

Ms. Joyce Gregory from Sutton Seniors gave me the following:

Ode to a Pill

Little pill here in my hand I wonder how you understand
Just what to do and where to go to stop the ache that hurts me so.



Within your content lies relief, you work alone in disbelief.
You sink in regions there below as down my throat you quickly go!

But what I wonder, little pill is how you know where I'm ill
And just how do you really know exactly where to go?



I have an headache that is true, my poor old back needs attention too!
So how can anything so small end my aches in no time at all?

Do you work alone or hire a crew to do the things you do?
I'm counting on you being mighty strong to get there, where you belong.



Don't let me down please do not shirk to do your undercover work
So down the throat, be on your way and end my aches for another day.
Don't take a wrong turn is my plea I can't take another till after three.

I was at a Kirkby Senior Open Meeting and the following was
passed to me:

It's all in the mind

I'm going downhill it has to be said I struggle each morning to get out of bed
Once a size ten, dainty and slim. Now I'm quite fat with a big double chin.

Hair has gone grey, teeth that come out at night I look in the mirror
"Oh what a sight"
Going to the Doctors, it's my check up today
What will he find? What will he say?



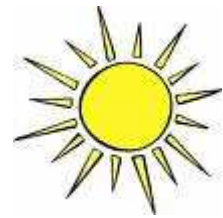
Blood pressure's good, pulse rate is fine cholesterol is low, much better than
mine

Wish all my patients were as healthy as you
I skip from the surgery, I feel as good as new.

I stride down the street, just walking on air free as a bird, and never a care
Look in a shop window, peer in the glass
Hey? Who is that really good looking lass?



Gladys Cooper set me the following to share:



God's Promise



God has not promised sun without rain,
Joy without sorrow, Peace, without pain.

But God has promised
Strength for the day, Rest for the labour,
Light for the way, Grace for the trials
Help from above, Unfailing sympathy
Undying love.

Ray Carter who is a regularly sends us poems found this:

It's All About Money

No matter what we say, no matter what we do
When all is said and done it's money that gets us through
Take the rich and take the poor you always find
The rich get more there are decent people
We all know this but it all comes down to money
And certain people with all their wealth
Sit back and think it's funny
It makes one wonder if things were changed around
Would those in power survive on just a few pound
I doubt it very, very much
It seems to me they are out of touch.



Kirkby in Ashfield Women's Institute

Meetings are on the first Wednesday of the month at 7.30 p.m.
Venue Trinity CentrePoint, Diamond Avenue, Kirkby in Ashfield.
For more information please contact Hazel Forrest on 01623 751382

Our forthcoming events:

- | | |
|--------------------------|---|
| 6 th January | Speaker Linda Booth |
| 3 rd February | Speaker Gerald Lee – alias Mark Ashfield |
| 3 rd March | Speaker Rita Plowman – “The Tea Pot Lady” |
| 7 th April | Natter Night and Quiz |
| 5 th May | Resolutions |



Leenside (Hucknall) Women's Institute

Meetings third Tuesday in the month at 7.15 p.m.
Venue Central Methodist Church Hall, Market Place, Hucknall
For more information please contact S. Green 0115 8408132



- February 16th Margery Eyre "Sex Life of a Shoe"
Comp. A decorated sponge (to share with everyone afterwards)
- March 16th Chris Weir Nottingham Archives – Bygone Medicines –
"Kill or Cure"
Comp. The strangest question you were ever asked.
- April 20th Stuart Dixon – The garden at Hebbs Farmhouse
Comp. My own photo of a garden
- May 18th General Meeting and Resolutions
Comp. A funny mini poster for the W.I.



Teversal Women's Institute

Meetings third Tuesday in the month
Venue Scout Hut, Carnarvon Arms car park Fackley Road, Teversal
For more information please contact G. Marriott 01623 451706.

- 19th January Simon Croson Ascension Islands
- 16th February Keith Blood A Victorian School room
- 16th March A.G.M.
- 25th April St. Georges Day celebrations
Lila Broadhurst Looking back at the 40's
- 18th May David Richmond Return to Hollywood
- 15th June Andrew Tucker History of the Palace Theatre
- 20th July John Simpson Prison Warden
- 17th August Stephanie Parker Humour on the Bench (ex magistrate)
- 21st September Harvest Festival
- 19th October Mr Preston Travelling in Style on the Orient Express
- 16th November Jack Townsend Superstitions
- 7th December Christmas Party
- 14th December Carol Service at St Catherine's Church Teversal Village



Darby and Joan Club

The Darby and Joan Club are a friendly and happy community group who meet at:

St John's Methodist Church Hall, Titchfield Avenue, Sutton in Ashfield.

