



SPRING 2025 NEWSLETTER

Welcome to our newsletter in which we keep you up-to-date with what's going on at Sedbury Space.



11, King Alfreds Road, Sedbury NP16 7AG

e-mail: info@sedburyspace.org.uk

UPDATE ON REGULAR SESSIONS

ISTOP CAFÉ- Tuesday 10am-12 noon in the village hall is consistently well attended and run smoothly thanks to the volunteers. Raffles are frequently run, led by Carol, our volunteer co-ordinator which provide valuable donations to the hub's running costs.

MEMORY CAFÉ- first Wednesday of month in the village hall- The session led by Des and Elizabeth continues to be strong in attendance and we are looking forward to welcoming Crossroads back to the session in April

HAPPY CRAFTERS- Melanie is growing the session positively and we have seen some great projects. We are looking forward to joining up with Melanie to make a scarecrow for the Tutshill trail this year

KNIT, NATTER & CROCHET- Carol A takes the lead role in the group and the attendance continues to thrive and we have received a lot of kind donations of wool from the community. The group has consistently raised funds for the hub through selling their various hand-made items as well as donating to local care homes

MONTHLY COMMUNITY LUNCH- (last Sunday) Numbers continue to reach maximum every month and positive feedback continues. (bookings only)

SHARED READING SESSION- (last Wednesday of month)- Jacqui continues to volunteer her time leading the session and we have attracted a few more in numbers which will hopefully secure the sessions this year.

CANCER SUPPORT CAFÉ The session is growing to be a valuable part of the months support activities

CHAPLAINCY CHATROOM – These sessions are always well attended, as is the evening Prayer Group

BIBLE STUDY- continues to be a steady and growing attendance

ACTIVE GAMES the sessions remain consistent in numbers but there is always room to increase attendance

GENTLE EXERCISE we do have places available on this session which is thriving and providing essential guidance and exercises to maintain movement.

BREAKFAST CLUB -February Half-term we again facilitated a busy breakfast club alongside FVAF and 2 Rivers which was well attended and saw each child have toast and/or cereal with juice followed by having a healthy packed lunch to take home.

PIZZA WORKSHOP - We had a great turnout for the pizza making session held in the village hall, over 30 children took home their handmade pizza to enjoy!

COMING SOON....



Food waste, it all adds up

Join us on this FREE ½ day workshop where we will look at the top 5 wasted ingredients that people throw away and turn these into tasty dishes for you to enjoy. Learn different recipes that put these everyday ingredients to good use and help reduce the amount of waste going to landfill.

ITS FINALLY SPRING!!!!



We are looking forward to EASTER and we hear the Easter Bunny may Make an appearance near us. Keep watching our Facebook Page for more details

We would like to wish all mother's out there, a lovely day on Sunday 30th March. We will not be holding a Sunday lunch on this day but we wish you a lovely day....

A message from the hub Manager
"Whether you are holding your mums hands in person or in your heart". Enjoy your day.



Dear Friends,

We have let our new Manager settle in her role and now it's that time of year again where we are asking if you would like to continue your subscription? here's how to do so.. we have several ways in which you can make a subscription payment. You can send £10 in cash, or cheque made payable to Sedbury Space, clearly labelled in an envelope to Sedbury Space, 11 King Alfreds Rd, Sedbury NP16 7AG. Alternatively, you could make a BACS transfer (Sedbury Space, Sort code 20-45-45, a/c no 43264696) and if you prefer you could set up an annual standing order for automatic renewal. If you choose either of these two methods please send an e-mail to let me know to expect payment.

To register as a new subscriber please also get in touch and **Be the first to hear our news and be invited to our annual celebration.**

All monies raised through subscriptions go directly to the running of the Hub and help us to continue offering valuable community support

E-mail address: info@sedburyspace.org.uk

Tel No: 07522 178639

WE ARE STILL LOOKING FOR VOLUNTEERS TO ADD TO OUR AMAZING TEAM. PLEASE GET IN TOUCH FOR MORE INFO, IF YOU CAN SPARE A FEW HOURS

Trustees^(T) & Officers

Chair: **Mr Lee Durbin^(T)**

Secretary and Safeguarding: **Mrs Carol Clammer^(T)**

Treasurer: **Mrs Karen Maggs^(T)**

Company Secretary & Health & Safety: **Mrs Susan Riordan^(T)**

Parish Council rep: **Mr Graham Drew**

Curate/ Wellbeing Chaplain: **Reverend Nicki Bullivant**

FVAF representative: **Melanie Benn**

Hub Manager: **Samantha Hopper**

Volunteer Co-ordinator: **Carol Austin**

Remember... We still have jigsaws and books available to loan in our micro library inside... POP IN



LATEST NEWS

- *Our first Manager's Fish Supper Quiz Night was a great success and our next one will be in April and then June
- *March will see a visit from the Wylwood bus offering digital support and introducing a new "WhatsOn" service for the local and surrounding areas. They will be at the 1stop cafe Tuesday 11th March
- *We will be hosting a NEW zero waste food workshop very soon in conjunction (date tbc)
- *We are working with Gloucester NHS and will very soon be advertising a new "Health Check In" session where you can get your blood pressure check and much more- details will be announced very soon
- *We are opening a new safe space venue for a support group/ meeting for ADHD and the autism spectrum for anybody to pop along and help and support each other. First meeting is March 25th 1.00pm.
- *We will be holding our 1st Barbecue of 2025 as soon as our British Weather allows, watch this space for a date...
- *Our Wednesday morning drop in session is proving positive and well used. The hub Manager has assisted in many internet issues and signposted to various organisations- pop in if you need any help or even just a chat.
- *A reminder that booking is essential for our monthly community lunch, this can only be done by phoning the hub manager on 07522 178639 where we can check on allergies/special requirements.
- *We are always listening and would love to know your thoughts on what we as your community hub can do better or more of.. pop in for a cuppa and have a chat or email us your thoughts and help us to grow in the needed direction