

Furniture Scheme News!

F R E E — PLEASE TAKE A COPY



the Charity BOOKSHOP



See more about the Charity BOOKSHOP in Craven Arms on page 9

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



RENAISSANCE CENTRE, 7-8 TOWER STREET, LUDLOW

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—Thur 9am—10pm, Fri 9am—8pm, Sat 9am—12 noon - by arrangement at other times.

- ⇒ 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

Christmas is over and we can now look forward to Spring. Hopefully it will stop raining or we may have to ask the Carpentry Workshop to build us an Arc !

The Furniture Scheme continues to flourish with the dedicated help and support of our much valued Volunteers. We always need extra helping hands and welcome anyone who has a few hours to spare and would like to support our work within the local community.

So far this year 3 of our Volunteers have moved on to employment.

Volunteering can be an excellent stepping stone and I am always happy to support Volunteers with CVs, Job Applications & researching the local Job Market.

If anyone is interested in Volunteering at any of our sites do contact me for a chat about opportunities available.

Di Hyde—Work Placement Officer 01584 877751

diane@furnitureshcme.co.uk

YOUR SUGGESTIONS AND IDEAS COUNT !

The Summer edition of the Furniture Scheme News will be out at the end of May, if you have something to include, do let me know!

Would you please send contributions by Monday 9th May 2016.

Elaine Duggan 01584 874922 elaine@furniturescheme.co.uk

VOLUNTEER VOICES



MARILYN DE WARRENNE—VOLUNTEER AT ROCKSPRING AND CATERING ASSISTANT AT CasCA

I started volunteering at Rockspring in January 2013 when Rockspring Thursdays first began and it is still going today. We started off with Soup & Crusty Bread with a slice of cake for afters. I now do a variety of meals with my two helpers Anita and Janet.

In November 2014 I was encouraged to apply for a job as Catering Assistant at CasCA, I had an interview and to my delight got the job.

I started in January 2015 but I still continue my volunteering at Rockspring. I have Janet to help me both at Rockspring and CasCA.

I enjoy the work and volunteering very much working with lovely people.

NEW STAFF WELCOME –

Julie Nash - Retail Manager at Renaissance Centre—see page 10.

Kevin Jones - Assistant Manager at the Reuse Centre.

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.



Waste Management Project

Could you help us to dismantle sofas, washing machines and other items ready for the recycling process? Times to suit you, but you will need to be reasonably fit as it's quite hard work!



Electrical Testing

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

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

Rockspring Community Centre

Sandford Road, Ludlow SY8 1SX

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

We've started this year as we mean to go on, in a very organised way. We've planned some events for our volunteers and even our annual stakeholder event for later in the year. We decided to do this at the end of last year as we just seemed to run out of time with so much still to do, and we're busier than ever. The efforts that go into delivering our services are huge and as a partner in the Wrekin Housing Group we are committed to achieving higher standards in the way we report and monitor our procedures. Therefore, affecting the right balance of service delivery versus reporting it is the key to best use of staff time.

Our fundraising efforts have gone up a notch, we're a social enterprise with a range of income streams from contracts and trading, but we still rely on support from local and national funders to deliver our social outcomes. We mention our funders throughout the newsletter as none of the free activities would go ahead without them. We continue to look for funding to help us to support local people through a range of activities, including our low cost package of essential household items to those in need. A few of our staff have become expert in identifying and applying for small pots of money to help us do this. We already have some great ideas for new activities this year, so look out for more news on them in coming issues of our newsletter.

Our sister company Fuse is coming to the end of its first year separated from The Furniture Scheme and we're reviewing how The Longford and Northfield centres have performed in Staffordshire. Our grounds maintenance and cleaning social enterprise, Clean Cut Services, continues to grow and now employs a team of 10. We've already got new work in the pipeline for next year – including painting and decorating, which is very good news! Fuse currently works across Staffordshire and Shropshire and we're working on projects for Shropshire Council in their drive to outsource more of their services.

