

SPRINGBANK NEWS

Issue 28 - September 2010

The sudden death of Councillor John Morris last month saddened us all at Springbank Community Resource Centre. He will be remembered not just for his part in getting the centre built, but also for his forthright stand and support on issues that affected the Springbank community. John was a passionate campaigner who liked to get things done. His dedication to the task was both inspiring and contagious and many of us owe him a great debt.



Cllr. John Morris

He was too an entertaining and witty conversationalist who had wide interests and a great breadth of knowledge. If you wanted to get some information about what was happening in the area you would call on John.

He will be greatly missed in this community and as a local councillor a very hard act to replace. In many ways he was synonymous with Springbank. Our thoughts at this time are with his family. RIP John.



Springbank Youth Festival and Summer Fete

After weeks of planning Springbank Youth Festival and Summer Fete took place at Springbank Community Resource Centre and Springfield Park on Saturday July 17th. Several days of rain and high winds on the days leading up to it had not boded well, but on Saturday the weather settled and the event went ahead as planned.

It was a family day out with an estimated 800 people of all ages in attendance. Entertainment and workshops were provided by Capoeira Cheltenham, Urban Edge Break Dancing, Rupert Mckenzie's African Drumming, Black Dragon Karate, Samurai Martial Arts, a local dance troupe called 'Attitude' and many others. Play activities were put on by Play Gloucestershire

was the community coming together to have fun, something that in Springbank a few years ago could only be dreamed of. Feedback was extremely positive, both from those participating and those who came along. The family atmosphere was one of the features that people liked along with the entertainment. Singled out for praise were Capoeira, the dancing,



Capoeira



Stars of the future

the martial arts, the bouncy castle, the Play Rangers, the painting the drumming and the young people showing off their talents. Community safety was also on the agenda with PCSO Wayne Lippett reporting that the police tent had 70 attendees. The day was successful in raising the ever growing profile of the Springbank Centre. Chris Green, Co-ordinator of the centre feels

and Giggles Nursery. Gloucestershire Youth provided a DJ workshop and wii games. A number of stalls and activities including soak the policeman in the stocks were organised by Springbank Coffee Club and the Friends of Rowanfield and Friends of Springbank groups who put on refreshments, a toy stall and a plant sale. Local DJ Andy Ryder, who stepped in at the last moment, provided the continuity with a three and a half hour set. The barbeque was extremely popular and hamburgers and hot dogs sold out. Also popular was the bouncy castle kindly provided by CBC and Children's Arts workshop run by Community Artist, Graham Brindley.

There were lots of smiles on faces and everyone seemed to enjoy the day. This

that this event was the most important community building event to take place so far at the centre, making all the hard work put in worthwhile. 'Each event that we put on down here seems to eclipse the success of the previous one. This one was particularly encouraging because so many young people were involved.'

Hesters Way Neighbourhood and Friends of Springbank who organised Springbank Youth Festival and Summer Fete would like to thank all the participants in the event and all those donated services or prizes towards the event, with a special thankyou to all the volunteers who put in countless hours to make the event possible. A big thank you too goes out to Young Gloucestershire who came up with half a dozen willing volunteers for the event.

EVENTS TAKING PLACE AT SPRINGBANK COMMUNITY RESOURCE CENTRE IN 2010

Sat 25th September, 11am to 2.30pm
2nd Annual "ECO FUN Day"

Together with 4th Annual Peace Week Celebrations"

Planning meetings 11th, 25th August and 8th September,
10am at Springbank Centre

If you would like to be involved with the above events, please contact Chris Green on 01242 521319

Volunteers Needed

Would you like to give back to your community? Springbank Community Resource Centre would like to welcome you as a volunteer. Help is needed with reception, setting up rooms and keeping the centre clean and tidy. Contact Chris on 539088 or ask at reception.

