



SPRING NEWSLETTER 2023

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

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e-mail: info@sedburyspace.org.uk

Community Christmas Lunch

On Christmas Day, thanks to a strong team of volunteers, Sedbury Space were able to provide a Christmas Lunch in the Community for 50 people. It really does take an army to make an event like this happen and this was no exception! Planning meetings started way back in November and we built on what we learnt from last year's lunch to improve what had already been a very successful first event.

We had a team of 13 who helped prepare on Christmas Eve from setting up the room and carrying to and from the village hall to chopping and peeling vegetables. Sonya who manages Breakfast and Brunch café cooked the turkey, cooled and sliced it and then vacuum packed the meat ready for collection.

Maggie, Hester and Michael who are some of our regular volunteers, cooked the pigs in blankets and part prepared the potatoes on Christmas Eve and stored ready for the next day. Vegetables were then cooked on Christmas day itself.



On Christmas Day, 18 volunteers helped to take orders, serve drinks and make sure everyone was well looked after. Many of these volunteers came forward specifically to support the Community Lunch and we couldn't have done it without them. There was plenty of food for everyone and even plenty to take home a takeaway We had music and singing courtesy of Mike Scott, Alistair and Janice Lightly which was a joyful bonus too.

We were able to provide this lunch, which catered for all dietary requirements, thanks to monetary donations from within the community, chocolate treats, Christmas cake, mince pies and crackers donated from Moon and Co in Chepstow, a grant from Tidenham Parish Council and a free Turkey crown from A and H Jones, Tutshill.

A huge thank you to all the volunteers and those who donated in so many different ways, to support a very worthwhile community event. Thanks to you we were able to provide a delicious meal shared with friends old and new at what is often a very difficult and lonely time for many.



MEMORY CAFÉ.

If you are interested in coming along or finding out more about future sessions, please call 07522 178639. We meet the first Wednesday of every month from 2 - 3.30 in Sedbury and Beachley Village Hall.

Activities for the next few months at Memory Café are listed below:-

- 1st March - Spring planting
- 5th April - Easter Make and Bake
- 3rd May - tbc
- 7th June - Music time, making instruments and sing-along.

ONE STOP CAFÉ NEWS – EARTHQUAKE APPEAL

We held a collection on Tuesday 14th on the request of one of our regular attendees and raised £189 which was taken to Oxfam in Chipstow for which they were very grateful.



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 *
WED'SDAY	2 – 3.30pm Memory Café (1 st *) 2 - 3.30pm Shared Reading Grp (last) 2- 3.30 pm Gentle Active Sports (*second)
THURSDAY	11am-12pm Health Walkers Café Φ 1.30 – 3.30 Chaplaincy Chatroom 5 – 5.30 pm Evening Prayer Group
FRIDAY	10.30 am – 12.00 pm Happy Crafters Fortnightly
SUNDAY	12.30 pm- 2 pm Sunday lunch club (first Sunday of Month)

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

Supported by

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Ltd Company No. 10623834
Registered Charity No. 1173511



Happy Crafters

Our Happy Crafters meet fortnightly under the expert guidance of Jenny Gardner and learn to try all different crafting styles with some fantastic results from card making to making decorations.



We always welcome opportunities to become involved in Community events and most recently some of our Happy Crafters made the Sedbury Space entry for the Christmas tree Festival in Tidenham Parish Church.

Volunteers

Could you give some of your time to support us? We are always grateful for volunteers coming forward whether to offer time on a regular basis or ad-hoc, all help is appreciated. If you would like to start up a new activity or group, we would certainly welcome new ideas or suggestions. Please contact Susan, Centre Manager on 07522

Trustees ^(T) & Officers

Chair: *Mr Lee Durbin ^(T)*
 Secretary and Safeguarding: *Mrs Carol Clammer ^(T)*
 Treasurer: *Mrs Karen Maggs ^(T)*
 Health & Safety: *Mr Gary Grant ^(T)*
 07840 822217
Mr Richard Skinner ^(T) 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: Melanie Benn