ISSUE 23

SPRING 2015 MARCH/APRIL/MAY

FURNITURE SCHEME NEWS!

FREE - PLEASE TAKE A COPY



The Longford Centre ... for more information on the latest venture see page 6.

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





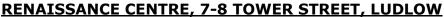


SNAPSHOT OF THE FURNITURE SCHEME What happens where...

RE-USE CENTRE, WEEPING CROSS LANE, LUDLOW

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



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, SANDFORD ROAD

Mon—Fri 9am—5pm

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

FRIARS WALK, LUDLOW MASCALL CENTRE, LOWER GALDEFORD

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

CasCA, NEWINGTON WAY, CRAVEN ARMS 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











OUR WONDERFUL VOLUNTEERS!

Di Hyde-Work Placement Officer 01584 877751

diane@furnitureshcme.co.uk

I'd like to start by saying huge congratulations to two of our volunteers Chris Marston and Stuart James who are both now employed by the Furniture Scheme. Their hard work and commitment is much appreciated. We are still getting a steady flow of excellent volunteers.

I recently had an email from a gentleman enquiring about volunteering in the carpentry workshop. I emailed back explaining that I would need to see him first to discuss options available to him and complete an application. I gave him details of the location of my office and contact number.

He phoned me the next day to ask which tube line I was on as it transpired that he lived in central London. After explaining that Ludlow is along way from London he asked for train times as he was prepared to travel on a daily basis if we could cover his expenses.

It's good to know that people out there look at our website even if London to Ludlow is perhaps a little too far to come for a day in the Carpentry Workshop!!

New volunteers... we need you!

We urgently need new volunteers at our Re-use Centre in Ludlow
If you want to give something back to your community, gain valuable work
experience, meet new people and help a local charity, why not volunteer. Our
working hours are Monday to Friday 8:30am—4:30pm and Saturdays 10am—
2pm.We are particularly looking for people able to commit to a day a week (but half
a day is still useful!) and willing to help move heavy furniture, assist our van drivers
and work hard!





We are able to reimburse travel costs up to £10 and pay up to £3 for your lunch (if you stay for the whole day).

For more information contact Di Hyde on 01584 877751 or diane@furniturescheme.co.uk

Volunteer Voices

Stuart James—former volunteer and now Customer Service Assistant at the Warehouse

In August 2014 I started on a work placement at the Furniture Scheme warehouse on Weeping Cross Lane.

On the first day I was shown around the warehouse, introduced to the other staff members, and after being told how the scheme was set up to help the community and reduce the amount of landfill waste by reusing, upcycling and recycling the items that came into the warehouse, I felt that it is a very worthwhile operation.

Since day one I have enjoyed the role that I do, working and liaising with the staff, volunteers and customers, the diversity of the different tasks that I do whether it's helping with deliveries, collections, loading customers items taking in donations both at the warehouse and out on the vans.

Everyone who works there are down to earth, fair and really helpful, so when a part time role was advertised I just had to go for it, and thankfully I got it, and have enjoyed it ever since.

Chris Marston— former volunteer and now Customer Service Assistant at the Warehouse

When I started volunteering for the Furniture Scheme I was initially on a 6 month voluntary placement. This started after I was offered an interview at the Furniture Scheme which was arranged by the people at the Job Centre and with help from the people at County Training.

I welcomed the opportunity after being accepted at the interview stage, I welcomed the position if only to just be involved with the charity as they do wonderful things for our community, having helped myself in the past I was looking forward to becoming part of this crucial service that is provided to our local community.

I got on well with all the staff and other volunteers here at the Furniture Scheme and when I was asked if I would be interested in a paid part time job at the Furniture Scheme, I jumped at it with great eagerness.

I am now working the part time position that was offered to me but I decided to continue volunteering at the Furniture Scheme on the days which I would not be contracted to work as I enjoy the job role, the people and as mentioned the service they provide.

Finally I'd like to thank everyone involved in giving me this brilliant opportunity, from the helpful people at the Job Centre and County Training too all the lovely people here at the furniture scheme that made this possible.

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

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.



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 We sometimes have volunteer vacancies for:

- catering assistant
- caretaker assistant
- event support assistants





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

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.



