

READ IT AND PASS IT ON PLEASE

## Furniture Scheme News!

FREE — PLEASE TAKE A COPY



Rockspring Community Gardens read all about it on page 3

The Furniture Scheme is a Social Enterprise and supporting local people and developing their full potential is at the core of our activities. 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 a Community Centre, Rockspring, in Ludlow, The Charity Bookshop in Craven Arms as well as Renaissance and The Warehouse in Ludlow.

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 9.30am—12.30pm **Phone: 01584 877788 for furniture donations**

- ⇒ Trading site
- ⇒ Computer recycling
- ⇒ Wood & Metal recycling
- ⇒ Bulky waste base
- ⇒ Bicycle refurbishment
- ⇒ Volunteering and placement opportunities
- ⇒ Donation point
- ⇒ Three vans based here
- ⇒ The Workshop



**RENAISSANCE**, 7-8 Tower Street, Ludlow SY8 1RL Mon—Sat 9.30am—4.30pm. Phone: 01584 877751

- ⇒ Trading site
- ⇒ Bookshop
- ⇒ Art
- ⇒ Information Board
- ⇒ Volunteering and placement opportunities
- ⇒ Donation point
- ⇒ Furniture restoration and upcycling
- ⇒ Furniture repairs



**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
- ⇒ Community Garden



**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





James Cooper—Operations Manager

Since February I have been writing a monthly column for the South Shropshire Journal focussing on the activities of the Furniture Scheme and other local community, voluntary **and charitable organisations. I'm still not quite sure why anyone would want to read a** column written by me but its great to have a platform to talk about our work as well as the issues facing people and in the area.

One big positive for the Journal is that they have gained at least one new reader – my Mum. So far the columns have been about reuse, loneliness, the impact universal credit and, most recently, gardening. The Rockspring Garden has sprung into action over the last month or so. We now have 6 volunteers who help to grow fruit and vegetables (including far too much Rhubarb!) which can be used in our community lunch, distributed to local **people or sold. I'm really pleased that the garden is starting to prove popular and is getting** a lot of interest – for the last couple of years it has only survived thanks to the hard work of volunteers Nick and John.

Other parts of the Furniture Scheme which are thriving are the Charity Bookshop and Rockspring Community Centre. Both have had a busy 12 months and the bookshop in particular has brought in much needed income for the Furniture Scheme. Thank you to the volunteers in Craven Arms who help to run this great shop.

At Rockspring, local charity Working Together are settling in very well and we are pleased to be working with such a great organisation. One huge benefit of this is that we have tasty food available from their café 4 days a week (Monday, Tuesday, Wednesday and Friday 10am-2pm! The Warehouse, Renaissance and Workshop teams have also been busy – all striving to deliver our services to those most in need. Each site plays its part to either directly help the disadvantaged or raise the money to fund our work.

We are lucky to have a group of excellent volunteers working across our sites but we are always looking for more help – van assistants are especially needed. If you, or someone you know, is interested in volunteering contact Di Hyde, Volunteer Coordinator, on 01584 877751 or [diane@furniturescheme.co.uk](mailto:diane@furniturescheme.co.uk)

Thank you to the Rockspring Choir who had a concert on 8th June , raising money for the Furniture Scheme – **I missed it but I'm told it was great!**

Over the coming months we are looking forward to our volunteer lunch, Ludlow Green Festival (Sunday 14th July) and lots of new activities. Make sure you like the Furniture Scheme on Facebook so that you can keep up to date with all the latest news.

Finally, a big congratulations to the Rockspring kitchen team, led by Rob, who achieved a 5 out of 5 food hygiene rating. Tasty and clean!



Justin Griffiths—  
Community Engagement &  
Volunteer Support Officer

Justin Griffiths 01584 874922

Email: [Justin.Griffiths@furniturescheme.co.uk](mailto:Justin.Griffiths@furniturescheme.co.uk)

Hello and welcome to the page in the newsletter that keeps you up to date with the exciting “Building better opportunities” (BBO) project at the Furniture Scheme. Nowhere else in the newsletter will you get offered such wonderful opportunities such as: volunteering placements, education and training information, guidance on potentially achieving your employment dreams and an in depth analysis of the greatest rugby team on earth – Wales! I shall spare all the non-Welsh my gloating that we dominated the six nations championship and I probably won’t even mention the fact we destroyed the English and there’s absolutely no chance of me discussing the fact that Wales are now the six nations champions after completing a Grand Slam of victories over the other nations. So let me talk about something else altogether.

