)

For further information or to book a crèche place please contact:

**Sure Start Children's Centres**

Main Office on: 01694 723465

[www.shropshire.gov.uk/childreencentres](http://www.shropshire.gov.uk/childreencentres)



# Shropshire Ramblers



Date	Time	Leader	Start Point	Miles	Map & Grid Ref	Features of walk
Mar 2 <sup>nd</sup>	10:30am	Vanessa Childs	Harton Hollow Wood Car Park	6.5	Exp 217 480875	Wenlock Edge and Corvedale Moderate
Mar 9 <sup>th</sup>	10:00am	Darren Hall	Church Stretton Easthope Road Car Park	11	Exp 217 454937	Pole Bank, Barristers Plain Little Stretton and Long Mynd Hotel
Mar 9 <sup>th</sup>	10:30am	Frances Hay	Carding Mill Valley NT Chalet	6+	Exp 217 443945	Moderately Hilly Splendid Views
Mar 16 <sup>th</sup>	10:30am	Gillian Mortimer	Wentnor Stores Car Park	6	Exp 217 384932	Stanbach, Pole Cottage and Prolley Moor. Steep Climb
Mar 23 <sup>rd</sup>	10:00am	Pat Buchanan	The Green, Leintwardine	10+	Exp 203 405739	Unundulating walk via Downton Castle and Burrington. Moderate
Mar 30 <sup>th</sup>	10:00am	Denise Thompson	Craven Arms Discovery Centre	11	Exp 217 436825	Edgton and Hopesay Strenuous
Apr 6 <sup>th</sup>	10:00am	Darren Hall	Church Stretton Easthope Road Car Park	11	Exp 217 454937	Via Carding Mill Valley and Shooting Box to Bridges
Apr 13 <sup>th</sup>	10:00am	Peter James	Cattle Grid at Crossways	11	Exp 216 204857	Highs and lows of Clun Forest Moderately Strenuous
April 13 <sup>th</sup>	10:30am	David Aston	Church Stretton Easthope Road Car Park	3.5	Exp 217 454936	Easy stroll around Strettondale
April 20 <sup>th</sup>	10:00am	Vanessa Childs	Bucknell School	9	Exp 201 355737	Bucknell Wood, Stowe Hill and Ragged Kingdom
April 27 <sup>th</sup>	9:30am	Phil & Cheryl Johnson	Cwmdeuddwr	14	Exp 200 956678	Elan Valley Strenuous
April 27 <sup>th</sup>	10:30am	Gerry Richardson	Church Stretton Railway Station A49 Side	5	Exp 217 456936	Easy Walk to Gogbatch
April 30 <sup>th</sup>	7:00pm	Rose Gilliam	Yew Tree Pub All Stretton	2 hours	Exp 217 45895	2 hour social walk followed by a drink in the inn

For more information visit [www.shropshireramblers.org.uk](http://www.shropshireramblers.org.uk) or contact Gillian Mortimer at [gillian.mortimer1@gmail.com](mailto:gillian.mortimer1@gmail.com)

For all walks, unless otherwise stated, bring a packed lunch. Everyone is welcome but Registered Assistance Dogs only.

Walking boots advised.

Please contact the leader in adverse weather conditions, and also to advise on car sharing.

*Inherent hazards are associated with walking. It is therefore important participants have a responsibility to take reasonable steps to eliminate or minimise the potential for accidents*

The Ramblers Association, is a company limited by guarantee, registered in England & Wales, company registration no: 4558492.

Registered charity in England & Wales, no: 1093577. Registered Office: 2<sup>nd</sup> Floor, Camelford House, 87-90 Albert Embankment, London, SE1 7TW



In a major move the Furniture Scheme will take over the running of the library in Craven Arms from Shropshire Council.

The library will move from the iconic Secret Hills Discovery Centre with its grass roof to the Community Centre in the town.

