

READ IT AND PASS IT ON PLEASE

Furniture Scheme News!

F R E E — PLEASE TAKE A COPY

The Furniture Scheme is multi-faceted and at the core of our activities is supporting local people and developing their full potential. At all of our facilities we provide numerous volunteer opportunities, ranging from retailing to working in our community garden. We provide a safe and caring environment where people are respected, encouraged and valued.

Our sites include two community centres, Rockspring in Ludlow and CASCA in Craven Arms, Craven Arms Charity Bookshop, Renaissance in Ludlow, The Reuse Centre in Weeping cross Lane and our Carpentry Workshop at The Ludlow Mascall Centre.

We work hard to achieve our three primary objectives of improving peoples life chances, strengthening communities and increasing environmental sustainability.

SNAPSHOT OF THE FURNITURE SCHEME

What happens where...

WAREHOUSE, Weeping Cross Lane, Ludlow SY8 1JH Mon, Tue, Thur & Fri 9.30am—3.30pm, Wed 9.30am—1.30pm, Sat 10am—2pm **Phone: 01584 877788 for furniture donations**

- ⇒ Trading site
- ⇒ Computer recycling workshop
- ⇒ Wood & Metal recycling facility
- ⇒ Bulky waste base
- ⇒ Bicycle refurbishment
- ⇒ Volunteering and placement opportunities
- ⇒ Donation point
- ⇒ Two vans based here
- ⇒ Recycling Banks for textiles, wood & metal



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

- ⇒ Trading site
- ⇒ Bookshop and vinyl records
- ⇒ Art Room—selling local art
- ⇒ The Attic—second hand clothes & accessories
- ⇒ Information Board
- ⇒ Volunteering and placement opportunities
- ⇒ Household battery recycling point
- ⇒ Donation point



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

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



FRIARS WALK, Ludlow Mascal Centre, Ludlow SY8 1RZ

- ⇒ Carpentry workshop
- ⇒ Furniture restoration
- ⇒ Training facility
- ⇒ Training, volunteer and placement opportunities available



CasCA, Newington Way, Craven Arms SY7 9PS

Mon—Wed 9am—10pm, Thur & Fri 9am—9pm, - by arrangement at other times. Phone: 01588 672847

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



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

- ⇒ Trading site
- ⇒ Donation of books, jigsaw puzzles, CDs and DVDs





Volunteer News

Di Hyde—Volunteer Co-ordinator

Winter seems to be going on forever but at last the snowdrops are appearing so hopefully spring is on the horizon.

Here at The Furniture Scheme there are lots of new initiatives to look forward to.

At the start of the new year we welcomed on board Justin Griffiths who will be concentrating on the Building Better Opportunities programme & Community Engagement. He brings with him lots of new and exciting ideas for various activities which I'm sure will appeal to everyone so watch this space!

As always we are very grateful to our Volunteers without whom our work would be impossible.

We are always happy to take on new Volunteers and with our Building Better Opportunities each person will benefit from an individual programme specifically tailored to their needs and requirements and supported by myself or Justin.

We have availability for Volunteering across all our sites so whether your interest is in Carpentry, Books, Customer Service, Warehousing or Gardening we would love to hear from you.

Volunteering is an excellent way of giving back to the community, meeting new friends or getting a foot on the ladder towards finding a job.

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



BBO Shropshire
where will your journey take you?



**NATIONAL
LOTTERY FUNDED**



Would you like to get back into work after a lengthy absence? Are you currently looking for jobs through Job Centre Plus? Have you been turned down for a job because of lack of experience?

Why don't you consider joining up on one of our work experience programmes so that you can get the right experience for the career you'd like.

We can help with CV writing, job searches and interview preparation, so that you can focus on getting a job that you enjoy.

We are jointly funded by the European Social Fund and The Big Lottery Fund.

For more information call Di Hyde on 01584 877751 or email her diane@furniturescheme.co.uk or Justin Griffiths on 01584 874922 or email Justin.Griffiths@furniturescheme.co.uk

VOLUNTEERING OPPORTUNITIES WITH THE FURNITURE SCHEME

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

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

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

For more information on any of these opportunities please contact:

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

The Charity Bookshop

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

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

If anyone is interested in volunteering here, or as an irregular volunteer for holiday cover, please contact Di Hyde on the number above.

Customer Service Assistant

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

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

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.

Warehouse

Weeping Cross Lane, Ludlow SY8 1JH

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

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

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!