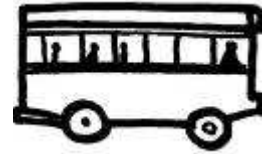
Our next meeting is on Monday 18th January 2010

Then fortnightly 1.30 – 3.30 p.m.

So why not join us and get to know some new friends.

Refreshments are available. We have bingo, raffles and organised trips including meals out and theatre trips.

For more information please speak to either Colin 01623 472185 or Marilyn 01623 558560



Report from Lynne Willetts about the Mansfield and District MS.

Hi Dear Friends,

Do you realise that I've been keeping you informed about our Branch for over two years now? Many of the "Sheltered Times" readers have come to speak to our collectors at various venues around Sutton and Kirkby, letting us know that they read the information presented. Thank – you to everyone who has contacted us, and who has donated to our Society – you are all stars!!! Another star is Melanie Jackson, the Editor of the "Sheltered Times", who allows our Branch to share our activities with you. Many thanks Melanie, to you and to your staff, for all that hard work, and patience, in sorting out my reports.



The Branch continues to thrive, providing help for our members, through the wonderful generosity of the public. Last Sunday, several Branch members headed for Portland College at 8.00 a.m. (we must be mad!) to set up a MS tombola stall, again to raise awareness of this awful illness. We had a brilliant day! It was so much fun, and the variety of goods on stalls was amazing. If you ever get chance to visit their Christmas Fair, it is well worth going.

Now, we are madly folding raffle tickets, and wrapping Christmas pressies for the annual Christmas Social at Teversal Grange on December 22nd. Andrew and his staff look after us so well, and we always have a fine entertainer with us for the evening – this year, a great singer, Karen Starr. What with a raffle, an auction and the usual Christmas Fayre, it promises to be a memorable evening.



2010 is also going to be something special for our Branch – our 50th anniversary. The committee is busy putting together a Programme of Events, which will include a church service, a display of Branch history in pictures and a variety of visits, plus many other activities. So much to do, so much fun!!!

Remember – our monthly socials will continue to be on the second Tuesday of each month, at Field Mill. If help or information about MS is required please phone 0800 5420901.

Well folks that's about all for now. Again thank you for your continued help and support throughout 2009 – we cannot help our members without you. From all of us at Mansfield and District Multiple Sclerosis Society, we wish you a brilliant 2010.

Lynne Willetts.

A Grand Day Out

The 25th August 2009 saw Trinity CentrePoint Community Centre in Kirkby in Ashfield transformed into an old fashioned games workshop for grandparents and their grandchildren. About 15 granddads and grandmas brought their grandchildren to play the games they used to play such as marbles, beetle, tiddlywinks, skipping, elastic, cup and ball and card games. Lunch was provided and then came out the Wii – when the children were encouraged to let their grandparents have a go at a Wii Sport or fairground game.

They told us they really enjoyed the session and would like to do other activities with their grandchildren, such as cooking, physical activities and IT, particularly during the school holidays. Some of the grandparents were kinship carers, others took care of children after school or during the holidays. The idea came from the number of enquiries from grandparents for activities during the summer holidays.

The event was supported by Ashfield District Council who provided the old fashioned games expertise, Hetty's, Homestart, Kirkby Library and the Trinity CentrePoint.



If you would like more information about possible future events please contact Corinna Brown, Parent Participation Officer, The Kirkby Trust 01623 484864 / 07864 884957 and Kelly Halliday, Extended Services Co – ordinator, Kirkby College 01623 455925.

Let's Talk – *Wellbeing* Anxious or feeling low?

Welcome to Let's Talk – Wellbeing

Providing help for people with anxiety, depression and other similar difficulties. Let's Talk – Wellbeing is available in many different places in the community across Nottinghamshire.

How the service works

If you are having difficulties such as feeling low, anxious or stressed and would like some help, you can discuss this with your GP who may arrange a referral to Let's Talk – Wellbeing. Also you can visit the website:

www.letstalkwellbeing.co.uk

Once we receive your referral, one of our team will contact you within 48 hours or 72 if over the weekend, to discuss your difficulties and to decide how best we can help you.

If you require a face-to-face appointment, it will normally be arranged within 10 working days and within a maximum of 20.

At the first meeting with your therapist we will work with you to understand what the problem is and to agree together the next steps. Together you and your therapist will plan a programme of support and self-help activities that match your individual needs and have been shown to be effective and helpful. The options may include group workshops, one to one appointments, self help



books and leaflets or computer packages, and telephone support. Also, together you will decide how long this support is required depending on your needs.

You and your therapist will:

Work closely with your GP (with your permission only) and anyone else involved in your care and treatment.

Help you to make the best use of any medication that your GP has prescribed by giving you information on the medicine and any possible side effects.

Review how you are feeling through regular discussions and by using standard questionnaires.