Jean Jarvis MBE—Chief Executive

I do like reading the newsletter, there is so much interesting stuff going on. It's good to read the staff and volunteer stories too. What a great organisation we are!

I'm really pleased with the way things are going, sales are up, usage of our Shropshire Community Centres is up and book donations and sales are up too! James and I may seem preoccupied with sales and takings, but of course, without the funds we couldn't do what we do! So let's keep them coming!

In Cannock our new Community Centre opened its doors for the first time on Monday 16th February, although we did have a VIP visit when we had our naming ceremony on the previous Friday – the Secretary of State for Transport, Patrick MacLauchlin, kindly cut the ribbon for us to much applause and shutter clicking, along with Philip Atkins, Staffordshire County Council's Leader. I'm confident that this community centre will follow in the footsteps to success of CASCA and Rockspring.

Clean Cut Services has almost reached its first year of trading and now employs seven staff. We're just about to carry out a review so that we can be sure that we're on track for the next 12 months and the growth that we envisage over that time. We've grown from a grounds maintenance, cleaning and smoke alarm testing social enterprise to take on environmental projects for the Wrekin Housing Trust, in consultation with their tenants. The tenants tell the team what improvements they'd like to see to the grounds around their properties, and, subject to appropriateness and budget, we carry them out. We're getting great feed back too.

A selection of pictures and cuttings illustrate better than my words and let's keep up



DEVELOPMENT

New centre with rooms for hire is now operational

A new community centre has opened in Cannock providing function rooms and family activities.

The Longford Centre on Longford Road will host a variety of activities, alongside the relocated Alderwood surgery.

The centre has function rooms to hire out for parties and community events and a new cafe, Stepping Stones.

Ian Bossons, Longford Centre manager said: "It's an amazing new facility, with fantastic function rooms for hire so if you're thinking of throwing a party or holding an event, come and see what's on offer."

The new Longford Centre will soon host a hairdressing salon and therapy suite offering a range of beauty and

complementary treatments.

For more information call Ian
Bossons on 07816 510446



James Cooper—General Manager

The Furniture Scheme's core objective has always been to improve the quality of life of people in Shropshire, especially south Shropshire. Through our furniture re-use and recycling projects and community centres we have been alleviating poverty, protecting the environment and enabling people for more than 20 years. During 2015 we will continue to do everything we can to meet the demand for our services and

find new ways to help our local communities. What else will we be doing in 2015? We need to move closer to financial sustainability through innovative projects and expand our network of supporters.

Last year we started a 'Handyman Service' for local businesses and residents – this year we will be marketing this service widely. The project generates an income for the charity and provides training opportunities for job seekers and volunteers. We also need to boost awareness of our work and increase access to our support across south Shropshire. We have a strong presence in Ludlow and Craven Arms but we need to work harder to ensure the residents of Cleobury Mortimer, Church Stretton, Bishops Castle and the surrounding villages understand how we can help and how they can get involved. At our community centres we want to enhance our offer to local people and facilitate a broad range of activities that will inspire, encourage and empower communities.

To do all this we need as much support as we can get! Many of the readers of this newsletter will already be generously giving their time, money or furniture to the Furniture Scheme but for those of that would like to know how you can support our charitable work...

- Become a volunteer by contacting Di Hyde, Work Placement Officer, on 01584 877751 or diane@furniturescheme.co.uk
- Donate furniture, phone 01584 877788 or visit <u>www.furniturescheme.co.uk/</u> donate-receive/donate-furniture/
- Buy your furniture from our Renaissance centre or our Re-use centre in Ludlow
- Book your meeting, party or event at one of our community centres www.furniturescheme.co.uk/centres/
- Donate money to help fund our work, contact <u>james@furniturescheme.co.uk</u> or 01584 874922
- Join 'Give as you Live' and participating online retailers will donate money to the Furniture Scheme every time you shop www.giveasyoulive.com/join/furniturescheme
- Most importantly, if you or someone you know could benefit from our work make sure they know who we are and how to contact us www.furniturescheme.co.uk/contact/

Thank you again to everyone who has supported us – we'd be lost without you!



Community News – By Christine Perkins – Community Engagement Worker

The year has got off to a flying start! What's been happening at Rockspring?



The free monthly cookery sessions, looking at healthy meals that can be produced economically, is back. The first session took place in January and was well attended and everyone (ages ranged from 19 to over 80!) enjoyed and learnt something from the session ran by Margaret our cookery volunteer.