Carpentry Workshop

Lower Galdeford SY8 1RZ

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

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

Rockspring Community Centre

Volunteers are needed to help in our Community Garden on Thursdays.



Jean Jarvis MBE—Chief Executive

For many social housing providers it's becoming increasingly apparent that working in their neighbourhoods to empower communities through enterprise is a model that not only builds more sustainable tenancies but also improves social cohesion.

Encouraging and supporting people to improve their life prospects brings so many rewards for individuals, their immediate families and for the wider communities in which they live.

Tapping into that untapped potential is exactly the role that social enterprises have been fulfilling in the communities they work in for many years. Social enterprises, passionate about what they do but often working in isolation, provide hugely important support for individuals. Imagine for a moment that organisations worked more closely together, focusing resources on broader neighbourhood outcomes. Registered social landlords are key to this. Suddenly the potential to improve life prospects for local people becomes so much greater than the sum of the parts.

Positive interventions such as upskilling through work placements, volunteering, training or education; improving access to childcare or offering support with transport all help to lift barriers to opportunity and open up previously closed routes back into work for those who are furthest from the labour market. Something as simple as loaning someone smart clothes for an interview can be a big step towards securing employment.

Social enterprise also aims to tackle loneliness and isolation - enabling people to be included and actively participate within their communities – health and wellbeing, both mental and physical, and life enhancing support is being delivered daily by social enterprise, community business and the voluntary sector across the UK.

So why should social housing and social enterprise get together?

Fuse Enterprise CIC has been part of The Wrekin Housing Group for four years. We see huge positives in matching together the benefits of social enterprise activity with the work of a social housing provider, creating genuine opportunities for tenants, their families and our communities.

Everyday, we see the differences even small interventions can make to people's lives, not just because we measure it – we do – but because we hear people tell us themselves about the difference we make to their lives.

How our community garden helped someone with depression back from the brink of despair; how volunteering with us helped someone gain enough confidence to enrol at college; how a work placement led to paid employment; how joining in our community lunches gave a domestic violence survivor hope; and how activities at our community centres can help people make new friends and combat loneliness.

Who knows, some of the people we help may go on to be the next generation of social entrepreneurs.

At Fuse, alongside social enterprises across the country, we see our role is to encourage, support and empower people to be the very best they can be – igniting their ambitions, helping them find their dash of enterprise sprinkled with a splash of opportunity - our housing colleagues help us to do this and between us we can make a real difference to people's lives.

Fuse Enterprise CIC originated from The Furniture Scheme both are partners in The Wrekin Housing Group.



James Cooper—Operations Manager

The recent cold snap has no doubt focussed the minds of many on their energy bills. In the first eight weeks of 2018 we have already distributed grants to 15 local people living in fuel poverty. This follows on from a record year; in 2017, 51 people benefitted from help towards their gas or electricity by receiving £1578 between them. The Fuel Poverty Fund was created five years ago following two donations from local residents who felt they didn't need their Winter Fuel Allowance. They hoped the Furniture Scheme would be able to redistribute to people who needed it. We teamed up with Ludlow Baptist Church and Churches Together Around Ludlow to appeal for more donations and make sure the money reached those people most in need. The recent increased level of activity is not only due to the weather but also the difficulty individuals and families are having in making ends meet. Many people who have never struggled with basic household costs before, have found themselves in crisis. In recent months this has often been down to delays in moving to the new Universal Credit. The high number of grants distributed is also down to the hard work of the Furniture Scheme staff and volunteers, particularly those at Rockspring, who have made sure that local third sector groups are aware of the fund and how it can be accessed. The fund is primarily available to residents of south Shropshire and can be used for gas and/or electricity. Applicants must be referred by a local agency, such as Housing Associations, CAB, a GP, the women's Refuge or social workers. For more information contact the team at Rockspring on 01584 874922 or rockspring@furniturescheme.co.uk

Elsewhere in the organisation we have been working on exciting new projects that will offer new volunteering opportunities and income streams while strengthening our impact in the community. These include the Art Room, refurbished electrical appliances (see page 12), our bigger and better Book Room and new activities at our community centres. None of this would be possible without the support of our staff and volunteers who are always ready for the next big challenge. A big thank you also to all our supporters and Friends. For more information on becoming a Friend see page 16.

