

Stockingford

Issue 4
Nov/Dec 2023

COMMUNITY

Matters

Your new FREE magazine from
Stockingford Community Centre



WELCOME

Hello, and welcome to the new edition of “Stockingford Community Matters” the FREE magazine for Stockingford Community Centre and you the local community. This is our 4th edition and we hope you enjoy it as much as our previous editions.



The Vale Community café has just turned one year old. What an achievement! Run by a team of volunteers and the Centre Manager the café has opened every Thursday (bar the odd holiday and a couple of exceptional circumstances) to serve our customers with our good value, home cooked food. Thank you to Phil, Ged and Pat for their help in the kitchen. The wonderful selection of homebakes that changes each week have been created by Yvonne, Helen and Jane. Gerry, the Centre Manager, makes sure that every week the café is fully stocked with sandwich and jacket potato fillings and ensures that the tables and chairs are set up. And last, but by no means least we are so grateful to Lauren and Brogan, students of Health and Social care at NWSLC, who help every Thursday. Lauren has learnt to manage the café at the busiest of times, namely 12 – 1, when we often have a queue of people ordering their lunches. Brogan now knows exactly how to work in the cafe, especially when it is really busy!

New for the autumn – we are now serving toasties, our sandwiches have become filled rolls accompanied by a side salad and tortilla chips, and we have introduced a new egg and cress filling – which we thought would be popular, but so far only the volunteers are enjoying it!

We can take orders in advance (tel: 02476 388508) and offer a takeaway service too. If you haven't already visited the café – we look forward to seeing you. If you do come to the café – thank you for coming along and supporting us; it makes the work that the volunteers put into this project all the more worthwhile.

The café is open every Thursday from 10am – 1.30pm



MERRY
CHRISTMAS

In the pipeline for January is another Warm Hub project. Our Wednesday Warm Hub has been a great success and has evolved from just tea, coffee and biscuits to a morning of board games and Wednesday mornings are now filled with woodworking with Jim from Nuneaton Men in Sheds, they've created some fantastic items which you can now buy. What activities we can do at the new Warm Hub session we're not sure of yet, but if you have any ideas about what you'd like to do, be it art, crafts, board games, book-club, IT or cooking please come and chat to Gerry or one of our trustees. Why not pop into the cafe; the trustees are often helping out?

What's Happening

Mon 10.00 - 12.00 Craft Club
Mon 11.30 - 12.15 Dance Fit (over 50's)
Mon 13.00 - 14.30 Stay and Play
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 Stretch and Core
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 19.00 - 21.30 WI meeting (2nd Tues of every month)
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 Woodworking Club
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 19.00 - 21.00 Love World Church
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 - 13.30 Community Café
Thurs 11.15 - 12.15 Pat's Line Dancing (beginner / improver)
Thurs 14.00 - 15.30 Mindful Moments Community Group 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 10.00 - 15.00 Ask Katie (Hygiene Bank)
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



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 (Church)

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





Nuneaton Community
Christmas Lunch
Group

Don't be alone on Christmas Day!



Would you like to share Christmas Cheer?
Places are limited – booking forms available from

Churches | Food Banks | P3 | Library | CAB
or where you see this poster

****Transport available if required****
[NUNEATON ONLY]

Included in your invitation
4 Course Meal
Entertainment
Gift from Santa
& Good Cheer!



Venue
Newtown Centre
Newtown Road
CV11 4HG

Please note
No Under 16s
No Alcohol

Bookings will be confirmed

We do NOT charge for this event



02476 385765



nuneaton_xmas@outlook.com



07835 045 479



OFFICIAL



bedworth
symphony
orchestra

Conductor - Phil Houghton
Soloist - David Whitaker
Leader - Paul White

Faure - Masques et
Bergamasques
Schumann - Cello Concerto
Mayer - Symphony No.1

Sunday 3rd December 3pm
The Abbey Church of St Mary The Virgin
Manor Court Road
Nuneaton
CV11 5HU
Tickets £8 on the door (cash only)
*Proceeds will be shared between towards The Church and
Bedworth Symphony Orchestra*

free !!

Hot drink when
you buy cake
before 12 with this
voucher at The
Vale Community
Cafe



Mindful Moments Community Group

Every Thursday afternoon, between 2 and 2.30 pm, the large hall at Stockingford Community Centre is filled with chatter and laughter when we spend an hour and a half having fun and enjoying ourselves. We have a variety of activities starting with a cuppa, biscuits and a chat. This is followed by a session where members of the group choose what they want to do. This can vary from week to week as sometimes they want to be physically active so they choose a seated exercise session, or some games like quoits or our version of volley ball which ends up with great hilarity. On other days they just want to sit and chat, taking a walk down memory lane reminiscing about childhood and growing up. I've learnt so much about Nuneaton during these sessions when they really bring the history to life. There's also the opportunity to do arts and crafts, jigsaw puzzles or play board games. We have a group of men who play dominoes every single week!



The Group started in July 2022 with the purpose of providing a Community Group where anyone who was perhaps lonely and wanted to meet with other people could come along. We are a dementia friendly group which means we understand the needs of people living with dementia and ensure that they are able to participate fully in the chat and activities. Real friendships have been formed but we are always looking for new people to come and join us. So if you're feeling a bit lonely and would like the chance to meet with others over a cuppa and biscuits you would be very welcome. No need to book just come along and join us. The sessions are free but we welcome donations to help towards the cost of refreshments and hire of the room. We feel very welcome at Stockingford Community Centre and appreciate the excellent facilities. The safe parking is an added bonus!

The Mindful Moments Community Group is run by Ruth Chauhan Dementia/Health & Wellbeing Specialist from AmbaCare Solutions, a Not for Profit social enterprise specialising in dementia and wellbeing services. For more information contact Ruth on 07974 727223

Mellow Movements with Zoe

Mellow Movement is a very slow paced class that I have created for people coming back into fitness from a long break; people who would benefit from working on balance, coordination and giving a stronger core. We work through sequences that help work against the slouch, pull up and straighten the back and we use deep breathing techniques to relax the mind and control the holds. We use chairs if needed for balance and we do some work against the wall too.



I have history working at Stockingford for many years pre lock down and both my Tuesdays and Fridays were successful, fun classes and some great friendships were formed too! I like working in local communities and I have made some lovely bonds with people myself over the years.

My class is £5.00 pay as you go, no booking required. Tuesdays at 10:30 -11:15.

Zoe XXX

Christmas Food

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

SELECTION BOX
 CHOCOLATES
 ROAST PARSNIPS
 STOLLEN
 PANETTONE
 CHEESE BOARD
 CLEMENTINES
 GINGERBREAD
 AMARETTI
 CHRISTMAS CAKE
 LEBKUCHEN
 BRANDY SAUCE
 BRUSSEL SPROUTS
 NUT ROAST
 SATSUMAS

Play this puzzle online at : <https://thewordsearch.com/puzzle/6303235/>

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
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 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