I was recently invited by the Job Centre in Leominster to visit and speak to staff and clients about the BBO project. It was a very successful visit and not only have I begun to forge a close working relationship with the staff at Leominster JCP, but I was also fortunate enough to sign up a few more participants to the project. In fact the day went so well, I have been invited back again and hopefully this will become a regular event, so you may see me there in the future!

Another project that is in the planning stage is the volunteer dog walking project. This will involve volunteers giving up some of their free time to walk the dogs of those who cannot, for a number of reasons, walk their own dog. This project will hopefully go live in 2020 and is only being made possible by the fantastic support of CO-OP. We are very fortunate to have had our project selected by CO-OP as one of their three local causes to receive funds from membership and sales of carrier bags and bags for life. The fundraising lasts a year and so far we have raised over £1000 (it ends in October). CO-OP in Leominster invited me to their store so that I could talk about the project to staff and customers, they were very friendly and they took time out of their busy day to allow me to bend their ears about how passionate I am about walking dogs for those who cannot. Quite often dogs provide company and companionship for those who live alone and without their furry best friend, they would be isolated – this project will not only enable them to keep their dog, but to also get some human contact from another dog lover. I have seen first hand how much of an effect this type of service can have on someone’s life and it is nothing short of amazing!

Later this year we shall be looking to recruit volunteers for our dog walking project. We shall provide all the equipment needed along with doggy first aid training, so you are 100% prepared to have a safe and enjoyable time walking dogs. If you think you may be interested in volunteering to be part of this project when it starts next year, then please feel free to get in touch with me at Rockspring (01584 874922), email me: [justin.griffiths@furniturescheme.co.uk](mailto:justin.griffiths@furniturescheme.co.uk), or simply stop me for a chat.

In the meantime, have a great Summer and look forward to Wales winning the rugby world cup this Autumn!



## 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](mailto:diane@furniturescheme.co.uk)

### The Charity Bookshop

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

Friday mornings

**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 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 - 4.30pm.

### Warehouse

Weeping Cross Lane, Ludlow SY8 1JH

We desperately need: -

- ◆ customer service assistants
- ◆ warehouse assistants
- ◆ van drivers and van buddies
- ◆ sorting and pricing bric-a-brac

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

Volunteers are needed to help in our Community Garden on Thursdays 9am—12pm. April to October

### Renaissance Workshop

Tower Street, Ludlow SY8 1RL

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.

## Craven Arms Charity Book Shop

For ten years, Marches Book Arts Group have met in Clun to explore and create book arts and **artists' books**. Members come from across the English/Welsh border region to share ideas and skills in a variety of disciplines such as textiles, altered books, paper structures and sculpture, calligraphy, graphic design and printmaking. We also exhibit at both large and small fairs, and **will be displaying our artwork on the theme of 'Furniture' in The Charity Bookshop window in August.**

You can find out more about us on our website - [www.marchesbookartsgroup.co.uk](http://www.marchesbookartsgroup.co.uk)

Valerie Spanswick for Marches Book Arts Group

[marchesbag@gmail.com](mailto:marchesbag@gmail.com)

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### Five star rating for Rockspring kitchen!



We are delighted to announce that we now have a five star rating at Rockspring Community Centre. Well done to Rob Gardner our caretaker and chief cook for our Thursday community lunches.



**BBO Herefordshire  
BBO Shropshire**  
where will **your** journey take **you?**



**The project is funded by The National Lottery Community Fund and the European Social Fund.**

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.  
funded by the European Social Fund and The Big Lottery Fund.

