



Stockingford
COMMUNITY
Matters

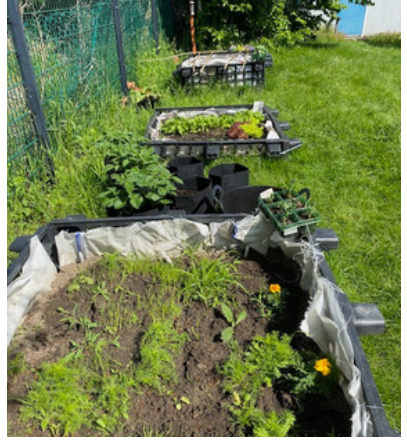
Your new FREE magazine from
Stockingford Community Centre

Issue number 1 June

Welcome!

Welcome to your new FREE magazine from Stockingford Community Centre there's something here for everyone so make yourself a cuppa and enjoy!

There's been lots going on, our edible garden is coming along nicely supplying us with goodies to serve you at our Thursday Community Cafe alongside your favourite cakes, bacon batches, sandwiches and baked potatoes. It's well worth popping in for a cuppa. We're open 10am until 2pm, we look forward to meeting you.



Under the Spotlight



Let us introduce to you Adele's School of Music . Adele has many years experience as a music teacher in Nuneaton, her groups are relaxed and informal and have been taking part in local performances. Come along to her singing sessions, even if you have little or no experience of singing you will love singing along with Adele. Working in the next room I often find myself singing along. Adele runs two groups one aimed at 8-18 year olds and one for adults.

Wednesday: 6:30pm-7:30pm: Vocalize

Aimed at 8-18year olds. This is a vocal group where we learn to sing in harmony and learn how to set songs for performance. It is a place where young people can make friends and have fun as well as sing! The group will be doing their first performance in June on the music stage at Nuneaton Carnival.

Friday: 1pm-2pm: Let's Sing

Aimed at adults. This is a 'singing for pleasure' group. It doesn't matter what the standard of anyone's voice is, it only matters that people enjoy singing. We sing a variety of styles of music and every session I ask the group if they have any requests. It is a chance to meet new people as well as sing.

What's Happening

Here's what's going on here at Stockingford Community Centre ,
please call Gerry on 02476 388508 for more information.

- **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 (Children13+yrs)
- **Mon** 20.00 21.00 Senior Mixed Martial Arts (Children 14+yrs)

- **Tues** 9.30 10.15 Zumba Class
- **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** (1st in mnth) 18.00 20.00 Sophia Pregnancy Loss and Support Group

- **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** 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 Learn My Way (computer class) All welcome, novices to advanced
- **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

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

Introducing Katie

We have a new service here at Stockingford Community Centre , Ask Katie. Ask Katie is a hygiene bank for the people of Stockingford and beyond." But what's a hygiene bank?" I hear you ask. well it's a little bit like a foodbank but rather than food we have a range of personal hygiene products. If, like me you're struggling with rising rents, fuel and food prices you find yourself going without often very basic items that you used to take for granted. We have a range of shower gels, shampoos, conditioners, soaps, toothpaste and period products for all, men, women and all the family. You don't need a referral, we're open every Friday 10.30am - 3pm here at Stockingford Community Centre. "How does it work?" You wonder, well you can choose up to 4 items per family/household member and that's it! So, if the finances don't stretch, please pop in, we can help. You can find Ask Katie on Facebook if you'd like to ask me any questions.



FREE !!!!!

Free hot drink (tea or coffee) with this voucher if you purchase a cake, sandwich, batch or soup at our Community Cafe here at Stockingford Community Centre



Do you have some free time? Have you considered volunteering? Whatever skills and experience you have we will have a role that will suit you. We need volunteers to help look after our edible garden and volunteers to help run the community cafe. Volunteering in the community cafe you will be serving customers and you can work towards a qualification and boost your CV. Get in touch with Gerry on 02476 388508

WEDNESDAY CLUB

Just up the road from you:
STOCKINGFORD COMMUNITY CENTRE

WEDNESDAYS 10 -12

COME ALONG TO
MEET UP AND CHAT
TO OTHERS



FREE HOT
DRINKS, BISCUITS,
SOUP AND BREAD.



**EVERYBODY IS
WELCOME!**

Bedworth symphony orchestra

summer concert

Introducing our new conductor:

Phil Houghton



Leader: Paul White

Beethoven Coriolan Overture

Haydn Symphony No. 99

Beethoven Symphony No. 7



Saturday 1st July at 7.30pm

Tickets: £8 on the door (Cash Please)

Accompanied U16 free



The Abbey Church of St Mary the Virgin,
Manor Court Road, Nuneaton CV11 5HU

Proceeds will be shared between the church and the orchestra.