Jean Jarvis MBE, chief executive of The Furniture Scheme, believes that the taking over of the library service is the latest step in the development of the Furniture Scheme as a community.

"The Furniture Scheme took over the management of the community centre last April with the aim of building it into a vibrant community hub, and there is now a real buzz to the centre," said Jean Jarvis.

"We are very much looking forward to welcoming the library service and are confident that we can deliver a great service for local people."

This means the library moves from council ownership to a community organisation with support from the council. It will be the first wholly-run community library in Shropshire.

## WEEK DAY HIRE CHARGES FOR CASCA



Room		Corporate per hour	Community Per hour	Youth Per hour
<b>Welsh Mountain (Sports Hall)</b>	350 Theatre Style 200 Boardroom Style	£30.00	£20.00	£15.00
<b>Badminton Court</b>		-	£8.00	-
<b>Bowls per individual</b>		-	£2.60	-
<b>Children's party hire</b>		-	£15.00	-
<b>Shropshire</b>	200 Standing/Theatre 175 Seated	£25.00	£17.50	£15.00
<b>Plowden</b>	50 Theatre Style 30 Boardroom Style	£16.00	£12.00	-
<b>Clun</b>	20 Theatre Style 10 Boardroom Style	£10.00	£5.00	-
<b>Kerry</b>	30 Theatre Style 15 Boardroom Style	£13.00	£10.00	-
<b>Playroom</b>				£6.00
<b>Kitchen</b>		£15.00	£7.50	
<b>Conference Hire (full use of building)</b>		£1000 per day	£500 per day	



Day	Activity	Time	Cost	Other Notes
Monday	Child Care & Pre-School			Call 07891106669
	Ukelele & Guitar Lessons	6.30pm – 8.30pm	£5	Booking essential at CasCA
	KFA Karate	5.30 - 6.30pm		All Ages Tony – 07773 506468
	Belly Dancing	6.00pm – 7.00pm	£4.00	Kath 07977801522
	CA Men's Chorus	7.30 - 9.00pm		Not in Jan or Aug

Tuesday	Indoor Bowls	2.00 - 4.30pm	£3.00	October – March
	Girls Group	5.00 - 7.00pm	FREE	Call 01584 874723

Wednesday	Fit & Fun Boccia Group	10.00am – 12.00 noon	£1.50	Hayley 07530 466 730
	Yoga	11.00 - 12.30		Andrea Ford 01694 724317
	Child Care/Pre-School			Call 07891106669
	Tea Dance	2.00 - 4.00pm	£2.50	2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday
	CA Football	5.30pm and 6.30pm		<b>Under 9's</b> October-April
	Slimming World	5.30pm and 7.30pm	£5.00	
	Guitar/Keyboard Lessons	6.30pm		<a href="mailto:mtl_tuition@btinternet.com">mtl_tuition@btinternet.com</a>
	Skills for Life	7.00 - 9.00pm	FREE	
	Walk in Wednesdays including free IT Support	10.00 - 2.00pm	FREE	Pop in for tea/cake and a natter.

Thursday	Zumba Gold	11.00am-12.00pm	£3.50	Back in September
	Tai Chi	1.30-3.30pm		Call Jenny 01743791427
	Gymnastics	3.45pm onwards	£3.00	4-14 yrs
	Youth Club	6.00 - 8.00pm	FREE	Chris Perkins 01584 874723
	Marches Branch Embroiderers Guild	7.00pm	£1.50 (member) £5.00 (visitors)	1 <sup>st</sup> Thursday of the month
	Hula Hoop Exercise	7.30 - 8.30pm	£3.00	NOT RUNNING AT PRESENT
	CA Football	7.30 - 8.30pm		<b>Under 11's</b> October-April

Friday	Child Care/Pre-School			Call 07891106669
	Netball	4.30 - 5.30pm		<b>U 11's</b>
		5.30 - 6.30pm		<b>U 14's</b>
		6.30 - 7.30pm		<b>U 16's</b>
	CA Brownies	5.45pm		7 yrs +

Saturday	Empathy	2.00 - 4.00pm		Every Other Saturday
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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





## Guitar & Ukelele Lessons

Every Monday 6:30—8:30

Call for booking—01588 672847



EVERYBODY WELCOME



## BELLY DANCING

Explore and discover the wonders of middle eastern dancing at Craven Arms Community Centre.

