

HESTERS WAY NEIGHBOURHOOD PROJECT NEWS



July 2015

CHRIS WITH COLLEAGUES & FRIENDS FROM HWNP

Hesters Way Neighbourhood Project News

"... run by local people for local people ..."



Welcome to the Mid Summer edition of our newsletter

Welcome to the second edition of our newsletter. There has been a lot going on over recent weeks with plenty of activities in and around the area to keep you all busy over the summer. We have listed a few of these on the following pages. Remember to follow us on Twitter @hesterswaynp, Facebook at Springbank, Cheltenham and visit our website www.hwnp.org to see regular updates.

Community Events coming up are:

Summer Fair - Saturday July 18th @ Springbank Resource Centre, 11am to 2.30pm. If you would like to know more about this then call Helen on 01242 539088.

Annual Peace Week in Springbank starts on International Peace Day on Monday 21st September.

Annual ECO Fun Day - Saturday 26th September 11am to 2pm.

Thanks to our Volunteers & Trustees!

Project staff thanked Volunteers and Trustees (who also give their time and skills for free) by organising a curry night in the Andrew Pennington Suite at the Hesters Way Community Resource Centre with food prepared by JT's Café.

Volunteers of all ages from across the area attended including our eldest Frank Beattie who is more than a local hero with all the voluntary work he's done over the years. More on Frank and his like of being a real nuisance in future newsletters as well as a tribute to former councillor, Andrew Pennington.

It was great to see so many smiling faces and the food was great (thanks JT's Café). Not satisfied with putting on a curry night, staff also organised a "Fun" Awards Evening at the St. Marks and Hesters Way Community Centre in Brooklyn Road. The red carpet was rolled out courtesy of our Christian Filipino friends from Church of Christ in Springbank, professional photographer Chris Birch clicked away all evening. Everyone stepped into the spirit of those famous words "...and the three nominees are?" in categories such as "The Diva Award" for the biggest drama queen (hi Levy!), "The Abacus Award" for always being there to count on (hi Sarah!), "Barbie Doll Award" for the most likely person to be a model (hi Rod!), "The Casanova Award" for being the biggest flirt (hi Denise) and "The Loch Ness Award" for the person least likely to be found (and still not found!).

The evening was filled with laughter, everyone had a really good time and Margaret Hall, former mid-wife and volunteer with the Project for over 17 years, said "it was a fabulously unusual evening, one I was not expecting. It was clear that a lot effort had gone into organising everything, from the table layouts, the fun awards and the honouring of people". Volunteers gave a huge round of applause to Helen Hope and Izi Jones for organising the evening and special thanks also went to Emily Patchett and Seonaid White.



Farewell to Chris!

Chris's celebratory retirement farewell was attend by 30 people, including his partner, Pat Rhodes, and his two daughters Elysia and Gabby. Colleagues and volunteers of the Neighbourhood Project and tenants of the Springbank Centre got together to give him a surprise send off which he had said he didn't want! He received lots of cards, well wishes, hugs and gifts including a framed print called "Live" by Bernard Ott, a stylish picnic basket, chilled champagne, wine, chocolates, book tokens and a thank you gift from Trustees on behalf of the Neighbourhood Project for his 18 years' service. Borough and County Councillors, Peter Jeffries and Suzanne Williams passed on their best wishes to Chris for a long and happy retirement and thanked him for his many years of service to the local community.

Chris was given a true send off and within an hour of leaving, text our Helen to say "Thank you for all your efforts. I was completely overwhelmed". On seeing a number of messages on Facebook sent the message "Thank you for yesterday. I can't believe that anyone would go to such an effort for me. I can't tell you how heart-warming it was. And thank everyone who came along for me please. Xx"

Chris joined the Neighbourhood Project as a Community Involvement Worker and was instrumental in setting up and running the Hesters Way News community newspaper which was well liked by locals giving them a voice and a window into what's on in the area. He's been through the thick and thin of the success of the organisation and has been part of the backbone of all things good at the Springbank Community Resource Centre since it opened in 2007. As well as helping to run the Centre, Chris organised many community events, his favourite being the ECO Fun Day held in September each year. Chris took care of our website, newsletters, flyers and articles in the Echo whilst helping the Project through a tough time in 2005 to 2008 by being really flexible in his employment. On a personal level, Chris has also helped a number of people in extreme hardship over the years with a friendly ear, practical advice and by standing up for people, making things happen and did so without making a fuss.