The next session is taking place at the end of February. If you are interested in having a go, do contact us. The current sessions are full, but if there is enough demand we can consider increasing sessions.

Although the session was primarily for cooking, it is a great way to meet with other people, and from conversations held I found out what other activities would be of interest, ranging from Craft sessions to keep fit!

Watch this space; I am currently in discussions with Teme Leisure about some low impact keep fit sessions that can be held at Rockspring Community Centre. These sessions would be free, but if anyone is interested in getting fit, or losing a few of those extra pounds gained over Christmas! at the moment is a great time to get signed up with Teme Leisure. They are running a scheme encouraging people who may not be very active to have the services of a personal trainer, and use of the leisure centre facilities at the very reduced cost of £10 a month (this reduced rate is for 6 months only). If you are interested, please either contact me, or the Leisure Centre on $01584\ 874620$.



Community Garden



The garden is just starting to be "woken up" from its winter slumber- Planning has started on what vegetables we want to grow during this year. We have been using the last remaining leeks in the community lunches, and delicious they were! Work has started on incorporating the compost into the raised beds, so if you are free and would like to get involved, do come along on a Thursday morning and meet the other volunteers, and stay for the community lunch afterwards.

Advance notice!!!

After the great success of last year's competition, South Shropshire Housing Group is again going to run the Garden Competition this year- Get Planning and Planting!

Application forms will be available in March to register interest in taking part, those who enter will be eligible to the free plant give away in June, and judging will take place in July. We need more competition in the vegetable department So the gauntlet has been thrown down! Entry forms from Rockspring or SSHA or via our website. Here is a picture of one of last year's winning entries.



Chris Perkins cont...

A reminder

Now that the growing season is nearly upon us, we have garden equipment ready to be hired out!

Petrol and Electric Lawn mowers, petrol and electric Hedge trimmers and a petrol brush cutter as well as hand tools are all available for hire.

A small charge is made to cover the cost of the hire. Just give us a ring to book what you need. (This is separate from the help in the garden scheme details of which you will find on page 15)



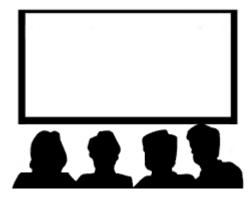
And finally from Rockspring – A new projector, sound system, hearing loop and screen have been installed in the main hall.

Not only does this make it easier if anyone wants to use these facilities for presentations, but it also means that it can be used for family parties and any other function taking place in the main hall. Just ask if you are interested in using it.

As we hold a Motion Picture Licence, it also means that we will be able to show films for the first time.

We have already been trying out this facility at the community lunches on Thursday, when episodes of Shaun the Sheep are shown!

Look out for future film attractions via our website.



Chris Perkins cont...

Community News from CASCA - Craven Arms

Just to let you know that I am based at Casca (Craven Arms Community Centre) on a Wednesday, and as well as taking part in the knit and natter sessions that are a regular feature on a Wednesday morning, have also been helping with the Into Work support scheme.

I am available to help with CV's, look at volunteering opportunities that may help with job prospects, and signpost onto other help.

So far I have helped with 3 cv's, helped with online job applications, liaised with County Training, signposted onto Adrian, who is also based at Casca on a Wednesday, for IT skills and help and found volunteering opportunities to enhance job prospects. It is very informal and relaxed, so if you think I may be able to help please phone 01588 672847 to book an appointment.





Every WEDNESDAY @ 12.15pm

Different lunch every week with a slice of cake

Only £2.50 per person

All welcome, please express your interest so that we have an idea of numbers

Craven Arms Community Centre

Carpentry Workshop News 2015

We have received the good news that the lease on our building at the Mascall Centre has been renewed for at least the next three years. This secure period coupled with an input of finance will enable us to carry out improvements that had been put on hold.

The plans in brief are:-

- Service the heating boiler.
- Repaint the entrance hall, main workshop and staff area.
- Replace the tool boards and replace missing hand tools.
- Empty the upstairs area to increase storage facilities for finished small items.
- Christine Perkins is currently bidding for money to replace some of the larger, older wood working machinery.
- We would like to have a new sign outside the building to advertise our presence.

