

READ IT AND PASS IT ON PLEASE

Furniture Scheme News!

F R E E — PLEASE TAKE A COPY**VOLUNTEER VAN DRIVERS and VAN ASSISTANTS
WANTED URGENTLY**

at The Warehouse, Weeping Cross Lane, Ludlow



Want to help your local community?

Gain valuable work experience?

Meet new people?

Why not volunteer as a van driver or van assistant for the
Furniture Scheme?We can cover travel expense up to £10 and if you volunteer all
day we will contribute towards your lunch.Our vans are out on the road Monday to Friday and we need
people to help us collect and deliver furniture.

If you think you can help, please contact us 01584 874922 or

email diane@furniturescheme.co.ukwww.furniturescheme.co.uk

Registered Charity No: 1082068

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: 01585 877788 for furniture donations**

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



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

Phone: 01584 877751

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



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

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



FRIARS WALK, Ludlow Mascall Centre, Ludlow SY8 1RZ

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



CasCA, Newington Way, Craven Arms SY7 9PS Mon—Wed 9am—10pm, Thur 9am—9pm & Fri 9am—5pm, - by arrangement at other times. Phone: 01588 672847

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



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

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





OUR WONDERFUL VOLUNTEERS!

Di Hyde—Volunteer Co-ordinator

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

We continue to receive invaluable support across our sites from our dedicated Volunteers. There are, however, many opportunities still available particularly in our Warehouse, Carpentry Workshop and Craven Arms Community Centre. Whatever your interest we can find you a niche here at The Furniture Scheme.

You may need help to develop new skills, help with job search updating your C.V. or you may want to make new friends whilst giving your time supporting your local community.

If you would like an informal chat about availability please contact by phone or email. Whatever time and help you can give will be very much appreciated.

Week commencing 1st June 2017 sees the start of National Volunteer Week. This gives our organisation a good opportunity to thank our current volunteers and hopefully encourage new interest.

This year in July (weather permitting) we will be holding our annual volunteers BBQ at our Rockspring Centre, volunteers from all our sites are invited so there is a great opportunity for 'comparing notes', forging new friendships and generally having a lovely time.

See why Sheila decided to volunteer at Rockspring Community Centre below.

Life after a broken arm

by Sheila Adams, Rockspring Community Centre Volunteer Finance Assistant

After breaking my arm at Christmas and being told that it would be a long process to get it right, I decided that the time had come for me to retire.

For the first six weeks and with my arm in a sling, I didn't really feel like doing anything, but as I began to feel better and could do more, the boredom started to take hold. What to do?

Well, The Rockspring Centre is literally a two minute walk from my house so I decided to look on their website to see if there were any courses that would suit me and that's when I saw that they were asking for volunteers.

In for a penny, in for a pound, I rang and spoke to Di Hyde and arranged to meet up with her. As a result I now do three afternoons a week and am really enjoying it. A bit of reception and a bit of accounts or anything they want me to do really.

I was made to feel welcome from the beginning and have met a lovely bunch of people. Thanks Rockspring for helping me to get motivated and to start enjoying my retirement.

I would recommend it to anyone who has a bit too much time on their hands and would like to help this lovely well run scheme.

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.

We also need assistants in our Flea Market.

CasCA—General Assistants

Newington Way, Craven Arms SY7 9PS

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



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!

Rockspring Community Centre

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

We also need volunteer gardeners for our community garden.



Carpentry Workshop

Lower Galdeford SY8 1RZ

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

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



Jean Jarvis MBE—Chief Executive

You'll probably notice that there is no news from James Cooper this time. He's been very busy in the lead up to his marriage to Keris on 26th May and, I guess, the piece he normally writes was just one job too many! Some of us are attending various parts of the day, but all of us wish him and Keris a fabulous day and incredible honeymoon and a wonderful life together.