Consider further options such as additional appointments or information.

The best care and the most positive results begin with mutual trust and honest communication.



Confidentiality

We believe in respecting and maintaining your confidentiality.

We will not share personal information about you unless we have your permission or if the health, safety or welfare of yourself or someone else is at serious risk.

Please ring 01623 884500 for more information.

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Business Directory

Age Concern Nottingham and Nottinghamshire launched the Business Directory in 2008, an online registry aimed at protecting elderly and vulnerable people from rogue traders. There are now 200+ reputable local companies in the directory advertising the reliable products and services that older residents, their families and friends are looking for.

The major benefit of using the directory is the peace of mind that comes from knowing that Age concern has checked and verified the member companies. The scheme plans to run nationwide in the near future with Notts residents being the first to benefit from this unique service.

Call 0115 9195800 or log on to:

www.ageconcernbusinessdirectory.co.uk



Nottinghamshire County Council's Katie Harrison sent in the following:



Are you ready to react?

Emergencies

Flooding...flu...a fire...or a terrorist attack. Major emergencies can strike suddenly, unexpectedly and anywhere – even in Nottinghamshire.



But would you be ready to react if there was an emergency?

According to recent research, very few of us know what we should do to protect ourselves and our homes. So Nottinghamshire County Council is working with the police, fire service, district and borough councils and other partners to help local people to be prepared for emergencies in their homes and neighbourhoods.

The campaign

“Ready to react” is a new campaign to educate people how to prepare for the worst. By planning in advance, people can help to reduce the impact of emergencies if they do strike.

The campaign is being launched in two pilot areas in Sutton in Ashfield and part of Newark and Sherwood before being rolled out across the county next year.

It was recently launched at the Ashfield Show, where more than 800 people entered a “ready to react” competition where they answered questions about planning for emergencies.

Information leaflets and “ready to react” promotional items will also be distributed at local events and information points, such as county contact points.

Community groups

“Ready to react” will also work with local groups, such as parish councils and neighbourhood watch schemes. Emergency planning officers will work with these groups to help them develop emergency plans for their villages and towns. These plans will help identify vulnerable members of the public who may need help in an emergency. The groups will also receive leaflets and emergency packs to help them to prepare.

Helen Stephenson, emergency planning officer at Nottinghamshire County Council said “People who live in the local area are always the first on the scene when an emergency occurs. They are also best placed to let us know what the impact of an emergency is likely to be on their neighbourhood and to offer help to vulnerable people who live near them.

“Nottinghamshire is a safe place to live and we do not want to alarm people. But we do hope that this campaign will raise awareness about what could happen and help people to take simple steps to help themselves, their families and their neighbours”

How prepared are you?

Research was carried out in the pilot areas and these are some of the responses.

Can you turn of your water, electricity and gas supply?

87% of people do know how to turn off the electricity and water supply to their homes, but only 63% know how to turn the gas off.



Do you have a home emergency kit?

Only 28% of households have prepared an emergency kit, which could contain first aid essentials, a torch, bottled water, matches, candles and a battery powered or wind up radio.

Have you planned for your family in an emergency?

Less than a quarter of respondents have planned what they would do – such as where they would stay if they had to leave their house – and only a third had a list of emergency numbers.



Do you have any vulnerable family or neighbours?

Almost two thirds of respondents said that they do know of vulnerable family or neighbours. 95% said that they would be willing to help them in an emergency.

More information

If you are a member of a local group and would like more information please contact Katie Harrison on 0115 9773395 or Katie.harrison@nottsc.gov.uk

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Senior Forum Update

All of the forums were really hectic leading up to Christmas not only with their festive events, but with planning for their 2010 calendar. During 2010 there is an increase of meetings with a more diverse nature. Your local forum will always try to include topical items that are of importance and relevance for their members.

Leading up to Christmas as part of the International Day for Older People Hucknall organised a well attended “Mini Information Day”. Funding from Notts. County Council helped finance the session. Information sharing events are always popular as they have several service providers under one roof enabling easy access to details of the help that they can give.

Jane Peters who is fascinated with all things of a ghostly nature spoke to both Hucknall and Sutton Seniors about the wealth of spooky happenings in our area. With the advent of new technology it is amazing what is captured on digital cameras! Hucknall rounded off 2009 with inviting members of the Hucknall Retired Members Group to their Carol Service lead by Rev. Knowles...as well as joyful singing there was an abundance of mince pies.

Ever been a victim of crime that has left you feeling bereft and isolated? “Victim Support” gave a presentation at Kirkby Seniors that would have put your mind at rest that there is help out there for you following crime. The forum has enjoyed a special relationship for over a year with Coxmoor Primary School and during November members enjoyed a multi craft event with some of the students at The Evergreens made possible by Grassroots funding. Following their Christmas lunch a superb choir from the school sang carols for their entertainment. The forum was invited to a dress rehearsal of the school’s nativity play and was treated to two great performances. More events with the school are in the planning stage.