He has a strong creative streak with some of his works available on www.chrisgreenstories.com. People will still be able to access local history on www.historyofhestersway.com.

Kevin Devaney adds: "From us all, thank you Chris for all you've given and brought to the Project over the years. Have a great time in this next chapter of your life which we hope will include a page or two coming back to see us from time to time."



GOOD NEWS TO SHARE!

Sainsbury's Local Charity of the Year

"Sainsbury's staff from their store at Gallagher Retail Park on the Tewkesbury Road were really impressed with our application to be their local charity of the year. Many live in the Hesters Way area and whilst some had heard of us, several had no idea how much we do and what goes on behind the scenes by so many people and so many volunteers. We have been nominated along with Gloucestershire Hospitals Charity and the Pied Piper Appeal as one of their three charities in its 'Make a Difference' Campaign.

You can vote on line by going to our home page www.hwnp.org and clicking on the link to Sainsbury Local Charity. All you need to do then is type in your postcode and select the Sainsbury's Tewkesbury Road Store and vote for your chosen charity.

Win or lose Sainsbury staff said they would like to get more involved with the Project over the coming years. And whoever wins, HWNP would like to thank everyone for voting."

Easter Fair

We have had some good events at Springbank Community Resource Centre over the years but this year's Easter Fair was probably the best one yet. The organisers would like to thank all those who took part or helped in any way to make the event possible.

Six hundred people from far and wide came along and enjoyed an afternoon of song, dance and magic entertainment. It was the perfect family occasion. All the participants were impressed by the turnout and the organisers, Helen Hope and a team of local volunteers could not believe just how many people came. We had fifteen stall holders; they too enjoyed the day and were able to make the visit to Springbank worth their while. This event has really put Springbank Community Resource Centre on the map. Kelly Hope said 'Easter Fair was the best thing that I have done with my family year. The children loved it.'

Important Numbers

Hesters Way Community Resource Centre ... run by local people for local people

1. Andrew Bird Hearing Specialists - 01242 262551
2. Dial-a-Cab (Cheltenham) - 01242 242424
3. The Cutting Shop (hair salon) - 01242 255725
4. Cheltenham Borough Homes - 0800 408 0000 / 0300 555 0121
5. JT's Community Café (and specialist catering) - 01242 521319
6. Mandarin Centre - 07720 637976
7. Hesters Way Partnership - 01242 575638 / 228262
8. Healthy Living Centre - 01242 548298
9. Listening Post - 01242 256060
10. Puddles Nursery - 01242 527545
11. Rethink Helpline - 0300 5000 927
12. Hesters Way Neighbourhood Project Reception Team 01242 521319

Springbank Community Resource Centre ... run by local people for local people

1. Cheltenham Pharmacy - 01242 255061
2. Giggles Nursery - 01242 574511
3. People and Places in Gloucestershire - 01242 539088
4. Springbank Surgery - 01242 528877
5. Springbank Dentist - 01242 259227
6. Age UK Springbank Day Care Centre - 01242 252434
7. Carers Gloucestershire - 01242
8. Hesters Way Neighbourhood Project Reception Team 01242 539088

Follow us on Twitter @hesterswaynp Facebook at Springbank.cheltenham
Website: www.hwnp.org

Rooms/Offices for Hire at Resource Centres

We have **Conference/Meeting Facilities** for hire at Springbank & Hesters Way Resource Centres. We can also offer space for parties and private functions at Springbank Resource Centre. Visit www.hwnp.org/roomhire to find out more.