Though I say so myself, our newsletter makes for an interesting read. We're gearing ourselves up for National Volunteers Week in June with achievement certificates produced and cake ordered! We are so grateful for the support and assistance we get from our amazing volunteers. In her piece Gill talks about the work we have done for many years to support people experiencing mental health issues. We're proud of the way we welcome people into our midst and support them to recovery. Often it takes a long time for people to open up and talk about their issues, we understand this and provide an environment of trust where this can happen. Volunteering, with us and others, also prevents mental ill health by providing a supportive, friendly and fun environment to work whilst providing well used and much needed services to the local community – which, in my opinion, is a very rewarding way to spend some spare time.

I never tire of hearing the reasons why people volunteer. Here are seven of them...

- Being able to use their wealth of life skills and experience after retirement.
- Because giving up some of their spare time to volunteer could bring new opportunities.
- To build confidence and self-esteem – maybe after a setback in life.
- To gain experience in a new area, gaining useful employability skills.
- To meet new people and make friends.
- To give something back to their local community.
- To have fun!



Gill Pitt—Social Inclusion Manager

Last month saw Mental Health Awareness Week. There has been a lot in the news lately about mental health from the Royal Family's Heads Together campaign being the charity of the year at the 2017 London Marathon through to mental health awareness training being offered in all schools.

You may not know that here at The Furniture Scheme we have been promoting well being in the workplace and through volunteering for many years now. Did you know that all our staff are trained to support others? Did you know that for the last seven years we have been offering training aimed at equipping people to help those experiencing mental ill health and to help dispel stigma and discrimination?

One of ways we can live well is to be active and connected to the community we live in and what better way to do both than to volunteer for your local charity! With Volunteers Week just around the corner, 1st – 7th June, why not get in touch with Di, our Volunteer Coordinator, and see what we have to offer? Not only will it help us to support others but you may find you get something from it too.

There are lots of reasons to volunteer whether it is to pass the time, make new friends or give something back to others, whatever it is you will be assured of a warm Furniture Scheme welcome.

Life as a Trustee

What do you *actually* do then as a Trustee? This is a question I'm sometimes asked by my nearest and dearest – who I'm sure suspects that most of my time at the Furniture Scheme is spent in meetings drinking tea and eating biscuits.

Well – time to confess. There are meetings, hot beverages are available and there are sometimes biscuits too!

However, there's a bit more to being a Trustee than tea and biscuits. I'm going to try and explain what being a Trustee of a charity or not for profit organisation involves.

As a Trustee, I'm one of a small group of people who are responsible for making the key decisions about how the organisation is run. At the Furniture Scheme, there are 6 of us – all from different walks of life and backgrounds. None of us get paid – we all give our time because we support what the Furniture Scheme is doing and want to help it be a success.

We meet every 3 months or so as a Board to make sure the goals of the Furniture Scheme are being achieved, that we are managing our finances properly and we have a plan for future activity. The Furniture Scheme is a bit more complicated than you might expect – we run community centres, retail shops, a carpentry workshop and a warehouse. At every Board meeting Trustees have opportunities to question the Chief Executive and senior managers on how things are performing – and suggest action we can take to deal with problems or to improve what we do.

Why do it? Well I can't speak for all Trustees but for me it gives me a chance to use skills and experience from business and life in general to help an organisation that in turn helps people in my community who may be in less fortunate circumstances. I've met new people and been able to learn things and join a great team.

Life as a Trustee can occasionally be challenging and often stimulating – but there's always tea and biscuits!

Chris Boote—Trustee for The Furniture Scheme



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

After 5 months of reduced opening hours, we are pleased to have been able to extend our Warehouse shop opening hours as of May 1st. We are now **open Monday, Tuesday, Thursday, Friday 9:30am-3:30pm, Wednesdays 9:30am – 1:30pm and Saturdays 10am-2pm**. We hope to welcome back any customers who have not been able to visit the shop due to restricted opening hours and we are sure you will be impressed by the range of affordable furniture on offer.

