




11 King Alfred's Road, Sedbury NP16 7AG

Email: info@sedburyspace.org.uk or Managersedburyspace@gmail.com

As the new Manager, I am pleased to say that I have settled into the role at Sedbury space and have some exciting new ventures in the pipeline. Thank you to EVERYONE that has made me feel so welcome. My aim is to continue the amazing work already in place and my focus is very much on what can we do that YOU the community want!? The kettle can always be on and I welcome your thoughts or ideas on how we can work even better with you- so pop in to the open house day on a Wednesday and have a chat.


Our Facebook page will be updated weekly with a what's on that week so please check it out and add us to your favourites so you get all the latest news as it happens




Regular Groups and Activities

MONDAY	2.00 – 3pm Gentle exercise class * weekly 2.00 – 3.30 pm Bible Study Group weekly
TUESDAY	10am – 12pm One Stop Café * every week 12.30-2.30pm CANCER support Café -1st Tues of every month
WEDNESDAY	2 – 3.30pm Memory Café -1st week of every month * 2 - 3.30pm Shared Reading Group last weds of month 2- 3.30 pm Gentle Active Sports * 2nd weds of month 6.30pm-8.30pm Evening Cancer Support Cafe (third Tuesday of month)
THURSDAY	11am-12pm Health Walkers Café # 2,3,4th week of month 1.30 – 5.00 Chaplaincy Chatroom weekly 5 – 5.30 pm Evening Prayer Group weekly
FRIDAY	10.30 am – 12.00 pm Happy Crafters monthly Knit, natter and crochet monthly
SATURDAY	10-11am Private Booking
SUNDAY	12.30 pm – 2pm Sunday lunch club last Sunday of month *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. 1179511



WHAT'S ON NEXT WEEK... 3rd - 10th February
COME AND JOIN US FOR ANY SESSION AND SEE OLD FRIENDS AND MAKE NEW ONES

MONDAY 3rd
Gentle Seated Exercise 2.00-3.00pm (village hall)
Bible Study 1.45-3.30pm

TUESDAY 4th
1 STOP DROP IN café 10am-midday (village hall)
Private Meeting 10am-midday
Cancer Support Café 12.30-2.30

WEDNESDAY 5th
MEMORY Session with Des 2-3.30pm (village hall)

THURSDAY 6th
1.30-5.30pm Chaplaincy Chatroom (by appointment)
Evening Prayer 5-5.30pm

FRIDAY 7th HAPPY CRAFTERS Session with melanie, 10.30am-midday

SATURDAY
SUNDAY

(each session takes place within Sedbury space unless otherwise specified) and always includes a cuppa and chat *Affordable Donations Welcomed*

*We are in the final stages of starting a monthly support meet up for parents who have experience of autism, adhd and the like, the idea being parents with lived experience of the journey pre and post diagnosis can have a place to come together and share/support each other on what can be a very confusing and frightening journey.

*The newly established Cancer Support Café continues to thrive, as does the memory session which is designed to exercise the memory and provide support and advise. We have UpToDate contacts and literature for the Alzheimer's society available at the sessions and can give the information needed for self-referral to the relevant agencies.

The community Sunday Lunch continues to be fully booked and last month we enjoyed a homemade Beef Stew with crusty bread made by Michael and Hester and homemade treacle tart made by Maggie!! The room was loud with chatter and laughter as always. Its not always about the food, it's the company too!



We had a call from a family member of a regular at our 1stop café asking if we could help to surprise her auntie for her 90th birthday- we of course said YES and set to work. Carol and our army of volunteers helped to add that extra element of celebration with balloons and extras. It's fair to say the Cake outfit went down well. The look on Shirley's face was amazing and the joy in the room was priceless!



*We have arranged breakfast clubs in partnership with Two Rivers Housing, the first taking place in the February half-term! Bookings are now being taken.

*We have arranged a pizza making session again for March 3rd

We are looking to confirm a date for a cooking to a budget class which will help many in these difficult times.



WE CAN NOT RUN OUR SESSIONS WITHOUT YOU!

SO IF YOU HAVE A SPARE FEW HOURS A WEEK OR A MONTH WE ARE ALWAYS LOOKING TO ADD TO OUR AMAZING CREW OF VOLUNTEERS..

PLEASE POP IN FOR FURTHER INFORMATION.