Gill Pitt - Social Inclusion Manager



moneygiving

Virgin Money London Marathon
to raise funds for The Furniture Scheme



Some of you will have seen the news article in our last newsletter but I make no apology for mentioning it here again! I started running nearly 2 years ago now and anyone who knows me will understand what an achievement that is in itself. I have never been sporty in the slightest. My friend Alison and I were always the last to be picked for the teams at school and I know many of you will understand how that knocks your confidence and belief in your own ability. So, if I can come to running in my 50's and love it then anyone can!

I don't mind sharing with you that I started running to maintain significant weight loss and well-being when I found myself divorced with my two children having flown the nest and saw getting fit in my 50's as my next goal but it took me until I was 53 years old to get round to it! It came to 30th April 2016 and I had been thinking for a while if I took up running I could just run from my front door anytime so off I went. It was actually to a parkrun which I had heard of vaguely. These are a weekly timed 5k (3 mile) runs at 9am every Saturday in hundreds of towns, parks and venues across the UK and the world including Ludlow, through the beautiful Mortimer Forest - look us up on Facebook! I was hooked and I now run with two clubs, have completed my 50th parkrun, done a 10k mud run (loved it even though it was very muddy and more like swamp swimming in parts) and many other 10k races as well as 5 half marathons.

Having suffered a hamstring injury last autumn serious marathon training was stalled for a while but is now back on target. Well almost! I am back to being comfortable with 10 mile runs and I now have a half marathon this weekend and then the build up to Wrexham Running Festival's 20 miles mid-March before tapering, ready for all 26.2 miles of the iconic London Marathon on 22nd April 2018. At the time of writing, that is only 9 weeks away. I won't break any records and I know this will be a massive physical and mental challenge to the point of feeling broken for a while but I have realised that I will finish, the crowds and all the support back home will get me through. Please, please, please can you support this valued local charity to reach its target? It will mean such a lot to the local families we support through difficult times.

If I can do this perhaps you can spare a pound or two to spur me on?

If you would like me to run with a message for a loved one you have lost or perhaps for someone you know who is going through a difficult time, I will be wearing different coloured ribbons with their name on pinned to my running vest, one ribbon for each mile. I will hold that person in my thoughts to get me through that mile. There are 26 ribbons to choose from so just pick a number. Minimum donation £5 either through fundraising page stating name and number requested, by sending me a confidential email or PM me through Facebook if you prefer.

<http://uk.virginmoneygiving.com/fund/ssfs>

Email: gill@furniturescheme.co.uk



Gill running the Shrewsbury half marathon in 2017



The Warehouse, Weeping Cross Lane

TO DONATE FURNITURE PLEASE TELEPHONE: 01584 877788

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

The Warehouse is open: Monday, Tuesday, Thursday, Friday 9:30am-3:30pm, Wednesdays 9:30am – 1:30pm and Saturdays 10am-2pm. Do call in and have a browse.

Don't Dump it, Donate it!

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

Here are some of the items we accept:

Electrical

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

Kitchen & Household

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

Living

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

Bedroom

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

Unfortunately we are no longer able to take printers

There are 3 things to remember before you get started:

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

The Warehouse



Our Warehouse has been getting busier with lots of customers keen to buy our refurbished white goods (see page 12 for more info) and accessing our range of affordable furniture. We survived the snow and, apart from two days, managed to maintain our collection and delivery service. Despite freezing temperatures our committed volunteers continue to support us, helping with customer service, recycling, collections, PAT testing and warehousing. Our new Driver Antony has settled in well, helping to collect and deliver bins and boxes in south Shropshire on behalf of Veolia. Antony had been a long standing volunteer and we were pleased to be able to offer him paid work. We are always pleased when we can offer employment opportunities to volunteers.

We are keen to remind those customers in receipt of Universal Credit, Pension Credit, Income Support, JSA, ESA or Housing Benefit, that they are entitled to a 25% discount on donated goods. You will need to provide proof of your benefit at the time of purchase.

We have been busy collecting the furniture from our generous supporters but due to limited capacity we sometimes have to ask donors to wait for two to three weeks – we would encourage donors to plan ahead when possible and book early or drop items directly to the warehouse whenever possible.



Renaissance

The Renaissance team looked at the New Year as a chance for change. With this in mind we sprang into action in the first months of this year and it has been hectic ever since!

As the pop-up art exhibit wound down, we pushed forward to open up Renaissance's very first art room! We have completely redecorated what used to be the book room, filling it with pieces from local artists as well as those that have been kindly donated. With a quick lick of paint the room has been transformed from a quiet reading room to a vibrant and colourful feast for the eyes.