I'm delighted to report that The Furniture Scheme board signed up three new board members, Graeme Perks, Mike Beazley and Bryan Powell, in February; we now have seven trustees, with two more still to interview. Boards need to be champions for their organisations, but they also need to question them. It's widely acknowledged that more diverse boards tend to make better decisions and we know that our new trustees will bring useful perspective and fresh input. It has become increasingly difficult for other charities to recruit new trustees of late, The Furniture Scheme has been very fortunate and we all look forward to working with our increased board over the coming months.

So far this year we have increased our board of trustees, who are all volunteers. We have gained a team of 26 volunteers from Severn Hospice's charity bookshop in Craven Arms, who will continue to run the bookshop for the Furniture Scheme. We have an existing volunteer workforce of 80, and that, added to our staff of 40 means that around 146 people work very hard to deliver the services at CASCA, Rockspring, Renaissance Centre, Carpentry Workshop, Reuse Centre and on vehicles collecting and delivering household items throughout southern Shropshire. To my mind this surely demonstrates community action at its very best? If you know of other examples of large scale community action in this area, I'd love to hear about them.



James Cooper—General Manager

Gerhard Gschwandtner (Founder & CEO, Selling Power) said “The purpose of life is to collaborate for a common cause; the problem is nobody seems to know what it is.” I think I disagree. Most of us do know what it is. It is to improve the quality of life for ourselves and others around us, especially those who don’t have the resources to do it for themselves. The real problem is we can’t agree on how to do it. Forming positive partnerships and working collaboratively is essential in the voluntary and community sector, especially when funding opportunities are scarce and the demand for charitable services is growing. We are pleased to be able to work in a variety of ways with a range of organisations – sharing expertise, delivering contracts, administering funds, supporting beneficiaries and much more. Our partners include South Shropshire Youth Forum, Reviive, Wrekin Housing Trust, Bupa, Veolia Environmental Services, Shropshire Council, Sure Start Children’s Services, Ludlow Baptist Church, Ludlow Assembly Rooms, Craven Arms Town Council, The Millichope Foundation, The Hall Garth Charitable Settlement, Ludlow 21, Jessica Found It... and many more. Please don’t be offended if I haven’t mentioned you! I just wanted to give a flavour of the variety of organisations we work with.

Most recently we have entered into partnership with Severn Hospice for our eagerly anticipated ‘Charity Bookshop’ in Craven Arms, for more information see page 9.

This year we have already found new, like-minded people and organisations that we can work with to improve our service to the public and meet our charitable aims of relieving poverty, protecting the environment, enabling people and empowering communities. We hope there will be many more opportunities to form new partnerships in 2016.

What else is new? We are working closely with Ludlow 21 and participate in their ‘3Rs’ group, we will be re-launching the Renaissance Centre this spring – this will include a spring sale. We are pushing our PAT testing service across the area (see page 8) and we have been awarded funding from Bupa UK Foundation to enhance our offer to those struggling with mental health.

Going back to working together, my favourite ‘collaboration’ quote is “The secret is to gang up on the problem, rather than each other.” — Thomas Stallkamp, Former Executive from Chrysler Corporation. With that in mind, how can you help?

Donate furniture, phone 01584 877788 or visit www.furniturescheme.co.uk/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 james@furniturescheme.co.uk 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/



the Furniture Scheme

01588 874922 | Rockspring Community Centre, Ludlow, SY81SX

www.furniturescheme.co.uk

handyman@furniturescheme.co.uk

What we can do for you...

- PAT testing carried out by a trained and competent PAT tester
- Fully mobile service—we'll come to you!
- Full test records for you to keep on file
- After our first visit we offer a free annual reminder service



How much it will cost...