Officers from the local police and fire divisions visited Sutton forum during September and after short presentations members took the floor and asked a series of questions.



The build up to Christmas began with members “shopping ‘til they dropped” at Highcross Shopping Centre in Leicester. A more relaxing time was enjoyed, at their full to capacity, Christmas Buffet at The All Saints Centre where they had a demonstration of exercises from Chris Ansell and some of her students. The buffet was followed by a nativity play.



Here's a brief resume for the beginning of 2010

Hucknall Senior Forum
(meetings at Watnall Road Community Centre, Watnall Road, Hucknall)

Tuesday 26th January 2.00 p.m. – 4.00 p.m.

“Trading Standards and Approved Traders”

How do you complain when you feel that you have received shoddy goods or you are worried about that weird decorator chap who has turned up to give you a quote – this afternoon will give you the confidence and knowledge of the steps that you need to take.



Tuesday 23rd March 2.00 p.m. – 4.00 p.m.

“Gardening for Colour and to Attract Bees and Butterflies”

Come and plant up some vibrant containers with Radio Mansfield's very own lazy gardener Rob Foster who is also a columnist in the “Chad” newspaper. At the end of the afternoon the containers will be raffled. Rob will also answer your gardening queries.

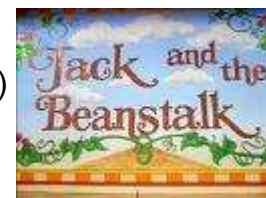


Kirkby Senior Forum
(meetings held at the Evergreens Club, Urban Road, Kirkby in Ashfield)

Wednesday 13th January 12.00 noon – 5.00 p.m.

“Jack and the Beanstalk”

A trip to the Royal Concert Hall Nottingham to see the matinee performance of this great pantomime – there are still a few tickets left please contact Melanie on 01623 457092 for details.



Wednesday 10th February 10.00 a.m. – 12.00 noon.

“Old Occupations”

Many old occupations with fantastic sounding names will feature in this mornings talk from Denis Hill. Denis will also be bringing a slideshow.



Wednesday 10th March 10.00 a.m. – 12.00 noon

“Lets Talk Health”

Here is an opportunity to listen to and ask questions of local health providers.

Selston Parish Experience Group

(meetings at Selston Parish Hall, Mansfield Road, Selston)

Monday 22nd February 10.00 a.m. – 12.00 noon

“The Art of Lazy Gardening”

Rob Foster will be showing you how to become a great vegetable gardener using just containers and grow bags! A keen gardener since his school days Rob will be showing slides of the “old days” of gardening. The planted up tubs will be raffled at the end of the morning.



Monday 1st March 11.00 a.m. – 5.00 p.m.

“Visit to Derby Garden Centre”

From Rob’s inspirational talk the forum thought that you would like a trip to a local garden centre that is crammed to overflowing with a great selection of plants and has a gift shop and restaurant. Wheelchair accessible.



Sutton Senior Forum

(meetings at The Anchor Centre, Mansfield Road, Skegby, Sutton in Ashfield)

Wednesday 20th January 2.00 p.m. – 4.00 p.m.

Annual General Meeting

A chance to look back on the achievements of 2009, elect a new committee for the coming year and help decide on the topics and events for 2010.

Wednesday 17th February 2.00 p.m. – 5.00 p.m. (finish time approx)

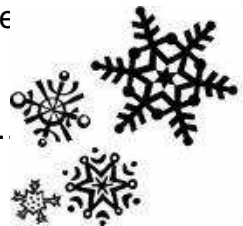
“Have Tea With Lord Byron”

This promises to be an extremely popular event so you are advised to book early as seating is strictly limited. Byron was the ideal of the Romantic poet gaining notoriety for his scandalous private life. Denis Hill will talk about his life and the typical foods that were eaten comparing them with today’s diet.

Participants will be asked to bring a small contribution to the “Tea Party”. Please book by ringing Melanie on 01623 457092.



Now is an excellent time to join one of Ashfield’s forums so why not go along to one of the meetings and find out more or speak to Melanie on the number above. Membership is free and all of the sessions are subsidised.



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Staying Warm in Winter

Already we have been experiencing cold weather with below freezing temperatures. Help the Aged working in partnership with British Gas have produced a booklet to help you keep warm with out spending too much. I have done you a quick précis here of the important pointers. If you wish to obtain this brochure or any of the other useful ones they have please contact Age Concern and Help the Aged on 0800 009966. They do a particular relevant one, “What you can Claim”, which looks at ways of maximising your income.