For more information call Justin Griffiths on 01584 874922 or email [Justin.Griffiths@furniturescheme.co.uk](mailto:Justin.Griffiths@furniturescheme.co.uk)



## 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 9.30am-12.30pm. 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 or large Televisions**

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

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

**MON TO THURS**

\* We will contact you to confirm your donation

**2** Your item must be in good condition

**3** This must be on your sofa\*

\* If you're donating a sofa!

**To donate: please call 01584 877788  
or go to [www.furniturescheme.co.uk](http://www.furniturescheme.co.uk) to book your item in online**

## South Shropshire Youth Forum

The Youth Forum is pleased to report that the After School Homework club being delivered at the Rockspring centre on Thursdays is going well. We are open to new members, so just turn up and sign in – it's FREE! It's aimed at 8–11 year olds and runs 3.30–5pm during term time.

There is still a FREE confidential drop-in session for anyone has issues related to young people prior to the homework club, so feel free to drop-in, no appointment needed!

The **Rockspring Garden project** will be delivering sessions over the summer holidays; so we'll be looking for people to help. If you know someone who desperately needs help and is unable to physically manage themselves, please get in touch. Demand has grown over the years so we'll do our best to get to everybody. Use the form below to contact the project direct.

Thanks

# Need help with your garden?



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

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

South Shropshire Youth Forum (SSYF) is developing community projects to help  
young people get actively involved in their communities

**ALL SESSIONS** are adult supervised & done at a time convenient for you  
**PLEASE FILL IN THIS FORM BELOW IF YOU ARE INTERESTED IN HAVING SOME  
HELP & return to *ROCKSPRING CENTRE, SANDFORD RD, LUDLOW* or email  
*richssyf@yahoo.com***

NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
CONTACT NUMBER: \_\_\_\_\_  
WORK NEEDED (I.e., weeding, grass cutting) \_\_\_\_\_



SSYF is a registered charity.  
Number: 1068321

**TESCO**  
Bags of Help





**Working Together Ludlow**  
to include people with learning difficulties

## Mini Café Menu

See our specials board  
open Monday, Tuesday, Wednesday & Friday 10am—2pm

### FOOD (Vegetarian)

	Eat in/Out
Homemade Soup of the Day	2.50
Homemade Vegetable Curry/Chilli	3.50

Sides: Jacket Potato—order before 11am, Bread Roll or Rice .50p  
Specials may include: Greek salad, vegetarian pasties, sausage rolls or scotch egg.

### CAKE

Slice of homemade cake (selection available)	1.50
Cheese Scones with Butter	1.50
Toast (two slices) with Butter, Jam or Marmalade	1.50

### HOT DRINK—bring your own mug for 50p discount

Coffee: Americano, Cappuccino (cup)	1.50
Americano, Cappuccino (mug)	2.00
Espresso	1.50
Double Espresso	2.00
Latte	2.00

Tea (including Speciality varieties)	1.50
Hot Chocolate	2.00

### COLD DRINKS

Orange Squash/Blackcurrant	.50p
Mineral Water (sparkling)	1.00
Cartons of Apple and Orange Juice	1.00
Cordials served with sparkling water	1.50

Food Allergies and intolerances: Please speak to one of our staff about ingredients when placing an order.

Working Together (Ludlow) Ltd—To include people with learning disabilities  
Rockspring Community Centre, Sandford Road, Ludlow SY8 1SX  
Tel: 01584 318925 Email: [admin@workingtogetherludlow.co.uk](mailto:admin@workingtogetherludlow.co.uk)  
[www.workingtogetherludlow.co.uk](http://www.workingtogetherludlow.co.uk)  
Registered Charity No: 1147358 Company No: 7982400 registered in England and Wales

We are delighted that Working Together are now based at Rockspring Community Centre and have their Mini Café where they serve delicious cakes, scones, soup, vegetarian pasties and curries. Open Monday, Tuesday, Wednesday & Friday 10am – 2pm—do call in and see them. Also available to order and enjoy at home as a takeaway.

They also provide a delivery service! Give them a ring to see if it's available in your area on 01584 318925.

All the food produced is made by Working Together's learning disabled members with support from a highly motivated team of staff and volunteers.



