



SUMMER NEWSLETTER 2022

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,

e-mail: info@sedburyspace.org.uk

tel: 07522 178639

Sedbury space Trips

We have certainly been making the most of the summer weather whilst enjoying some day trips. After being successful recipients of funding from The Haberdashers Fund, we visited Slimbridge Wetland Centre and loved getting out and about in the minibus.



Our July trip was to Symonds Yat, when we were made to feel very welcome at Old Court Hotel and enjoyed a delicious lunch together making the most a wonderful day out together as friends and topped off with a trip down the river with Kingfisher Cruises.



Happy Crafters

Our happy crafters meet fortnightly and enjoy a range of crafting. Pictured below are the crafters enjoying their Jubilee Cream tea, with table decorations and bunting made by our crafters.



More recently we were delighted to participate in the Jubilee display of floral contributions at Tidenham church. Our display was themed Hats and Handbags. We felt very honoured to be invited to take part in this community event and are very much looking forward to the Christmas Tree festival and have already begun to plan our ideas.





Would you like to become a Friend of Sedbury Space?

Many of our supporters and regular users have become Friends of Sedbury Space. For an annual subscription of £10, Friends receive a quarterly newsletter giving updates on the centre and what's going on and will be first to hear of events and activities. They will also be invited to an annual celebration event at Sedbury Space for our volunteers and supporters.

These regular annual donations contribute about one third of the basic running costs of Sedbury Space and are a valuable addition to our income. Please take a look at our website <https://www.sedburyspace.org.uk/> for full details of what goes on at Sedbury Space.

While stocks last, Friends can also receive a Sedbury Space mug when they first join.

If you would like to become a Friend of Sedbury Space please e-mail info@sedburyspace.org.uk



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

2 – 3.30pm Memory Café (1st *)

2 - 3.30pm Shared Reading Grp (last)

6.00 – 7.00 pm Safe Space by appointment

THURSDAY 11am-12pm Health Walkers Café ☐

1.30 – 3.30 Chaplaincy Chatroom

7 pm Guitar group (re-starts in September)

FRIDAY 10.30 am – 12.00 pm 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
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SHARED READING.

What is a Shared Reading group?

A group of people, one of them a trained Reader Leader, reads a great novel, short story or poem aloud. We stop and talk about what we have read. There is no need for group members to read aloud or speak – it's fine to just listen. The idea is to create a space where people feel at ease.

Reading the literature aloud in real-time, means that everyone is involved in a shared, live experience. Group members are encouraged by the Reader Leader to respond personally, sharing feelings, thoughts and memories provoked by the reading.

New members are welcome



Memory café meet monthly on the first Wednesday of the month 2.00 pm until 3.30 pm

At our monthly Memory café we enjoy a variety of activities as well as a friendly chat over a cuppa and cake. Activities for the next few months are listed below and all new members are very welcome. Please feel free to call on 07522 178639

Dates & Themes:

7th September - Board games

2nd November - Relaxation and Music

7th December - All things Christmas fun

N.B. No Session in October

Trustees ^(T) & Officers

Chair: Mr Lee Durbin ^(T)

Secretary and Safeguarding: Mrs Carol Clammer ^(T)

Treasurer: Mrs Karen Maggs ^(T)

Company Secretary: Mr Mike Fierro ^(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: tbc

Check out our website:

www.sedburyspace.org.uk

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