Winter Fuel Payment

This is paid to people aged 60 or over to help towards fuel bills and you do not need to be in receipt of benefits in order to qualify. If you have any concerns about your payment the helpline number is 08459 15 15 15.

Managing your bills

Should you receive a bill that you are unable to pay – do not ignore it! Contact your supplier explain that you are an older person and tell them about your difficulties. They should be able to arrange for you to pay, for example, by instalments. If your household consists of residents aged 60 and over suppliers are not allowed to disconnect your supply between 1st October and 31st March and they should not disconnect you at any time if you have agreed to have a pre-payment meter installed.

Consumer Direct can help with advice about payments and help you make price comparisons between different fuel suppliers – their telephone number is: 0845 4040506.



Keeping your house warm

Tips for insulating your home – stop that heat escaping

Insulate your hot water tank with a special jacket.

To stop your cold water tank from freezing insulate it.

Loft insulation stops heat escaping through your roof.

Thicker curtains help to insulate your windows and help prevent draughts.

Remember to keep your doors shut.



Stop the draughts from getting in.

Draught proof your windows

Fix draught proofing strips to doors and use draught excluders at the bottom of doors, where there are often gaps.

Fit letterbox and keyhole covers.

Seal gaps between floorboards and skirting boards with sealant or beading.



Do though ensure that some fresh air can still get into your home by providing ventilation.

Energy Saving Trust on 0800 512 012 will advise on local initiatives.

Keeping yourself warm

Warmth and energy is provided by hot meals and drinks.

Any form of physical activity keeps your circulation going and warms you up.

Try wearing several layers of thinner clothes. Wool, cotton or fleecy synthetic fibres are usually warmer.

Thermal under wear, helps beat the chill as does thick tights / long socks and warm slippers. If you are sitting added warmth can come from a shawl and / or blanket.

When you venture out into the cold dress for the weather. Put on warm layers of clothing, gloves, hat or scarf. Ensure that your warm boots / shoes have good grips.

Time for bed! Use a hot water bottle or an electric blanket NEVER the two together. Check if your blanket is one that can be left on throughout the night. Thermal underwear, pyjamas, bed socks and a nightcap all help to keep out the cold.

Try to heat your bedroom overnight in winter. If it is extremely cold and bills are a problem you may have to live and sleep in one room. Ask your family or friends to move your bed rather than sleep in an armchair.



The recommended temperature for older people is 21 C (70 F)

You might be more comfortable at a higher temperature. By being exposed to a cold environment for a long time you run the risk of hypothermia.

If you are experiencing any problems please ask for help.



What could be better than “tucking” into some home made soup here is a **Winter Medley** from Sam Evans Ashfield District Council’s Community Nutrition Advisor.

White Onion Soup

Ingredients

2oz / 55g unsalted butter

1lb 2oz / 500g white Spanish onions, peeled and very finely sliced

3 level tablespoons flour

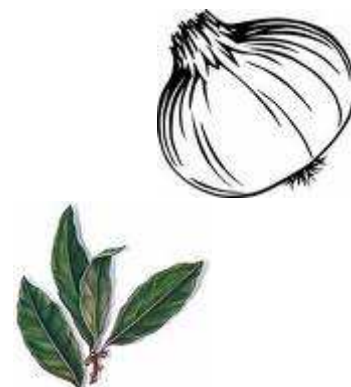
35fl oz or 1 litre milk

4 bay leaves

10 peppercorns, slightly crushed

Bouquet garni: 3 sprigs each parsley, thyme, and rosemary, tied together with string, or a good commercial bouquet garni bag

1 medium bunch of flat – leaf parsley, washed and finely chopped



Method

Melt butter over a very low heat

Add the onions, cover and stir thoroughly coated, then allow to sweat gently for 10 minutes.

Sift in the flour and continue cooking for a further 5 minutes, stirring continuously.

Pour in the milk and add the bay leaves, peppercorns, and bouquet garni.

Simmer very gently for about 10 minutes, until the onions are quite soft.

Remove the bay leaves and bouquet garni, and strain out the peppercorns.

Serve garnished generously with chopped parsley.

Minestrone Soup

Ingredients

2 carrots

2 onions

2 tomatoes

4 stalks of celery

4oz haricot beans

Half a small cabbage

1oz rice or pasta

2 tablespoons of green peas

Pepper and salt

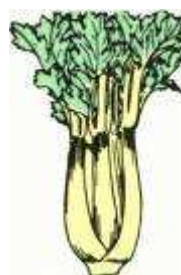
2 potatoes

4pt vegetable stock

1 clove of garlic

2 tablespoons olive oil

Grated parmesan cheese



Method

Prepare all the vegetables and dice them finely.

Fry the onion gently for a few minutes in the olive oil, then add all the other vegetables.