Community Garden

## ROCKSPRING THURSDAYS

At 12.15pm we hold a Community Lunch for only £2—it's either baked potato, cottage pie, sausage & mash, chilli & rice, lasagne, vegetable soup followed by a dessert. Everyone welcome, no need to book, but if you are vegetarian it would be useful to know. See our website/Facebook page or call in to find out what the dish of the week is:

[www.furniturescheme.co.uk](http://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 are offered a free Community Lunch.



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

Telephone: 01584 874 922 Email: [rockspring@furniturescheme.co.uk](mailto: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	N/A	N/A	N/A
PRIVATE HIRE CORVE - SEATS 10 - 12	£8.00	N/A	N/A	N/A
RATE PER HOUR OR PART THEREOF	WEEKDAYS 9am - 5pm	WEEKDAYS 5pm - 9pm	SATURDAYS 9am - 5pm	SATURDAYS 5pm - 9pm
COMMUNITY GROUPS MAIN HALL - SEATS 60	£9.00	£13.00	£13.00	£16.00
COMMUNITY GROUPS TEME - SEATS 20 - 25	£8.00	N/A	N/A	N/A
COMMUNITY GROUPS CORVE - SEATS 10 - 12	£7.00	N/A	N/A	N/A

Payment in advance is requested for all private parties.

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

To book a room or for more information contact: 01584 874922 or email [rockspring@furniturescheme.co.uk](mailto:rockspring@furniturescheme.co.uk)

# rockspring community centre

## What's on at Rockspring

Day	Activity	Time	Cost	Other Notes
<b>MONDAY</b>	<b>Baptist Church Lunch Club</b> 2 <sup>nd</sup> Monday of the month	12 noon – 2pm	£2.50	Diane: 01584 831109

<b>TUESDAY</b>	<b>Fun with Flowers</b> - basic flower arranging	10am – 12pm	FREE but bring your own flowers	Every three weeks
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<b>WEDNESDAY</b>	<b>Tai-Chi</b>	10am – 12 noon	£9 or concession £7	Susan: 01584 874296
	<b>Singing for Lung Health</b>	2.30pm – 3.30pm	£4 a session	Kate: 01584 890284
	<b>Rockspring Community Choir</b>	7.15pm – 8.45pm	£3 sub	01584 874922

<b>THURSDAY</b>	<b>IT Support</b> - help with Universal Credit, benefits, house search, job applications etc	9am – 12pm	FREE	Drop-in
	<b>LUNCH</b> – it's either soup, baked potato, cottage pie, sausage & mash or pasta bake etc followed by a dessert – all welcome! Lunch is <b>FREE</b> for community garden volunteers.	12.15pm	£2	No need to book just turn up! Although if you are vegetarian please let us know in advance.
	<b>Ludlow Community Reiki Clinic</b> 2 <sup>nd</sup> Thurs of the month	1pm – 3.30pm	£5 or conces £2.50	01584 890 284 07817 250 762
	<b>Young People Information &amp; Support</b> drop-in 16 – 21 yrs	2.15pm -3.15pm		Drop-in
	<b>Homework Club</b> – 8 – 11yrs	3.30pm – 5pm		

<b>FRIDAY</b>	<b>Job Club</b> – job search skills, cv creation, interview techniques etc	10am – 12pm	FREE	Last Friday of the month.
	<b>Get together Fridays</b> - Craft	10am – 12.30pm	FREE	Craft takes place every week
	<b>Intellistars</b> – fun play the learning way for pre-school children	1.30 – 2.30pm		Amy Bottoms 07876400905

<b>SATURDAY</b>	<b>Marches Polio Group</b> – 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 ) Food parcels are made up on Monday, Wednesday, Thursday & Friday between 11am – 1pm and can be collected from Rockspring Monday – Friday 9am – 4.45pm.

Rockspring Community Garden – run by volunteers for the community. Contact: Justin Griffiths - 01584 874922

Computers are available Monday, Tuesday & Friday 9am – 4.30pm. **PLEASE NOTE** – NOT AVAILABLE ON WEDNESDAY MORNINGS OR THURSDAY AFTERNOONS.