2 x 40m2 serviced offices available for rent, immediate occupation at the Springbank Community Resource Centre. Short term (12 months) and long term (10 year) lease options available. Contact Helen on 01242 539088 to arrange a tour of the Centre.



Summer activities for Children at Springbank Resource Centre



The summer holidays are fast approaching and no doubt you are dreading all those hours when your children are looking for something to do! Well, we can help ... there are a number of activities in the local area to keep them amused for hours. Here are just some of them:

Springbank Little Steps Baby and Toddler Group takes place every Wednesday, 10 till 12, £1 per session including free refreshments. No need to book just come along. Open to all children of pre-school age.

Community Coffee morning every Thursday from 10 till 12. Will be holding activities for children to get involved in during the school holidays. Everyone is welcome to come along for tea, coffee, cake and a chat - contact Helen on 01242 539088 for further details.

Springbank Junior Youth Club, Thursdays 5.00 pm until 6.15pm run by Izi Jones and Chris White. For 12 to 19 year olds, come along to the **Springbank Intermediaries Youth Club held on Thursdays from 6.30 pm until 8.30 pm.** This group is run by Ben Evans from GMAS, assisted by Dave Wood and Ben Kelly. Activities include arts/crafts, cookery, off-site visits, sports and games. Students from the University of Gloucestershire help out too with both groups. A small charge may apply.

Play Gloucestershire's Play Rangers are in Springfield Park every Wednesday. Meet us after school between 4 and 6pm or in school holidays between 10am and 4pm. Look out for our big blue van parked by the big play area. We provide active and creative play activities for school aged children and all our activities are free. Under 7's should be accompanied by a parent or carer. The project is funded by Gloucestershire County Council's Active Together scheme, and sponsored by local Councillor Suzanne Williams. We encourage families to get outdoors and get fit for play by using the wonderful natural features and play equipment in Springfield Park, as well as enjoying the Play Rangers and the equipment they bring with them. **Come and join us! Visit www.playgloucestershire.org.uk**

Living Room gets involved with Music Festival

Michael Betteridge, a young composer, vocal director and amateur from Manchester is working with a drop-in group from the Living Room in Rowanfield and children from St Thomas More Catholic Primary in Lewis Road, Hesters Way. Part of the Cheltenham Festivals 'Going for a Song', Michael has been running a series of workshops empowering people to explore music, discover their voices, reflect on their life experiences and compose songs inspired by sites that are significant to them.

For local people who visit the Living Room, areas of focus include memory, the history of the area, the role of the Living Room within the local community and any important stories about the area they live in. He has worked with anyone using the Living Room who has wanted to participate by contributing ideas/lyrics, composing and/or performing. During Michael's first visit to St Thomas More School, he encouraged the children to seek inspiration in every nook and cranny of their surroundings and their imagination. The pupils went on to write lyrics to their songs with music composed by Michael.



The Living Room Group performed at the Rowanfield Rocks at Rowanfield Infant School on the 3rd July. The two groups will be performing in Hesters Way on Friday 10th July at the library, Coronation Square at 12:00 then at the Monks Croft care home at 13:30. At the Music Festival's Family Day on Saturday 11th July at Imperial Gardens at 2.30pm. Entry is free.

The living Room is also open for drop in on a Monday and Friday afternoon from 13:30 - 16:30 and from 10:00- 16:30 on Wednesday, where volunteer community organisers are available to discuss other groups and sessions open to the community.

My experience of attending college as an adult

I attended Betteridge School many years ago, but since then I have done lots of courses in Cheltenham with Gloscat/Gloscol. My first courses English and Maths - the tutors were very nice. I also did some practical courses: pottery was the one I really enjoyed. I made a jug which I painted afterwards. I have also attended Look Good, Feel Good and an Easter Cookery School.

