

Centre Staff

Kath Goodchild. Manager
Penny Beddoes. Senior Administrator
Janet Cross. Community Engagement Officer
Tom Nielsen. Youth Engagement Officer
Jack Manning Reception/Admin
Ralph Devon. Caretaker/Cleaner
Apryl Pettitt. Youth Support Worker

Bradbury's Café

James Goodchild Enterprise Officer
Kate Broadhead Catering Supervisor

Volunteers

Nigel Foster Roger Drummond
Jackie Blakeley Jan Thornhill
Christine Quinlan Daphne Alcock
Carole Hart Lynn Fowler
Lorcan Adrain Susan Grange
Lyndon Loweth Robin Tripp
Christine & Austen Bridges
Laura Cooper Vic Woodhouse
Cynthia Houlbrook Byfield

Committee

Chair: John Dodson. Vice Chair: Celia Camplin.
Hon Treasurer: David Clarke Hon Secretary: Val Grocott
Cllr Terry O' Neill (Rep Whitchurch Town Council)
Andrew Thomas (NHS Trust) Cecil Pountney. Dee Plozey
Tracy Hassall

Centre Opening Hours

Monday – Friday 9.00a.m. – 4.00p.m.
Tel: 01948 666612
Registered Charity No: 1073546

NEWSLETTER

Dec 2014



Friends of the Beechtree

We are looking to recruit people to become a Friend of the Beechtree Centre and help to promote the centre to the local and wider community.

Being a friend is not only a valuable way of contributing to your community, it can be a rewarding and fascinating experience for individuals or groups.

It can broaden your interests, develop skills and bring you into contact with people and organisations you possibly would never have met.

We are always looking for innovative ways to raise funds towards the cost of running our activities.

If you would be interested in spending a little time in promoting awareness, activities and services of the centre with the possibility of fund raising then please contact the centre or come along on Thursday 4 December at 10.30am for coffee & mincepies.

Having committed volunteers can bring a new and different prospective to any organisation.

NHS FLAGSHIP

Wanting to keep healthy online? Why not come on a NHS Flagship Training session?

Here at the Beechtree we run sessions on the NHS Choices website.

We will be able show you how to check your health online and how to find services near you.

Here are a few topics that you could view....

- Symptom Checker
- Health Conditions A-Z
- Services Near you
- Moodzone

To book a training session please call the centre on 01948 66 66 12 or you can email Jack at jack@btcc.org.uk



Christine & Jan working on the garden

Shropshire Psychological Therapies
Phobias! Anxieties! Obsessive compulsion!
Nervous or difficulty in relating to others!

The service aims to improve health and wellbeing by offering a range of help. This could include individual or group therapies, life skills courses help or advice for anyone over the age of 16 who lives in Shropshire.

You will be able to talk through issues you feel are important and how they can be addressed.

If you feel you could benefit from our services then contact us by phone: 03001236020
Email: iaptshropshire@nhs.net.

The help we offer will give you an opportunity to explore, understand and find ways to deal with problems that are troubling you. The aim of the sessions is to enable you to make changes and develop skills in your life.

We take confidentiality very seriously and respect and maintain this.



CHRISTMAS FAIR here at
the centre on



Wednesday 10 December, 11am -3pm

Local crafts, handmade jewellery,
Local produce, tombola and much more.

Please come along, we look forward to
seeing you.

*Comments from some of our Café
users:....*

Very nice Cafe & Good menu

*It is always a pleasure to drop in for a coffee, lunch or use the
laptops*

Staff are always friendly

A little gem

Clean, bright, friendly and helpful staff.

Delicious food and drinks

Food good, tasty and fresh. Very well presented.

Café scrupulously fresh and clean

We thoroughly enjoy every visit

Why not call in and see for yourselves

CHRISTMAS QUIZ NIGHT

Friday 5 Dec, 7pm for 7.30pm

Tickets cost £10 to include Christmas

Supper

SOLD OUT

name

Winners at the last Quiz night were the
Sainsbury's superstars- will you be
able to take the prize this time!

Courses starting in New Year

Art Class

Monday 5 Jan, 10am – 1pm for 8 weeks, cost £48

Healthy Eating & Taster Sessions

Tuesday 13 Jan, 10am – 12noon for 5 weeks, cost £20

Beginners IT

Dates to be confirmed, 1.30 -3.30 for 5 weeks, cost £30.

iPads & Android Tablets

Dates to be confirmed 1.30-3.30 for 2 weeks each, cost £12

Digital Photography.

Dates to be confirmed, 1.30 -3.30 for 4 weeks

*If you are interested in any of the courses or to book your place then please contact reception on 01948 666612
Check our website for current activities and dates of all courses.*

Web: www.beechtreecentre.org

Email: info@btcc.org.uk

TAX HELP FOR OLDER PEOPLE

We all hope that as we grow older our affairs will become simpler to manage, however this isn't always the case where personal tax is concerned

Tax Help for Older People is a service provided by Tax Volunteers who offer free professional advice on personal tax issues to older people who could not otherwise afford to pay for it and give a fully professional and confidential service. They have used rooms here at the centre for many years to meet with clients.

If you feel you need some advice then you can telephone the lo-call helpline on 0845 601 3321 or 01308 488066. If the phone is engaged or the office is not staffed, please leave your name and telephone number on the voice-mail and Tax Help will call you back. Or you can contact us via email, post or the website enquiry form.

Our postal address:

Tax Help for Older People
Pineapple Business Park
Salway Ash
Bridport
Dorset DT6 5DB

Our email address: taxvol@taxvol.org.uk

May we wish all our readers a very Merry Christmas and a Happy and Healthy New Year

The centre will close at 4pm on Friday 19 December and re-open on Monday 5 January 2015

