

Centre Staff

Kath Goodchild. Manager
Penny Beddoes. Project Assistant
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
Sam Allen Catering Assistant

Volunteers

Nigel Foster Roger Drummond
Vic Woodhouse Celia Camplin
Jackie Blakeley Susie Thurogood
Christine Quinlan Daphne Alcock
Carole Hart Lynn Fowler
Lorcan Adrain Mike Knight
Bekah Johnson Lyndon Loweth
Christine & Austen Bridges
Laura Cooper

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

Centre Opening Hours

Monday – Friday 9.00a.m. – 4.00p.m.

Registered Charity No: 1073546
Tel: 01948 666612

NEWSLETTER

March 2014



EDITORIAL

While writing this, it feels there is a glimmer of Spring in the air, the snowdrops are out and the daffs are tentatively coming through. And oh how much do we all yearn for those soft spring days and lighter evenings, particularly after rain, rain, rain.

This edition of the Newsletter offers some new activities in addition to those which remain constantly popular.

Informal French will give confidence to those of you heading off over the Channel in the summer – knowing how to purchase some of those tasty French patisseries without hand signals always makes them taste better – and you don't look quite so.. well English !

Keeping up with technology, we have introduced some tutorials on getting the most out of i pads and Tablets. If you want help with the latest mobile phones, we also have keen volunteers who can assist with this too.

Like many of you we at the Beechtree have been saddened by the decline in services available to our community at the Bradbury Day Centre. Much has been reported in the local press, praise from those who have benefited from these services and at times ill-judged comments from others. For the record, for the 7 years I have worked alongside the staff at Bradbury they have delivered a care service second to none. The demise began with changes to adult social care policy, nationally and locally, changes to charging policy, local authorities needing to save money and, politics with a small and large P. The staff have always been 100% committed – the voluntary redundancy scheme is driven by Shropshire Council not the staff. I have been in conversation with local support organisations – Age UK; Alzheimers; Red Cross; Rural Community Council; etc. who are concerned that Whitchurch may lose this vital facility for their clients, current and future. So strong is this feeling that they wish to support a broad collaboration to develop a community led, not-for-profit, care service from Bradbury, delivering a similar service. Over the next few weeks discussions will continue while we consider the feasibility of a not-for-profit scheme. If you have a contribution to make, now is the time to speak up – let us know what you think.

Kath Goodchild, Manager 01948 666612 email info@btcc.org.uk

INFORMAL FRENCH SESSIONS

Starting Thursday 6 March 2.30 – 3.30
at the Beechtree Community Centre

This will be an ongoing course for anyone wishing to start learning French or improve their knowledge of it.

The students attending will be encouraged to speak the language and use it as a means of communication rather than learn to read and write.

The sessions will always touch upon various aspects of French culture as they are intimately related to how the language works. No textbook will be used.

Resources will be varied and supplied by the teacher.

The cost will be £10 per session and no upfront payment will be required

PLACES STILL AVAILABLE

Contact Vartan Bozian on 01939 234480 or 07530 034361

Taking Charge of Your Life

Starting Friday 7 March 10am – 2pm for 5 weeks

This is a free course and to enrol contact Relate on
01743 266844

This course will cover

- Confidence Building
- Stress Management
- Coping with Change
- Communication and Listening Skills
- Interview Techniques



IT COURSES

All our courses do need to be booked for in advance

Emailing: Wednesday 5th March, 1.30 – 3.30

Covered during this session- How to send emails, receiving and replying to emails, attachments, forwarding emails, junk, deleting and managing contacts. The cost of this session is £6

Photo Editing: Wednesday 12th March 1.30 -3.30.

You've taken the photos and now want to send them to family and friends..... but not sure how to go about it!

Then why not come along to this afternoon session where all will be explained. This session will show you how to resize ready for emailing, how to manipulate images, what programmes to use.
Cost £6

iPads: Wednesday 26th March & 2nd April, 1.30 -3.30. Cost £12

Android Tablets: Wednesday 9th & 16th April, 1.30-3.30. Cost £12
There is so much more to iPads and tablets than just playing games and taking photos. You can play music, watch films even catch up with programmes missed.