Nicola Buscall & Richard Carpenter in The Art Room



Some people reading this may be mortified as it sounds like we have gotten rid of our beloved bookshop, but never fear because it has been moved into what used to be the Flea Market, boasting even more shelves filled with the best that literature has to offer. Our dedicated book team is always working hard to put the most interesting titles on the shelves and are keeping the shop looking smart.

Unfortunately this does mean that the long running Flea Market has now come to a close, and we thank all of the local traders who helped make the shop what it was for all of those years. Renaissance is always looking to be bigger and better in order to raise money for those who really need it, and we felt that the time was right to try something fresh and new in order to achieve that goal.

As ever, we would like to thank off of the volunteers and staff who've been working so hard to create these exciting new ventures at Renaissance. With all of those hands, a challenging job was made much smoother and we could not have done it without them.

Richard Carpenter - Retail and Systems Administrator

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

Book Room has now moved across the alley and is 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.

Art Room (where the bookshop was located at the back of Renaissance) is now selling art by local artists.

The Attic selling second hand clothes—shoes, handbags, belts and scarves as well as other items in our upstairs room above our book store.

If you have any donations of these items, we would love to have them, they can be dropped off at any of our Ludlow sites: Warehouse, Weeping Cross Lane, Rockspring Community Centre, Sandford Road or at Renaissance.

Julie Nash, Renaissance Retail Manager
Telephone: 01584 877751

Carpentry Workshop

The workshop team have been working hard to keep up with the demand of our customers and ensure we are well stocked with interesting items of furniture. In recent months we have had several pieces donated that need reupholstering. Unfortunately our limited supply of fabric has run out so if anyone has any good quality remnants of upholstery material they would like to donate, we would be very grateful. Material can be dropped off at our Warehouse or directly to the workshop. Our upholstery skills are limited so we'd also be interested to hear from anyone who might be able to teach us new skills.



Stefan has had lots of work to do to support the wider Furniture Scheme including a new A-board for the Art Room, planters for the alley way at Renaissance, a new counter for the Charity Bookshop, moving our Renaissance Book Room to its new home and various repairs. Meanwhile Graham has been supporting the workshop volunteers, including the participants of our Building Better Opportunities project.

The team enjoyed their belated Christmas meal in February which had been postponed as a result of snow. We are always looking for new volunteers to support the workshop and we are able to offer a range of support in return.

If you are interested in volunteering please contact Diane Hyde, Volunteer Co-ordinator, on 01584 877751 or email: diane@furniturescheme.co.uk



The Charity Bookshop Craven Arms

The Charity Bookshop is continuing to be a great success. We are very grateful for the support of our customers and volunteers who are helping us to raise vital funds.

If you would like to volunteer here please contact Di Hyde on 01584 877751 or email diane@furniturescheme.co.uk



Finding good quality white goods locally, that are reasonably priced and from a trustworthy source, is not easy.

Did you know we now stock an extensive range of refurbished electrical appliances at our Warehouse?



The machines are refurbished, function and PAT tested by one of the UK's leading electrical retailers and come with a 3 month guarantee. We stock, cookers, washing machines, tumble dryers and much more. If you can't find what you're after just ask and we'll be happy to help.

Visit our Facebook page to see our latest stock or call in to our Warehouse, Weeping Cross Lane, Ludlow SY8 1JH to see for yourself.

We are open Monday, Tuesday, Thursday, Friday 9:30am-3:30pm, Wednesday 9:30am-1:30pm and Saturday 10am to 2pm. Phone 01584 877788 for more information.

Your purchases help to support the work of the Furniture Scheme



**Justin Griffiths—
Community Engagement &
Volunteer Support Officer**

Hello and a very warm welcome to all you readers and fans of the furniture scheme. My name is Justin Griffiths and I have been recently appointed as the community engagement and volunteer support worker for the furniture scheme, taking over from Chris Perkins. I am extremely pleased to be here and will give you a very quick biography, before introducing you to my “new opportunities” for the BBO scheme.

I am 42 years old and have three grown up sons with my wife, Debbie. Toby is 21, Zinedine is 19 and Sabian is 17. We reside in Kington, a small Herefordshire border town, but I am originally from Wales (so will be cheering on the boys during the 6 nations rugby competition!).