**MARCH 2019**



## ROCKSPRING NOTICE BOARD



# ROCKSPRING COMMUNITY LUNCH



**WE SERVE LUNCH  
EVERY THURSDAY  
AT 12.15pm**

It will be either Lasagne, Cottage Pie, Sausage & chips,  
Baked Potato, Chilli con Carne, Soup or Chicken Pie.  
Followed by a dessert.

No need to book but if you are vegetarian  
please let us know in advance.

PLEASE NOTE: All our dishes are prepared in an environment that is NOT free from nuts, seeds,  
gluten or lactose, therefore all dishes may contain traces.

**ONLY £2**

**EVERYONE IS WELCOME WHERE EVER YOU LIVE  
WHY NOT JOIN US!**



## IT Support at Rockspring

Did you know we now provide basic support for IT free of charge at Rockspring Community Centre?

Drop in on a Thursday morning and maybe even enjoy our great value Rockspring Community Lunch afterwards.

We also offer  
1 to 1 meetings  
for more comprehensive  
IT issues by appointment  
and can offer help with:

- Universal Credit
- Personal Independence
- Attendance Allowance
- Child Benefit
- Connexus House Search
- License/Passport Applications
- Online Job Applications
- Any other complex online forms

(1 to 1 appointments will always be on a Thursday between 9am and 12pm)

**the Furniture  
Scheme**



Rockspring Community Centre  
Sandford Rd, Ludlow  
SY8 1SX

01584 874922

info@furniturescheme.co.uk



## Rockspring Job Club



The Furniture Scheme run a Job Club that takes place on the last Friday of every month at 10am - 12pm. We can help you with:

- Online job search skills
- Interview techniques
- CV creation and updates
- How to best apply for jobs

Rockspring Community Centre, Sandford Rd, Ludlow SY8 1SX  
Tel: 01584 874922 Email: info@furniturescheme.co.uk



shropshirehousing.org.uk

This will take place every week soon.



# Worried about your hearing?



## A free hearing screening could help

Signal will be at the Rockspring Community Centre on Thursday 20th June between 11 am and 2 pm conducting free hearing screenings.

Drop in and see us at any time - we'd love to help

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



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[www.signal.org.uk](http://www.signal.org.uk)



Ludlow Baptist Church

## LUNCH CLUB

Every second Monday of the month at 12.30pm except July & August

Home-made soup with bread rolls, butter & cheese, and desserts plus tea or coffee for £2.50

After everyone has eaten, there is a short talk based on a Christian theme and also a "sing a long" - members of the Lunch Club love to sing!

If you would like to attend or would like more information contact: Diane 01584 831109

Do you have breathing difficulties?



Join a singing for lung health group today. It may help you to breathe better and it's fun.

Everyone welcome - no previous singing experience necessary.

Contact Kate Jones  
on 01584 890 284/07817 250 762

We meet on Wednesdays 2.30pm—3.30pm  
at Rockspring Community Centre, SY8 1SX

The group leader above can explain more about singing for lung health classes. They are a singing professional who has completed a BLF endorsed training course to provide safe and relevant singing instruction to people with lung conditions.

Contact the British Lung Foundation for more information about lung health  
Helpline: 03000 030 555 [www.blf.org.uk](http://www.blf.org.uk)

Registered Charity (England & Wales) 105815, 2019-2021



## Rockspring Community Choir

Wednesday Evenings 7.15pm—8.45pm—Rockspring Community Centre  
£3.00 a week subs

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

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

A warm welcome awaits

For more information phone Rockspring Community Centre  
01584 874922 or email: [rockspring@furniturescheme.co.uk](mailto:rockspring@furniturescheme.co.uk)



## LUDLOW COMMUNITY REIKI CLINIC

1.00 pm – 3.00 pm every 2<sup>nd</sup> Thursday

17<sup>th</sup> Jan, 14<sup>th</sup> Feb, 14<sup>th</sup> March, 11<sup>th</sup> April, 9<sup>th</sup> May,  
13<sup>th</sup> June, 11<sup>th</sup> July, 8<sup>th</sup> Aug, 12<sup>th</sup> Sept, 10<sup>th</sup> Oct,  
14<sup>th</sup> Nov, 12<sup>th</sup> Dec 2019

At Rockspring Community Centre,  
Sandford Road, Ludlow, SY8 1SX

A group of volunteers, all practising Reiki for varying lengths of time, offer you an opportunity to experience this gentle healing technique for yourself. Each one of us has felt the benefits of Reiki in our own lives, have decided to learn it for ourselves and now are pleased to be able to share the gentle touch of our hands with you.