- £1.50 + VAT per item
- Including free fuse and plug replacement as required
- Minimum charge of £30
- We'll travel 10 miles from Ludlow at no cost to you, a charge of £1 per mile may be applied thereafter

To make a booking please contact us

Rockspring Community Centre
01584 874922

Registered charity number 1082068
Registered Company 4041051

PRESS RELEASE FROM THE FURNITURE SCHEME ...



the Charity BOOKSHOP

Charity bookshop in Craven Arms is to re-open

The Furniture Scheme, a local charity that supports people in crisis or in need, has agreed to take on the lease of the charity bookshop in Craven Arms and is hoping to re-open in March. The dedicated team of volunteers will continue to manage the shop on a daily basis and are looking for new volunteers to join them.

The money generated from sales at 'The Charity Bookshop' will help fund the work of the Furniture Scheme www.furniturescheme.co.uk. The Bookshop will also continue to support Severn Hospice with 10% of the profits being gifted each year.

The Furniture Scheme is seeking donations of good quality books prior to opening and these can be dropped off at CasCA, the Community Centre in Craven Arms that is also managed by The Furniture Scheme.

Jean Jarvis MBE, Chief Executive of the Furniture Scheme said, "The bookshop volunteers approached us before Christmas to see whether we may be able to help keep a charity bookshop in Craven Arms. We were so impressed with the commitment and enthusiasm of the volunteers that we are now finalising lease terms with the landlord, Shropshire Council, and hope to re-open in March.

It fits really well with our ethos of re-use and recycling and will complement our bookshop in Ludlow. The Furniture Scheme has great respect for Severn Hospice and the fantastic work it does and we are hoping to find a way for both charities to benefit from the continued generous support of local people."

For further information please contact Sam Hine on behalf of The Furniture scheme on 07974 772840 or email sam@samhine.co.uk

The Charity Bookshop
Unit No 2
Drover's House
Auction Yard
Craven Arms
Shropshire
SY7 9BZ



JULIE NASH
RENAISSANCE CENTRE MANAGER

Hi, I'm Julie Nash the new Retail Manager for the Renaissance Centre in Tower Street, Ludlow.

I previously worked in the charity sector for 9 years then took a break for 3 years to look after my grandchildren, now they are at school I wanted to get back into charity work as I find it very rewarding.

When this job became available I thought it was the perfect opportunity to get back into charity work and what better than a local charity.

I've settled in well and I'm really enjoying the job I find the staff and volunteers a lovely bunch and so easy to get on with.



Working with Wood

As James mentioned we are really pleased to have been successful in attracting some funding into the Carpentry Workshop which will help us to help those experiencing mental ill health through supported placements in our Carpentry Workshop.

Placements in our workshop have always been in high demand and this funding will mean we can expand our offer of ten week placements to include referrals from GP surgeries and Community Mental Health Team. Participants will be able to develop confidence, increase self esteem and improve wellbeing in a safe and therapeutic environment. We will provide the stepping stone to recovery whilst the volunteers gain some skills that could improve their employability. The project is particularly aimed at people aged 25-55. Through the project we will also be able to train more staff and volunteers in Mental Health First Aid.

Graham and Stef, our carpentry team, and Di Hyde will work on the project whilst Jessica Jackson has been commissioned to deliver a series of workshops especially aimed at women. Jess runs her own upcycling social enterprise *Jessica Found It* and has excellent skills in building confidence.

The Furniture Scheme offers a wide variety of opportunities and opens a number of doors to improve lives. The carpentry workshop is just the start!

Gill Pitt
HR Learning & Development Manager
The Furniture Scheme - part of The Wrekin Housing Group

FUSE - Social Enterprise Development - Lead Partner
Director Shropshire Providers Consortium



Community News – By Christine Perkins – Community Engagement Worker

Nights are drawing out and hopefully, sometime soon, the RAIN WILL STOP! Our volunteers who help in the Community Garden are itching to get going, so we are all wishing for drier weather.

We are always looking for more helpers, who don't mind getting their hands dirty, and like to work outdoors. Remember, all volunteers are entitled to a free Community Lunch, which takes place at Rockspring Community Centre every Thursday. So if you think you fit the bill and have some free time, do get in touch.