I have 5 dogs and have a range of interests from wine and culture, to animals and things aeronautical. I have previously worked within the charity sector, as well as being a qualified Primary School teacher (amongst other things) and feel that this role will combine my professional strengths, to assist me in being successful for the furniture scheme.

Since starting here at Rockspring in January, I have been made to feel welcome by both staff and volunteers and I have enjoyed attending cookery and craft sessions and discussing plans for the community garden, but now I am looking to “build better opportunities” for volunteers at the furniture scheme and the wider community as a whole. Later this month we will be offering quick qualifications in warehousing, retail, customer service and leadership, these will add to your CV and employability.

Over time I am also looking to introduce team building activities, sports based activities, a drama club, expand the craft activities and even personal presentation skills and I am still looking for more ideas, so if you have any questions and suggestions or just fancy asking about volunteering then please get in touch.

In the meantime everyone be well and I look forward to getting to know you all.

Justin Griffiths 01584 874922 Email: Justin.Griffiths@furniturescheme.co.uk

CasCA News

There are exciting developments afoot here at CasCA; we are expanding our cafe and offering a wider selection of dishes.

A new bean to cup coffee machine is now available to serve fresh cups of coffee which can be enjoyed in our cafe or taken away.

There will be a hot lunch on offer every day to complement our sandwiches, toasted sandwiches, bacon buns and soup.

We also have a wide selection of homemade cakes and biscuits for those with a sweet tooth. All food and drinks can be eaten in our cafe or taken away.

In January we started a course of ballroom dancing classes and these have proved to be in big demand with over 20 couples enjoying their lessons on a Friday evening. Beverley is another new teacher to use the centre offering Pilate's classes specifically tailored to those with lower back pain. These have been so popular that she is now putting on more classes. Mindfulness is also being added to the variety of courses now available.



Picture of Paul Rice (Unique Martial Arts) at CASCA Craven Arms, along with Lorna Oduor (Centre Staff) children from the class, Sharon Demos (Parent and Helper) and David Evans (Cyril Basons).

Unique Martial Arts takes place at The Community Centre on a Tuesday from 5pm to 6pm. It's a class for Children age 5 and up.

David Evans from Cyril Basons (Craven Arms) has given the club £100 to assist them in purchasing some equipment to help them learn and gain Badges. Paul Rice said, "I am very grateful for the support from a local business to help me teach something I am very passionate about".

HAVE YOU GOT SOMETHING THAT'S BROKEN OR NOT WORKING PROPERLY?



Instead of throwing it away and buying a new replacement why not bring it along to our next "Repair Café" at the Ludlow Mascall Centre on SATURDAY 17th March between 10.00 and 12.30pm to see if we can mend it?

A Repair Café is exactly what it sounds like! A place to bring items – household goods, garden tools, general tools, clothing, soft furnishings, jewellery, electrical items, bicycles, toys ... basically anything you can bring and which you want to keep using. There will be a team of volunteer 'fixers' on hand waiting to try and fix whatever comes in through the door on the day!

The 'Café' element is the lovely Pea Green café at the Mascall Centre where you can buy a coffee and some of their delicious cakes and pastries while you wait. There is also a bit of a 'party' atmosphere in the repair room too with everyone putting their heads together to try and work out how to fix whatever is on the table – as you can see from our first Repair Café held back in October.



Apart from that great 'feel-good factor' of mending something, extending its working life, avoiding simply throwing it away in the black bin you will have saved some money as well as knowing you have also done something to save the planet!



We can't promise a repair – but we will do our best to send your item home working again!

There is no charge for the repairs but we do ask for donations to cover expenses. Any money left over will go to the Furniture Scheme.

Come along with your broken items and find out what fun a Repair Café can be!

And if you think you could join the team of volunteer fixers, please get in touch!.

We look forward to seeing you.

Saturday 17th March, 10.00 to 12.30pm, Ludlow Mascall Centre

diane.lyle@btinternet.com / 07786 620 624

WE NEED YOUR HELP



Would you like to become a Friend of The Furniture Scheme?

Your annual donation will directly contribute towards the charitable work of The Furniture Scheme, helping people facing disadvantage or hardship in South Shropshire.

Friends Membership is £30 per year.

You could opt to donate more and if you can Gift Aid your donation that helps too.

In the past 12 months The Furniture Scheme has supported 40 households in crisis with emergency furniture packages. This can be for a number of reasons including victims of domestic violence.