You can find us on Facebook
Springbank Community Resource Centre

Room hire rates at the centre

	Charities and local people	Statutory organisations	Businesses
Community Hall	£20 per hour +VAT	£30 per hour + VAT	£40 per hour +VAT
Youth Centre	£20 per hour +VAT	£30 per hour + VAT	£40 per hour +VAT
Meeting Room	£7.50 per hour +VAT	£10 per hour + VAT	£20 per hour + VAT
Interview Rooms	£7.50 per hour + VAT	£10 per hour + VAT	£10 per hour + VAT

A surcharge of £15 is levied for evening opening up to 9pm and weekends (by special arrangement only)

Audio, visual facilities and charges

Laptop £15, Data projector £15, OHP £10, flipchart stand £5

Enquiries to Yvonne Moon, 01242 521319.

HESTERS WAY Neighbourhood Project
... run by local people for local people ...

01242 539088
www.hwnp.org

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Eco Fun Day takes place at the centre and in Springfields Park on Saturday 25th September from 11am to 2.30pm. It is a free low carbon event with a range of entertainment and activities for all ages with an overall environmental theme. including Dance workshops and demonstrations, Music, Community Arts, World Jungle workshop and activities, Creatures of the Rain Forest, Energy Efficiency, Environmental information, Waste management, Samba Band, African Drumming workshop, The Fun Music Man, Capoeira, Play Rangers, play activities and face painting, Glos Wildlife Trust, Activities for Peace, Neighbourhood Shop, Belly Dancing, Tai Chi, bouncy castle, Shiatsu tasters, BBQ, Refreshments, Sports Coaching, Co-op Roadshow, Bees, Trashion Show and much more.

Childrens Centre Activities at Springbank

Breast feeding group every Tuesday 10am to 12, Family Drop In 1.15 to 2.45 Wednesdays fortnightly, CAB Drop in 12.30 to 4 Wednesdays fortnightly, dates are 15th and 29th September.

Active Lifestyles in Springbank

Leisure Cheltenham are holding a series of low intensity exercise classes on Wednesdays from 10.45 to 11.45am to help you lose weight and get fitter. The programme includes body conditioning, aerobics, body sculpt and stretch and flex. Classes cost £2. For more details phone the Healthy Lifestyles Development Officer on 775202 or just turn up at Springbank for a session.

Tai Chi

An enjoyable way to exercise your body and mind. Learn this ancient skill in a relaxed atmosphere. All welcome. Come along and join the class on 14th September. Tuesdays 10.30 to 11.30. Classes cost just £5 (£3.50 concessions) Phone Gillian on 248663 for details.

Art Classes

An art class with Community Artist, Graham Brindley takes place on Mondays from 1 to 3pm. Cost is £5 for materials for the term. Phone Cathy on 521319 for details.

Gardening group

The Springbank Garden group meets on Fridays from 2 to 4pm. If you like to do a bit of gardening, please feel free to come along. We need volunteers at the centre to help with maintenance of the garden through the summer. No

experience necessary.

Play Rangers

The Play Rangers are in Springfield Park on a Monday from 4 to 6pm. They provide arts, crafts, sports, games, challenges and much more, all aimed at 8-16 year olds (younger children should be supervised by a parent or carer). Its free and you can come and go as much as you want.

Coffee Mornings

Coffee mornings take place on Monday morning from 9.30 to 11.30am. Come along and meet others for a chat. £1 for a cuppa with cake or biscuits. Everyone welcome.

Mobile Library

Gloucestershire County Council Mobile Library calls at Springbank Community Resource Centre car park every other Wednesday from 2.10 to 2.30pm. Dates are 1st, 15th and 29th September

Line dancing

Line Dancing classes take place at the centre on Wednesdays from 7 to 8.30pm. If you are interested please call into the centre or contact Tony Waters on 01452 617430 for information.

Doctors and Dentists

The Springbank Surgery provides a full medical primary care service to local patients led by GPs and nursing staff. The Advanced Nurse Practitioner at the surgery provides services such as initial assessment (triage), treatment of minor conditions and advice and care for patients with long term conditions such as diabetes. The surgery has two consulting rooms and one treatment room available for primary care services. Opening hours are 8.30am to 6.30pm. Many of the services available during this time are Nurse Practitioner led. A dental surgery offers a full dental service and local people and patients of the surgery can come into the centre and register.