Help turn this into



this!

ADVANCE NOTICE Ludlow's Small Gardens Festival

Still on a gardening theme, I am delighted to announce that the Furniture Scheme will be organising, with the help of a team of fantastic volunteers, the above festival in August.

So make sure that you book 7th August 2016 in your diary. There will 13 beautiful and varied small gardens to visit on this day in the Henley area of Ludlow. Advance tickets will be available through Ludlow Assembly Rooms. It will be a great day out. Look out for full details of the event in the summer edition of this Newsletter.



For those who don't know, this is a regular monthly feature at Rockspring Community Centre. With the help of our volunteer tutor you can learn to cook economic and healthy meals. All ingredients are supplied and the session is Free, but booking is essential as places are quickly filled. The last sessions saw the group make festive Gingerbread stain glass biscuits (not exactly healthy but it was the last session before Christmas!) Quiches and winter salads. The sessions are very informal and friendly and a great way to meet new people and build confidence.



Crafts Crafts Crafts

Thanks to a very generous grant received from **Ludlow Rotary Club**, as part of their Rotary Cares Scheme, we are now able to offer **Free** craft sessions. The first of these craft sessions will start in February and will take place on a monthly basis. We will be offering a range of crafts over the next 12 months, so keep your eyes peeled on our website to see what's on. If you fancy having a go at any of the craft sessions on offer, please get in touch with us at Rockspring Community Centre to book your place.



Rockspring Community Choir News

It has been a busy few months for the Community Choir, with a trip to Germany, the Mini Music festival and the start of a junior section- Phew!

The "Hills are Alive tour" in September saw 13 members of the choir going over to Salzburg to celebrate the 50th anniversary of the Sound of Music.

Choir members soaked up the atmosphere in Salzburg, Berchtesgaden and Inzell over a five day period.

We are hoping to repeat this trip this autumn. If you fancy joining the choir, do come along on Wednesday evenings, 7.15pm to 8.45pm at Rockspring Community Centre – The programme is varied and everyone is welcome. (Subs are only £3.00)



Salzburg



Music Festival in inzell

Mini Music Festival at Casca – November 2015



Members of the Rockspring Community Choir were on the organising committee and at hand to help at the inaugural Mini Music Festival that took place at Casca in November – It was a great success with over 100 people attending and taking part in the various workshops that were available throughout the day. The event saw workshops to suit all ages and abilities, with everybody coming together to take part in the workshop/concert that was led by the fabulous local folk group "Rapsquillion".

Mini Music Festival at Casca – November 2015 cont..

We have received very positive feedback from those who attended, and so we intend to make this an annual event.

If you want to want to soak up the atmosphere from the inaugural event, do have a look at the you tube clip, details of which are below.

<https://youtu.be/d-X6vO0Kx68>

For more details on this year's Mini Music event visit our website or the Shropshire Hills Mini Music festival page.

Rockspring Junior Community Choir

I am really pleased to say that a junior section of the Rockspring Community Choir has started.

At present there are 10 members aged between 12 and 16 years of age, and although the choir was only formed last November, they have already taken part in Ludlow Christmas Lights switch on, and Carols on Dinham Millennium Green in December.

Weekly practices take place at Rockspring Community Centre every Wednesday evening from 6.20pm – 7.00pm (Term time only) The Junior Choir is free to attend, and is run with members of the Rockspring Community Choir and under the baton ship of Musical Director Mr Chris Lacey.

The Junior Choir has also had a very generous grant awarded to them from Shropshire Housing Groups Community Development Fund, which has meant that we will be able to supply junior members with polo shirts, music folders and PA system for outdoor performances - what a great start for a great bunch of young people.

New members are always welcome, so if you can sing or want to learn to sing, don't feel shy, come along and join us - it's a great way to meet new friends, build your confidence and have fun

For details of the Community Development Fund go to www.shropshirehousing.org.uk





SOUTH SHROPSHIRE YOUTH FORUM

Plenty going on at the Youth Forum across south Shropshire. We aim to work with any young people who want to get involved in positive activities. We aim is to offer activities for all ages from 9—16 and older young people can volunteer.

