

ISSUE 1

Fuse

igniting ambitions



SUMMER 2016

The Northfield Centre



F R E E — PLEASE TAKE A COPY



The Northfield Centre is managed by FUSE social enterprise. All income generated at the Centre goes towards the running costs and towards delivering services and activities for local people.

Our Vision is for the Northfield Centre to be: A bright, clean, modern, attractive, lively centre, incorporating the Stepping Stones café and offering a warm welcome to everyone.

There will be a wide ranging programme of activities for all ages, making the centre the hub of the local community. The Northfield Centre is a place where people from all walks of life will feel able to drop in.

We respond to local needs and challenges, including isolation, disadvantage, social needs, education, leisure and unemployment.

We work in partnership with others in the delivery of services and activities.

Visit our website for up to date news: www.northfieldcentre.co.uk



Meet the Team



Ian



Michelle



Kate



Abi



Karen



Wes



Stepping Stones Café Staff Team



Jane Godfrey



Sally Cushion



Julie Wynne



Stepping Stones Café

The Northfield Centre is proud to host the Stepping Stones Café and it is at the heart of everything we do. Stepping Stones serves a range of delicious food throughout the day and provides a wonderful setting to enjoy one of our delicious Barista style coffees with our renowned homemade cake, or join us for breakfast, lunch or dinner.



We pride ourselves on offering high quality, tasty and healthy food options at affordable prices. With an excellent range of mouth watering food on offer we're sure Stepping Stones will be a place you'll want to visit regularly!! All our patrons are welcome to use our free WiFi or public access computers at the Northfield Centre.

The café provides its excellent coffees, cakes and sandwiches to take away too. So if you are in a rush and haven't time to stay and enjoy the ambience then don't feel you need to miss out!

The Café is also available to hire for events, parties or functions and we can offer a licensed bar too.

Stepping Stones is a social enterprise and all takings are ploughed back in to the running costs of the Northfield Centre.

We are committed to working with local people to improve quality of life. We offer work placements and volunteering opportunities.

We are always happy to receive your comments and feedback and we thank you for your support

Jean Jarvis MBE - Chief Executive

What a wonderful first newsletter for The Northfield Centre, with so much already going on. We opened the doors in April 2015 and have made a good start towards achieving our aims, assisted by our wonderful team of local people who are our staff and volunteers. Our customers are also local people and are key to our success. We need our customers to like what we have to offer, take part in our events and our activities, eat in our café, book their parties, wedding receptions and breakfast meetings at Northfield and tell their friends about us. The income that we generate from room hire, events and our café pays our bills, so we need you!

The Northfield Centre is part of the Northfield Village an award winning, innovative concept. We are surrounded by the Limewood's dementia unit, Elmwood's extra care housing for people over 55, the Boulevard leads you to the Health Centre/GP surgery and pharmacy and of course within the Northfield Centre we have the amazing Stepping Stones Café. Supporting people is at our heart. Across our activities we work to enable and encourage vulnerable people and those who face challenges. We have a track record of bringing people together and working in partnership and we are working hard to make The Northfield Centre financially sustainable and to ensure close collaboration with our partners in The Northfield Village, building on health provision by providing activities in response to social prescription such as exercise, cookery classes and healthy eating options in Stepping Stones Café

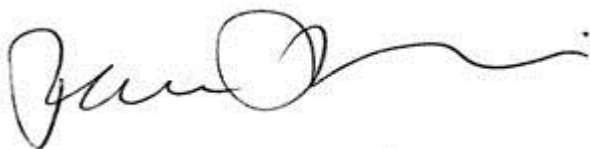


Fuse, a social enterprise development company, is part of a thriving network of individual companies within the Wrekin Housing Group. The Group is made up of The Wrekin Housing Trust, Choices, Revive, Shropshire Housing Alliance, The Furniture Scheme and Fuse, working together to provide homes and services across Shropshire and Staffordshire.

At Fuse we set up our own social enterprises to deliver services for local people, we also work with others to help, support and encourage the growth of social enterprise in the UK. Fuse can offer a full consultancy service, supporting from the very initial spark of an idea through to implementation, delivery and evaluation. Fuse will help you ignite your ambitions through our in depth understanding of social enterprise and how it can work for you. We are also social enterprise practitioners, within Fuse is Clean Cut Services, a grounds maintenance, cleaning and environmental improvements social enterprise and The Longford Centre in Cannock.