Rent-A-Room

Did you know you can hire any one of our rooms here at Stockingford Community Centre?

If you need to organise a meeting or a birthday party we have the space to accommodate you. Our large hall is suitable for parties or large meetings, for example it would cost £60 for a 3 hour children's party. However if you have some serious business meetings to organise we have the space, we now have two smaller meeting spaces which cost £7 - £14 per hour. Please call Gerry on 02476 388508 for more information.



Helen's Easy Chocolate Cup Cake

You too can make Helen's delicious easy chocolate cup cake as featured on our cover.

Ingredients

- 40g cocoa powder
- 3 medium eggs
- 115g butter
- 165g soft brown sugar
- 115g self-raising flour
- 1teaspoon of baking powder

- 1.Mix the cocoa powder with 7 tablespoons of boiled water and make a paste
2. Add all the other ingredients and mix to form a smooth batter.
3. Divide equally between 12 cup cake cases.
4. Bake for 15-20 mins at 180c
5. Decorate when cool with butter icing or melted chocolate
- 6.Enjoy



Did You Know?

Did you know we are currently in the middle of Tourette's Syndrome Awareness Week? Tourette's syndrome is not what many people think it is one of the main myths surrounding Tourette's syndrome is that every person with Tourette's syndrome shouts swear words, only around 10% of people with Tourette's syndrome actually have coprolalia, that's the medical term for tics that involve obscenities.

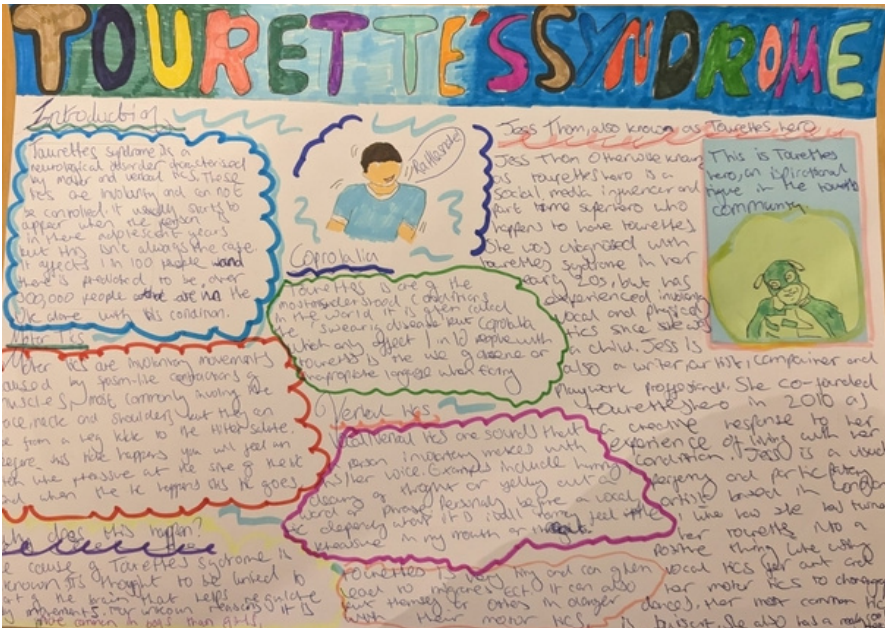
There are more of us than you think, Tourette's syndrome affects around 1 in 100 school age children, it starts in childhood and often carries on until adulthood.

The tics, that is the medical name for uncontrolled sudden movements, can be difficult to live with causing embarrassment for some and physical pain and injury for most of us. Most of us with Tourette's syndrome are also diagnosed with co-existing conditions such as OCD, ADHD, Autism, Anxiety for example.

As you can imagine having Tourette's syndrome can be isolating, currently it is very difficult to access the medical care we need which greatly impacts all aspects of our lives from education to relationships and employment.

We have been offering support at the monthly Tourettes Action West Midlands groups here at Stockingford Community Centre. As getting a diagnosis can be a lengthy process which often takes years you don't need a formal diagnosis to come along to meetings and I have found many great, lifelong friends through the Tourette's syndrome community.

If you want to find out more about the meetings here at Stockingford Community Centre please get in touch with me Catherine, catherinemosey@virginmedia.com. We also have a friendly Facebook group. (Illustration by group member aged 14)



The Edible Garden


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

GOOSEBERRY
 SPRING ONIONS
 CELERIAC
 PEAS
 PEPPERS
 CABBAGE
 KALE
 RUNNER BEANS
 PAK CHOI
 CHILLIES
 RADISH
 TOMATO
 ROCKET
 RHUBARB
 LETTUCE
 CAULIFLOWER
 CUCUMBER
 POTATO
 CARROTS
 MELON
 TURNIP
 LEEK

Play this puzzle online at : <https://thewordsearch.com/puzzle/5690416/>

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

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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