If your child moans to you that there is nothing to do then tell them that there is!! Just to give you a flavour of what we are currently delivering:

Church Stretton: Taste for Adventure activities with the National Trust.

Clee Hills: Young Rangers project.

Cleobury: Friday night football, Cleobury Park Skate Park committee, REACH project with Lacon Childe School.

Craven Arms: Tuesday night youth activities including football at CasCA, Craven Arms Youth Forum and Outreach. We will also be delivering and supporting the work done with Craven Arms holiday Playscheme.

Ludlow: Rockspring homework club, Rockspring garden project, Rockspring fishing project, detached youth work, including football sessions and Rockspring holiday Playscheme.

Want more details? Contact Rich the Youth Manager via email: richssyf@yahoo.com. We also still need help! If you are interested in helping the Youth Forum, either by getting directly involved with activities or if you think you could help behind the scenes then please contact the Rockspring centre and book an appointment with us. There are loads of things we need help with from fundraising to helping to support our youth work sessions.

Richard Morley - SSYF





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!**

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
Chest of drawers
Wardrobes
Bedside cabinets
Sheets
Pillowcases
Duvets
Blankets
Curtains

There are 3 things to remember before you get started:

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

**MON
TO
THURS**

* We will contact you to confirm your donation

2 Your item must be
in good condition

3 This must be
on your sofa*

* If you're donating a sofa!

**To Donate: Please Call 01584 877788
or go to www.furniturescheme.co.uk
Open: Monday—Friday 10am—4pm; Saturday 10am—2pm**

Unfortunately we are no longer able to take printers



THE RENAISSANCE CENTRE

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

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

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

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

Reviive, Sovereign Way, Chester CH1 4QJ Tel: 01244 297396

Reviive, Unit 1 Mile Oak Industrial Estate, Maesbury Rd, Oswestry SY10 8GA

Tel: 01691 679817 Website: www.reviive.co.uk



Community Garden

ROCKSPRING THURSDAYS

Access tenancy support and benefit advice with Sue Wilson from Sustain every Thursday between 9am and 12pm, this is available to all, private tenants, home owners and Housing Association tenants.

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

At 12.15pm we have a **Community Lunch** which only costs **£2**—it's either jacket potato, cottage pie, sausage & mash/chips, 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 or call in to find out what the dish of the week is: www.furniturescheme.co.uk

Credit Union is available between 1pm and 4pm.

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



ROCKSPRING COMMUNITY CENTRE

HIRE PRICES



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

Payment in advance is requested for all private parties.

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

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

rockspring community centre



WHAT'S ON AT ROCKSPRING

Day	Activity	Time	Cost	Other Notes
Monday	Baptist Church Lunch Club 2 nd Monday of the month	12 noon – 2pm	£2.50	
Tuesday	Basic Flower Arranging	10am – 12pm	DONATION	Every two weeks
	FREE IT Drop in support	10am – 12pm	FREE	Every week
Wednesday	Tai-Chi	10am – 12 noon		Susan: 01584 874296
	Rockspring Junior Choir	6.20pm – 7pm	FREE	Chris: 01584 874922
	Rockspring Community Choir	7.15pm – 8.45pm	£3 sub	Chris: 01584 874922
Thursday	Drop in – staff on hand from the Multi Agency Team, Benefits Advisor, Community Housing Officer, IT help with emails, word processing, file management etc	10.30 -12.00pm	FREE	
	LUNCH – it's either homemade soup, jacket potato, cottage pie, sausage & mash or pasta etc! and cake – all welcome! Lunch is FREE for Community Garden volunteers.	12.15pm	£2	
Friday				
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 Garden – run by volunteers for the community. To offer help contact: Chris Perkins - 01584 874922

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

February 2016

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

**01584
874922**



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

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

Cafe @ CasCA—on Monday, Tuesday & Wednesdays 10am – 2pm, offering sandwiches, Panini's, cakes and more! See menu on page 21.