All ages welcome, come along every Monday At 6.00pm—7.00pm, £4 per hour.

If you need any more information, contact Kath (Fatima) on 07977 801522.



## CRAVEN ARMS TEA DANCE



Tea dances held at Craven Arms Community Centre 2ND & 4TH WEDNESDAY OF EVERY MONTH

2pm-4pm

£2.50 INCLUDING TEA AND BISCUITS  
SEQUENCE DANCES AND BALLROOM  
EVERYONE WELCOME  
Call 01588 672847 for details.

## An Evening Of Mediumship

International and Popular  
Spiritual Medium

**Bernie Scott**



**Casca Centre**

Newington Way, Craven Arms,  
Shropshire. SY7 9PS

Tues 20th May - Starts 7.30pm

"I was amazed by her Accuracy" Susan  
"Bernie has a very special gift" Wendy  
"You gave me the evidence I needed  
Thank you" Martin

Tickets £12 Buy Now

To Secure Your Seat

From Casca Or

Offer!! Pay On Line or

By Telephone

Buy 4 Get One Free

Booking Line 01454 613885

Pay at Door On The Night

[www.berniescott.co.uk](http://www.berniescott.co.uk)

Entertainment & Entertainment Purpose



Y  
O  
G  
A

At Craven Arms  
Community Centre  
Starts 5th February  
Wednesdays 11-12.30



For Details, Call 01694 724317



# ***Want to Work?***

A relaxed, informal, USEFUL (and **free**) course to help you get back into work

## **Further dates to be confirmed**

The course will cover skills for getting a job and *keeping* a job:

- Applying for jobs (tricks and tips)
- Interview skills
- Communicating well
- Handling difficult situations

*To book a place on Want to Work course, please contact Maria Darcy or Kristine Squires at Rockspring on 01584 874922 (leaving your name and contact details)*



# New MHFA *lite*

MHFA Lite is a 3 hour introductory mental health awareness course. Because of its short duration it is not meant as a substitute for the full MHFA course (these are around 12 hours long) but will teach you:

- \_ What mental health is
- \_ About common mental health problems
- \_ About supporting others and yourself when experiencing mental health problems
- \_ How and why positive and negative mental health affects business

Learning objectives:

By the end of the workshop participants will be able to:

- \_ identify the discrimination surrounding mental health problems
- \_ define mental health & some mental health problems
- \_ relate to people's experiences
- \_ help support people with mental health problems
- \_ begin developing a business case for promoting positive mental health in the workplace
- \_ look after your own mental health



Contact Mike Jones at Rockspring Community Centre for further details 01584 874922

## The Furniture Scheme

### Customer Service Workshop

We run regular Customer Service Workshop for all staff, volunteers and trainees who are interested to find out more about the Furniture Scheme!

So if you would like to develop your skills or improve your job prospects or just find out more come along

Contact Gill or Mike to reserve your place!

Tel: 01584 874922 or

email: [gill@furniturescheme.co.uk](mailto:gill@furniturescheme.co.uk) OR [mikejones@furniturescheme.co.uk](mailto:mikejones@furniturescheme.co.uk)

## SNAPSHOT OF THE FURNITURE SCHEME

### What happens where...

RE-USE CENTRE, WEEPING CROSS LANE Mon—Fri 10am—4pm, Sat 10am—2pm

- ⇒ 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
- ⇒ Recycling point for mobile phones, ink cartridges and household batteries
- ⇒ Donation point
- ⇒ Two vans based here
- ⇒ Recycling Banks for textiles, wood & metal
- ⇒ Tools for Africa collection point



