



# Newsletter

St Oswald's West End Community Centre

Issue 2

## Welcome to our second News Letter

Thanks to Fran's and Ian's hard work we have lots of new news to tell you about. You will find news of how the new groups are doing and what a difference to people's lives they are making.

Some of our braver members have contributed to the news letter by telling us a little about how they came to the centre and what they get out of it, well done to all of you!

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### A 'bit of a do'

May I give a big **THANK YOU** to everyone who helped to make our "Open Door Community Project" launch event a great success; and of course to The Big Lottery for funding it.

Once again our loyal supporters turned out and made it a fun filled day. We were especially pleased to welcome several people who had not visited the centre before and we look forward to meeting them again.

I would also like to thank the supporting agencies who came to find out what we do and share with us information about their services. Hopefully, we can all work together to ensure people get the support and services that are best for them.

So thanks to:

Creative Support  
Carers Resource  
Horton Community Farm  
Shelter  
Council Wardens  
Police  
CVS  
Contact Peer Support

Apologies to anyone who has not been mentioned but in Frans words "we were soooooo busy"



# Newsletter

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## 'A bit of a do' continued.....



**Christine and Paul at the open day**

We would also like to thank Dave, the Community Champion at our local ASDA, FitSpace gym on Horton Park Road and Bradford City Football Club for supporting our event and offering further support to the Centre in the future. We all appreciated Dave and Howard's hard work in the kitchen. They were kept very busy providing us with fantastic food and drink. Better still I didn't

have to wash up! Clive from CVS interviewed Nancy our Treasurer, myself, Fran, Ian and Flo. This was broadcast on BCB Radio. If you go to our Web Site [www.thewestendcentre.org](http://www.thewestendcentre.org) you can listen to it. We think Nancy was definitely the star of the show. We are recruiting volunteers so if anyone is interested please step forward.

Once again, thank you to everyone working to make our centre a warm and welcoming place to be. If you haven't been yet please come and see what we can offer. We can't wait to meet you.

No appointment necessary, we are

## **The Open Door Community Project**

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## A Word from Elaine....

**Elaine and Pauline**



Myself and Pauline had a great time at the open day. I had a greetings card making class which was attended by people and their children at the centre. Pauline and I talked to Mark from Creative Support

about our singing and he passed our details on to another group based at 'Fairmount' at Nab Wood. We went and sang songs to the people at Fairmount which they advertised with a poster and flyers.

I am looking forward to any more special events with Christine and co at the West End Centre.

Story By Elaine Lewis

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## Stephens story



**Stephen at the Centre**

I like coming to the centre so I can learn new skills, I also like mixing with people and learning new things.

I like cooking, learning new maths skills and improving my spelling and grammar.

I have been coming to the centre for six years in December. I have gone on different outings, one was to the Royal Armouries museum in Leeds and I have done an activity day. I come to the Monday arts and crafts group

and help at the lunch club on Wednesdays.

Story by Stephen Kimber

## Re-launch of Young at Heart group with a trip to the Riverside Hotel in Ilkley

Members of the Young at Heart group met at the centre at 10.15 and were collected by the coach to take them to the Riverside Hotel in Ilkley for a meal, and to talk about the re-launch of the group.

The coach driver from Ladies Only Travel was first class and very helpful, everyone thought he was 'a really nice guy'.

The tables had been put together so all 12 of us could sit together.

The meal at the Riverside was out of this world, I had prawn cocktail and the best fish and chips I have ever tasted, then ice cream to finish! Everyone was really happy with their meals.

Everyone was in agreement that the group should restart, and discussed activities; trips out, speakers, using the Wii and many others.

We need to recruit new members to the group, and make them feel welcome from the beginning.

All in all it was a fantastic trip out and I would do it again tomorrow!

It was agreed that we will develop a programme of events for the next 6 weeks and put it on display in reception so that people can choose what they want to attend.

Once again thanks to

Ladies Only Travel and the Riverside Hotel for being so accommodating.



*"It was a lovely day out and the meals were great"*

Sue



Story By Flo Franks

## An interview with Graham Keeling

***How did you come to use the centre?***

I came with the Seedlings drama group

***And how long ago was that?***

It was a while ago now, around 6 years I

think.

***What do you like about the centre?***

I love coming and I love Christine! I like playing old maid, the lunch club and writing scripts on the computers.



Graham

## Newsletter

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### West End Walkers

*“ Its been lovely to  
get out, I'm wary  
walking around on  
my own now”*

Quote from walking  
group member

The West End Walking group is going from strength to strength. If you would like to join us just come along at 10.30 on Thursday Mornings. The walks last around an hour and are great fun. Here is a picture of us enjoying a stroll around Great Horton Park.



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### 'No more diets' healthy eating group

Are you fed up of dieting? Would you like to learn how to lose weight long term without being on a diet? Then come along to our friendly group.

The first run of sessions has now finished and the

results have been great.

Everyone who attended lost weight, in addition to this most felt more in control of their health, felt more confident and were doing more physical activity.

If you would like to join the group just turn up on Mondays at 10am, sessions cost £1 a week.

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### Monday group with no name....Yet!

We are launching a new group on Monday afternoons from 1pm-3pm designed to help people feel great. There will be relaxation sessions, hand massages, assertiveness and confidence training, and many more fun

activities, but we need your help! We just can't think of a name! Suggestions to Fran or Christine and there will be a small prize for the winner!

## A recipe for success

Although Dave Carroll is usually found volunteering in the West End kitchen with Howard, he managed to escape for long enough to attend a 7 week Hospitality and

Catering course, and has successfully gained level 2 qualifications in Food Hygiene and Health and Safety. Well done Dave!

And thank you to both Dave and Howard for all your hard work.

## Wall of Fame!

Our wall of fame in the learning zone is filling up nicely, 15 of our centre users have moved on to jobs, education or training courses since the last newsletter which we

think is a fantastic result, congratulations to all of you!

*“Its not just about doing job search, its about meeting and getting to know new people”*

Quote from  
centre user

## Help and Advice file

We have put together a file of useful information for you, subjects include: benefits advice, health and wellbeing, housing and

homelessness with contact details available for support services.

This file is kept in reception, have a look,

if you cannot find the information you need, or need support in any way please see Fran or Christine and we will do our utmost to help you.

## Any ideas?

If you have any ideas for events or groups please come and discuss them with Christine, Ian or Fran. Recent suggestions

have been:

- A fishing group
- Urdu for beginners

- Singing group/choir
- What do you think?





West End Community  
Centre

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## Good news!

We have been successful in applying for Near Neighbours funding . This funding will be used to bring together people from our community to meet weekly, and enjoy a range of social activities e.g. walking, swimming, cooking. We will also arrange two community outings in order to bring all sections of our community together .

The first trip will be to Blackpool illuminations, all welcome.  
More details to follow.



**We are on the  
web!  
[www.westend.org](http://www.westend.org)**



### Dates for your diary

#### West End Community Forum

We will be holding a meeting at the centre to discuss developments at the centre and get your views and ideas. This is open to anyone who has an interest in, or is connected to the centre in any way. Most importantly coffee and cake will be provided!  
Tuesday 14<sup>th</sup> October 1pm

#### Christmas dinner

Our Christmas dinner this year will be held on Wednesday 17<sup>th</sup> of December, with a carol service afterwards. We hope to see you all here.

#### Christmas Hampers

Sue will be organising a Christmas hamper or two to raffle off at the Christmas dinner, if you would like to make a donation to the hampers please drop it in at the centre by the end of November

If you would like to contribute to the next newsletter in any way please let us know