I would say that it has been really good to go to College. Tutors have always been helpful and I have learnt many different things. At the moment I am attending one of the IT Drop-In courses at HWNP Resource Centre - I have learnt to use e-mail and the internet. I can now look for jobs and I like to keep up with the news online. *Written by Sharon Hobbs*

HWNP Digi-Den drop-in's open Weds 1-4 pm & Thurs 10 - 1pm. No experience necessary. Call 01242 521319 to find out more or come along to the Hesters Way Resource Centre for details.

Our Neighbourhood Shop



Instead of heading into town, why not visit the ladies who run our Neighbourhood Shop in Hesters Way Road, GL51 0DA, and see the collection of fabulous items they have on offer.

With an Alladin's Cave of good quality second-hand clothing, including babies and childrens, fancy dress, shoes, books, toys, games, dolls, DVD's, Bric-a-Brac and household items: glassware, plates, ornaments, china items, cups and curtains.

Located next to the Post Office and Co-op, the shop is open Mon-Fri 9.00 am till 3.00 pm. Call in and see what they have on offer and you may save yourself several £'s by doing so. Call 01242 252325 to find out more.

Dial-a-Cab offers wheelchair access

Family run taxi firm Dial-a-Cab, operating out of Hesters Way Resource Centre is owned by Graham Foley, who has over 25 years experience of working in the taxi business. Assisted by his daughter Emma who deals with managing the various business accounts and son Adam who currently works as a telephonist but is undertaking his knowledge training to become a taxi driver. Since taking over the firm some 3 years ago from Emma & Adam's Great Uncle, Graham has taken steps to enhance the way the company operates. Now employing 16 drivers, with several hundred regular customers around Cheltenham Dial-a-Cab has developed several accounts with local care homes, schools and colleges. As most of his fleet of taxis are wheelchair accessible this means that Graham and his team are able to offer an additional service.

"Our drivers understand how difficult it is for wheelchair users to get in and out of vehicles. Without this facility, many are totally housebound. We are so pleased to be able to offer customers a friendly, reliable service; people know that they can now get about even if they are reliant on a wheelchair. We love it when our customers recommend us too. We always aim to 'go the extra mile' to ensure people remember us for all the right reasons," says Graham.



Running a taxi business requires 24/7 commitment throughout the year and Graham rarely has a day off. He will however on 2nd August when his daughter Emma gets married to Constantin Badoaia who also works in the business.

To book a cab contact Dial-a-Cab on 01242 24 24 24.

Cheltenham Pharmacy serves local community

Located in Springbank Resource Centre, Am and his team look to provide the local community with everything they can to make people's lives easier. Not only do they provide a free collection & delivery service for prescriptions from all doctor's surgeries around Cheltenham, but they stock and deliver free many daily essentials too. These items include bread, milk, tea, sandwiches, toiletries.

"We are very community orientated," says Lorraine, one of the Cheltenham Pharmacy team. "We try to accommodate our customers and provide items that they need to make their lives easier. If we are delivering prescriptions, we can deliver a pint of milk too!"

Open Mon-Fri 9.00am/6.00pm, Sat 9.00/2.00pm. Call 01242 255061 or email: cheltenhampharmacy1@gmail.com



Summer Fair SATURDAY 18TH JULY SPRINGBANK COMMUNITY RESOURCE CENTRE



Come along and enjoy the fun!

11am to 2.30 pm - free entry. We have entertainment, live music, barbeque, Arna and Elsa, arts & crafts, range of stalls, sports and games, Dancetec, bouncy castle, tombola, raffles and refreshments. Something for the whole family.

Contact Helen on 01242 539088 if you would like to add to the entertainment or run a stall on the day.

SUMMER FAIR

USE THIS FLYER AS YOUR FREE ENTRY PASS AND RAFFLE TICKET FOR OUR GRAND PRIZE DRAW

Name: _____
Address: _____
Phone Number: _____
Postcode: _____ Number in group: _____ Ages: _____
Email: _____

BRING WITH YOU ON THE DAY AND HAND IN TO RECEPTION

HESTERS WAY Neighbourhood Project
... run by local people for local people ...