Stir and then for about 15 minutes.

Add the rice or pasta and continue to simmer until it is cooked.

Serve sprinkled with Parmesan cheese

Spicy Carrot and Lentil Soup

Ingredients

2 teaspoons vegetable oil
1 onion, finely chopped
2 sticks celery, finely chopped
2 carrots, coarsely grated
55g (2oz) split red lentils
1 teaspoon ground cumin
1 teaspoon ground coriander
850ml (1 ½ pints) vegetable stock
Freshly ground black pepper, to taste



Method

Heat the oil in a saucepan. Add onion and celery and cook until soft, stirring. Add the carrots, lentils, cumin, coriander, stock and black pepper. Stir to mix. Cover, bring to the boil, then simmer gently for 15 – 20 minutes or until carrots and lentils are soft, stirring occasionally. Ladle into soup bowls. Serve with fresh crusty bread.

Mushroom Soup

Ingredients

2oz / 50g reduced fat spread
1 small onion, finely chopped
12oz / 340g button mushrooms chopped
900ml light chicken stock
1 spring flat parsley chopped
Salt and freshly ground black pepper



Method

In a medium saucepan melt the reduced fat spread over a medium heat and add the onion. Cook until the onion is soft and translucent, and then add the chopped mushrooms.

Let the mixture sweat for about 8 minutes, taking care that the onion doesn't take on any brown colour.

Stir in the chicken stock and chopped parsley.

Bring to the boil then reduce and simmer for approx 30 mins.

Season to taste and serve.

If you prefer you can liquidise the soup for a smooth texture.



Health Trainers



Thinking about becoming healthier in the New Year?
Your local Health Trainer could help

Do you know that making small changes to your lifestyle can really make a big difference to your health? For example, just taking regular moderate exercise can help with weight management, reduce the risk of serious diseases and make you feel so better in yourself.

You may want to control your weight, get fitter, have a healthier diet, quit smoking or drink sensibly, but sometimes it can be hard to make a change without some support. This is where your local health trainers could help you by providing information, support and encouragement to help you take the first step and motivate you reach your goal.

Health Trainers are local people who have an excellent understanding of the local area and help their clients access local services and provide support. They chat with clients about how they can make important lifestyle changes that will benefit their health and the options that are on offer in the area. They may also use a personal health plan to map out the route to a healthier lifestyle.

The Health Trainer Service is FREE to anyone over the age of 18, so take some small steps to a healthier lifestyle.

Start your journey by contacting Andy, Bev, or Sarah your local Health Trainers at Ashfield District Council 01623 457537.

Health Trainers are not medical trained and they may suggest you see your G.P. or practice nurse before making any major healthier lifestyle changes.



New Art Classes in Hucknall

There is no time like the start of a New Year to consider starting a new hobby or re-visiting an old one. If you are interested in working with different mediums Robin Bellamy is beginning a new eight weeks Art course on:

Tuesday January 26th 2010

10.00 a.m. – 12.00 noon

Watnall Road Community Centre, Watnall Road, Hucknall.



Whether you are an absolute beginner or have had experience sketching and painting you will find something to whet your appetite in these sessions.

Cost £46.40 for the 8 weeks course.

For more details please speak to Robin on 0115 9550444





"What's on Where?"

A "crafty" new you for 2010



Many of you will know Joan Lawson one of our talented tutors. I first met Joan, unbelievably twelve years ago, at a community event in Huthwaite and she was making cards and pictures using pressed flowers. In 1999 she started doing craft classes in a number of our centres, but she has now decided to "put her feet up" and concentrate on her first love of working with pressed flowers. So although we are saying "goodbye" it is only a semi "goodbye" because later in the year Joan has promised to come and do some speciality sessions featuring pressed flowers. Joan please note you have finally got me out of calling them dried flowers!

Now that the hectic Festive season is behind us we can start and think about a gentler pace of crafting. You will be happy to know that we have retained all of our usual sessions and have others in the planning stages via the Senior Forums.

We have already experienced some snow when travelling was hazardous. Therefore, if we have more snow and icy conditions over the coming weeks we will cancel classes if we deem it unsafe for them to go ahead.

Our tutors have spent the short winter break working on card designs to illustrate the vibrancy of Spring colours and there will also be a selection of Easter cards. So whether you are a beginner or have been with us a number of years you will find our classes stimulating, friendly and full of warmth.

Most materials and refreshments are included in the weekly cost of your session and you only pay for those you attend. You may join us at anytime as generally speaking each project is completed within the two hour class which we have found is the right amount of time for participants.

Painting Workshops

Originally these started as exclusively water colour classes, but many students wanted to dabble with other mediums and over time oils, acrylics and pastels have been introduced.