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.

Café @ CasCA

Menu

Full menu available Monday, Tuesday, Wednesday 10am-2pm

Sandwiches £3.00 / Panini's £3.50

- ♦ Egg & Cress ♦ Ham Salad ♦ B.L.T
 - ♦ Cheese & Onion ♦ Cheese & Pickle ♦ Tuna Mayo
 - ♦ Bacon, Brie & Cranberry £3.60 ♦ Cheese & tomato
 - ♦ Bacon Butty £2.50 ♦ Tuna Salad
- All Sandwiches/ Panini are served with a fresh seasonal side salad and crisps.*

Jacket Potatoes £2.50 with one filling

- ♦ Cheese ♦ Beans
 - ♦ Tuna, Sweetcorn & Mayonnaise ♦ Homemade Chilli
- 50p per extra filling

Toasties £2.50

- ♦ Ham ♦ Ham & Cheese ♦ Cheese & Pickle
- ♦ Cheese & Tomato

All items prepared fresh on order



Menu



Cakes £1.50 per slice

- ♦ Victoria Sponge ♦ Coffee & Walnut
- ♦ Chilli & Chocolate ♦ Lemon Curd

Hot Snacks £1.50

- ♦ Egg on Toast ♦ Beans on Toast
- ♦ Cheese on toast ♦ burger
- ♦ Cheeseburger

Snacks

- ♦ Flapjacks 50p
- ♦ Packet of Crisps 60p ♦ Chocolate Bar 30p

Drinks

- ♦ Selection of Coffee £1.50
- ♦ Tea £1.00
- ♦ Hot Chocolate £1.50
- ♦ Cans 80p

Craven Arms Community
Centre, Newington Way,
Craven Arms, Shropshire,
SY7 9PS

T: 01588 672847



Family Drop-in

Join us for a fun
time at
**Craven Arms
Sure Start
Children's Centre**
Stokesay Primary School Site,
Market Street, Craven Arms

Wednesdays
9.30 am - 11.30 am
Stay and Play with your child (under 5's)

- Fun activities with your children
- Healthy snacks and cold drinks provided
- All welcome

Come along and meet your local
Children's Centre Support Workers and
find out more about
Sure Start Children's Centre Membership
and what services are on offer



For further information please call:
Main Office on: 01588 673873
www.shropshire.gov.uk/childrenscentres



Who we are and what we do

Everyone looking after a child
under 5 years can register to
become a Children's Centre
Member.

Come along to one of our free
sessions in your local area. Meet
members of the team, chat to
other parents, play and have fun
with your children, get advice and
information.

To find out where and when your
local groups are, please contact
the main office for the south
of the county on
01588 673873





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
	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 - 4.30pm	£3.00	October – March ONLY

Wednesday	Knit & Natter	10.00am – 12.00 noon	FREE	
	Support from Sustain Consortium / Housing support	9.00am - 12.00pm	FREE	Pop in for tea/cake and a natter.
	Basic IT skills	10am – 1pm	FREE	Adrian
	Community Lunch	12.15pm	£2.50	Hot meal and slice of cake
	Tea Dance	2.00 - 4.00pm	£2.50	2 nd & 4 th Wednesday
	Junior Football 8 – 9yrs	5.30 – 6.30pm		Dave Rowley 07976 241 463
	Slimming World	5.30pm and 7.30pm	£4.95	Alan - 01584 874430
	Corvedale Badminton	8.15 – 10.00pm		

Thursday	Rhyme Time – under 5's	1.30pm – 2pm	FREE	Last Thur of month
	Gymnastics 3-16yrs	3.45 – 6pm	£3.00	07769151649
	Taekwon-Do	6.00 - 7.00pm	Sue Lloyd	01743 761 818
	Marches Branch Embroiderers Guild	7.00pm – 9.30pm	£1.50 (member) £5.00 (visitors)	1 st Thursday of the month