Finally, I would like to thank all the volunteers who attend the workshop. Their hard work is responsible for much of the quality restored furniture sold at Renaissance.

Graham Lambourn—Volunteer Support Worker







Ludlow CTAL Emergency Food Parcel Scheme (Ludlow Food Bank)

2014 statistical Report

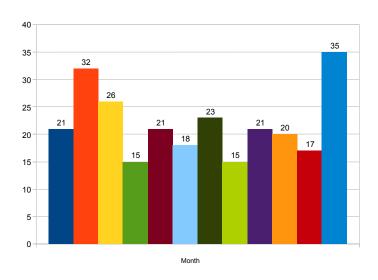
Ludlow emergency food parcel scheme is run from Ludlow Baptist Church purely by volunteers who give up their time to help people who are in emergency situations and require food to help them "get by". Either social services or the CAB refer all food parcel recipients. On occasion a previous recipient may request a further food parcel, and these requests are taken on a case-by-case basis: sometimes a request for a food parcel may be turned down. In these cases, the recipient is referred to "Hands Together Ludlow" who offer help with learning to cook, hot pots and other practical assistance.

In 2014 we continued to be busy, although there were some quiet times. April and August saw fewer referrals than any other month. December was our busiest month. Altogether we gave out 264 food parcels helping 618 individual people. Numbers have increased over the years:

2008	Around 30
2009	Around 50
2010	73
2011	85
2012	108
2013	260
2014	264

We have come across some heart-rending cases, and are happy to be able to offer some hope where there was none.

Number of food parcels given out each month



Food Parcels given out by Ludlow food bank 01/01/2014- 31/12/2014

Number of Parcels:

Family	49
Single Male	71
Single Female	46
Single Parent	80
Couple	18
	264

Total Number of people helped:

Single adult	197
Married adult	134
Children	287
	618

This is only page one of the 5 page report, the full report can be emailed to you if you contact elaine@furniturescheme.co.uk

OSCA Citizen Advocacy

OSCA Citizen Advocacy is a charitable organisation and has been established in South Shropshire for over 12 years now. It exists to provide informal and independent advocacy to adults with learning difficulties.

OSCA creates and supports partnerships between volunteer Citizen Advocates and people with learning difficulties who we call advocacy partners. These partnerships are almost always one to one. Many become long-term friendships with rich rewards each way.

Keith Billson is the Co-ordinator for South Shropshire and has been with OSCA since 2003. He explains that citizen advocates help much like a friend would. OSCA advocates help people with learning difficulties to speak up and be listened to when they feel sometimes that people do not.

Citizen Advocacy is independent of services. It is a way of ensuring representation and support for people who are often excluded from the community and unable to make their wishes known. Advocates may help their partners to express their wishes, enable them to make choices and give increased confidence and self-esteem just by being a friend.

We help our advocacy partners with practical things like, reading and writing letters, making phone calls, attending meetings with our partners, helping people to understand information and finding out information. We advocate for people who have specific issues going on including housing matters, social care, employment, education and money. We can liaise with care providers, families, health workers and other professionals on our partner's behalf until hopefully a satisfactory solution is found.

Volunteer Citizen Advocates tend to work for an hour or two a week or fortnight helping someone local to them. To become an advocate all we need are people with, common sense, empathy towards others and a wish to support people with learning difficulties in the community. Full preparation and support by OSCA is given to all our volunteers.

If anyone knows of a person with learning difficulties, who may like the potential friendship and support from an advocate in South Shropshire, or may like to volunteer as an advocate then please get in touch with Keith on 07940 872569/01743 368370, or email keith@oscacitizenadvocacy.org.uk

There will be another **FREE** session for Dog Micro Chipping taking place at Rockspring Community Centre on **Friday March 27th**, 11am until 2.45pm. No need to book just turn up.

A **Bingo and Prize Raffle** will be taking place at Rockspring Community Centre on **Saturday 21st March** 5pm—9pm to raise funds for the Youth Forum Garden Project. Prize donations will be gratefully received and can be dropped off at the Centre. See page 15 opposite.

Need help with your GARDEN?





Can't manage due to ill health or just finding it difficult???

