



West End Newsletter

West End Community Centre

Issue 7



Marvellous March

Hi everybody and welcome to marvellous March! We did intend to get a newsletter out as soon as we got back in January, wishing everyone a happy, healthy and prosperous New Year. We celebrated Christmas at the centre with a fantastic Christmas dinner and candle lit Carol Service. I think it was the best yet and was overwhelmed by how many of you said you enjoyed it. Norma's husband said it was the best day of Christmas!!

Anyway before we have turned around its March and Valentine's Day has come and gone. Spring is in the air, lambs are in the fields and the daffodils are starting to appear. We just need a bit of Sunshine now. If you're fed up of the rain and grey days come and see us because it's always another sunny day in paradise here at the centre!

We have two new members of staff joining us who are looking forward to meeting you.

Dan Flack will be working with us on Tuesdays, Wednesdays and Thursdays and is looking to recruit volunteers for our Community Gardening project. Please take time to read his article telling you all about it.

Riala Bi will be joining us on 1st March and will be working in the Learning Zone.

We are busy planning all sorts of new and exciting groups and activities so watch this space.

We have already had a trip to the pictures to see the new Dad's Army film thanks to Saquib who was on placement with us from Bradford College. Read all about it later in the newsletter.

We are also very proud to announce that we are now a Dementia friendly Centre. Staff and volunteers attended an awareness session

provided by Bradford college. Thanks to Trish for delivering it. We will wear our badges with pride.

The walking group have been out and about in spite of the weather. If you're interested in coming along give Fran a ring or just turn up at 10am on Thursdays, no appointment necessary, that's why we are called "The Open Door Community Project" We walk to everyone's ability and you can even join us for lunch afterwards if you like.

We also have a new challenge for you, we have a pop up session on a Thursday mornings from 10am.

We challenge you to see how much you can save on your bills. Sharon one of our volunteers saved £200 just on her water bill. Just call in and bring your latest bills

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Marvellous March continued.....

with you, it could save you pounds!

On a sadder note we have said goodbye to some of our friends. Kath Brown lost her long fight against cancer on 28th of December. We will all miss her as she was one of the most upbeat and positive people we have known. It was very moving to hear the tributes paid to her by her family and friends. We were very moved when they talked about what an important part the centre had played in her life. She attended three days a week and gained many

friends as well as new skills. She was so proud of being able to use her computer skills to keep in touch with family and friends and even skyping her cousin in Australia. Thanks to all who donated towards the Dementia charity in her memory.

We also heard last week that George Abbott has passed on. We will all miss his cheeky comments and that twinkle in his eye.

On a lighter note we have been invited to enter the Big Lottery

Awards for 2016. What an honour, were thrilled to put an application. Look out for further information about how to vote!!

Don't forget!! lots of new opportunities coming up so come and see us, the kettles is always on!

"It is a great project to be involved in, we are looking for more volunteers to help. The people here are a friendly bunch and it's like family, so why not come along and see for yourself.?"
Michael (volunteer)



Grow for Health and Wealth

Have you heard about....

Grow For Health And Wealth.

We are a group recently set up to promote healthy living and lifestyle as well as providing social and therapeutic horticulture and functional skills in a safe friendly environment.

That's the complicated version! Basically we are here to help people through the medium of

gardening!

Grow For Health And Wealth needs **HELP**

getting started, we have our site. What we need now are volunteers who are interested in learning how to build, landscape and prepare the site before we can get up and running.

We also have a wish list of things we need to help us build the project (planks, old slabs, blocks) So if you

know of anyone who can help or donate some things please contact the centre.

The goal is to be growing our own fruit, vegetables and flowers by the end of this season. The problem is the growing season starts **NOW!**

Dan will be up at the allotments every Tuesday, Wednesday, Thursday between 11 and 2.

Email;
dan.westendcenter@yahoo.com



The allotment as it is at the moment. We will keep you updated with the progress of the project in the next Newsletter and on our Facebook page.

A trip to the flicks!

We would like to say a massive thank you to Saquib Khan, an Education Studies student who has been on placement with us recently. Saquib works part time at Cine-World in Bradford and kindly arranged for a group of us to go and see Dads Army the movie. Everyone enjoyed the trip out and the film so THANK YOU Saquib.



"Thankyou for the morning to the cinema to watch Dads Army, It was great and something different to do"
Graham and Joan

Be online.....

Here at the West End Centre we firmly believe getting online can make everyone's life quicker, easier and better. If you've got a spare hour, we're on hand to show you how getting online could save you time, hassle and even money. Whether you want to get

healthy, get connected, get a job or get a bargain, you could be doing it all - and more - by doing it online. It doesn't matter if you've never even touched a computer or tablet before or if you already know a bit - this is your chance to start making the most of what the internet has to

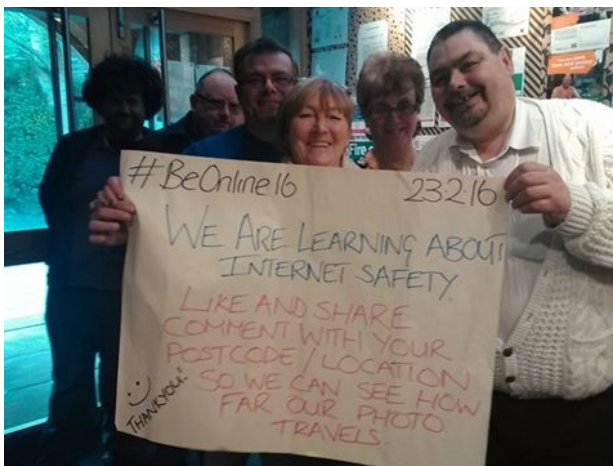
offer. It's fun, it's free, and it could change how you do your favourite things - and your everyday chores - forever! Come along to see what you could do online, and what being online could do for you.

Call in or phone to find out more.



On our travels.....

As part of our Be Online week we have been looking at internet safety and how fast and far information posted on social media can travel.



We started off in Bradford and were shared as far away as Manchester, Scotland, Wales, France, Spain, Several places in Australia and even as far away as Brazil!

We recommend that you use the strongest privacy setting when you set up your profile. This means that only your friends will be able to view your information.

Pictures, words and videos can be shared very easily across the internet, so make sure you are very careful when uploading - even if you only share it with friends, it can easily be spread much further than that.

I think it's safe to say that everyone involved learned a valuable lesson about Internet safety!

West End Community
Centre

St Oswalds Church
Christopher Street
Little Horton
Bradford

Phone: 07539204492

E-mail: fran.westend@outlook.com

***Www.thewest
endcentre.org***



West End Centre

Dates for your diary.....

Friday 15th April. Volunteer training day. 10am-2pm

Tuesday 26th April . Centre Forum. Come along, hear our news and give your views. Everyone welcome as always. Refreshments provided. 1pm-3pm

Saturday 11th June. A Right Royal Do 11am-2pm, read more about this in our April issue.