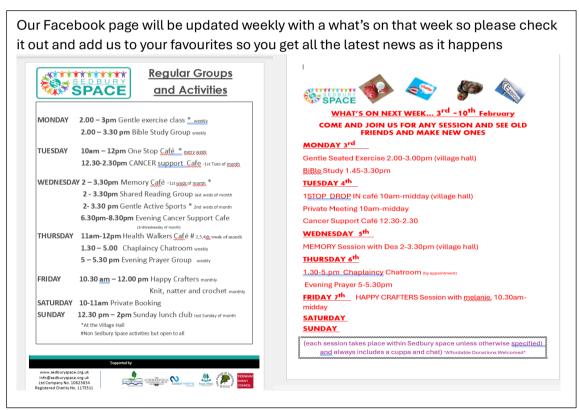


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As the new Manager, I am pleased to say that I have settled into the role at Sedbury space and have some exciting new ventures in the pipeline. Thank you to EVERYONE that has made me feel so welcome. My aim is to continue the amazing work already in 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.



*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.