We would also like to remind our customers that if you are in receipt of means tested benefits you are entitled to a 25% discount on items on sale at the Warehouse. You will just need to provide up to date proof of benefit to the Customer Service Assistant when making your purchase. This discount only applies to items we have received via donation not those we have purchased.

Carpentry Workshop

The workshop team have been as busy as ever working on the restoration and repair of donated furniture. The rejuvenated furniture is proving popular at Renaissance and keeping up with demand depends on the hard work of the volunteers.

If you are interested in volunteering at the workshop please contact Di Hyde on 01584 877751 or diane@furniturescheme.co.uk

Volunteers are in the workshop on Mondays and Tuesdays and we work with people with a range of skills and ability.

Renaissance



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

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

The Flea Market Open Monday—Saturday 9.30am—4.30pm.

Renaissance, 7—8 Tower Street, Ludlow
Tel: 01584 877751

The £1 Bookshop

The new £1 Bookshop at Renaissance has proved very popular with booklovers seeking out a bargain! You can find The £1 bookshop across the yard from the Renaissance furniture and rare bookshop.

"The Attic" at Renaissance

We are selling second hand clothes—shoes, handbags, belts and scarves as well as other items in our upstairs room above the flea market called "The Attic."

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 here at Renaissance.

Julie Nash, Renaissance Retail Manager, Tower Street, Ludlow.

Open Monday—Saturday 9.30am—5pm.

Telephone: 01584 877751 Email: Julie.Nash@furniturescheme.co.uk





Community News – by Christine Perkins – Community Engagement Worker

Hello Again

STOP PRESS

At the time of going to press Craig Nicholson from Craven Arms will have started his massive fund raising event for summer holiday activities at CasCa



Craig will be aiming to complete 5 wheelchair marathons in 5 days and hoping to raise in excess of £2500. Starting off from Eastbourne on Monday 22nd May and ending his final marathon in Poole on Friday 26th May – A total of 136 miles, all the money raised through sponsorship and donations via

<https://www.justgiving.com/crowdfunding/craignicholson> will be used for free local activities and coaching for young people living in Craven Arms.

If anyone would like to contribute in person rather than through the internet, donation forms can be found in all of our sites.

Craig told us "I have benefited from keeping fit and active, and helping provide opportunities for others is my goal!"

We all send our good wishes and thanks to Craig and his support team for this wonderful gesture.

Ludlow Small Gardens Festival



Sunday 2nd July 2017
10.30am – 6.00pm

Make sure you put the above date in your diary – 18 gardens to look at. Lots of other attractions as well ranging from Art Exhibitions, Refreshments, Vintage cocktails, plant stalls as well as information on Bee keeping and Hen welfare! Something for all the family and only £5 a ticket – Brilliant value for money. Do come along and support this event where all monies raised go to the Furniture Scheme.

Finally

Get Together Fridays

Our busy crafters have been getting creative over the past few weeks. Here are just a few of the products made – The group are aiming to sell these products through our outlets, so keep a look out and help support this group.

Everyone is welcome to come along, check our website or ring Rockspring Community Centre 01584 874922 for an up to date **Get Together Friday** programme.



Not long now until ...



LUDLOW SMALL GARDENS FESTIVAL!!!

Browse some of Ludlow's small gardens away from the town centre and find out what can be done in a small space!

Sunday 2nd July 2017 from 10.30 am to 6.00 pm

- Free bus service from Smithfield Car Park, Lower Galdeford
- Refreshments and Cream Teas
- Live music and bar
- Ice Creams
- Art exhibition by local artists
- Variety of stalls
- Children's 'corner'

Tickets: £5.00 from **Renaissance in Tower Street** or **Ludlow Assembly Rooms** from 1st June or on the day - on the bus, at selected gardens and at Rockspring Community Centre.

Accompanied children welcome. Appropriate footwear essential.

Further information available from the Furniture Scheme 01584 874 922

This event is run as part of the Furniture Scheme.