Friday	Local History Group	9.30am – 12pm	FREE	
	CASBA Samba Drumming	4.15pm – 5.45pm	Children £1.50 Adults £3	Carol: 01588 672640
	Flames Netball	4.30 - 5.30pm 5.30 - 6.30pm		U 11's 01584 U 16's 841231

Saturday	Marches Family Network	10.30am – 3.00pm		Once a month
	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 NOVEMBER 2015



CasCA Christmas Day Lunch

First of all we would like to say a huge thank you for your generous donation towards our Community Christmas Lunch.



The day went off incredibly well and everyone who came had a great time.

However, none of this would have happened without the generous donations given to us from the local community and the many volunteer who helped before and on the day itself.

Thirty eight adults and six children attended the lunch along with eighteen volunteers (three of whom didn't stay for lunch). They were provided with a three course meal consisting of homemade soup (leek & potato) and a roll, followed by turkey, stuffing, roast and mash potatoes with all the trimmings and finished off with a choice of Christmas pudding or ice cream. Finally, tea and coffee was served with mince pies and chocolates for those who still had room!

Children were not charged for their meal and some adults were only asked to pay their deposit.

Father Christmas also paid a visit and gave presents to each of the families who attended. In addition, giant games were available to play throughout the day by kind permission of Empathy.

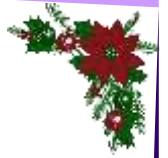
As a Community Centre we pride ourselves on providing events that go someway to supporting members of our local community. Christmas can be a time of year that some people dread for many different reasons for example, loneliness, money worries or ill health. By putting on this Christmas meal we hope to have made a difference to people who live in our community.

Alison Kennedy & Marilyn De Werrenne





CasCA LETTERS & WORDS OF THANKS



The amazing volunteers, to whom we are very grateful

Susan Wilson

Well done CasCa!

Nia Lynne Nita

Thanks CasCA you did us proud lots of hard work you put in, happy new year to you all x

Dear Ali and all the crew at the community centre many thanks for all the care and effort put into the lovely Christmas dinner the whole afternoon was amazing. Thanks also for the goody parcel. You helped make our Christmas. Patrick and Sandra and Christia

Jackie Lucas

Lovely idea

Marion Stevens

Well done everyone

Tracy Cooper

Well done everyone
xx

Dear Friends,
Thank you so much for inviting me to your Christmas Day Festivities, I very much enjoyed being with you and thought the friendship and companionship at CasCA was very welcoming.
The Christmas lunch was very good and excellent service from you all. Thanks a lot. Happy New Year to the whole team, Yours very sincerely, Mary Fellows

Rose Marston

Well done to you all

Dear Ali and Friends,
Thank you for all your hard work making the Community Christmas lunch such a tremendous success. I, for one, thoroughly enjoyed the food and the company. Happy New Year to you all. Cliff x

Dear Ali, Marilyn & all the Christmas Team,
Thank you for the welcome, the meal and all the trimmings they made a wonderful day to remember, John



ROB GARDNER - Caretaker

Rob Gardener, Caretaker for all our sites has recently been on a four day Weed Spraying Course—PA1 and PA6, which he passed and is now fully qualified. Well done Rob!

Twiddlemuffs

Our Wednesday Knitter Natters recently got involved with a great scheme through The Shrewsbury and Telford Hospital NHS Trust (SaTH) who have developed an innovative way to help patients with dementia.



A Twiddlemuff is a thick hand muff which has bits and bobs attached to the inside and out. It is designed to provide a stimulation activity for restless hands for patients with dementia.

Well done once again to our great bunch of knitters!

HIRE CHARGES FOR CasCA



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

August 2014

Healthy Friendships—Forget Me Not

Healthy Friendships – Forget Me Not is a supportive and informal environment for both carers and those who have dementia.

Share and exchange information, socialise and enjoy a choice of various activities including craft, reminiscence, seated sport, music, relaxation and cognitive stimulation led by trained staff and volunteers.