We offer low cost furniture and household equipment to everyone, re-using, recycling and minimising waste.

We have provided 108 work experience placements with 25 participants securing employment as a direct result of their time with us.

By becoming a Friend you will be directly supporting this important work and making a difference to local people's lives.

We are facing considerable challenges in this difficult financial climate and as a Friend you can help us to secure the future of the Furniture Scheme.

There are a number of ways you can help, including hosting or helping to organise fundraising events, sponsorship opportunities or activities.

To become a Friend of The Furniture Scheme download a registration form from our website www.furniturescheme.co.uk or call us on 01584 874922

Registered charity number 1082068 | Registered Company 4041051

Get to know your local Councillors in the Rockspring Ward!

Diane Lyle and Sean O'Neill, your local town councillors for Rockspring Ward, will be at Rockspring Community Centre on the first Thursday in March, April and May between 11.30 am and 1.00 pm.

You can come along just to say 'Hi' – or you can come and talk to us about any issues or concerns or ideas you might have – and at the same time enjoy one of Rocksprings community lunches.

If you can't get to the Rockspring Centre when we're there, you can contact us at any time:

Diane Lyle: 07786 620 624 or diane.lyle@btinternet.com

Sean O'Neill: 07734 526868 or seaninludlow@btinternet.com

Ludlow Defib 4 You



Chris Phillips from Heartstart Midlands (on Left) supplied the equipment and Rob Gardner, Rockspring Caretaker is on the right.

Great news! Here at The Rockspring Community Centre, the first of 6 new CPADs (Community Public Access Defibrillators) has been fitted.

Thank you to Ludlow Defib 4 You for arranging this and to Ludlow Hospital League of Friends for their generous donation purchasing the new AEDs and outdoor Defibrillator Cabinets - 'DefibSafe2'.

As well as Rockspring Community Centre the CPADs provided by The League of Friends will replace current machines at Ludlow Assembly Rooms, the Bishop Mascall Centre and Ludlow Homecare. Two extra machines will be sited at Tesco and to the North of the Town (Sheet Road/Parys Road to be finalized). Two of the existing Cardiac Science G3 AEDs will be rehoused in indoor locations - St Laurence's Church and Ludlow Junior School.

Training for anyone wishing to find out how to use the new CPAD will be taking place at Rockspring Community Centre soon. Look out for information on our website or Facebook page.



Community Garden

ROCKSPRING THURSDAYS

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

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



Find out what's going on at Rockspring and what's on the menu for our Community Lunch by following our Facebook page: [Rockspring Community Centre](https://www.facebook.com/RockspringCommunityCentre)

Telephone: 01584 874 922 Email: rockspring@furniturescheme.co.uk



ROCKSPRING COMMUNITY CENTRE

ROOM HIRE PRICES



RATE PER HOUR OR PART THEREOF	WEEKDAYS 9am - 5pm	WEEKDAYS 5pm - 9pm	SATURDAYS 9am - 5pm	SATURDAYS 5pm - 9pm
PRIVATE HIRE MAIN HALL - SEATS 60	£11.00	£16.00	£16.00	£21.00
PRIVATE HIRE TEME - SEATS 20 - 25	£10.00	£14.00	£14.00	£19.00
PRIVATE HIRE CORVE - SEATS 10 - 12	£8.00	£11.00	£11.00	£15.00
COMMUNITY GROUPS MAIN HALL - SEATS 60	£9.00	£13.00	£13.00	£16.00
COMMUNITY GROUPS TEME - SEATS 20 - 25	£8.00	£11.00	£11.00	£15.00
COMMUNITY GROUPS CORVE - SEATS 10 - 12	£7.00	£10.00	£10.00	£13.00

Payment in advance is requested for all private parties.

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

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

APRIL 2018

rockspring community centre

We have a computer suite with free access to computers and WiFi which are usually available Monday – Friday 9am – 4.30pm (excluding Wednesday mornings and Bank Holidays).