Nursery

Giggles Nursery is a family run setting which offers care for children from 3 months to 5 year olds. Morning or afternoon sessions are also available. The nursery opens Monday to Friday from 8am to 6pm and is open 50 weeks of the year. Funded places are available for 3 and 4 year olds and all employer childcare vouchers are also accepted. Places are limited to 38 at any one time so please phone 01242 574511 or email info@giggles-nursery.co.uk

nursery.co.uk to reserve a place or to arrange to viewing.

Alchem Pharmacy

The Alchem Pharmacy provides a full healthcare service including free prescription collection and delivery service from any GP surgery in Cheltenham, advice on weight management, stopping smoking, and medicine use reviews. It is open from 9 to 6 Monday to Friday. Phone 255061.

Craft Mornings

Craft mornings are open to all adults on alternate Mondays from 10.00 am to 12 costing £2.50. Dates are 13th and 27th September. Contact Pauline on 01242 572819.



Samurai Martial Arts



Monday Art class

Bingo

Friends of Springbank offer a local bingo club for everyone. Sessions take place every Tuesday at 7.30pm. There are cash prizes and it costs £6.10 for six books and flyers. They also offer a weekly bonus ball draw and a weekly raffle. Tea and coffee are available.

Job Board

You can search for a job from the latest vacancies from [jobcentreplus](http://jobcentreplus.gov.uk) updated weekly and search their website in the foyer at the centre.

Indoor Bowls

Come along to the centre and take part in indoor bowls from 1.30 to 3.30 on Tuesdays.

Karate

Join The Black Dragon Karate Club at the centre on Mondays at 6.15 to 7.30pm for a fast, effective but traditional style of Karate. For information phone 07947744699.

Patchwork, Quilting and Embroidery Group

This is a group for experienced needleworkers who enjoy making a variety of different items from bags and cushions to Quilts and wall hangings. They meet every week on a Monday from 1 to 3pm and cost £2 per week. If you

People) project. Everyone over 50 is welcome. Phone Shirley on 539088 for further information.

Cubs

A Cub Pack (boys and girls 8 to 10.5) takes place on Wednesdays from 6.15 to 7.45pm at Springbank Community Centre. For more information please contact Pat Hopes on 01242 526817

New courses

Starting at Springbank this term are Yoga on Thursdays 1 to 3pm, Cookery Friday 10am to 12, Laptops for Beginners Friday 1 to 3pm and Christmas Crafts Friday 3:15 to 5:15. Please phone Cathy on 521319 for details.

Councillors Surgery

You can contact your local councillors via one of the numbers in this newsletter or come along to the Litter Picks held on the last Saturday of every month in Springfield Park between 10:30 and 12, where at least one of your councillors will aim to be in attendance.

Litter Pick and Family Activities

Friends of Springbank Residents meet on the last Saturday of every month at 10.30 for a fun litter pick around Springfield Park. Please grab as many friends as you can and come along. Refreshments will be provided. A range of family activities including Art for youngsters are available on these Saturday starting this month.

Room Hire

You can hire the community hall or the youth centre for your function. Phone 521319 or call in for details. Other meeting rooms and interview rooms are also available.

Youth Club

Starting again in September The Youth Centre at Springbank Community Resource Centre will be open on Tuesday and Thursday evenings for youth drop in sessions from 6.30 to 8.30pm for ages 13 to 19.

Martial Arts

Samurai Martial Arts will be holding classes for all ages over three sessions on Monday and Thursday evenings. Phone Brian Jarvis on 07971 584901 for details.

Do you have an item of interest or story you would like to see in Springbank News? Something about the area?
Anything you would like to happen at the centre?
Pictures or photos that might be of interest?
Call into the Resource Centre or phone Chris Green on 539088.