

Issue 2

July/August 2023

Stockingford COMMUNITY Matters

Your new **FREE** magazine from
Stockingford Community Centre



Hello and welcome to our second Stockingford Community Matters. Lots has been happening here at Stockingford Community Centre, the edible garden is growing well providing some lovely ingredients for the delicious food served up at our community cafe. You'll find lots going on this month from Line Dancing classes to Rainbows plus also three new classes, one sewing class and two fitness classes so, there's something for everyone.

Help us to serve our Community

Can you spare a couple of hours to help out at our Community Centre? As from 1st July, Stockingford Community Centre is going to be running itself and we need the help of local people to make sure this wonderful place continues to thrive.

Could you help at our cafe which is open every Thursday, 10 - 1.30?

Would you be able to help out with some small DIY jobs, or maybe you have a couple of hours to come up and do some cleaning or maybe help with some admin?

Please pop in to see Gerry, the Centre Manager who will be here every weekday between 9 and 3 or call her on 02476 388508.



Summer Fun - Craft with Little Pegs

Come and craft with Helen ! SEND inclusive crafts for children. 10 -12 on each of these dates.

27th July - Face plant pots with growing hair

3rd August - Rock Painting, help make our rock snack mascot.

10th August - Bird feeder garden decorations.

17th August - Cake decorating.

31st August - Eye-boggling spinners.



Donation of £1 appreciated

Get on Down!

Fancy a new hobby? Have you ever considered Line Dancing? Line Dancing is fun and social way to keep fit and active.

Here at Stockingford Community Centre Pat's Line Dancing class fills all those roles , come and join Pat and friends every Thursday 11.15 - 12.15 in the large hall.

Pat has 32 years of Line Dancing under her belt and used to take part in national line dancing competitions up and down the UK.



Money Matters

Many of us are struggling with the cost of living. The price of food seems to be going up weekly, the cost of gas and electricity is crippling and soaring rents are frightening. Here at Stockingford Community Centre one of the things we can help you with is financial advice. Once a month we are joined by Lisa Bindley from Nuneaton & Bedworth council 's Financial Inclusion Support Team. Lisa will be here to offer you advice regarding any financial problems you may be experiencing , Lisa can help you with budgeting and managing money, manage council debts, get help with fuel bills, identify and benefits you can claim and identify any additional money, health and wellbeing support.

If you would like to come and chat with Lisa about any money problems you may be facing she will be here at Stockingford Community Centre next on Thursday 27th July from 12pm until 2pm, you don't need to book, just drop in for an informal chat and see how Lisa can help your finances.



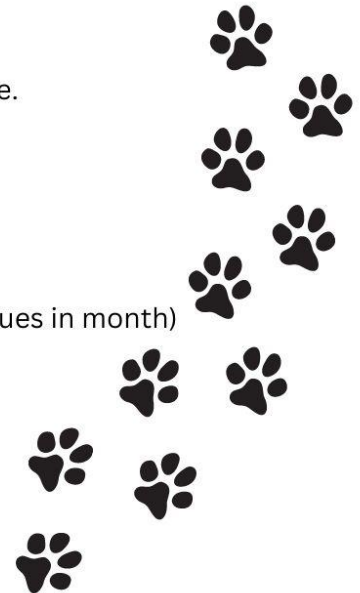
What's Happening



- Mon** 9.00 - 9.45 Body Boost Low impact fitness class.
- Mon** 10.00 - 12.00 Craft Club
- Mon** 10.00 - 11.00 Line Dancing
- Mon** 17.45 - 18.45 Junior Mixed Martial Arts (Children 6 -13yrs)
- Mon** 19.00 - 20.00 Boxing (Children 13+yrs)
- Mon** 20.00 - 21.00 Senior Mixed Martial Arts (Children 14+yrs)

- Tues** 9.30 - 10.15 Zumba Class
- Tues** 10.30 - 11.15 Mellow Movements chair based low impact exercise.
- Tues** 10.30- 12.30 Sewing with Dawn
- Tues** 13.30 - 15.00 Tea and Chat various activities fortnightly
- Tues** 16.30 - 17.30 Rainbows (5-7)
- Tues** 17.45 -19.30 Brownies (10 -16)
- Tues** 20.00 - 21.00 Line Dancing
- Tues** 18.00 - 20.00 Sophia Pregnancy Loss and Support Group (1st Tues in month)

- Wed** 10.00 - 12.00 Wednesday Warm Hub
- Wed** 10.00 - 12.00 Baby / Toddler and Parent sessions (Barnardos)
- Wed** 13.00 - 15.00 Indoor Bowling
- Wed** 16.00 - 18.00 Mind Youth Club (8 – 12yrs)
- Wed** 18.30 - 19.30 Vocalize (singing for 11- 18yrs)
- Wed** 19.15 - 21.00 Premier Puppy