Mill House, Mill Close, Huthwaite, Sutton in Ashfield.
Wednesdays 2.00 – 4.00 p.m. with Carol Morley.



St. Modwen's Court, Union Street, Sutton in Ashfield.
Tuesdays 7.00 – 9.00 p.m. with Jonathan Annable

The Beeches, Beech Street, Healdswood Estate, Skegby, Sutton in Ashfield.
Wednesdays 7.00 – 9.00 p.m. with Jonathan Annable

The Poplars, Charles Street, Sutton in Ashfield.
Mondays 1.00 – 3.00 p.m. with Jonathan Annable



Titchfield Court, Orchard Street, Hucknall.
Tuesdays 10.00 – 12.00 noon
Fridays 1.00- 3.00 p.m. with Wendy Radford

Willetts Court, Limb Crescent, Leamington Estate, Sutton in Ashfield.
Fridays 10.00 – 12.00 noon with Wendy Radford.



Bobbin Lace Making

This is an old traditional craft which was originally a cottage industry. Gill your tutor is patient and ensures that you are confident with the basics before you go on to more intricate pieces of lace. It is really surprising at how quickly you can pick up the techniques which on the surface appears to a difficult craft. Once you “get going” it is truly relaxing and the classes have a lovely atmosphere.



St. Mary's Court, The Oval, Carsic Estate, Sutton in Ashfield.
Wednesdays 2.00 – 4.00 p.m.

Nuncar Court, Nuncargate Road, Kirkby in Ashfield.
Wednesdays 6.30 – 8.30 p.m.



The Beeches, Beech Street, Healdswood Street, Skegby, Sutton in Ashfield.
Thursdays 7.00 – 9.00 p.m.



Cold Porcelain

A lovely craft that enables you to create some truly stunning pieces to decorate your home or give to a fortunate friend! Meryl, your tutor, designs a piece that will be built up in small stages over a few weeks giving you plenty of time to give a professional finish to your project.

Sherwood Court, Sherwood Street, Kirkby in Ashfield.
Mondays 10.00 – 12.00 noon.



Creative Jewellery

Want to make a piece of jewellery that “stands out from the crowd” then why not give Emma's classes a try? Emma sources lots of unusual materials for you to work with ensuring that your piece is totally unique.

The Homesteads, off Hartley Road, Kirkby in Ashfield.
Wednesdays 6.30 – 8.30 p.m.



Handcrafted Greeting Cards

These classes have grown from “strength to strength” mostly due to our tutors enthusiastic approach, but partly I believe to all of the advances that have been made since 1999 when classes began and we just used the basics. Now you are able to try out the new “gizmos” – see if you like using them before investing in them to continue your card designs at home. As you can imagine this reduces expensive purchases considerably as you only buy what you know can actually progress your work.

“Greeting Cards”

Brand Court, Brand Lane, Stanton Hill, Sutton in Ashfield.
Mondays 9.30 – 11.30 a.m. with Carol Curtis. From 11th January 2010



“Classic Cards”

Darlison Court, Ogle Street, Hucknall

Mondays

11th and 25th January

1st and 15th February

1st, 15th and 29th March

12th and 26th April

All classes 2.00 – 4.00 p.m. with Carol Curtis



“Inspirational Cards”

Desmond Court, Church Lane, Underwood

Thursdays 2.00 – 4.00 p.m. with Meryl Marriott From 7th January 2010



“Spotlight on Cards”

Mill House, Mill Close, Huthwaite, Sutton in Ashfield

Wednesdays 10.00 – 12.00 noon with Carol Curtis. From 13th January 2010

“Handcrafted Cards”

St Mary’s Court, The Oval, Carsic Estate, Sutton in Ashfield.

Tuesdays 10.00 – 12.00 noon with new tutor Hilary Bostock.

From 12th January 2010



“Greeting Cards”

The Poplars, Charles Street, Sutton in Ashfield.

Wednesdays

13th January

3rd February

3rd March

7th April

All classes 2.00 – 4.00 p.m. with Chris Whyman



“Craft Workshops”

Titchfield Court, Orchard Street, Hucknall.

Parchment Craft

If you desire to create a card that is detailed and has the definite “wow” factor then Parchment Craft (Pergamano) is for you. There are various methods that you can use and some crafters prefer the coloured finish to the plain parchment.



Darlison Court, Ogle Street, Hucknall

Thursdays 10.00 – 12.00 noon with Meryl Marriott. From 7th January 2010

Harwood Court, Harwood Close, Sutton in Ashfield.

New six week course starting:

Tuesday 23rd March 6.30 – 8.30 p.m.



“Inhouse Activities”

Please be aware that it is essential that you book for these workshops because spaces and resources are limited. Cost is £3.00 – all materials and refreshments are included. To reserve your place please ring Melanie on: 01623 457092 (unless you booked at their previous workshop).