We can offer a basic maintenance service for people who need help

South Shropshire Youth Forum (SSYF) is developing community projects to help young people get actively involved in their communities. The Garden scheme is being set up as a youth enterprise project

ALL SESSIONS will initially be supervised & done at a time convenient for you

PLEASE FILL IN THIS FORM BELOW IF YOU ARE INTERESTED IN HAVING SOME HELP & return to ROCKSPRING CENTRE, SANDFORD RD, LUDLOW

more forms in Rockspring Centre office

NAME:	
ADDRESS:	
CONTACT NUMBER:	
GARDEN WORK NEEDED (I.e. Cutting grass,	weeding)





SSYF is a registered charity. Number: 1068321

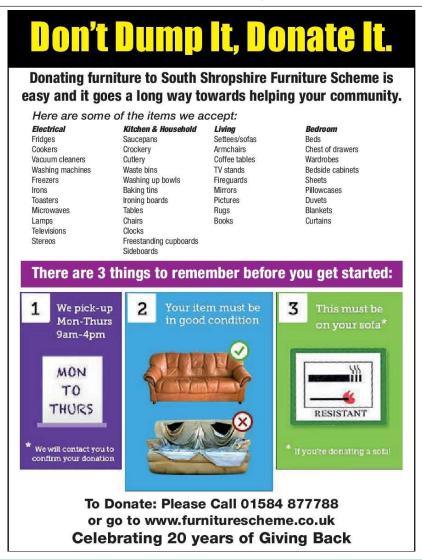
ture Me ne.co.uk

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, 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 NOV/DEC/JAN 2014/15

Nov:	Collections Deliveries		items 386 items 414	kgs 11,326 kgs 10,479
Dec:	Collections	87	items 201	kgs 6,413
	Deliveries	41	items 299	kgs 8,325
Jan:	Collections	125	items 377	kgs 11,427
	Deliveries	70	items 683	kgs 18,373





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. From 29th March it will be open on Sundays 10am—4pm.

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

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.



Reviive in 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

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.

Reviieve stores can be found in Shrewsbury, Oswestry, Telford and Chester for addresses see back page or for more information see their website www.reviive.co.uk

rockspring community

WHAT'S ON AT ROCKSPRING

Day	Activity	Time	Cost	Other Notes
Monday	Family Drop in - under 5'	9.30am - 11.30am	FREE	Sure Start 01694 723465
	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
	Homework Club (9 – 14 yrs)	3.30pm - 4.30pm	FREE	Richard: 07710086395
				7
Wednesday	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
	1 0		7	
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) 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. Childminder's – Family Room	10.30 -12.00pm 12.15pm 10am - 12pm	£1.50	Sure Start 01694 723465
Friday				
Saturday	Marches Polio Group – 2nd 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 Gardon - 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 2014

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





Community Garden

ROCKSPRING THURSDAYS

Access tenancy support, benefit advice from Bromford Support and Sustain, every Thursday between 11am and 12.30pm, 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—it's either jacket potato, cottage pie, sausage & mash, chicken pie or spaghetti bolognese (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 to find out what the meal 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 in for more information contact: 01584 874922 or email rockspring@furniturescheme.co.uk

STROKE AWARENESS DAY & TABLE TOP SALE 25TH APRIL 2015 AT ROCKSPRING COMMUNITY CENTRE

A Stroke Awareness Day is being organized by Ludlow Rotary Club in conjunction with the Stroke Association and local health professionals. This free event, to be held at the Rockspring Community Centre, Ludlow, on Saturday 25th April is open to any adult who wishes to know if they may be at risk from a stroke. Doors open at 10am and close at 4pm.

A visit to the Stroke Awareness Day will enable people, who do not have regular medical treatment, to identify factors which may lead to a stroke. All who attend will be offered a blood pressure check. Where appropriate, blood glucose level will be tested. The individual's body mass index will be calculated from a measurement of their weight and height. This is a useful measure for calculating risk, especially for people who have raised blood pressure.

People who attend will be given a Personal Information Record. Any one with an identifiable risk factor will be counselled about their condition and what appropriate action they should take.

Attendance is free, no appointment is needed and a visit is potentially lifesaving.

Also taking place on the same day will be a **Table Top Sale** starting at 10am – 4pm. The charge will be £5 per table. Anyone wishing to book a table should contact Arnoud **by text only** on 07841 350 464 or contact Rockspring Community Centre on 01584 874922





Rockspring Community Choir

Wednesday Evenings

7.15pm—8.45pm—Rockspring Community Centre £2.00 a week subs

We have capacity for more members, so if you like singing why not come along for a taster session this Wednesday?