Don't live in silence - get a free hearing test

Andrew Bird Hearing operates his Specialist Hearing Centre from the Hesters Way Resource Centre. With over 14 years experience working as a trained Audiologist, Andrew established his Hearing Centre some 9 years ago. Assisted by his receptionist Lyn Attwood and trainee assistant Liam Halliday, this wheelchair accessible, friendly test centre offers free hearing tests and provides expert advice to over 3000 clients. They offer hearing tests at home as well as at 32 opticians throughout Gloucestershire, down to Bristol and Taunton, up to Worcester and Malvern.

People are encouraged to get their hearing tested in the same way they have their eyes tested. Andrew explains: "Often people do not realise their hearing is impaired or they have medical problems associated with their inner ear which is a complex piece of engineering. It is not just the elderly who suffer impairment. Reduced hearing can result from virus infections, be a side effect of some medications, be genetic, be caused if people are exposed to loud noise over a period of time from working conditions, loud music or taking part in activities such as shooting without wearing suitable hearing protection (which is now prescribed by law in certain circumstances). Being unable to hear properly can result in social impairment but there is a stigma attached to hearing difficulties so people continue to live in a silent bubble. However modern technology is so advanced and hearing aids so discrete, that people should not be afraid of having their hearing tested and see how much better life can be if they can hear normally."



To book your free hearing test contact 01242 262551 www.andrewbirdhearing.co.uk



Activities to get involved in this Summer!



There is lots going on at Springbank Resource Centre

Want to make new friends this summer? There is an easy way to do so. Just come along to one of our many interest groups that run throughout the year at Springbank Resource Centre. Whatever you are interested in, we have something to suit you, whatever your age.

HEALTH WALKS Every Thursday at 10.30 am we arrange a free health walk. For further details contact the Healthy Lifestyles Office on 01242 775202 or visit www.cheltenham.gov.uk



IN 'ART WITH GRAHAM' AND LEARN TO PAINT! Ever wondered if you have the ability to paint in water colour, acrylic or oil paints? Now is your chance to find out.

Come along to Graham Brindley's art class every Monday at Springbank Resource Centre from 1pm to 3pm and 'Smart Art' every Friday 10 am to 1pm. He charges £5 per term for materials with expert guidance thrown in for free! Graham is self-taught and gently encourages people to 'have a go'. He will show you simple techniques in getting started, helping you develop your style and learn new ways of getting creative with a paint brush. If you would like to come along give Graham a call on 01242 243525.



THE CRAFTY SEW AND SEWS is a group for experienced needle-workers who enjoy making a variety of handi-crafts. Join Barbara and her group for a chat, a cuppa of ea and get busy with your needles. They meet each Monday from 1.30 to 3.30pm at a cost of £2 per week.

For further info call 01242 576503.

GREEN FINGERED? JOIN THE GARDENING GROUP! For those of you who enjoy gardening why not come along on a Friday from 2 to 4pm. We are always looking for people to get involved in looking after our outside space so call in to the Centre if you feel you could help.



TAI CHI AND CHI KUNG CLASSES Taught by Gillian Clarke-Hill, an experienced teacher of Tai Chi and Chi Kung in Cheltenham, every Tuesday from 10.30 to 11.30 am. Tai Chi will provide you with strength, fitness, flexibility She also teaches Infinite Tai Chi for health, healing and enjoyment. Chi Kung exercises are strengthening exercises that build stamina, promote increased lung capacity and get the energy flowing. Chi Kung exercises are done from standing and are generally easy to follow.

Gillian will teach you Tai Chi sequence, known as The Form. It is slow, flowing and beautiful. The movements are described with reference to nature such as 'pushing the ocean waves', which helps to bring a feeling of calmness to the mind. When practising Tai Chi you use your memory and work on co-ordination and balance. All this and it makes you feel good too! As you focus on the movements you forget the mundane material world. Please contact Gillian on 01242 248663 if you would like to join.