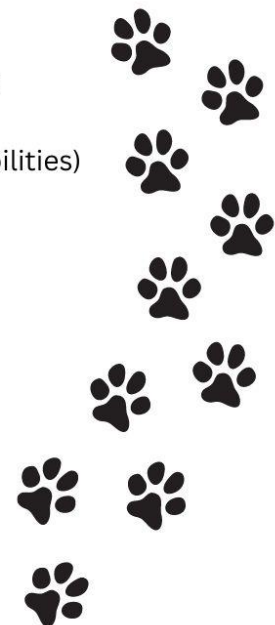


- Thurs** 10.00 - 11.00 Keep Fit (Pat)
- Thurs** 10.00 - 14.00 Community Café
- Thurs** 14.00 - 15.30 Dementia / Wellbeing Café
- Thurs** 11.15 -12.15 Pat's Line Dancing (beginner / improver)
- Thurs** 14.00 - 15.30 Mindfulness Café ALL WELCOME
- Thurs** 16.30 - 18.30 Montessori School Project Polish language classes for children 6 - 12 yrs
- Thurs** 19.00 - 20.00 Boxing (13 +yrs))
- Thurs** 20.00 - 21.00 Real Combat System (Age 14+)

- Fri** 10.00 - 12.00 Computers / Tech Surgery All welcome
- Fri** 13.00 - 14.00 Let's Sing singing for pleasure, adults ALL WELCOME
- Fri** 9.30 - 11.30 Baby / Toddler and Parent sessions (Barnardos)
- Fri** 17.00 - 18.00 Stagefright (Performing arts class for all ages and abilities)
- Fri** 19.00 - 21.00 Forward in Faith
- Fri** 10.30 - 15.00 Ask Katie Project (Hygiene Bank)

- Sat** 9.30 - 12.00 Premier Puppy and Dog Training
- Sat** 13.00 - 15.00 Little Pegs (mtngs every 3rd sat of the month)
- Sat** 13.00 - 16.00 Tourettes Action Support group (mtngs TBA)
- Sat** 18.00 - 20.00 Tree of Life

- Sun** 10.00 - 12.00 Love World Church
- Sun** 9.30 - 12.30 Living Well Church
- Sun** 11.30 - 12.30 Junior Mixed Martial Arts (6 – 13yrs)
- Sun** 10.00 - 13.00 Football (Sunday league)



MOBILE WARM HUB CAFE COMMUNITY

FROM 5th JULY
Stockingford Community Centre, CV10 8DY
Wednesdays 10.30 am - 12.30 pm until end September



- Meet new people
- Enjoy free hot /cold drinks and biscuits, board games and craft activities
 - Get energy/home safety information and free carbon monoxide alarms



EVERYONE'S WELCOME!

Follow our journey: @wrccrural
 t: 01789 842182 e: warmhubs@wrccrural.org.uk w:
 wrccrural.org.uk/wrcc-warm-hubs



Community project sponsored by



SUMMER Holiday Camp

STOCKINGFORD

OUR CAMP COMMITMENT

- ✓ Up to date DBS Checks
- ✓ First Aid and Safeguarding Trained
- ✓ SEND Specialist Staff
- ✓ HUGE Range of Activities
- ✓ Offsite Nature Trails and Park Visits
- ✓ Competitions & Prizes
- ✓ Themed Activity Weeks

COMMUNITY CENTRE, CV10 8DY

Mon 31st July, 7th, 14th & 21st August 23
 Tues 1st, 8th, 15th & 22nd August 23

11am - 3pm

4 - 12 year olds

Full Day	*Siblings	Half Day
£12.50	£10	£7

* Sibling Discount can be applied for additional children when paying full price for the first child.

POSITIVE IMPACT
Foundation

HAF CODES ACCEPTED

BOOK YOUR PLACES

pifoundation.pembee.app

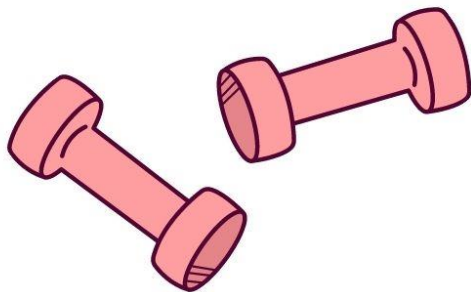
YOU NEED:

- Suitable Clothing
- Plenty to Drink
- Lunch & Snacks
- Medical Information

New To Stockingford Community Centre

There's some new classes starting here at Stockingford Community Centre.

If you fancy learning to sew or building on your sewing skills Dawn's sewing class would be the perfect place. Dawn will be here every Tuesday 10.30 till 12.30 if you'd like to come along please give Dawn a call to book your place on 07737 875569. Learn how to use a sewing machine and over locker, learn how to follow a sewing pattern or do patchwork, quilting and applique. Create your own clothes or home accessories. No experience is needed.



