



Latest
News

In this edition

- 1 Fuse Conference
- 2 Building Better Opportunities Programme outreach
- 3 Work-Routes Programme
- 4 Report on Family Fun
- 5 News from Staffordshire Aspire

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

FREE — PLEASE TAKE A COPY

Please pass on to someone else once you're finished and help spread the news and save a tree!

Fuse

igniting ambitions



**NATIONAL
LOTTERY FUNDED**



European Union
European
Social Fund



**Social
Enterprise™**

TRADING FOR PEOPLE AND PLANET



FuseCIC18 - Social housing and social enterprise, a match made in heaven...

The Northfield Centre recently hosted the first Fuse CIC national conference and organisers hailed the event a great success!

More than 70 delegates attended, from local politicians to social housing providers, social enterprises and charities from across the country.

Delegates heard from an excellent programme of speakers about the contribution social

enterprise plays in the UK economy and the importance of providing high quality, affordable housing for all.

Key note speaker, Stephen Fear, the Phone Box Millionaire had everyone's full attention as he shared his experiences of growing up on a council estate in Bristol and starting what turned in to a global business from the local phone box.

The conference took place throughout the Northfield Centre; the presentations were delivered in the main hall Chartley; a series of learning workshops were delivered in rooms throughout the building and at our neighbours Elmwood and Limewood; and delegates enjoyed refreshments through the day provided by the great catering team at the Stepping Stones Cafe.

Jean Jarvis MBE, Managing Director of Fuse said, "It was an excellent day and we are so pleased to have held our first national conference at the Northfield Centre. It was a great opportunity to showcase the facilities and to share the Northfield story with people from across the country with an interest in housing and social enterprise. The Northfield team did a fantastic job, making the event a real success."



Fuse is a partner in the Wrekin Housing Group and hopes this will be the first of many events of this kind at the Northfield Centre.

If you are interested in holding an event at Northfield, please contact Abi Davies on 01785 248733

2 Building Better Opportunities Programme

Building Better Opportunities (BBO) programme is developing nicely and now has a diverse range of people that are furthest from the job market receiving help, guidance and support to address their barriers. Our current participants are now becoming more confident with increased social well-being and are more motivated to identifying suitable work placements, volunteering and job opportunities.

The programme aims to support people that are either unemployed or long term unemployed or have been inactive due to personal circumstances for a number of years, if you can identify yourself as fitting this description, we want to provide you with hands on, bespoke 1-2-1 information, advice and guidance that will build your confidence, knowledge and support to gain new skills and experiences that will ensure you are on the right track for a new career or secure sustainable employment.

We are part of a consortium of 15 partners across South Staffs and Stafford all with one aim to help you get your back on your feet and in the right direction for better future prospects.

Do you have work placement opportunities?



Work Experience



Northfield Centre,
Magnolia Avenue,
Stafford, ST16 3DU

Info@northfieldcentre.co.uk

01785 248733

- ◆ Are you a Stafford based Company?
- ◆ Are you looking to train local people?
- ◆ Would you be able offer a short term work placement opportunity?
- ◆ Can you help us?

Tracey would be interested to hear from local companies that may be interested in providing a few hours of their time to support the programme with mock interviews, work placement opportunities and hints and tips in what they would be looking for if and when employing a person.

If you are interested please get in touch

3 Work-Routes Programme

- ◇ Provides a progression route for BBO participant by supporting them to secure a job and providing ongoing support for up to 6 months once in an employed position.
- ◇ If you are looking to secure employment and need some help and support with CVs, Job applications or interview skills?

Get in touch!

This programme is co-financed by the European Social Fund

Work Routes helps unemployed people find and sustain employment. Our free service enables jobseekers to improve their skills and employability and create a personal plan to find the right job for them.

Regular 1-2-1 personal guidance is available from a friendly Adviser, as well as group training, financial support and exclusive local job vacancies.



HOW CAN WE HELP YOU?

- 1 SIGN UP**
One of our job advisors will ring and see how we can help
- 2 1-2-1 MEETING**
Meet a job advisor to develop your personal training and support plan
- 3 TAILORED TRAINING**
Training through our volunteer/work placement scheme to gain skills and confidence
- 4 EXCLUSIVE VACANCIES**
We'll help you find jobs not advertised anywhere else
- 5 LASTING SUPPORT**
On going help once you start work— support applying for more hours or promotion

Have you been looking for work?