Day	Activity	Time	Cost	Other Notes
MONDAY	Baptist Church Lunch Club	12 noon – 2pm	£2.50	
	2 nd Monday of the month	9.30am – 10.30am	£6 or block of 5 sessions £25	Nina: 07824508536
	Future Family Fitness for women			

TUESDAY	Basic Flower Arranging	10am – 12pm	FREE but bring your own flowers	Every two weeks
	The Creation Station – creative play	9.30am – 10.15am 6 mths – 18 mths	£5 a session £4.50 for 5 £4 for 10	Beatrice: 07788914347
	The Creation Station – Little Explorers	10.45am – 11.30am 18 months +	£5 a session £4.50 for 5 £4 for 10	Beatrice: 07788914347
	NILS – no interest loan scheme	11am – 2pm		Drop in every week

WEDNESDAY	Tai-Chi	10am – 12 noon	£9 a session or concession £7	Susan: 01584 874296
	Singing for Lung Health	2.30pm – 3.30pm	£4 a session	Kate: 01584 890284
	Rockspring Community Choir	7.15pm – 8.45pm	£3 sub	01584 874922
	Zumba	6pm – 7pm	£4.50	Lu: 07709301030

THURSDAY	LUNCH – it's either soup, baked potato, cottage pie, sausage & mash or pasta bake etc followed by a slice of cake – all welcome! Lunch is FREE for community garden volunteers.	12.15pm	£2	
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FRIDAY	Get together Fridays - Cooking / Rag Rug making / crafts	10am – 12.30pm	FREE	Every week – cooking once a month
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SATURDAY	Marches Polio Group – every 3 months – bring and share lunch	12pm - 2pm		Ask at Rockspring for next meeting date
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Ludlow Churches provide Emergency Food Parcels (by referral only through Housing Officer or Citizens Advice Bureau at Ludlow Youth Centre, Lower Galdeford, Ludlow Tel: 08444 99 11 00) these can be collected: Monday, Wednesdays, Thursdays & Fridays 11am – 1pm.

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

March 2018



Telephone: 01588 672 847
Email: casca@furniturescheme.co.uk



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

IT suite with free access to computers (for the first 60 minutes) and unlimited free WiFi for using with your own devices available during opening hours.

Children's Party Packages are available, call into the centre and pick up a leaflet.



Find out what's going on at CasCA by following our Facebook page:
[Craven Arms Community Centre](#)

Café @ CasCA open Monday, Tuesday, Wednesday 10am—2pm



Sandwiches £3.00

Egg and cress
 Ham salad
 Cheese and pickle
 Cheese and tomato
 Cheese salad

Bacon
 Sausage
 Fried egg

Any two hot fillings for an extra 50pence
 Served on brown or white bread
 With a salad garnish

A selection of
 Homemade cakes and biscuits from 30p

Soup of the day

Served with crusty bread £3.00

Chips £1.50

Toasties:-

Cheese
 Ham
 Tomato
 Onions

£3.00 for 1 filling

Add an extra filling for 30p

Monday lunch

Homemade soup with crusty bread
 (first week)

Jacket potato with a choice of toppings
 (second week)
 £3.50

Wednesday

community lunch
 A changing menu of hot meals with a pudding
 £3.50

Tea—£1
 Coffee—£2
 Cappuccino—£2
 Espresso—£2.50
 Latte—£2
 Hot chocolate—£2
 Cans—£1
 Water—80p
 Fruite juice—50p

Hot food is served from 10am—2pm Monday to Friday

Drinks, cakes and snacks available during our regular opening times.

01588 672847

WALK IN WEDNESDAYS AT CasCA 10am—12 noon

COMMUNITY LUNCH at 12.15pm it's either baked potato, cottage pie, sausage & mash, spaghetti bolognese, cheese & potato pie etc followed by a slice of cake or a pudding for only **£3.50**



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



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

Tuesday	Indoor Bowls	2.00 - 4pm	£3.00	October – March ONLY
	Kick Boxing	5pm – 6pm		price300@googlemail.com
	Youth Forum Football	6 – 7pm	FREE	Rich Morley

Wednesday	Future Family Fitness	9.30am – 10.15am	£6	Nina: 07824508536
	Knit & Natter	10.00am – 12.00 noon	FREE	
	Yoga	11am – 12.30pm		01694 724317
	Community Lunch	12.15pm	£3.50	Meal and slice of cake
	Tea Dance	2.00 - 4.00pm	£2.50	2 nd & 4 th Wednesday
	C/A Football (under 12's)	5.30 – 6.30pm		Dave 07976241463
	Slimming World	5.30pm and 7.30pm	£4.95	Alan - 01584 874430
	Zumba Fitness Class	7.00pm - 8.00pm	£5	07740835673
	Corvedale Badminton	8.00pm – 9.30pm		