If you like what we're doing at the Northfield Centre let us know, if you think we could do more or different things, let us know. We'd love to hear from you, help us to do it right.

Jean Jarvis MBE

A handwritten signature in black ink, appearing to read 'Jean Jarvis', with a long, sweeping horizontal line extending to the right.

Ian Bossons—Centre Manager

We've had a very busy first year at the Northfield Centre. The centre opened for business in April 2015 and since then it has just become busier and busier. Before we opened we had people eager to start their activities at Northfield. The centre averages 90 visitors a day many of whom just use the café which rapidly became the heart of the centre proving popular with on site residents and the local community. The staff have been very busy during our first year ensuring that everyone who walks through the doors feels welcome and enjoys their visit.

I've been really impressed by the way the staff have dealt with the rapid growth of the centre. They have shown excellence in their approach to providing outstanding customer service and dealing with all our customers in a friendly, helpful and knowledgeable way. I'd like to give a special thanks to all our volunteers without whom we really couldn't have managed to maintain our extremely high standards.

There is a very special feel to Northfield this is felt by everyone who uses the centre. There are lots of exciting projects underway, including our new community heritage project which saw its launch during the summer fair where the project team, talked to residents and visitors about their memories of Stafford's shoe industry. We are all looking forward to what the next year will bring to the centre and I am certain that the staff and volunteers will continue to rise to the challenges as they have done so well over the last year.



Michelle Williams - Community Worker





ASPIRE STAFFORD

DELIVERING INDEPENDENCE

What makes Aspire (Stafford) so different?

- We offer daytime opportunities as individual as our clients
- We don't offer courses we offer bespoke, individual and personalised training programmes
- Our staff spend time finding out what our clients like and build programmes around personal interests
- No two clients follow the same programme
- We teach a vast variety of skills
- When teaching these skills we use qualified teachers, farmers, hairdressers, beauty therapists and artists
- Our facilities allow our clients to develop independence from tying shoelaces to cooking a three course meal
- We support our clients to plan and take part in meaningful and relevant trips
- We provide work placements in local industry
- We develop self-esteem through public speaking to groups of trainees on doctorate courses at Staffordshire University
- We offer work placements for trainees at Staffordshire University
- We have our own theatre group who perform at The Gatehouse
- We have award ceremonies and exhibitions

Who are the Aspire group?

We are a group of adults with learning difficulties who come to Aspire in Northfield where they are helping us to move on in life and teaching us new skills.



What do you do there?

We do lots of things as we all have different individual training plans. My plan focuses on Independent living, managing money, ICT and fitness training/keeping fit and healthy. Others in my group do different activities such as cookery, washing, cleaning and ironing, developing communication skills, number work, learning to read and write, golf, allotment gardening, trips, e-safety, personal safety, healthy eating, leisure activities, relaxation, animal care, photography, hair, beauty and work experience.

Where do you do these things Julia?

Our base is in Northfield Village and we use different rooms in the community centre. I go to Pure Gym with Aspire and to the local shops. The allotment is on the Eccleshall Road.

What else goes on at Aspire?

In addition to our sessions at Aspire our groups plan and take part in day trips and visits.

We visited Media City in Manchester to be in the Countdown audience as one of our group is a huge fan of the programme. We travelled by mini bus to Salford Keys and had a picnic lunch in the sunshine. Whilst there we looked at Television props from the programmes of Dr. Who, Coronation Street and CBeebies.

In the studio we sat through the recording of 3 episodes of the show. Nick Hower and Rachael Riley spoke to us afterwards and they were very friendly. We had a fantastic time.

Local councillors have visited our group and discussed their party's manifestos for the elections and talked to us about the referendum. As many of us had not voted before we set up a mock election and on polling day several of us were taken to our polling stations to vote, followed by a meal out at Redhill.