We are currently practicing the following 'new' numbers:-

Streets of London Windmills of your mind When you walk alone

Music/Song sheets are provided, so all you need to bring is yourself!

A warm welcome awaits

For more information contact Chris on 01584 874922 or $\mbox{chrisp@furniturescheme.co.uk}$





Maria Darcy—Centres Manager CasCA & Rockspring

What a great year we've had! We're looking forward to a brilliant 2015 and hope to see as many people enjoy the facilities at CasCA as we had in the previous year.

2014 saw many changes to the centre, including the re-decoration and re-design of the public areas. The biggest change over the last year was the re-location of the Craven Arms Library to CasCA. This was taken on by all staff and has been a huge success.

Cafe @ CasCA is now up and running 3 days a week and being run by our very own Marilyn DeWarrenne, who has delighted us for many years with her cooking skills at Rockspring Thursday Community lunches. We will now be bringing this community spirit to CasCA by serving lunch every Wednesday at 12.15pm for £2.50. This also includes a slice of homemade cake. Come along and enjoy the same community spirit and friendly atmosphere that we enjoy in Ludlow every Thursday. It's a great opportunity to meet new people from all walks of life!

Another new addition to the centre is the Shropshire Council Customer Service Point, which has a self service computer that you can use to apply for Railcards, Bus passes, Council Tax and a wide range of other Shropshire Council services. There is also a public phone that connects direct to Shropshire Council which is free to use.

We also have a support team at CasCA every Wednesday morning who are able to assist you with a range of issues ranging from help with debt management, including rent arrears; to more social issues such as helping to access the appropriate services such as help with social and health issues.

Lastly, I would like to thank all the staff at CasCA for all their hard work - they have embraced all the changes with enthusiasm and vigour despite a few technical difficulties along the way!

Maria is based at CasCA Monday to Friday 9am—5pm and can be contacted on 01588 672 847 Email: maria@furniturescheme.co.uk

CasCA Staff

Alexis Seaborne - CasCA General Assistant

It's been almost a year since I joined the CasCA team! I moved across with the library in April 2014 and although it was a big step for all involved, I feel that myself and the library have fitted in well. The team at CasCA have taken on the challenge of the library very well and I also feel I have learnt a lot from them about the running of CasCA. The library itself has brought more visitors to CasCA and I think it's a great new venue.

At CasCA, we have now started up a monthly Rhyme Time group for under 5's. We will also be hoping to have author visits in the future. We will be organising a home library service for the local people of Craven Arms who are unable to access the library themselves.

The team at CasCA have really welcomed me in and I enjoy seeing the building so busy and lively. They are such a lovely group of people – always smiling and supplying cake! Thanks for making myself and the library so welcome.



Lorna Oduor - CasCA General Assistant

Evenings at CasCA are always changing, with new and exciting groups as well as our regular ones.

Two years on from The Furniture Scheme taking over, the improvements and new ventures are now there for all to see,

with the addition of the library and new staff working alongside the current staff members.

The building is buzzing with a hive of activity – car boots, spiritual evenings, youth sports, martial arts, hula hooping and local history group. This is just a taste of new and exciting events!

WANTED by the Furniture Scheme!! good quality or rare books for our Renaissance Centre book shop. All profits go towards relieving poverty in South Shropshire, protecting the environment and enabling people. Please drop off at any of our sites or for a large donation Tel: 01584 877788 to arrange collection. For information on our sites: www.furniturescheme.co.uk





The **Library** at CasCA, opening hours are Monday to Thursday 9am – 9.30pm, Friday 9am – 7.30pm & 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!

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

We have a **Bouncy Castle** which we hire out for parties held at the Centre.

WALK IN WEDNESDAYS AT CasCA 9am-12 noon

Support team from Sustain Consortium (Main office based at The Gateway)



Helen & Sue at the Drop-in

Drop in and meet members of the team, who will be available between 9am and 12 noon every Wednesday morning at Craven Arms Community Centre, to help with Housing issues, Debt related problems, Benefit advice.