Word Processing: Tuesday 1st & 8th April, 1.30 – 3.30.

This course is aimed at those that have attended a basic computer course but would like to gain a little more knowledge. Cost £12

Beginners IT: Tuesday 29th April for 5 weeks, 1.30 -3.30.

From keyboard skills to setting up and sending emails, internet searching and safety. Cost £30

Viruses & the internet: Wednesday 30th April, 1.30-3.30.

How to protect your computer from unauthorised access, what programmes to use, which ones are free. Cost £6

SPACES STILL AVAILABLE

Please contact the centre on 01948 666612 if you would like to attend any of the above

GARDEN UPDATE

We were successful in securing a small DEFRA grant to buy compost and fruit trees for the community garden.

However the extremely wet weather has prohibited the early start that we originally envisaged to start the planting

It is hoped that the volunteers will meet towards the end of February along with any new volunteers with a view to starting work once more.

If anyone is interested in becoming a Volunteer with this project then please contact Jan on 01948 666612 or email janet@btcc.org.uk

Healthy Cooking demonstrations and taster sessions

A new 5 week course starts on Wednesday 5 March at 10am in Bradbury Day Centre, cost £20

Topics covered: soups, shortcuts, fats and sugars and taste tests



The Centre will be closed on the following days:

Good Friday 18th April

Easter Monday 21st April

May Bank Holiday 5th May

Spring Bank Holiday 26th May

WALKING FOR HEALTH

Walking your way to Health

Walks for all abilities

It's easy to get started and the walks can bring added benefits.

Almost anyone can do it and at any time. It's free and you don't need any special equipment.

It is a chance to meet new people and make new friends.

It is a gentle way to exercise and is a suitable way to recover from illness.

Walking can reduce cholesterol, lower blood pressure and help you to lose weight

Walking schemes can benefit your town or village by clearing and maintaining local paths. It can also increase the number of safe areas to walk.

The Whitchurch Walking for Health scheme was set up to promote walking as a means of improving people's health and has been running for over 9 years.

There are two levels of walks

- 45 minute walks on the 2nd and 4th Wednesday of the month
- 2 hour walks on the 1st and 3rd Wednesday of the month.

The walks currently leave from outside Tesco by the cash points at 10am. When the Civic Centre reopens the walks will resume leaving from there.

It doesn't matter if you are not used to walking, a pair of comfortable shoes for the Town walks and walking boots or similar strong footwear for the country walks are the only equipment required.

You can start slowly and build up gently.



Beechtree Community Centre,
Hospital Site, Claypit Street,
Whitchurch, Shropshire
SY13 1NT
Telephone us on: 01948 666612
Email: info@btcc.org.uk

10% discount offer!

Bring this coupon into the café inside the Beechtree Community Centre to receive 10% discount off whatever you buy.

Mindfulness Moments

Thursday 13 March – 15 May (8 Weeks)
10am. – 12.30pm
At the Beechtree Community Centre



You may have experienced that sometimes stress appears to be unavoidable; so this course will show you a variety of techniques which are easy to use in any stressful situation that you may face in life.

You will be able to explore and recover a sense of identity, strength and possibility. So whatever you want to achieve or be this will put you on that first step.

This course is FREE to those on JSA, ESA or Pension Credit. To enrol contact Learner Services on 01952 642237 or email andy.dowdall@tcat.ac.uk

BEECHTREE YOUTH PROJECT SECURE FOR ANOTHER 3 YEARS

Following our recent application to the BBC Children in Need appeal we are pleased to announce that their Trustees have approved a main grant to the Beechtree Youth Project.

The purpose of the grant is to fund our Youth Engagement Officer post, sessional staff costs and volunteer costs. Young people who take part in the youth work activities provided by the youth project have said they are pleased that Tom is the leader of the club and would like to thank him because he opens this club.

We had received a smaller grant from Children in Need before and as a result, young people have had opportunities to work with guest tutors.

In the week before the young people went back to school, the group were treated to a summer BBQ with Phil Bell from the Beechtree Centre Cafe. The young people got stuck in to some burgers, hot-dog, ribs, corn on the cob and potato salad. Pucka! They took responsibility for the planning and organising of this activity and enjoyed learning how to cook on a BBQ with a qualified chef.