We were then lucky enough to get tickets from our MP Jeremy LeFroy to visit The House of Commons. Our local councillor Ian Hollinshead gave supported us with funding to cover the costs of transport and we planned the day including time for a tour of the sights.

The tour was a great success and everyone had a brilliant time .

It meant a very early start and we got home late but it was well worth it!

We are currently busy planning our next day trip to Llandudno. We have researched coach hire, places to eat and local tourist attractions. Several members of the group are visiting for the first time and are looking forward to exploring the area and possibly having a trip in a cable car to the summit of the Great Orme.

As well as being an enjoyable day out our day trips develop a range of skills such as; I.C.T., managing money/ budgeting, safety when out and about in a new environment, communication skills and give us the opportunity to broaden our horizons with new and exciting experiences.



ASPIRE STAFFORD

DELIVERING INDEPENDENCE



Computer Centre - Cerebral Palsy Mid Staffs

Cerebral Palsy Mid Staffs is a local charity which provides support to families who are affected by cerebral palsy. At our computer suite in The Brocton Room in the Northfields Centre we provide individualised IT training to adults with a wide range of physical disabilities, with support from a Tutor and two Learner Support Assistants. Learning is very informal and sociable and is a great way to meet new people

What: Word Processing, Publisher, PowerPoint, Excel and Access 2007. Accessing the Internet and emailing, Digital Photography and File Management.

When: Monday – Friday afternoons

Time: 1.00pm – 4.00pm

If you are interested in learning a new skill or increasing your computer knowledge, please contact us or call in and see us any weekday afternoon.

Contact: Janice Brookes (Tutor)
Phone 01785 255526/07756913569
Email office.cpmidstaffs@gmail.com

Course currently being funded by Staffordshire County Council through the Skills Funding Agency





Groove at the Northfield Centre

Groove Academy had been working in the Stafford community for 9 years before the opportunity to move its base to the Northfield Centre.

As one of the first regular users of the centre upon its opening in April 2015, Groove Academy quickly established itself as a dance school; from just teaching Salsa, the opportunity of working in a Community Centre with different sized rooms and long opening hours meant that the dance school could grow and cater for many different local needs.

Today Groove Academy now teaches 3 different styles of class, dances such as Rock n Roll and Ballroom, aerobic classes like Zumba and strength/relaxation in the forms of Yoga, Pilates and Tai Chi. Children are taught dance from pre school to their teenage years.

This year Groove Academy has celebrated its 10th year in business by hosting a Salsa and Rock n Roll party and regularly holds dance party nights. Their ethos is to create a social community through dance and exercise.

Here are just a few comments from Groove customers;

'I have just come out of Yoga & feel so chilled!' – Gerry, Stafford 'I am loving the classes. I feel like I can dance & love the contrast of Waltz to Jive.' – Jackie, Gnosall
'Friendly & patient teachers make the Salsa classes fun. I'm glad I found Groove Academy.'

Chris, Newcastle-u-Lyme

Try Something NEW in Dance & Fitness



**GROOVE
ACADEMY**

Take the Lead!

Mini Movers

Dancing and Singing movement to music for all ages up to 5yrs with parent/caree. Specially created to develop: Balance, coordination, confidence, speech & imagination whilst having fun.



Wedding Dances

There is probably only one moment on your wedding day that the 2 of you are truly alone....your first dance. Now this could be an awkward 3 minute away or with our help, an amazing moment to share and impress the wedding party with. Start your married life how you want to go on....together, having fun. Ask at reception for further details or email: info@grooveacademy.co.uk



Burlesque Courses

Find your inner diva and release that untapped confidence as you learn to dance. We arm you with the tools of the trade, a feather boa and long silky gloves. Courses are advertised on the website and facebook page.



Private Lessons

Do you have a burning desire to learn to dance but don't want to be part of a class. Do you want to fast track through those beginners steps or wish to perfect a dance style with specific lessons. Consider having a Private lesson where you are the centre of attention to reach your particular goals. Ask at reception for further details or email: info@grooveacademy.co.uk

**Voucher
TWO FOR ONE**

Call to book 01785 413 230. Only available if at least 1 of you is new to Groove. Courses not included in offer.