It may be as simple as helping someone make a phone call, or if long term support is needed, this can be arranged. If the Team do not know the answer,

they can refer onto other Agencies that do! The service is free, confidential and open to everyone living in Craven Arms and surrounding area.

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

KNIT AND NATTER bring your knitting and have a cuppa while having a natter! **FREE IT** support also available.



Day	Activity	Time	Cost	Other Notes
Monday	Art Group	1.00pm – 3.00		Call 07891106669
	KFA Karate	5.30 - 6.30pm		All Ages
		-		Tony - 07773 506468
	Belly Dancing	6.00pm – 7.00pm	£4.00	Kath 07977801522
	Badminton available	5.00pm – 8.00pm	£8 ph	
	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 (10 yrs – 16yrs)	5.00 - 7.00pm	FREE	Call 01588 672847
	Hula Hoop Exercise	7.30 - 8.30pm	£4.00	07866513431 - Ruby
	Boys & girls football 12yrs +	6.00 -8.00pm	FREE	07976612378

Wednesday	Knit & Natter	10.00am – 12.00 noon	FREE	
	Walk in Wednesdays, free IT,	10.00 - 1.00pm	FREE	Pop in for tea/cake and a
	support from Sustain			natter.
	Consortium			
	Basic IT skills	10am – 1pm	FREE	Adrian
	Community Lunch	12.15pm	£2.50	Soup, bread and slice of cake
	Yoga	11.00 - 12.30		Andrea Ford 01694 724317
	Child Care/Pre-School			Call 0789110669
	Tea Dance	2.00 - 4.00pm	£2.50	2 nd & 4 th Wednesday
	Slimming World	5.30pm and 7.30pm	£4.95	01584 874430
	Walking to the Light - Spiritual	7.30pm prompt	£4.00	Terrence 07460580798
	Corvedale Badminton	8.15 – 10.00pm		
	Casba Samba drumming	4.15 – 5.45pm		01588 672640

Thursday	Tai Chi	1.30-3.30pm		Call Jenny 07929442898	
	Gymnastics 3-16 yrs	3.45 – 6pm	£3.00	07769151	649
	Youth Club 9-13yrs	6.00 - 8.00pm	£0.50	01584 874922	
	Marches Branch Embroiderers	7.00pm – 9.30pm	£1.50 (m	ember) 1 st Thursday of the	
	Guild		£5.00 (vi	sitors)	month

Friday	Local History Group	9.30am – 12pm	FREE		
	Flames Netball	4.30 - 5.30pm 5.30 - 6.30pm		U 11's U 16's	01584 841231

Saturday	Walking Football – over 50's	10am – 11am	Ken 01588 238361
	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

FEBRUARY 2015





SUNDAY - INDOOR CAR BOOT every last Sunday of the month—£7 for a table

HIRE CHARGES FOR CasCA



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

August 2014



PLEASE NOTE these are not art classes but more for getting together and sharing ideas.

Corvedale Badminton Club

plays at Craven Arms Community Centre (CasCA)



We are a friendly and sociable group of badminton players always looking for new members to join us.

All abilities are very welcome. We meet Wednesdays, 8.15 – 9.45 pm. Come along and give it a try with a free taster session.

For further information, contact Val Fotheringham on 01584 841331





Into Work Support at Casca

Every Wednesday from November 2014 to March 2015



Support will be available to Job seekers living in and around Craven Arms and tailored to individual needs.

So if you would like help with:

Writing and updating CVs and help making job applications Help accessing Universal Job search and 'entitled to' websites Liaising with Jobcentre

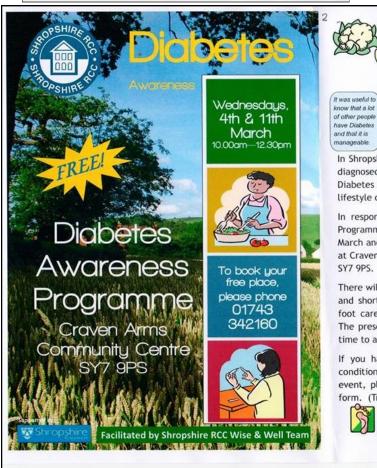
Interview skills practice

Access to volunteering opportunities
Business development advice for becoming self employed

To book an appointment or find out more , why not drop into Casca on a Wednesday and speak to Christine

Perkins or email chrisp@furniturescheme.co.uk









A FREE programme of advice from health care professionals, including a nutritionist, eyescreener & podiatrist.

t was a thoroughly enjoyable day, and informative.