To receive a treatment, there is no need to take your clothes off; you just lie down and experience the comforting, relaxing flow of energy in a series of hand positions. Treatment can also be given seated in a chair if this is more comfortable for you.

Each appointment lasts half an hour. Please book your appointment, or just come along to meet us.

We make a charge of £5.00 (waged), £2.50 or what you can afford (low income/on benefits). No one is ever turned away for lack of finances. These charges cover our costs and any surplus is donated to local community causes.

**Ask questions or book an appointment by calling Kate on 01584 890 284/07817 250 762**



## Ludlow's Repair Café 2019 dates

26<sup>th</sup> January (Mascall Centre)

27<sup>th</sup> April (Rockspring)

27<sup>th</sup> July (Mascall Centre)

26<sup>th</sup> October (Rockspring).

Cafés run between 10.00 am and 12.30 pm.

If you have anything which has broken or is simply not working like it used to bring it along to one of the Repair Cafés and the team of volunteers will fix it if they can!

For more information contact Diane: 07786 620 624  
[diane.lyle@btinternet.com](mailto:diane.lyle@btinternet.com)

## the Furniture Scheme

*Looking for quality  
white goods locally?*



**Did you know we now stock an extensive range of refurbished electrical appliances at our Warehouse that are reasonably priced & from a trustworthy source?**

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The Furniture Scheme, Rockspring Community Centre are on Facebook and we welcome anyone to who would like to follow our pages!

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

Also visit our website for more information about The Furniture Scheme and up to

### 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](mailto:diane@furniturescheme.co.uk)

### IT @ Rockspring

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).



Visit our website for up to date news: [www.furniturescheme.co.uk](http://www.furniturescheme.co.uk)

## The staff and where they work

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

James Cooper—Operations Manager [james@furniturescheme.co.uk](mailto:james@furniturescheme.co.uk)

Gaynor Abel—Executive Support & HR Administration Officer [gaynor.abel@furniturescheme.co.uk](mailto:gaynor.abel@furniturescheme.co.uk)

Justin Griffiths—Community Engagement & Vol Support Officer [justin.griffiths@furniturescheme.co.uk](mailto:justin.griffiths@furniturescheme.co.uk)

Elaine Duggan—Marketing, Administration & Newsletter [elaine@furniturescheme.co.uk](mailto:elaine@furniturescheme.co.uk)

Rob Gardner—Caretaker & General Assistant [rob@furniturescheme.co.uk](mailto:rob@furniturescheme.co.uk)

Lynda Hoad—Finance Officer [accounts@furniturescheme.co.uk](mailto: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](mailto:julie.nash@furniturescheme.co.uk)

Richard Carpenter—Retail & Systems Administrator [richard@furniturescheme.co.uk](mailto:richard@furniturescheme.co.uk)

Di Hyde—Volunteer Co-ordinator [diane@furniturescheme.co.uk](mailto:diane@furniturescheme.co.uk)

Paul Francis—Operations & Administration Assistant [paul@furniturescheme.co.uk](mailto:paul@furniturescheme.co.uk)

Lisa Jacks—Customer Service Assistant

Stefan Laird—Workshop Supervisor [carpentry@furniturescheme.co.uk](mailto: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](mailto:simon@furniturescheme.co.uk)

Kevin Jones—Assistant Manager

Tim Stevens—Van Driver

Daniel Price—Van Driver

Charlotte Bayliss—Van Driver

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Tel: 01588 673902 Monday to Friday 9.30am - 4.30pm and Saturday 9.30am - 1pm.

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