

# Springbank NEWS

for Springbank Community  
Resource Centre, Issue 75  
January to March 2015

 @hesterswaynp

**HAPPY NEW YEAR FROM HESTERS  
WAY NEIGHBOURHOOD PROJECT  
AND ALL THE ORGANISATIONS  
BASED AT SPRINGBANK COMMUNITY  
RESOURCE CENTRE**



***“ run by local people for local people “***



**The Springbank Surgery**

## **ARE YOU MAKING GOOD USE OF YOUR CENTRE.**

Did you know that in addition to the surgery, the dentists, the pharmacy, the nursery and the day centre, you can take part in a range of activities at Springbank Community Resource Centre including art classes, craft group, sewing group, martial arts, Tai Chi, indoor bowls, a toddler group, keep fit, line dancing, an over 50s group, coffee mornings, a youth club, health walks, dance classes, Playtime for Older People (POPPs), parties, a litter pick, candle lighting service and majorettes. You can also book meeting rooms. Call in or phone 01242 539088 for details, or go to [www.hwntp.org](http://www.hwntp.org)

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**Hesters Way Neighbourhood Project are facilities managers of the Springbank Community Resource Centre where we also run a range of activities, offer a volunteering programme and put on community events. For more information about any of our services, please phone 01242 539088 or call in at the centre**

Hesters Way Neighbourhood Project run youth activities at Springbank Community Resource Centre. Junior Youth Club for 8 to 11 year olds takes place every other Thursday from 5 to 6:15pm and Seniors for ages 11+ take place on Thursday evenings from 6:30 to 8pm

**BABY AND TODDLER**  
**Springbank Little Steps**  
*Every Wednesday*  
**10am to 12**  
**Entry £1.00**  
**Free Refreshments**

**Springbank Community Resource Centre (Youth Centre)**

Join us for a chat and meet new friends  
For children up to school age

## Winter Wonderland

Winter Wonderland 2014 with Mikolajki Party took place at Springbank Community Resource Centre on Saturday 6th December. The time of year with its greyness and interminable cold can be a little grim but you would not know this in Springbank. Local residents came out in force to enjoy an extravaganza of festive fun. The centre was decked out with Christmas cheer and the winter gloom was lifted by a memorable community event. Around 500 people attended.

The event was a joint venture by Hesters Way Neighbourhood Project and Cheltenham Borough Homes Polish TARA group. Mayor of Cheltenham, Simon Wheeler, came along to open the event and local people enjoyed a fabulous day of song and dance, with lots of tasty eats. The spectacular Santa's Grotto, and the Winter Wonderland Walkthrough put on by Jude Freeman's Let's Party team were especially popular with the little ones along with the Elves Workshop organised by the Polish Community. A Christmas Market with a wide range of stalls gave people plenty of choice for their Christmas shopping. JT's Café helped people to get in a festive barbecue. Helen Hope, activities coordinator for the centre, said 'This is our seventh year of Winter Wonderland and we put it on to give something back to the community. It is always an extremely popular event and we just love organising it. It takes three days to build the grotto and lots of volunteers are involved, but it is fantastic to see the look on the children's faces when it is all complete.'

Hesters Way Neighbourhood Project would like to take the opportunity to thank the brilliant volunteers from the locality who gave up their time to help with the event. Thanks go out also to everyone who contributed towards making Winter Wonderland possible.



## Do You Shop At The Neighbourhood Shop?

Hesters Way Neighbourhood Shop at 16-18 Hesters Way Road has been open for nearly twenty years yet many people are still not aware that it is there. The shop is managed by Hesters Way Neighbourhood Project and run by a fantastic team of volunteers. They pride themselves on the friendly service that they offer.



The shop has a huge stock of second hand goods, ladies, mens, childrens and babies' clothes, kitchenware, CDs, DVDs, videos, furniture and bric a brac. And you will not break the bank by shopping there. It is probably the cheapest charity shop in

Cheltenham and probably has the largest range of stock. Whatever you are looking for you will probably find it there.

Why not pay them a visit?

If you are having a clear out they are always on the look out for donations. The shop is open Monday to Friday from 9am to 3pm. All profits go to help good works on the estate.

You can phone them on 252325.



Carer's Gloucestershire is a locally based charity striving for a better life for carers, one they don't have to face the challenges of caring alone.

**Here is just some of the help and support we can provide:**

- Carersline 0300 111 9000 our telephone helpline open from 8am to 8pm.
- Locally based Carer's Advisers
- Information, Advice and Guidance
- Carers Assessments and Support
- Planning
- Welfare Benefit checks - maximising income
- Training events and activities
- Regular free magazine and e-bulletins
- Time Out for Carers breaks service
- Hospital Liaison Service
- Carers Emergency Scheme
- Locally based Carers Support Groups
- Carers Counselling Service
- Carers Peer Mentoring Support
- Support for caring for people with challenging behaviours
- Support for parents of children with special educational needs
- Carer Voice helping to influence policy making and service planning
- A listening ear, someone to talk to

## What we offer

- Activity Groups - all around the county for young carers to meet up and have fun. It's good to know that you are not alone. Juniors start from 8 years of age, then there's the seniors and even a transition group which goes up to 25 years.
- Support groups - these are a bit different to the activity groups. Support groups give young carers the chance to talk about things and to get help if they need it.
- Family work - supporting you and your family to get the help you need to reduce the impact of caring.
- Express yourself groups - an opportunity to express who you are through music, dance, drama and art.
- Residential and day trips - trips to theme parks, theatres and outdoor pursuit centres.
- Young carers Forum - this group meets to make sure that professionals know about young carers. They are the voice of young carers in Gloucestershire and they meet with people like MPs, education, health, youth and social care workers
- Training - in a whole range of things, e.g. dealing with the media, being assertive and first aid.
- Child young person friendly information including understanding disability, mental illness, etc
- Any queries, contact Maria Williams  
Young Carer and Family Locality Worker  
07521 146830  
[maria@glosyoungcarers.org.uk](mailto:maria@glosyoungcarers.org.uk)  
[www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk)



In December Hesters Way Neighbourhood Project held its Christmas celebration of its volunteers efforts for the year at Hesters Way and St Marks Community Centre. Forty five people from all over the Cheltenham West area came along and enjoyed an evening of wonderful live entertainment with a live band and a feast provided by JT's café. They chatted, laughed and boogied until late into the night. Helen Hope said, 'I really enjoyed planning it, setting it up and seeing all the happy faces. We should do it more often.' Sian Francis said, 'I danced the night away and was sorry it had to end.'

The following week, over 100 people from all over Cheltenham came along to enjoy local resident Chris Birch's screening of the Disney film, 'Frozen' at Springbank Community Resource Centre. The age range was from 0 to 80 years of age. As this was such a success along with Chris Birch, we are planning on more family films at the centre in the New Year.



Emily Patchett, Maccy Tovey and Sian Hope at Christmas celebrations party