Visit the website for more information: <http://festivalofsmallgardens.co.uk/>





Helen moves on after seven years with The Furniture Scheme

A long serving volunteer and a well known book expert in south Shropshire has put her last book on the shelf and left the county.

Helen Muir, an expert in rare books, has volunteered at Renaissance in Tower Street, Ludlow, for more than seven years.

Well known in the town, she has been responsible for raising around £75,000 for The Furniture Scheme, the charity which runs the shop, through the sale of books alone.

Bosses believe thousands more has been raised through other work she has assisted with.

Ms Muir said: "I am delighted to have been able to put my knowledge to good use by working in Renaissance.

"It has been a great pleasure for me to be able to sort through the many books we have had donated and find some extremely rare ones over the years.

"From the £900 Rambles by Yorkshire Rivers to an entire library of Greek and Latin classics, there have been some very exciting times in the shop.

"It is now time for a change of scene for me and I hope the team from The Furniture Scheme can find someone else to help out and keep the popular shop going."

Ms Muir, who is the god daughter of James Bond author Ian Fleming, began volunteering at Renaissance after travelling past the shop a few times and seeing it as a challenge. So she went in and offered her help.

James Cooper, Operations Manager at The Furniture Scheme, said: "Helen has been responsible for building up the reputation of our bookshop over many years.

"People have visited us from Hay-On-Wye, world renowned for books and bookshops, and said this is the best bookshop outside of that town.

"We have been very lucky to have her here and are sad to see her go - but we are eager to build on the hard work she has done and will continue with this bookshop.

"We are looking for a new book expert to join our team of volunteers."

Helen has moved to the Welsh coast.

The Charity Bookshop Craven Arms

Would you be interested in:-

Helping to raise money for a worthwhile Local Charity

Being part of a dedicated team

Contributing new ideas

Getting to know more local people

Making new friends.

Learning about the value of Books

Learning new skills

If these things interest you come to the Craven Arms Charity Bookshop, sit on one of our comfy sofas and see what goes on.

If you think you would like to try working with us you could start by joining our reserve list and helping out when one of our regular volunteers is unavailable.

Of course we will give you the necessary training and you would never work alone in the Bookshop. We pay travel expenses where appropriate.

We all enjoy working in the Bookshop and feel sure you would too.

Why not give it a try?

Marlies Cope



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

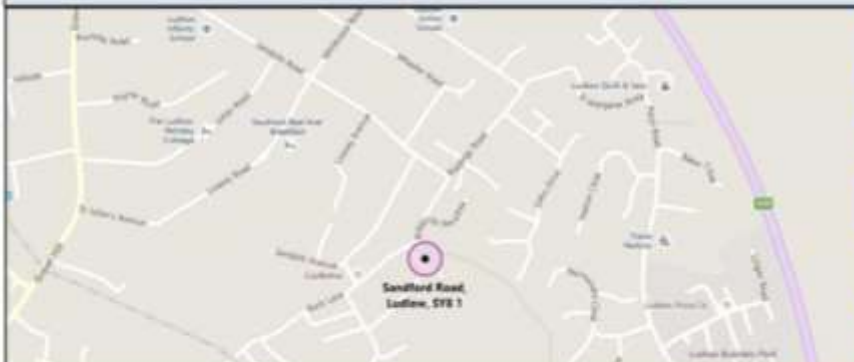
Office to let at Rockspring Community Centre

Sandford Road, Ludlow, Shropshire SY8 1SX



Office size 11ft x 9ft— £500/month or £6k pa but contact us and see what we can do depending on your requirements.

- Very Competitive price
- Parking
- Wifi access
- Reception service if required
- Relaxed Environment
- Building fully alarmed
- Kitchen facilities
- Furnished
- Can supply a landline
- Caretaker / cleaner included
- Rockspring Staff friendly and happy to help!



www.furniturescheme.co.uk/centres/rockspring-community-centre

To view the office or for more information please contact the Rockspring team on 01584 874922 or email rockspring@furniturescheme.co.uk



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 will 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)



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

Tea/coffee and a biscuit can be provided for 50p per person.