Our friendly job advisor can help you find and start a role that's right for you

Sign up for Work Routes today!

workroutes.co.uk



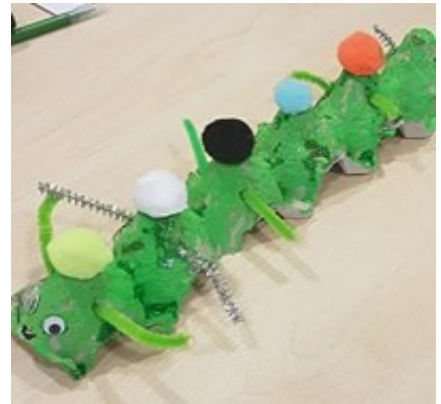
Here to help

4

Report

The Family Fun sessions in the half term and Easter holidays were full of FUN, FUN, FUN.

We made bugs and insects from egg cartons some with legs and painted them.



We planted seeds of cress for the children to take home.

We coloured in a huge dragon poster o celebrate the Chinese New Year.



Lastly we made a complete mess making dragons from cardboard and paper with some great results.



We hope to see you all in the summer holidays for lots more fun.



Everyday at Aspire we have groups taking part in many different activities from donkey care to independent living skills and work routes
Have a look at what the group has done:



Each year our decorating group, Shane, Joanne, Gareth, Naomi and Zoe help to maintain the building here at Northfield by decorating The Chartley Room.



The Tuesday sports group has started a six week at Stafford Gymnastics club they have just completed a six week programme at Sky Blue Yoga. The group really enjoy it as it helps them relax. Once they finish gym they will embark on a six week golf course at Stone driving range.



Here we have the Wednesday group maintaining a flower border in Haughton. Haughton holds the best kept village award.



Callum was awarded a NHS Personal Achievement Award for reaching his own personal goals. In February a film company came to Aspire to make a film about Callum, this film will be available soon on the NHS website.



We share our lovely kitchen occasionally with residents from Limewood in return we get invited to activities in Limewood . Damian the singer is very popular with our group.



The snow on 1st March caused end of play for clients at Aspire!



Our gym session is a very active session for 7 of our clients. One member has lost 6 stone since joining Pure Gym in Stafford. One of our clients visits the gym at night and has his own personal trainer!



In January 'great excitement' as the Aspire group started planning the arrival of three donkeys. Julie, Tabitha and Becca went to Birmingham Donkey Sanctuary for a training day in donkey care.



A MODERN SELF - CATERING
HOLIDAY BUNGALOW
IN TYWYN, MID WALES

IS AVAILABLE TO LET ON A WEEKLY BASIS



We have a Holiday Bungalow in Tywyn, Mid-Wales which is accessible for people with disabilities.

- **Short walk to the beach front**
- **Close to the town centre and shops**
- **Sleeps up to 6 persons**
- **Available to the General Public**
- **Short breaks may be available**
- **Mobile Hoist on request**
- **Wetroom with shower chair**

For prices and availability please contact our office.

CEREBRAL PALSY MID STAFFORDSHIRE

Email: office.cpmidstaffs@gmail.com



01785 255526

Greenhall Nursery School, Second Avenue, Stafford ST16 1PS

Charity No. 249235



**Summer is coming and with it will
be our summer menu including
sharing platters and small plates
and salads.**



**A new selection of Gins at the bar
including Tarquins Blackberry
and Pinkster.**

**Also coming to the bar soon will be
a range of cocktails with Pornstar
martinis, Woo Woo's Cosmo's and
Blue Lagoons.**



**LOCALLY SOURCED
FRESH FOOD**

Stepping Stones Café and bar serves a range of delicious, locally sourced, food throughout the day and provides a wonderful setting to enjoy one of our delicious Barista style coffees with our home-made cakes

The special large breakfast offer including a free tea, coffee or orange juice has proven so popular that we are going to extend the offer into the autumn.



With the summer fast approaching we are putting on a new menu incorporating a variety of healthy salads, quiches and open sandwiches ideal for the warmer weather. You can even enjoy a cool glass of our crisp Sauvignon Blanc or a delightfully Shiraz in our lounge area or weather permitting outside on patio enjoying our lovely garden setting. A new range of gins and cocktails will be available for those special get togethers in our bar area.

All our patrons are welcome to use our free Wi-Fi 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 with renowned bespoke buffets and we can offer a licensed bar too.

The Stepping Stones Café support us to help raise funds which are ploughed back into the centre.



