



11, King Alfreds Road, Sedbury NP16 7AG,

## MEMORY CAFÉ

Our Memory Café is held from 2- 3.30 on the first Wednesday of every month in Sedbury Village Hall. We have enjoyed such a variety of activities in recent sessions. In January we were visited by Goals Beyond Grass who came along with equipment for us all to try and great fun was had by all.



If you are interested in coming along or finding out more about future sessions, please call 07522 178639.



Can we help?

We are starting regular sessions from 4<sup>th</sup> March. This is not a formal adult education session but help geared to what you need to achieve with technology. Maybe it is ordering prescriptions, renewing library books, booking train tickets or events online.

Please do get in touch and we can set up assistance tailored to your needs, whether it is one-off assistance or regular support.

# SPRING NEWSLETTER 2022

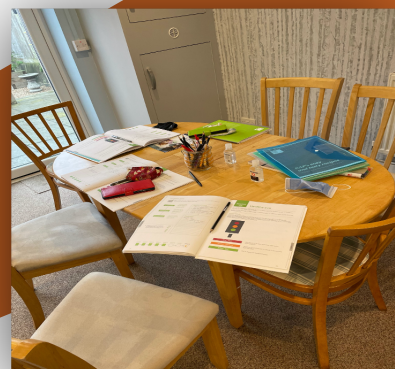
Welcome to our termly newsletter in which we keep you up-to-date with what's going on at Sedbury Space.

e-mail: [info@sedburyspace.org.uk](mailto:info@sedburyspace.org.uk)

## Christians against poverty – Life skills

We have been able to provide some valuable life skills training at Sedbury Space, through CAP.

The course runs over 8 weeks which equips you with tools such as how to eat well on a budget and how to make your money go further. We have enjoyed learning together and sharing experiences and top tips within our group.



The course costs nothing and all are welcome as CAP is a charity that is passionate about helping people from all ages, backgrounds, ethnicities and faiths.

For further information about future courses please contact [davidprice@capuk.org](mailto:davidprice@capuk.org)

christians  
against  
poverty

CAP

## **Christmas lunch at Sedbury Village Hall.**

*A hugely successful three-course Christmas Day Lunch was organised by Sedbury Space and held in Sedbury Village Hall. The aim of the event was to offer a social gathering to overcome this and although the last minute demands of the Omicron virus unfortunately reduced the final numbers attending by a quarter, 31 people between the ages of 8 and 80+ enjoyed a delicious meal in a beautifully presented hall, with a real Christmas Tree donated by Hanley Farm shop.*

*So many volunteers contributed in many differing ways, from food preparation, decorating the hall, cooking, tidying up and transport to name but a few. Funding from Tidenham Parish Council and the Diocese made this possible as did the Committee of Sedbury Village Hall trust for the use of their building.*

*Feedback from the lunch was so positive that we have decided to start up a Sunday lunch session on the first Sunday of the month. This has been very well attended and enjoyed by all participants.*

*If you would like to join with us for our Sunday lunch session please contact 07522 178639*

*Some photos below from the Christmas lunch.*



## **Happy Crafters**

Happy Crafters are a group that meet alternate Fridays at Sedbury Space. The group is ever growing and proving exceptionally popular as word gets out what they have been enjoying making. Jenny leads the group and has expertly guided the group in making some fabulous creations. Pictured below are just a few examples:-



### **Regular Groups and Activities**

**MONDAY** morning – Cleaning!  
2.00 – 3pm Gentle exercise class \*  
2.00 – 3.30 pm Bible Study Group

**TUESDAY** 10am – 12pm One Stop Café  
5 – 5.30 pm Evening Prayer Group

**WED'SDAY** 9.15 – 11.00am CAP Life Skills course  
2 – 3.30pm Memory Café (1st \*)  
2 – 3.30pm Shared Reading Grp (last)  
6.00 – 7.00 pm Safe Space

**THURSDAY** 11am-12pm Health Walkers Café ☐  
1.30 – 3.30 Chaplaincy Chatroom  
7 pm Guitar group

**FRIDAY** 10.30 am – 12.30pm Happy Crafters fortnightly

\*At the Village Hall  
☐ Non Sedbury Space activities but open to all

Supported by  
www.sedburyspace.org.uk  
info@sedburyspace.org.uk  
Ltd Company No. 10623834  
Registered Charity No. 1173511



## **Trustees<sup>(T)</sup> & Officers**

**Chair: Mr Lee Durbin<sup>(T)</sup>**

**Secretary and Safeguarding: Mrs Carol Clammer<sup>(T)</sup>**

**Treasurer: Mrs Karen Maggs<sup>(T)</sup>**

**Company Secretary: Mr Mike Fierro<sup>(T)</sup>**

**Health & Safety: Mr Gary Grant<sup>(T)</sup>**

**07840 822217**

**Mr Richard Skinner<sup>(T)</sup> 07927 051328**

**Parish Council rep: Mr Graham Drew**

**Centre Manager: Mrs Susan Riordan -07522 178639**

**Rev'd. Nicki Bullivant: Curate and Wellbeing Chaplain**

**FVAF representative: Khady Ghuye**