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
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	Chris: 01584 874922
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	
Friday	Get together Fridays - Cooking / Rag Rug making / crafts	10am – 12.30pm	FREE	Every other week
Saturday	Marches Polio Group – every 3 months – bring and share lunch	12pm - 3pm		Ask at Rockspring for next meeting date

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

April 2017



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

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

**01584
874922**

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).



The **Library** at CasCA, opening hours are Monday to Wednesday 9am – 10pm, Thursday 9am—9pm & Friday 9am – 5pm.

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.

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

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

We would like to welcome Kim Gripton to the CasCA team, she has taken on the role of cleaner.



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

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 **£2.50**.



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

Sandwiches

£2.90



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

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

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

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

Toasties

A choice from the
following fillings:

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

1 Filling £2.50

Home Made Soup of the day



Omelettes

Plain omelette £2.50

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

50p per extra filling

Special of the day

£3.00 inc a cuppa

A Selection of

*Homemade cakes
&
Homemade Biscuits*

Please take a look at the counter



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

*Bikers &
Walkers
Welcome*

*Photo copying
&
Printing*

Buffets

*Hot & Cold
Drinks and
Snacks*

*Eat in or
Take Away*

*FREE
WiFi*

*FREE
Use of
Computers*

Local Information Centre



Café

@

CasCA



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

SunDay FunDay
Sunday 25th June

12pm 4pm

FACE PAINTING
LIVE MUSIC

Glitter Tattoos
Birthdays Parties Family Occasions Company Events

BBQ
Food & Refreshments

DOG SHOW
Just for kids
2pm £1 per entry
Please contact the centre to register
01588 672847

MumMe
FITNESS

Slimming
WORLD
touching hearts, changing lives

PUT THIS on YOUR CALENDAR!

YOGA

Bridgnorth Bouncy Castle
Fetes, Private Functions, Weddings, Fund Raising Events

Table Top Sale
If you would like to book a Table
please call or email us at
casca@furniturescheme.co.uk
£5 per table

We have Zumba at 12pm to kick start it all.

Live music from 1pm—1.30pm and 3pm-3.30m by Tencily. This fab lot are all Empathy members and a shining example of all they work and stand for.

We have MumMe fitness at 1.30—2pm

At 2pm we are doing a Kids Dog Show £1 per dog & child please can they register by contacting the centre 01588 672847

Throughout the whole day we have:

- Alan from Slimming World,
- Bridgnorth Bouncy Castle and mini fair
- Ge's Face painting and Glitter Tattoos
- BBQ and refreshments

And most of all we are having a **Table Top Sale** 12—4pm to book at table at £5 please contact the centre 01588 672847

CasCA Volunteers

Whilst the response to our "volunteer drop in sessions" in April was disappointing it hasn't deterred us and we have been busy at CasCA delivering our services and improving the centre for community use.

The preschool has been bursting at the seams over the last few months and has now expanded out into the centre taking on another room and having a garden makeover to top it all off. This has not only improved facilities for the preschool but really brought the centre as a whole to life.

Our lunches for the preschool children are proving popular and help to deliver this service would be much appreciated if this is something you'd be interested in. Watch out over the summer months for further improvements within the centre, especially the sports changing rooms.

There are other things you may be interested in. We have just started craft sessions covering rag rugging, printing and other crafts on a Wednesday afternoon so why not come along to have a go and have a community lunch whilst you are there?

Being just as busy as ever we are in need of volunteers to help set up rooms, meet and greet visitors to the centre and there are always odd jobs to do about the place!

So if you weren't able to attend one of our drop in sessions it's not too late! Why not call by and talk with one of our staff team who will be more than happy to chat to you about volunteering with us here at CasCA?