**Magnolia Avenue, Stafford
ST16 3DU**

Directions by Car - Access via Co-operative St, 2 right turn (ST16 3DU sat nav)

Directions on foot - Access off Stone Road along Magnolia Avenue

**St Dominic's Social Hall
Station Road, Stone, ST15 8EW**

Email Us at: info@grooveacademy.co.uk



01785 413 230

www.grooveacademy.co.uk

GrooveAcademyDances GrooveAcademyUK

Try Something **NEW** in Dance & Fitness



**GROOVE
ACADEMY**

Take the Lead!



Creating a Social Community
Through Dance and Exercise

01785 413 230

www.grooveacademy.co.uk

GrooveAcademyDances GrooveAcademyUK



Kate Beauchamp

◆ email enquiries@grooveacademy.co.uk

◆ Tel:01785 413 230



Sky blue yoga is approaching its first birthday in October. And what a first year it's been. We started out hiring a small room at Northfield Centre and now we have our own lovely Yoga space on the ground floor. My youngest yoga student is just 9 weeks old and my eldest is 90. How wonderful is that!! And a testament to the friendly studio and diversity of yoga we offer.

My name is Claire I founded Sky Blue Yoga and I'm working hard to build a business that meets both commercial and community needs. Our aim is to have yoga for all. Inclusivity at the core of our ethics and services. Here is a little more about our classes.

Yoga in a chair - this modern adaption of Hatha Yoga teaches you how to stretch at a desk or when travelling. It's also a great practice if you have limited mobility in the joints and sitting on the floor may not suit. It's suitable for any age, for recovery from illness or injury.



As well as teaching stretches and balances I teach breathing and mindful relaxation as part of the chair yoga sequence. This class is loved by those over 60.

Yoga for fitness - Hot yoga and Power Yoga. This flowing practice is strong and athletic will increase strength and flexibility whilst building mental resilience and focus. This class is for those with good mobility looking to condition mind and body with fun and challenging yoga. This style is often also taught in a hot room.

Yoga for stress resilience - Gentle flow classes, this is a gentle flow class taught in candle light, you will breathe deeply, move and stretch through slow simple poses and be taught yoga centric mindfulness techniques. This style can be particularly beneficial for stress management. It's restorative, soothing and very popular for work life balance. In classes we often also explore Yoga Nidra (deep guided relaxation).

Yoga for stress resilience also forms part of our work wellness packages which often companies taster days or sessions to introduce yoga and mindfulness to there employees.

We also offer fabulous services for pre and postnatal and Kids yoga. The kids classes often a huge opportunity to teach life skills and balance for the demands of modern school life.



All of the above classes are detailed on our website www.skyblueyoga.co.uk

If your around Northfields do pop in and say hi and if your further afield I can be contacted on 07815 429477 or Claire@skyblueyoga.co.uk



Where your photography comes to life!

Stafford Photographic Society was formed in 1895. It is one of the oldest photographic societies in the Midlands. A young man named Charles Fowke was primarily responsible for its formation, he and other photographic enthusiasts started the YMCA Amateur Photographic Society, so called because they met at the YMCA in Gaol Road Stafford.

In 1898 the name was changed to Stafford Photographic Society.

This picture of Society members was taken in 1907 on their summer outing to Alton which included lady guests. Tripods and box cameras are much in evidence.

Early meetings tended to be of a technical nature with members giving talks and demonstrations on such things as bromide and gaslight prints, lantern slide making and portrait lighting using magnesium ribbon.

The First World War put a temporary halt on activities. The club restarted in 1921 with 24 members enrolling at 5 shillings a year and ladies being invited to join for the first time.

Flashlight photography was demonstrated in 1923 and the post-war programme included invited speakers, picnics and cycle outings, which were very popular in the 1920s.





Where your photography comes to life!

During the Second World War meetings were fortnightly, in spite of blackouts and other problems. After the war a cine group was formed and membership increased to 124 members by 1959.

The 1970's brought competitions in prints and slides and in the 1980s audio visual presentations became popular, we now use prints and digitally projected images.

Our first woman President, Mrs P. Hill was elected in 1988 and while in the early days women were invited guests only, they now occupy roughly 50% of the membership.