The sessions will take place every Tuesday 2pm to 4pm at Craven Arms Community Centre – £2 per session (includes carer).

Please note that membership is by referral only to Elaine Milton on 07549 318477

Healthy Friendships is a registered mental health charity "Encouraging people who endure mental or emotional distress to live happier, healthier and more fulfilled lives".

Every Tuesday 2pm—4pm—£2 per session includes carer

facebook



FIND US ON TWITTER & LIKE US ON FACEBOOK !

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

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

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

VOLUNTEER TRAINING OPPORTUNITIES

There are plenty of volunteer training opportunities in customer services, retail, warehousing and carpentry, these are great opportunities for developing employability skills in a workplace environment and giving something back to the local community.

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

IT Support @ Rocksring & 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 Rocksring 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 Rocksring Community Centre. Alternatively you can access the Community Directory at: www.shropshire.gov.uk/community-directory

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



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

Rosemary Collie—Social Enterprise Advisor

rosemary@furniturescheme.co.uk

James Cooper—General Manager

james@furniturescheme.co.uk

Gill Pitt—HR Learning & Development Manager

gill@furniturescheme.co.uk

Elaine Duggan—Community Directory & Marketing

elaine@furniturescheme.co.uk

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

kristine@furniturescheme.co.uk

Ben Jenkins—Reception/General Assistant (Mon—Thurs)

ben@furniturescheme.co.uk

Christine Perkins—Community Engagement Worker

chrisp@furniturescheme.co.uk

Adrian Cobley—IT Technician & Tutor (Thurs)

adrian@furniturescheme.co.uk

Lynda Hoad—Finance Officer

accounts@furniturescheme.co.uk

Amy Morling—Management Team Support/Fuse

amy@furniturescheme.co.uk

Rob Gardner—Caretaker

rob@furniturescheme.co.uk

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

Julie Nash—Renaissance Centre Retail Manager

Julie.Nash@furniturescheme.co.uk

Di Hyde—Work Placement Officer

diane@furniturescheme.co.uk

Paul Francis—Statistics Officer

paul@furniturescheme.co.uk

Richard Carpenter—Renaissance Centre Co-ordinator

richard@furniturescheme.co.uk

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

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

Simon Magill—Re-use Centre Manager

simon@furniturescheme.co.uk

Kevin Jones—Assistant Manager

kevinj@furniturescheme.co.uk

Stuart James—General Assistant

stuart.james@furniturescheme.co.uk

Tim Stevens—Van Driver

Kevin Gubbins—Van Driver

Chris Marston—General Assistant

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

Tel: 01588 672847 Email: casca@furniturescheme.co.uk

Maria Darcy, Community Centres Development Manager

maria@furniturescheme.co.uk

Alison Kennedy—CasCA Supervisor

Lorna Odour—General Assistant

Richard Handley—General Assistant

Adrian Cobley—IT Tutor/Technician (Wed)

Jackie Bowen—Finance Administrator

Alexis Seaborne—General Assistant

Marion Bailey—Domestic Assistant

Jade Watson—Domestic Assistant

Marilyn de Warrenne—Catering General Assistant

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

Michael Bolton, Business Development Manager 07816 510250 Gareth Roderick, Project Leader 07816 510272

Ian Bossons—Manager of The Longford Centre & Northfield Centre

The Longford Centre, Longford Road, Cannock, Staffordshire WS11 1QN info@longfordcentre.co.uk

Tel: 01543 571157 www.longfordcentre.co.uk

The Northfield Centre, Magnolia Avenue, Stone Road, Stafford ST16 3DU info@northfieldcentre.co.uk

Tel: 01785 248 733 www.northfieldvillage.co.uk

DIRECTORS

Chris Horton—Company Secretary

Julian Price—Co-opted

Chris Boote

Clare Ratcliff

Steve Price

Graeme Perks

Mike Beazley

Bryan Powell