RENAISSANCE CENTRE, TOWER STREET Mon—Sat 9.30am—5pm

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



ROCKSPRING COMMUNITY CENTRE Mon—Fri 9am—5pm

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



FRIARS WALK

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



CasCA Mon—Fri 9am—10pm - by arrangement at week ends

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



# The staff and where they work

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

Jean Jarvis MBE—Chief Executive  
 Rosemary Collie—Social Enterprise Advisor  
 James Cooper—General Manager  
 Gill Pitt—HR Training & Development Manager  
 Mike Jones—Projects Manager  
 Elaine Duggan—Community Directory & Marketing  
 Maria Darcy—Community Centre Development Manager (Tue & Thur)  
 Kristine Squires—Administration Assistant/Reception (Mon, Wed & Fri)  
 Christine Perkins—Community Engagement Worker  
 Adrian Cobley—IT Technician & Tutor (Thurs)  
 Lynda Hoad—Finance Officer  
 Rob Gardner—Caretaker

jean@furniturescheme.co.uk  
 rosemary@furniturescheme.co.uk  
 james@furniturescheme.co.uk  
 gill@furniturescheme.co.uk  
 mikejones@furniturescheme.co.uk  
 elaine@furniturescheme.co.uk  
 maria@furniturescheme.co.uk  
 kristine@furniturescheme.co.uk  
 chrisp@furniturescheme.co.uk  
 adrian@furniturescheme.co.uk  
 accounts@furniturescheme.co.uk

## Renaissance Centre, Ludlow SY8 1RL Tel: 01584 877751

Chris Christie—Work Placement Officer  
 Paul Francis—Statistics Officer  
 Richard Carpenter—Renaissance Centre Co-ordinator  
 Matt Duley—Renaissance Centre Systems Administrator  
 Kevin Gubbins—Customer Service (Saturdays)

chrisc@furniturescheme.co.uk  
 paul@furniturescheme.co.uk  
 richard@furniturescheme.co.uk  
 matthew@furniturescheme.co.uk

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

Stefan Laird—Workshop Supervisor  
 Graham Lambourn—Volunteer Support Worker

carpentry@furniturescheme.co.uk

## Re-use Centre, Weeping Cross Lane, Ludlow SY8 1JH Tel: 01584 877788

Simon Magill—Re-use Centre Manager  
 Mike Cornhill—Warehouse Team Leader  
 John Jones—Customer Services Team Leader  
 Julie Magill—Re-use Centre Team Leader  
 Tim Stevens—Van Driver  
 Kevin Jones—Van Driver/Recycling Officer  
 Kevin Gubbins—Van Driver

simon@furniturescheme.co.uk  
 mike@furniturescheme.co.uk  
 john@furniturescheme.co.uk  
 Julie@furniturescheme.co.uk

## CasCA (Community arts sports Craven Arms), Newington Way, Craven Arms SY7 9PS

Tel: 01588 672847 Email: [casca@furniturescheme.co.uk](mailto:casca@furniturescheme.co.uk)

Maria Darcy, Community Centre Development Manager (Mon/Wed/Fri) [maria@furniturescheme.co.uk](mailto:maria@furniturescheme.co.uk)  
 Alison Kennedy—General Assistant Lorna Odour—General Assistant  
 Richard Handley—General Assistant Naomi Payne—General Assistant  
 Alan Stewart—General Assistant Adrian Cobley—IT Tutor/Technician (Wed)  
 Jackie Bowen—Finance Administrator  
 Marion Bailey—Domestic Assistant Julie Walden—Domestic Assistant  
 Dave Griffin—Volunteer General Assistant/ Handy man

## DIRECTORS

Susan McCormack	Philip Reckless	John Aitken	Julian Price—Co-opted
Clare Ratcliff	Robin Bennett	Steve Price	Chris Horton—Company Secretary
Clive Leworthy—Co-opted			

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