Jane Godfrey Chef Manager



**Autumn
Fayre**



Christmas Fayre

Family Fun Days

We will be having more Family fun sessions on

14h August

21st August

And

23rd October

There will be art and crafting and lots of fun. A break for some lunch with a drink included. £3 per child.

All children must be accompanied by an adult.

We have also started to plan our Autumn and Christmas Fayres with dates being released soon. If you are interested in either event please email your details to info@northfieldcentre.co.uk



Art Therapy At Northfield village

For more information speak to trainee Art Therapist Emelie Astrom Who will be at Northfield on Tuesdays and Thursdays with times available on the hour between 9 am and 4pm

or Speak to Ian Bossons

ART THERAPY

Hello I am Emelie Astrom Trainee Art Therapist I am currently here at Northfield Village on placement and will be with you until August.

I am offering individual sessions of Art Therapy but there is also the possibility of Art Therapy groups.

I am happy to answer any questions you have, you can contact me directly or speak with Ian Bossons.

What is Art Therapy?

You do not need to be good at art or have any previous experience of art making. Art therapy is focused on using art materials such as paint, clay and collage to express yourself and how you are feeling and what's on your mind.

COMPUTER CENTRE

BROCTON ROOM, NORTHFIELD CENTRE, STAFFORD

Our computer centre is currently running a 10 week IT course for adults with disabilities. The course incorporates using Microsoft Word and PowerPoint.

The course is funded by Staffordshire County Council through the Skills Funding Agency.

The course on Word includes basic word processing operations: creating, editing, formatting, saving, retrieving, and printing text documents. All very useful to know when typing letters or sending emails, or even when searching the Internet or using Social Media sites.



PowerPoint is all about designing and presenting a slideshow. You can create a slideshow about anything that interests you and you can be as creative as you like. It's a fun programme to use and it's easy to learn the basics.

More courses are being planned for the near future. We're a very sociable group and it's a great way of making new friends whilst improving your IT skills.

If you think you would like to join us for some lessons please telephone Linda on 01785 248977 or call in to see her at the computer centre (Tues – Friday afternoons only). She would be very happy to tell you more.

Computer Room available for hire

10 COMPUTERS USING WINDOWS 7 AND MICROSOFT OFFICE
PROFESSIONAL 2007
INTERNET ACCESS
PRINTING FACILITY
AVAILABLE WEEKDAY MORNINGS/EVENINGS/WEEKENDS
COMPETITIVE RATES
FREE PARKING
CAFÉ

Email: office.cpmidstaffs@gmail.com for further information or telephone
01785 255526 to discuss your requirements.



Dates for your diary

25th Feb—2pm—Performance & Presentation
 28th March — Last class before Easter
 14th April—Return to classes
 14th July—Medal Test
 28th July—last class before summer
 1st September—Return to class
 21st October—Performance & Presentation

Performance & Presentation

Sunday 25th Feb—2pm

This is an opportunity to see the dances the children have been working on. All children have a part to perform. There will also be presentations for the children that took their dance medals back in December

Adults—£3 Children free
 Please wear uniform

Spring Term

Following their current dance routines, the children will be working towards;
 Wednesday—Quickstep and a Musical Theatre piece
 Saturday—Cha Cha and a Freestyle Lyrical piece

Uniform

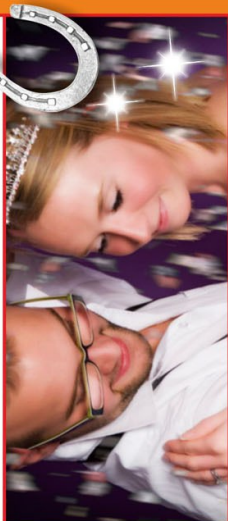
Mini Groover, Dancing Diva & Dancing Dude Tshirts are £8.75

Jazz shoes up for Mini Groovers are £16.36, Split sole jazz shoe for Divas and Dudes are £21.43—these can be ordered

We look forward to dancing again with you!
Dani, Emma & Kate

• Wedding Dances

There is probably only one moment on your wedding day that the 2 of you are truly alone.... your 1st dance. Now this could be an awkward 3 minute sway or with our help, an amazing moment to share and impress the wedding party with. Start your married life how you mean to go on.....together, having fun. Ask at reception for further details or email: info@grooveacademy.co.uk



• 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

• Children's Dance Parties

With many dance themes to choose from, we would love to help entertain your children as they celebrate their next birthday. From Super Heros to Disney Divas, please call to discuss this further or email: info@grooveacademy.co.uk