Pat and Donna’s workshops are always a joy with an a winning formula of simple technique = stunning results. For our “Spring Term” they have designed some “spinning cards” cards for you - but do not worry they will not make you dizzy!

Darlison Court, Ogle Street, Hucknall
Monday 8th February 2.00 – 4.00 p.m.

Desmond Court, Church Lane, Underwood
Thursday 18th February 2.00 – 4.00 p.m.

The Homesteads, off Hartley Road, Kirkby in Ashfield
Thursday 25th February 2.00 – 4.00 p.m.



Please arrive at your workshop for 1.45 p.m. to ensure a prompt start.

As usual they will bring their mobile shop enabling you to stock up on your crafting necessities at realistic prices.

Many of you prefer to enjoy their crafting in a less structured environment where you can still share new ideas, but the atmosphere is more social. Tuition is available at The Beeches, Mill House and Willetts Court. All of the following have a “cuppa” and biscuits available.

“Greeting Cards Craft Group”
The Beeches, Beech Street, Healdswood Estate, Skegby, Sutton in Ashfield.
Thursdays 10.00 – 12.00 noon



“Crafting Morning”
Mill House, Mill Close, Huthwaite, Sutton in Ashfield.
Thursdays 9.30 – 11.30 a.m.



“Craft Group”
Nuncar Court, Nuncargate Road, Kirkby in Ashfield.
Thursdays 2.00 – 4.00 p.m.



Elaine Clarke “looks after” the following group and asked me to include it:
Willetts Court, Limb Crescent, off Leamington Drive, Sutton in Ashfield.
Thursday 12.30 – 2.30 p.m.

Elaine says that a warm welcome awaits new crafters and she says that there is a special section for knitting and yarn related crafts.



Stop Press News - Art Exhibition



May 2010

For several years students from our art classes have contributed a painting to this annual event that is held during May and displayed in the foyer of Ashfield District Council's Kirkby offices. For 2010 we are planning to hold a bigger and better exhibition. Consequently we are letting you know in plenty of time so that you can have a think about which piece of work you would like to put into the exhibition.

The maximum size is A3 (due to limited space), and the work must be mounted with either cream or white as this shows your work to it's best advantage against our boards. Works can be in any medium of your choosing. Our tutors will advise you and help you with the mounting. All work must be ready for collection by Monday 19th April to give Jonathan and I time to plan the exhibition and erect it on Friday 30th April. The works will remain on display throughout May and returned to your tutors early June.

We look forward to seeing another bumper crop of outstanding work!

For more details please speak to Melanie on: 01623 457092.



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Final Few Words

I hope that you have found something to interest you in our last edition of "Sheltered Times" and that the Senior Forums and craft sessions have whetted your appetite to try out something new in 2010. If you want more details of anything within this newsletter please give me a call and I will do my best to assist you.

All that remains now is for me to wish you a very happy and healthy New Year and hopefully I will see you some of you on my travels around the Ashfield District.

Very Best Wishes,

Melanie





Keeping Fit for the 50+ in Sutton



A Project Funded by "The Fair Share Lottery Fund"

If you live in one of the following areas, Carsic Estate, Leamington or New Cross then you are eligible to join one of our lively and friendly exercise groups. The exercises on offer including Tai Chi is especially modified for the over 50's.

You do not require any previous experience or particular level of fitness to participate and enjoy our exercises. It is a gentle way of building up strength and suppleness as well as increasing your co – ordination and mobility. Many people who have been attending sessions have told us that they are beginning to feel more confident and invigorated. They are also noticing positive changes in their day to day life, for example, every day tasks such as shopping is easier and they have more energy to play with their grandchildren.

Our instructors are all fully trained and encourage participants to carry out the exercises at their own pace. Free transport is available to enable you to easily access our exercise sessions.

As an added bonus we organise a luncheon club at the following venues:



Brierley House, Brierley Road, Carsic Estate, Sutton in Ashfield.

The Poplars, Charles Street, Sutton in Ashfield.

We pride ourselves in providing a hot, healthy two course meal with a varied menu to suit all tastes – special dietary needs can be catered for and we feel that we offer good value for money. You are assured a warm welcome and will find that you will soon be forming new friendships.

Exercise groups are:
10.30 a.m. – 11.30 a.m.

Luncheon Clubs are:
12.00 noon – 1.30 p.m.



Due to the funding that is providing these initiatives you do need to live on the Carsic / Leamington Estates or the New Cross area to take advantage of them.

If you wish to know more about these groups or wish to book your place at one of the participating venues please speak to:

Louise Pike on 07872 839617



Making more of Life

Age Concern Nottingham and Nottinghamshire