In November the project hosted a Henna Art Workshop. Sunny B, a trained henna artist who has developed her skills by training with the world famous Ash Kumar, delivered the workshop. Young people had a professional and personalised design tattooed from their wrist to finger. In addition to this, young people enjoyed discussing an art form that originates from India with someone who comes from a different culture.

In addition to the above activities, young people reflected that there were a number of other areas that were important to them-most significant area were the extension of activities at the Beechtree to allow more regular opening and the development of provision to include a Homework Club.

A discussion then occurred around how young people could do more things to support the changes they identified. There was recognition that they could contribute to the additional activities at the Beechtree through fundraising. The group also identified guest tutors they would like to invite to the sessions.

The following items were identified by young people relating to the Autumn/Winter activities programme such as being healthy, healthy food, ice-skating, group activities, games for life and social skills and to explore opportunities to increase provision to participate in regular art, music, drama, computer or media activity.

TOM NIELSEN Youth Engagement Officer

The end of my apprenticeship

Since my last article in the newsletter I have now come to the end of my apprenticeship at the Beechtree Community Centre. The year of my apprenticeship has been exceptional and I have really enjoyed myself, as well as learning lots of new different skills.

My confidence in face to face contact has grown immensely I wasn't the most confident person but this has most certainly helped me.

With the retirement of one of our colleagues this left me with huge opportunities which I hope I have risen to. I have taken over the delivery of the NHS Flagship now and I have already started delivering classes on it, again I'm gaining more skills and experience by doing this.

I have already delivered a number of sessions to staff members, public and even health professionals.

I have taken on all sorts of different roles in the last 6 months of my apprenticeship. Working with the unemployed has been a large part of my role. I start by helping them create CV'S and signing them up for the Universal Job match site.

I also feel really confident now in where I work and with the other members of staff and the diverse range of centre users that come into the building.

I have really felt part of the Beechtree team. Hopefully in the forth coming months I will be able to expand my role and take up even more responsibilities. Hopefully the NHS Flagship project will be a success and I can carry on delivering that as required.

JACK MANNING Office Admin

Thank you to Sainsbury's, Whitchurch.



Lt to Rt: Kate Broadhead, Beechtree Cafe Supervisor, Angie McCann, PR Ambassador Sainsbury's & Jack Manning, Beechtree Admin Assistant

We were delighted to receive a call from Sainsbury's in early January to ask if we could make use of spare bulbs and seeds that they had to clear from their shelves.

So the following Friday Kate and Jack went off to collect them. They returned with a boot full of Hyacinth, narcissi and amaryllis bulbs along with sachets of poppy seeds.

The Hyacinth and Narcissi bulbs were planted in tubs and are just beginning to come up. A couple of the Amaryllis bulbs are being grown by the centre Youth Group, who are taking exceptional care of their charges.

Others found good homes with centre users and some have been grown by staff and are blooming in various for the centre.

The poppy seeds will be planted in the spring when the weather finally warms up.



VOLUNTEERING AT THE BEECHTREE

If you would like the variety and stimulation that volunteering can bring, then this may be for you.

Our volunteers are varied, some retired and others are not in work or on a career break.

You may be interested in a particular area such as computers, gardening or arts and crafts.

You may have many hours to spare during the week or an hour or two in the evening

You may be able to volunteer your skills while at work.

Perhaps a short term project appeals to you, or the fixed term possibilities of a Trustee appointment.

Being a trustee is a great challenge. It provides the opportunity to apply the skills and experience you have gained to a totally new environment and context. As a trustee you could help our charity improve people's lives. It can also build your social contacts, broaden your CV or get you involved in something completely new.

All prospective volunteers will be interviewed to find out what they would like to do, their skills, suitability and how best their potential might be realised.

There will be two volunteer open evenings on Thursday 27th March and 10th April, 6.30pm – 8pm where you can meet staff, trustees and volunteers and find out more about the centre.

The Association recognises that volunteers require satisfying work and personal development and will seek to help volunteers meet these needs, as well as providing any appropriate training for them to do their work effectively.

If you are interested in joining the team, please contact the centre on 01948 666612 to arrange an appointment.