Thursday	Strength, Balance & Flex – 50's, 60's, 70's	10.45am – 11.30am		Nina: 07824508536
	Gymnastics 3-16yrs	3pm – 6pm		07769151649
	Marches Branch Embroiderers Guild	1.30pm – 4pm	£1.50 (member) £5.00 (visitors)	3 rd Thursday of the month marhcesembrodierers@hotmail.co.uk
	Adult Gym	6.15pm – 7.15pm		ssgymnasticclub@btinternet.com
	Modified Pilates	6.30pm – 7.30pm & 7.45pm – 8.45pm	£8 per session incl equipment	Booking essential 079967814412

Friday	Modified Pilates	9.45am – 10.45am & 11am – 12 noon	£8 a session	Book: 079967814412
	Craven Arms Samba Circle	4.15pm – 5.45pm	Children £1.50 Adults £3	Carol: 01588 672640
	Ballroom/Latin Dance	7pm – 8pm & 8pm – 9pm		07904466411

Saturday	Empathy	2.00 - 4.00pm		Every Other Saturday
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March 2018

Badminton & Volleyball are available every day ad evening upon request. Tennis: £9 per Court.
Badminton: £9 per Court. Volleyball: £9 per Court CALL 01588 672847



Find out what's going on at CasCA by following our Facebook page:
[Craven Arms Community Centre](#)



Room	Corporate Per Hour	Community Per Hour	Youth Per Hour
Welsh Mountain	£32.00	£21.00	£16.00
Shropshire	£26.00	£18.00	£16.00
Plowden	£18.00	£13.00	
Clun	£12.00	£9.00	
Pavillion	£16.00	£10.50	£8.00
Radnor	£10.00	£8.00	
Kitchen	£16.00	£10.00	
Badminton/Tennis/Table-Tennis/Volley-Ball		£9.00	
Bowls per person		£3.50	
Tea Dance per person		£3.00	
Art Group per person		£2.00	
Writing group per person		£3.50	
Children's Roller party	Weekdays £30.00	Weekends £50.00	
Weekend rates from £30 per hour 9.00 -17.00 and from £40 per hour 17.00-24.00			

Valid from 1st April 2018 until 31st March 2019



Please join our



Your donation will directly contribute towards our charitable work
To join, please complete the form on our website

www.furniturescheme.co.uk | info@furniturescheme.co.uk

facebook



Find us on Twitter and Like us on Facebook!

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

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

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

Volunteer Training Opportunities

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

IT @ Rockspring & CasCA

Rockspring have a computer suite with free access to computers and WiFi which are usually available Monday – Friday 9am – 4.30pm (excluding Wednesday mornings and Bank Holidays).

CasCA have a computer suite with free access to computers (for the first 60 minutes) and unlimited free WiFi for using with your own devices available during opening hours.

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

The staff and where they work

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

Jean Jarvis MBE—Chief Executive	jean@furniturescheme.co.uk
James Cooper—General Manager	james@furniturescheme.co.uk
Gill Pitt—HR Learning and Development Manager	gill@furniturescheme.co.uk
Gaynor Abel—Executive Support & HR Administration Officer	gaynor.abel@furniturescheme.co.uk
Justin Griffiths—Community Engagement Officer	justin.griffiths@furniturescheme.co.uk
Elaine Duggan—Marketing, Administration & Newsletter	elaine@furniturescheme.co.uk
Rob Gardner—Caretaker	rob@furniturescheme.co.uk
Lynda Hoad—Finance Officer	accounts@furniturescheme.co.uk

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

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

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

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

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

Simon Magill—Warehouse Centre Manager	simon@furniturescheme.co.uk
Kevin Jones—Assistant Manager	
Stuart James—General Assistant	stuart.james@furniturescheme.co.uk
Tim Stevens—Van Driver	
Daniel Price—Van Driver	
Anthony Brooks—Van Driver	

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

Alison Kennedy—Team Leader
Elizabeth Barnfield—Team Leader
Lorna Odour—Team Leader
Jackie Wright—Finance & Administration Officer
Marilyn de Warrenne—Catering General Assistant
Ben Jenkins—General Assistant
Aaron Whitmore—General Assistant
Jenny Corney—Cleaner

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

DIRECTORS

Catherine Rogerson—Company Secretary
Clare Ratcliff
Mike Beazley MBE

Julian Price—Co-opted
Steve Price—Chair
Bryan Powell

Chris Boote
Graeme Perks
Louise Holland

The Wrekin
Housing Trust



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