

The Ashwood Centre, Portland Street, Kirkby in Ashfield, Nottingham NG17 7AB
01623 758974 info@ashcom.org.uk www.ashcom.org.uk

Birthday Celebrations!



Wednesday 21st September saw different people from the community come to celebrate **Alternatives** - the pregnancy crisis support project - celebrate one year of being up and running. People from local organisations came to share information, find out more about the services and enjoyed coffee and cakes as well!

Alternatives run weekly pregnancy crisis drop in sessions and have a dedicated phone-line for people who need advice and support on these issues.

During their first year, Alternatives have helped individuals make their own informed choices about their sexual health and pregnancies. There have been many positive comments from people who have used the service – one person commented, **“Thanks, you have been a big help.”**

Also during the year the team have attended a national conference, a leader’s course and supervision training, and have completed a post-abortion training course. They are due to run another course at the Ashwood Centre in January.

They continue to work closely with other local organisations to deliver a much-needed service at the Centre and in schools.



People gained information from the interesting displays



Coffee and cakes were enjoyed as part of the celebrations!

Birthday Celebrations



Page 1

Homestart Community Fun



Page 2

MIND- new ideas



Page 3

Future Events

Seesaw Disco

Page 4

STORIES FROM THE CENTRE

Top Tea Party!



Around 50 people flocked to Homestart's **Big Tea Party** during September, held at the Ashwood Centre. It was a fantastic event, with a silent auction, colour readings, crafts, a bookstall, tombola, beauty treatments, and of course tea and a vast array of cakes!

The **Big Tea Party** was part of a national fund raising campaign by Homestart, and was supported by Sainsbury's across the country. One person who came said "It's great! Will you be doing one every year?"

Homestart do fantastic work in supporting families locally, and managed to raise a whopping **£458.62**, which will enable families to go on trips together.



Everyone involved at Homestart Ashfield would like to say a **HUGE** thank you to everyone who came to support the event, and particularly to those who helped on the day.

If you would like to volunteer with Homestart, they would love to hear from you. They offer training for those working in their projects.

Please telephone **01623 513137** for information.

Seesaw Parents & Toddlers

During August there were three Seesaw sessions, including a very busy picnic on Kingsway Park. There, over 60 toddlers and their families enjoyed face painting and other activities, with many parents getting their meals from the park's café. The other two sessions were at the Centre with some craft activities for up to eights to allow for

All Jazzed Up!

Over the Summer, the Drop In had a complete makeover, thanks to a grant awarded by the **Single Community Programme**. Enthusiastic volunteers came along armed with paint brushes and rollers, eager to be a part of things.



Vibrant colours went on the walls to create a warm, relaxing environment, new vinyl flooring went down in the kitchen area, and new carpet was laid in the rest of the room. The young people have commented "**It looks much better now. The pink is wicked!**", whilst other users have said how smart it looks.

It was a lot of hard work, but well worth it for all our users.



Young people help with painting



The new floor is laid

Seesaw continued...

families to come. Team members now wear red t-shirts with the word "TEAM" on the back, hopefully making them more identifiable to new parents that keep arriving. There is also a video library to help boost funds, and all the new toys are being introduced on a rotational basis.

WHAT'S NEW?

Computers, Crafts and Excursions



MIND, the mental health charity, are now expanding the valuable work they do, with their ever-increasing members, here at the Ashwood Centre. West Notts College are supporting them by delivering IT training each week, which will teach new skills and raise the confidence and self esteem of the group.

There are also new weekly art and craft sessions, such as glass painting, which really give the members a sense of accomplishment.

During the next few months, the group will be busy fundraising so that they can increase the number of trips out they have. These are important occasions that give members opportunities to experience new places and have social times together.

One member said, ***"We can see new things and it's a change of scenery. They're excellent and very worthwhile."***

The Drop-In sessions run every Monday, Tuesday and Friday mornings at The Ashwood Centre, and are for anyone with mental health problems, depression, anxiety, who is panicky or lonely. For more information please ring Heather Jackson on **01623 658044**.



City Strokes

The young people are soon starting an exciting Urban Arts project, run in partnership with Ashfield District Council. Each session they will have the fantastic opportunity of working with an artist to produce a creative, quality mural for the outside of the Centre. The young people will be encouraged to express themselves, be creative and learn new skills.



"Space"

Space is a new Youth Initiative at the Ashwood Centre and is designed to give young people aged 16 and over the opportunity to sit, reflect and move forward.

They will have space to look at life skills, CV preparation, decision making, careers, life, going further, and aspirations.

The sessions will run each **Tuesday** 12pm-2pm @ The Ashwood Centre.

Contact Neil on **01623 758974** for more details.

Volunteering Opportunities

ACR is looking for volunteers to help with a number of different aspects of it's work:

- **Working with young people in our Drop In and After School Club**
- **Working with children in Seesaw Toddler Group**
- **Helping out in our multi-purpose Community Centre**

Whatever your talents may be, if you're looking to meet new people, develop skills and confidence, make new friends and make a difference in your community, why not become a volunteer. If you have some time to spare and would like to get involved with ACR, contact Sue Budden on 01623 758974

OTHER INFORMATION

Fantastic Facilities!

The Ashwood Centre is a multi-purpose building which not only hosts our own projects, but provides rooms for other organisations to host events.

We offer good quality provision, are warm and friendly, and have competitive room hire rates. Refreshments can also be provided for a small charge.

The rooms we have available are:

- A large community hall
- A good sized meeting room
- Smaller rooms and offices
- Kitchen and crèche facilities

"Provides excellent facilities."

"Welcoming and flexible."

Or you can book out the whole Centre!

To check availability please ring Sue Budden on **01623 758974**, or email on info@ashcom.org.uk

Visit our website for further information at www.ashcom.org.uk



Project Opening Times

Seesaw Toddler Group
Tuesday & Friday (aged 0-5)
9.30-11.15am

Jigsaw After School Club
Tuesday-Friday (aged 8-18)
3.30-5.15pm

Youth Drop In (aged 11+)
Wednesday 7-9pm
Thursday 6.30-8pm
Friday 7-9pm

Alternatives
Pregnancy Crisis Centre—a place to turn to when pregnancy is a problem
Drop in sessions every Tuesday & Wednesday 10-12, or phone to make an appointment
07743 353720

Other User Groups

MIND "Chat Shop"
Mondays, Tuesdays & Fridays
9am-1pm

Ashwood Church
Sundays 10.15am-12.15pm

Ashfield Young People's Counselling Service
Thursdays 9.30am-5.30pm

Future Events

AGM

The date previously advertised for the AGM has been changed. More details will be available nearer the time

Seesaw Disco

**SATURDAY 26
November
@ The Ashwood
Centre**

Under-8's only with parent/carer
3.30pm-5.30pm
Just £1 per child
Raffle and other fun and games too

Holiday

Playschemes

Oct 24-28th '05
Feb 20-24th '06
Apr 10-14th '06
May 29-Jun 2nd '06
Jul 24-Aug 11th '06
10am-12pm
ages 8-18
Healthy food, crafts & other activities