Every 2nd & 4th Wednesday

Tea Dance

2PM-4PM

£2.50 PER
PERSON
INCLUDING
Tea & Biscuits



Craven Arms Community Centre 01588672847



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 - 4.30pm	£3.00	October – March ONLY
	Hula Hooping (Kids)	4.00 – 5.00pm		
	Spirit Light & Soul	7.30 – 9.30pm		Every second Tuesday
	Youth Forum Football	6 – 7pm	FREE	Rich Morley
	Glow Jive (Clubbercise)	6.30 – 7.30pm		

Wednesday	MumMe Fitness	9.10 – 10am	FREE	nina@futurefamilyfitness.co.uk
	Knit & Natter	10.00am – 12.00 noon	FREE	
	Yoga	11am – 12.30pm		01694 724317
	Community Lunch	12.15pm	£2.50	Meal and slice of cake
	Tea Dance	2.00 - 4.00pm	£2.50	2 nd & 4 th Wednesday
	C/A Football (under 11)	5.30 – 7.30pm		Dave 07976241463
	Slimming World	5.30pm and 7.30pm	£4.95	Alan - 01584 874430
	Zumba Fitness Class	7.00pm-8.00pm		07740835673
	Corvedale Badminton	8.00pm – 9.30pm		
	Zumba Fitness	7.00pm – 8.00pm	£5	07740835673

Thursday	Gymnastics 3-16yrs	3pm – 6pm		07769151649
	Adult Gym	6.15pm – 7.15pm		
	Yoga with Lec	6.15p – 7.30pm		lecandyoga@hotmail.com
	Marches Branch Embroiderers Guild	7.00pm – 9.30pm	£1.50 (member) £5.00 (visitors)	1 st Thursday of the month

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

Saturday	Empathy	2.00 - 4.00pm		Every Other Saturday

Badminton and Volleyball are available every day and evening upon request Tennis: £8.00 per Court
 Badminton: £8.00 Per Court. Volleyball: £8.00 Per Court. CALL 01588 672847 February 2017



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

HIRE CHARGES FOR CasCA



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

April 2016

YOGA



Every Thursday at Craven Arms Community Centre

6.15pm- 7.30pm

All abilities welcome.

Male or Female

Craven Arms Community Centre, craven Arms, Shropshire, SY7 9QP

lecandyoga@hotmail.com, 01588 672847



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 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.

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—Operations Manager	james@furniturescheme.co.uk
Gill Pitt—Social Inclusion Manager	gill@furniturescheme.co.uk
Amy Morling—HR & Administration Officer / Fuse	amy@furniturescheme.co.uk
Elaine Duggan—Marketing & Admin Assistant/Newsletter Editor	elaine@furniturescheme.co.uk
Christine Perkins—Community Engagement Worker	chrisp@furniturescheme.co.uk
Rob Gardner—Caretaker/ General Assistant for all sites	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—Operations & Administration Assistant	paul@furniturescheme.co.uk
Lisa Jacks—Customer Service Assistant	

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

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

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

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

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

Alison Kennedy—CasCA Team Leader	ali@furniturescheme.co.uk
Lorna Oduor—General Assistant	
Alexis Seaborne—General Assistant	
Jackie Wright—Finance Administrator	
Kim Gripton—Cleaner	
Marilyn de Warrenne—Catering Assistant	

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

DIRECTORS

Catherine Rogerson—Company Secretary	Julian Price—Co-opted	Chris Boote
Clare Ratcliff	Steve Price—Chair	Louise Holland
Mike Beazley MBE	Bryan Powell	

Reviive, Unit 4, Knights Park, Battlefield Enterprise Park, Shrewsbury SY1 3AB Tel **01743 588458**

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

Reviive, Unit 1 Mile Oak Industrial Estate, Maesbury Rd, Oswestry SY10 8GA Tel: **01691 679817**

The Wrekin
Housing Trust



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