The Society continues to have success in local and national competitions and was awarded joint first in a national print competition run by Photographic Alliance of Great Britain (PAGB) in October 2015. The PAGB has over a thousand clubs throughout the UK and is internationally recognized as a major organization in the world of photography. The best we had done previously was coming second in 2003

The Society is always looking for new members of all abilities who wish to pursue their interest in photography, we meet every Tuesday night from the 1st of September to the end of May at the Northfield Centre from 7.30 to 10.00 pm. We have a wide range of guest speakers over the year covering a broad range of subjects including travel, wildlife, sports photography, photographic techniques. We also have our own internal competitions where members present their best images for scrutiny by external judges. Everyone is welcome, why not come along and see for yourself.



Your Wedding Reception

At The Northfield Centre

The Wedding Breakfast

We have three different packages available which can be tailor made to suit your needs

Silver

- Cream of vegetable soup with homemade croutons
-
- Pan fried chicken supreme with a creamy leek and white wine sauce
-
- Homemade apple pie served with a sauce anglaise
-
- Coffee and mints

Gold

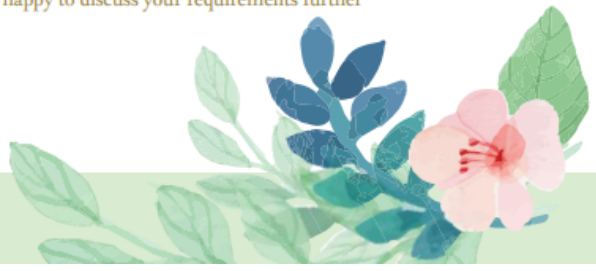
- Smooth chicken liver pâté served with homemade onion marmalade and melba toast
-
- Roast loin of pork served with sage and onion seasoning and an apple chutney
-
- Profiteroles served with a rich chocolate sauce
-
- Coffee and mints

Platinum

- North Atlantic prawns with a lightly infused lemon mayonnaise served on top of an avocado and tomato salad
-
- Beef Wellington served with a red wine sauce
-
- Pavlova served with mixed seasonal berries and a Chantilly cream
-
- Coffee and mints

These menus are suggestions only and our on-site catering team will be happy to discuss your requirements further

Vegetarian and children's menus available upon request.



Venue Hire Fees and Charges Northfield 2016

Space	Weekday		Evening/Weekend	
	Community	Commercial	Community	Commercial
Chartley Main Hall Holds up to 120	£18 per hour	£25 per hour	After 6pm and weekends £20 per hour	After 6pm and weekends £30 per hour
	£65 half day (4 hours)	£85 half day (4 hours)		
	Full day hire up to 8 hours £120	Full day hire up to 8 hours £160	Full day hire up to 8 hours Sat/Sun £140	Full day hire up to 8 hours Sat/Sun £200
			Weekend hire Sat am - Sun pm £250	Weekend hire Sat am - Sun pm £350
Dove Community Room Holds up to 25	£12 per hour	£15 per hour	After 6pm and weekends £14 per hour	After 6pm and weekends £18 per hour
	£40 half day	£50 half day		
	£80 full day	£100 full day	4 hours plus £12 per hour	4 hours plus £15 per hour
Stowe 1st Floor Holds up to 35	£12 per hour	£15 per hour	After 6pm and weekends £14 per hour	After 6pm and weekends £18 per hour
	£40 half day	£50 half day		
	£80 full day	£100 full day	4 hours plus £12 per hour	4 hours plus £15 per hour

Presented by B-Hive Events. Design by Remix Factory Media.

SUPPORTED ADULTS DISCO

£4 ENTRY 8PM - LATE
£2 for carers & support workers

NORTHFIELD CENTRE

STAFFORD -

PRESENTED BY THE B-HIVE
SPONSORED BY HAYWARD BEFRIENDING

FREE PARKING
FULL DISABLED ACCESS
INDIVIDUALS & GROUPS WELCOME

Magnolia Avenue
off Co-Operative Street
Stafford, ST16 3DU

HOW TO FIND US:

Pass Tenpin Stafford bowling alley (ST16 2SD), follow A34 to island. Take 2nd exit staying on A34. Co-Operative Street is 5th turn-off on the right.