Also starting soon we have two exercise classes. On Monday mornings 9 - 9.45am there will be Body Boost, a class using light dumbbells which will be low impact. Suitable for beginners with floorwork or chair if you wish. On Tuesday 10.30-11.15am there will be Mellow Movements, a slow stretch class to mellow music, core work and relaxation using a chair, no floor work involved. Both of these classes are £5 each.

A colorful advertisement for a birthday party. It features four children wearing party hats and holding balloons (blue, yellow, red, and green) against a blue background with white clouds. The text is centered in a white circle.

**Book Your
Birthday Party
At Stockingford
Community
Centre**

**Call Gerry 02476 388508 for more information
£60 for 3 hours**

1. Use a re-usable water bottle. In addition to reducing plastic waste you'll be saving money. It can take up to 500 years for a plastic water bottle to break down. Katie has been using the same stainless steel water bottle for about 5 years now and takes it everywhere she goes.



2. Ditch the wipes. Pat's top tip for plastic-free living is to ditch the wipes for reusable make-up cleansing pads instead of cleansing wipes and washable cotton dishcloths for household cleaning jobs. Wipes contribute to 90% of drain and sewer blockages in the UK.

Most household cleaning wipes, baby wipes, and cleansing wipes contain plastic which break down rapidly into micro-plastics which pollute our water systems, rivers and oceans and are in the water we drink.

3. Opt for a bar of soap.

Katie and her partner haven't used any shower gels, body washes or hand soap for a few years now, around her house you'll find bars of soap, soap for washing mucky hands that have been tinkering with engines or working on the allotment, and soap in the shower.



4 Swap to shampoo and conditioner bars. This is one of Katie's favourite swaps. A shampoo or conditioner bar from her favourite shop Lush can last up to 6 months, although the initial cost can be off-putting but when you think about how many bottles of shampoo and conditioner you would normally buy over a six month period it can work out cheaper.



5. Switch to a bamboo toothbrush. A plastic toothbrush takes approximately 500 years to decompose. That means even the first toothbrushes, which were made in the 1930s, are still buried somewhere. If that's not mind-bending enough, according to National Geographic you're likely to use around 300 toothbrushes during your lifetime.

And that's just you. Toothbrushes are very difficult to recycle as up to five different plastics may be used in one toothbrush and its packaging.

6. Switch to re-usable period protection. You can save yourself ££££s in the long run swapping conventional period protection which will contain plastics, be that in the product itself or the packaging. Period pants are becoming very popular with teens and younger women as are period cups. Ask Katie is now working in partnership with Hey Girls, a company that sells and supplies a whole range of plastic free period protection to women and girls in the UK.



There are many more ways to cut down on your plastic usage...just ask Katie, she'd be more than happy to chat. From buying milk in glass bottles from the milkman to ditching disposable plastic razors all these small steps can help. Many people taking small steps to reduce their plastic waste is better than one person living a completely plastic free life.

The Great British Seaside Holiday

R	U	G	B	E	D	U	B	E	G	B	S	C	H
L	H	E	O	S	C	R	T	O	R	Q	U	A	Y
Y	O	E	U	O	O	D	Y	C	E	S	N	C	B
H	C	N	R	U	L	P	A	S	A	C	H	R	R
R	L	R	N	T	W	O	B	T	T	A	O	I	I
O	E	U	E	H	Y	R	L	I	Y	R	W	C	X
F	T	O	M	E	N	T	A	V	A	B	E	C	H
A	H	B	O	N	B	H	C	E	R	O	Y	I	A
L	O	T	U	D	A	M	K	S	M	U	M	E	M
M	R	S	T	O	Y	A	P	C	O	R	O	T	T
O	P	A	H	N	U	D	O	M	U	G	U	H	E
U	E	E	O	S	E	O	O	N	T	H	T	R	N
T	S	U	M	E	N	G	L	A	H	R	H	C	B
H	T	T	N	A	N	O	T	H	G	I	R	B	Y

EASTBOURNE
 GREAT YARMOUTH
 SCARBOURGH
 ST IVES
 BRIGHTON
 BOURNEMOUTH
 BRIXHAM
 CLETHORPES
 SOUTHEND ON SEA
 COLWYN BAY
 WEYMOUTH
 CRICCIETH
 TORQUAY
 RHYL
 BLACKPOOL
 PORTHMADOG
 FALMOUTH
 BUDE
 TENBY

Play this puzzle online at : <https://thewordsearch.com/puzzle/5786043/>



Free!

Free Ice cream for children. One Ice cream per paying adult.




Valid at our Community Cafe open Thursday 10am - 1.30 pm

This magazine has been brought to you by Stockingford Community Centre.
 Find us on Haunchwood Rd opposite The Cherry Tree.

Our manager Gerry is there 9am - 3pm Mon - Fri
 email info@stockingfordcc.org or call 02476 388508
 Like and follow us on Facebook

Check out our website
www.stockingfordcc.org

Edited by Catherine
 if you have anything you'd like to see in our next edition
 please get in touch at Stockingford Community Centre