



NEWSLETTER – AUTUMN 2020

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



11, King Alfreds Road, Sedbury NP16 7AG,

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HOLIDAY HUNGER – SKATE AND SCRAN

FVAF were successful in obtaining a source of funding from the government in order to facilitate the Holiday Hunger Scheme across the Forest of Dean. Sedbury/Beachley was identified as an area to benefit from this scheme which would particularly benefit children in receipt of free school meals

The whole project in Sedbury was organised in less than 10 days which was an incredible achievement! Forest Urban Sports Experience offered to host a mobile Skate park experience and had sourced caterers to provide the hot meal. Sedbury Space's role was to find a suitable venue. We were very fortunate in securing a venue at Beachley barracks thanks to Captain Matt Cleaver who was extremely keen to make this happen for the benefit of the children at the camp and also in the local community. The feedback we received from FUSE was that the group of children at Beachley were the best behaved and the most engaged – so a big well done to all those who took part.



CHRISTMAS CARD COMPETITION - COULD YOURS BE THE WINNING DESIGN??

*Could you help us by designing a Christmas card for us to
deliver to our supporters and volunteers for Christmas?*

There will be three age categories:-

- KS1 - up to 7 years
- KS2 - up to 11 years
- KS3/4 - up to 18 years

*We Look forward to seeing all your colourful and festive
designs on A5 paper*

Closing date will be 13th November 2020

*Please send to us at 11 King Alfreds Road, Sedbury, NP16 7AG
or via email to managersedburyspace@gmail.com*

NEW!.....Chaplaincy Chatroom

Need a shoulder to cry on?

Want prayer for yourself or someone you love?

Have questions about faith?

Interested in discussing issues of life?

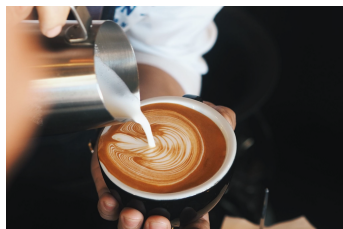
Or simply need a quiet space to reflect?

From 5th Nov, Revd Janice Hamilton and Revd Nicki Bullivant will be hosting a regular drop-in at Sedbury Space on Thursdays 1.30-3.30pm, offering spiritual support and a space to be quiet for a while. Pop along any time and stay as long as you need.

Contact Revd Janice on 07749 130323

Many Meet the Manager

During this time of lockdown and restrictions being in place on many of our groups, our Centre Manager Susan has been taking the opportunity to meet many of our regular users of the centre during her "Meet the Manager" sessions. This has been an opportunity to chat and get to know one another, sadly without the benefit of a welcoming cup of tea or coffee.



However, we are pleased to say that starting on 3rd Nov every Tuesday we will be opening

time for the One-Stop Café. We will meet at 11am and those who wish to join us will have to be pre-booked via Susan the Centre Manager in order to adhere to restrictions on numbers.

Volunteer recommends Sedbury Space for charitable donation

We were contacted by Ntegra, an IT company based in Swindon who wished to find out how to make a donation to Sedbury Space in June this year. Their organization has adopted a scheme where each employee donates £5 into a charity pot per month and all employees in turn can nominate a charity of their choice.

Ntegra employee, Sonia Thomas had chosen Sedbury Space, so we were to be the recipient of a cheque for £100. Sonia had been a volunteer at the Memory Café for some time and had kept in touch with our chair Janice Hamilton.

A big THANK YOU for thinking of Sedbury Space and for your generous donation.



READING GROUP IS BACK!

I am so very pleased to announce our Shared Reading Group took off to a good start on 30th September. We usually have eight ladies attend & we do have a possibility of another two ladies wishing to participate. Due to restriction of numbers we could only have six people attend. Do not let this stop you from asking more information as we can split the group & accommodate on another day. So, do come along enjoy the stories & let's get sociable again, it's interesting & fun. We meet on the last Wednesday of each month with Reader Leaders Jacqui & Polly.

Contact Polly on [07724738848](tel:07724738848) or Susan our Sedbury Space Manager.

Exercise Classes continue in Lockdown

Since mid-July we have been able to offer our Gentle Exercise Class via the online platform Zoom. Our regular instructor Helen has been able to run this class from her home in order that our users can still benefit from the weekly classes.

A quote from one of our regular users – Hazel Wiggins

"Exercise via zoom although not ideal, is better than no exercise at all. I do miss the chatter between the participants. It is however, a shame that not more of us are doing the zoom hour. Come on all you others who used to partake in the Village Hall, how about giving it a go?"

We are currently exploring options to start up the classes again in a physical COVID secure place. Watch this space.

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