CALL 07929 248 834 FOR DETAILS
or e-mail THEBHIVE@OUTLOOK.COM



PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

We have lots of activities. For example a lot of us play crown green bowls. We were offered some free coaching and we enjoyed it so much that we even have a team in a local league! Some of the bowlers so enjoyed playing that they meet over the closed season, play cards and get ready for the new season!

We meet at the Amasal Sports Club, St. Alban's Road, Stafford.



Give Steve Turner a ring on 01785 229437 for details.

Who can we contact?

*Our Chair is Cynthia Darley,
01785 254246*

*Our Secretary is Hilda Sharp
01785 817866*

*One of many
Committee members is
Steve Turner
01785 229437*

*Chase Group Geoff Chandler
01543 425819*

Where and when do we meet?

*Stafford Branch meet at 7.30pm on the
first Monday of the month at:
Northfield Centre
Co-operative Street
Stafford
ST16 3BZ*

*Chase Group meet at 7:30pm on the
last Monday of the month at:
The Aquarius Centre
Victoria Shopping Park
Hednesford
WS12 1BT*

*If you need help with directions, just
give us a call.*

Parkinson's UK Stafford and Chase Branch

Who are we?

*We are the
Stafford and Chase Branch
of the National Charity
Parkinson's UK*

What do we do?

*We do a lot to support people
with the condition and also their
families, their carers and medi-
cal staff. We meet regularly once
a month and we have speakers
from all walks of life, not just
about Parkinson's itself.*

*We go on trips which, like all
our events, are free to members
and we raise funds for these
events as well as for research
into the condition.*

German Classes

Thursdays in Stowe Room
10am-12pm

Please contact Alison Kirsch
email - alison.kirsch@ntlworld.com



“With 25 years’ experience as a German teacher, I have optimised my own strategy for teaching effectively and accurately. You might be learning German for business, to relocate, to pass a GCSE or A level or for pleasure. I can ensure you will be able to communicate in meaningful and accurate German within hours.

The most important element of learning a language is to be able to speak it with confidence and accuracy.

I have been here at the Northfield Centre since September 2015. I have been operating in school term time on Thursdays”

Alison Kirsch offers a unique German language training service to individuals and businesses in Staffordshire, Shropshire and the West Midlands.



Northfield Hair Salon

01785 252033

Service	Price
Shampoo & Set	£15.00
Shampoo&blow	£15.00
Cut and finish	£22.50
Dry cut	£12.00
Gents trim from	£9.50
Perms from	£26.00
Perms incl cut & finish	£45.00
Colors from	£26.00
Children from	£5.00
Foils from	£23.00
Hair up's / Proms	£25.00
Bridal	£40.00



The Northfield Centre
Magnolia Avenue
Stafford ST16 3DU

07736 234514

Opening Weekend Spring 2015



Summer 2015 Family fun









01785 747505

Therapists based at our Stafford Clinic



Georgios Christopoulos



Tonje Olsen



Matthew Hawkes

CTC healthcare has evolved from a one man physiotherapy clinic working out of one room in a GP practice to a successful organisation that delivers physiotherapy and wellbeing services on a nationwide scale.

CTC- healthcare are physiotherapy and wellbeing specialists working to prevent injury and promote a healthy and happy community.

We offer a wide range of specialist therapies including physiotherapy, acupuncture, sports massage, biomechanical assessments, spin therapy, rehabilitation and health screening and a full range of complementary therapy treatments.

Ian Hollinshead

As the County Councillor for the Stafford North division, I am really pleased to see how the Northfield Centre is developing as a real asset for the Village, our local community and beyond.

From before the Centre opened its doors in April 2015, I began getting to know the people involved in running it and finding out how I could help. I used my Local Community Fund to support the opening event and activities. Since then, I have been able to offer further support to extend the range of activities for families. When I am out and about locally, I am always keen to promote the Centre and help make positive connections with other facilities, groups and activities in the area. Just lately, I have been holding a surgery at the centre - you can find me here on the first Saturday of the month between 11 am and 12 noon



✉ ian.hollinshead@staffordshire.gov.uk

☎ 07814 143999