In Shropshire alone, on average 100 people per month are newly diagnosed with Diabetes. Many people find information about Diabetes confusing and do not realise that a few changes to their lifestyle can help them to manage their condition.

In response to this, there will be a FREE Diabetes Awareness Programme, run over two morning sessions, on Wednesday, 4th March and Wednesday 11th March 2015 from 10.00 am - 12.30 pm at Craven Arms Community Centre, Newington Way, Craven Arms, SY7 9PS.

There will be a short explanation of how Diabetes symptoms arise and short demonstrations on the importance of a healthy diet, foot care, exercise, eye-screening and medicines management. The presenters are each experts in their field and there will be time to ask questions.

If you have diabetes, or you care for someone who has the condition, and you would like to book your free place/s at this event, please telephone 01743 342160 or fill in the attached form. (Transport can be provided.)











FIND US ON TWITTER & 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

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

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) 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.nsf If you know of a group which is not on there and you feel should be, please let me know.



The staff and where they work

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

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

Jean Jarvis MBE-Chief Executive Rosemary Collie—Social Enterprise Advisor

James Cooper—General Manager

Gill Pitt—HR Training & Development Manager

Elaine Duggan—Community Directory & Marketing

Kristine Squires—Administration Assistant/Reception (Mon, Wed & Fri)

Christine Perkins—Community Engagement Worker Adrian Cobley—IT Technician & Tutor (Thurs)

Lynda Hoad—Finance Officer

Amy Morling—Management Team Support

Rob Gardner—Caretaker

jean@furniturescheme.co.uk rosemary@furniturescheme.co.uk james@furniturescheme.co.uk gill@furniturescheme.co.uk elaine@furniturescheme.co.uk kristine@furniturescheme.co.uk chrisp@furniturescheme.co.uk adrian@furniturescheme.co.uk accounts@furniturescheme.co.uk amy@furniturescheme.co.uk rob@furniturescheme.co.uk

Renaissance Centre, 7-8 Tower Street, Ludlow SY8 IRL Tel: 01584 877751

Di Hyde-Work Placement Officer Paul Francis—Statistics Officer

Richard Carpenter—Renaissance Centre Co-ordinator

Matt Duley—Renaissance Centre Systems Administrator

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

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

Stefan Laird—Workshop Supervisor

carpentry@furniturescheme.co.uk

Graham Lambourn—Volunteer Support Worker

Re-use Centre, Weeping Cross Lane, Ludlow SY8 IJH Tel: 01584 877788

Simon Magill—Re-use Centre Manager

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

Chris Marston—General Assistant

Stuart James—General Assistant

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

kevinj@furniturescheme.co.uk

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

Maria Darcy, Community Centres Development Manager

maria@furniturescheme.co.uk

Alison Kennedy—CasCA Supervisor Lorna Odour—General Assistant

Adrian Cobley—IT Tutor/Technician (Wed) Richard Handley—General Assistant

Jackie Wright—Finance Administrator Alexis Seaborne—General Assistant Iulie Walden—Domestic Assistant Marion Bailey—Domestic Assistant

Marilyn de Warrenne—Catering General Assistant

Clean Cut Services— www.cleancutservices.co.uk info@cleancutservices.co.uk

Michael Bolton — 07816 510250 Gareth Roderick – 07816 510272

DIRECTORS

Susan McCormack Philip Reckless Julian Price-Co-opted

Clare Ratcliff Steve Price Chris Horton—Company Secretary

Reviive, Unit 4, Knights Park, Battlefield Enterprise Park, Shrewsbury SYI 3AB Tel 01743 588458

Reviive, Trench Road, Telford TF2 8AA Tel: 01952 217300

Reviive, Sovereign Way, Chester CHI 4QJ Tel: 01244 297396

Reviive, Unit I Mile Oak Industrial Estate, Maesbury Rd, Oswestry SY10 8GA Tel: 01691 679817

Registered Office: The Renaissance Centre, 7-8 Tower Street, Ludlow, SY8 1RL Registered Charity No: 1082068 Company No: 4041051