

# SPRINGBANK NEWS

Issue 45 - February 2012

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	£30 per hour +VAT
Youth Centre	£20 per hour +VAT	£30 per hour + VAT	£30 per hour +VAT
Meeting Room	£7.50 per hour +VAT	£10 per hour + VAT	£10 per hour + VAT
Interview Room	£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 Cathy Bourke, 01242 521319.

**WE HAVE OFFICE SPACE TO LET AT THE CENTRE. THERE ARE CURRENTLY 5 ROOMS AVAILABLE. ENQUIRE AT RECEPTION OR PHONE KEVIN DEVANEY ON 01242 521319.**

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**THE HISTORY OF HESTERS WAY**  
Volume 4

available now at  
Springbank Community

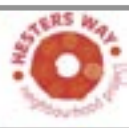
Resource Centre

price £3

the publishing of this volume has been supported by Cheltenham Borough Council  
Community Pride



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



01242 539088

www.hwnp.org

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### Tai Chi

Tai Chi classes take place at the centre on Tuesdays from 10:30 to 11:30. It costs £5 per session (£3.50 concessions)

### Exercise Classes

Gravity Fitness 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, yoga and pilates. Classes cost £3. For more details phone 07707891824 or just turn up at Springbank for a session.

### Zumba Classes

Get Fit, Get Happy with Natalie's Zumba Dance classes which run on Saturdays from 10am to 11am, £4.00 a session. Just come along to give it a try.

### Dance Classes

Fun dance classes for boys and girls aged 8-12 years take place at Springbank Community Resource Centre on Fridays, 5:15 to 6:15 pm, term time only, £2 per class. Classes are led by professional dancer and dance tutor, Anna Ludford. For more information or to book your place call Anna on 07971 485537 or Springbank Centre on 539088.

### Art Classes

An art class with Community Artist, Graham Brindley takes place on Mondays from 1 to 3pm. Cost is £5 for materials for 10 weeks.

### Gardening group

The Springbank Garden group meets on Fridays from 2 to 4pm. Volunteers are needed to help with the maintenance of the garden. Please come along.

### The Crafty Sew and Sews

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 1.30 to 3.30pm and cost £2 per week. If you would like to join them or would like further info, please phone 576503.

### Popps Project

Tea and Coffee afternoons for the over 50s are now being

held at the centre as part of the POPPs (Playtime for Older People) project, supported by CBC Community Pride. Everyone over 50 is welcome. Phone Shirley on 539088 for further information.

A 20p per item bric a brac table and a 10p book table at the centre help to raise money for the group. Come along and pick up a bargain.

### 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 accepted. Places are limited to 38 at any one time so please phone 01242 574511 or email [info@giggles-nursery.co.uk](mailto:info@giggles-nursery.co.uk) to reserve a place or to arrange a viewing.

### First4Skills

Based at Springbank Centre, First4Skills support Young People within a programme called Foundation Learning. This is the name given to Entry Level or Level 1 qualifications suitable for young people aged 14 – 18 (up to 19th birthday).



Vi Hall and Bert Harris from the garden group

A First4Skills Foundation Learning programme is tailored to a Young Persons individual learning needs and may include the following; Vocational Learning, Functional Skills (i.e. English, Maths, Information Communication Technology) & Personal & Social Development. For further information please contact Sarah Hall on 07912 082 195

### 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.

### Bingo

Springbank offers a local bingo club for everyone. Sessions take place every Tuesday evening 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 updated weekly and search their website on the computer in the foyer at the centre.

### Indoor Bowls

Come along to the centre and take part in indoor bowls from

adults on alternate Mondays from 10.00 am to 12 costing £2.50. Dates are 6th and 20th February. Contact Pam on 516895 or Pauline on 572819.

### Youth Club

Youth activities take place at Springbank Community Resource Centre Youth Centre on Tuesdays from 4:30 to 6:30pm for 8 to 11 year olds and on Thursday evenings from 6:30 to 7:45pm for 11 to 14 year olds and 7:45 for 14 to 19 year olds.



Monday's Craft Group

1.30 to 3.30pm on Tuesdays.

### 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

### Litter Pick

Friends of Springbank Residents meet on the last Saturday of every month at 10.30 for a relaxed litter pick around Springfield Park. Please come along. Refreshments will be provided. This is also an opportunity to meet your councillor; at least one of them will aim to be in attendance.

### Room Hire

#### - Private parties

You can hire the community hall or the youth centre for your function for £20 an hour. Phone 521319 or call in for details. Other meeting rooms are also available.

### Craft Mornings

Craft mornings are open to all

### Martial Arts

Samurai Martial Arts hold classes for all ages over three sessions on Monday and Thursday evenings. For details or to put your name down for a free trial, phone Brian Jarvis on 07971 584901.

### Play Rangers

Play Gloucestershire's Play Rangers are on Springfields Park every Monday after school for free outdoor active and creative play activities for school aged children, young people and their families.

### Ally's Zumba

New at Springbank, Ally's Zumba! Come and join the fun with Ally's Zumba Fitness Classes on Wednesday nights at 18.00. High energy & easy to follow, boogie, shake and shimmy your way to a better body! Contact Ally if you have any questions by visiting [www.allyzumba.co.uk](http://www.allyzumba.co.uk) or 07875 227549. Classes are £5.00 but the first class is just HALF PRICE if you bring this advert with you.