DON'T JUST SIT, GET FIT! Why not join Abi Fitness 50+ gentle aerobics class every Wednesday FROM 10.30 to 11.30 am at Springbank Community Resource Centre and get fit for the summer. The classes suitable for all levels of fitness, cost £3 per class. Designed for the over 50's, Abi will help you tone your legs, bum and tum. No booking required, just turn up for 10.30 am start but remember to bring a drink and a towel. To find out more visit www.abifitness.co.uk or call Abi on 07738082246.

Money Advice Service- some fantastic news!

This highly valued service will continue running up until at least the end of December 2015, and longer if we can secure new funding. The service was due to stop at the end of August but thanks to great team work between Community Roots CIC, Gloucestershire County Council, Cllr Chris Coleman and ourselves, funding has been secured as part of an innovative project to help people in financial difficulty and others to get active, ending the loneliness and ill health often associated with debt and isolation.

Provided by our prized Money Advice (Debt) specialist Sue Powell at the Hesters Way Community Resource Centre, this free money advice service is here to help you manage your finances better. Sue runs two weekly sessions on a Tuesday from 2 until 6pm and Fridays 10 am until 6pm. With her extensive knowledge of financial matters dealing with debt and benefit management, she is here to help you make the most of your income. She offers free confidential advice on debt, benefit and money issues.

To see if you are receiving all the benefits you are entitled to or if you need assistance, please contact Sue Powell on 01242 521319, email suep@hwnp.org.uk or call in to the Hesters Way Community Resource Centre.

Trips List 2015

£5 Non refundable deposit per person per trip or transferable to another trip

Tues 28th July	July Mystery Tour over 50's only £12
Fri 14th August	Weston £8
Sat 15th August	'Noah's Ark' £17
Tues 18th Aug	Cattle Country Adults £13 Child £14
Weds 19th August	Barry Island £8
Tues 25th August	'Noah's Ark' £17 including travel
Fri 28th August	Cardiff £12 or 'Doctor Who Experience' Adults £27, Child £20
Sat 29th August	Wellesbourne £8
Sun 30th August	Drayton Manor Park £28
Sun 6th September	Burnham on Sea £8
Fri 30th/Mon 2nd Nov	Blackpool 'Rocky Horror' theme £100 adult, £50 child

More planned trips to follow. We only have 15 spaces! available on each trip.

GIGGLES AND PUDDLES NURSERY PROVIDES A SPECIAL PLACE FOR YOUNG CHILDREN

Located at Springbank Resource Centre you will find Giggles Nursery, Puddles is at Hesters Way Resource Centre. Open Monday to Friday from 8am to 6pm, Giggles offers care for children between the ages of 3 months and 5 years whilst Puddles cares for children from 12 months to 5 years. Both are open 50 weeks of the year.

The nurseries, both purpose built with their own secure gardens, are ideally placed within walking distance to many homes in the area. Two healthy, hot meals are supplied each day by Jim from JT's Cafe every day, so no one goes hungry!



If you are looking to place your child in a nursery, did you know that you can get 15 hours of funded free childcare for your 3 and 4 year old each week (570 hours a year). Why not give either Giggles or Puddles Nursery a call and discuss with one of the lovely ladies there how your child can benefit from going to a local nursery.

If you have a two-year, you may be entitled to 15 hours of funded free early learning childcare each week. To find out more contact the Family Information Service on 01452 427362 and have your National Insurance Number available. To find out more visit: www.giggles-nursery.co.uk, call 01242 574511, email info@giggles-nursery.co.uk or www.puddles-nursery.co.uk, call 01242 527545, email info@puddles-nursery.co.uk

A 'Big Leavers' Party is being held on Saturday 18th July at St Mark's Community Centre from 11.30 am to 2pm. All children who attend both Giggles and Puddles who are going to school in September are invited.



Parents and children at a recent Toddle Waddle walk.