BRING A BUDDY
Voucher
& RECEIVE A FREE BOTTLE OF WINE

Terms & conditions apply. Book on-line or call 01785 413 230

I wish I'd done this sooner! Laura - Stafford

TRY OUR
NEW APP

Have you ever said "I've always wanted to ...
Learn to dance, Have a better social life,
Have a flatter tummy, Learn to relax more
or see my child's confidence soar"?
Then visit us at

Northfield Centre

The Northfield Centre
Magnolia Avenue, Stafford ST16 3DU
Directions by Car -
Access via Co-operative St, 2 right turn (ST16 3DA 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

GrooveAcademyDance GrooveAcademyUK



A WORLD OF DANCE & FITNESS
Try Something **NEW**



WE GUARANTEE you'll be able to do the moves taught & have loads of fun or your money back!

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GrooveAcademyDance GrooveAcademyUK

Class Descriptions

- **Mini Groovers** - Ideal introduction into many different dance styles. From Ballroom to Disco, Latin to Musical Theatre for 5-8yrs. Your 'little darlings' will blossom.
- **Dancing Divas & Dudes** - A chance for the children to express themselves on the dance floor. Ballroom, Latin, Street, Musical Theatre for 9yrs+
- **Zumba** - Combines Latin and world music with a fun and effective workout
- **Zumba GOLD** - A workout for those new to exercise or not keen on bouncing or twisting
- **Rock n Roll** - You may be too young to have Bopped in the 50s. Embrace the music & the moves with us.
- **Salsa** - Come along to learn this social dance. Get fitter and learn to dance whilst laughing loads. Free social dancing for anyone & everyone to join us.
- **Hatha Yoga** - a relaxing class that takes you through yoga poses and relaxation.
- **TAPfit** - An easy to follow, high calorie burn, total body workout using different tap dancing styles. No tap dancing experience or tap shoes required as all equipment is provided with bags of fun.
- **Pilates Fundamentals** - Smaller class run as 6 week courses to ensure individual attention whilst you master the principles of Pilates. Perfect for posture and core strengthening.
- **Pilates** - A progressive class to help develop your core and all over strength. We aim to balance out your body to combat the demands of everyday life.
- **Bachata/Kizomba** - the most recent social dance styles to take to the floor. The African and Caribbean influences are infectious.

Payment Options Available. Discounted block bookings or monthly membership with added benefits. Call for more info.



Timetable

I have just come out of Yoga & feel so chilled!
- Gerry Stafford

Friendly & patient teachers make the Salsa classes fun. I'm glad I found Groove Academy!
- Chris, Newcastle-U-Lyme

Loving TAPfit as it challenges your body and your head a little!
- Dawn, Stafford

Monday	■ 9.30-10.30am ■ Pilates	bring a mat/block
	■ 6.00-6.45pm ■ Pilates Fundamentals x6 w/ks	mat/block provided
	■ 6.45-7.45pm ■ Zumba	
	■ 8.00-8.45pm ■ Rock n Roll	
Tuesday	■ 9.30-10.30am ■ Zumba GOLD	
	■ 10.30-11.30am ■ Hatha Yoga	bring a mat/block
	■ 7.00-7.45pm ■ TAPfit	equipment provided
	■ 8.00-9.00pm ■ Bachata/Kizomba	beginner/improver
Wednesday	■ 4.15-5.15pm ■ Mini Groovers	
	■ 5.15-6.15pm ■ Dancing Divas	
	■ 6.30-7.15pm ■ TAPfit	equipment provided
	■ 7.30-8.30pm ■ Zumba	
	■ 7.30-8.30pm ■ Pilates	bring a mat/block
	■ 8.35-9.35pm ■ Courses & Workshops	details on the website
Thursday	■ 7.30-8.15pm ■ Salsa	beginner/improver
	■ 8.15-8.45pm ■ FREE Social Dancing	
	■ 8.45-9.30pm ■ Salsa	Intermediate
Friday	■ 9.30-10.30am ■ Zumba	
	■ 10.30-11.30am ■ Hatha Yoga	bring a mat/block
Saturday	■ 9.00-9.45am ■ TAPfit	equipment provided
	■ 10.00-11.00am ■ Mini Groovers	
	■ 11.00-12.00pm ■ Dancing Divas & Dudes	

We also host workshops in different dance styles - details on the website - www.grooveacademy.co.uk/events

■ Stafford Venue ■ Stone Venue ■ Children ■ Adults ■ Seniors

Timetable as of 1st January 2018. Classes are correct at time of print - We do our best to ensure all classes run as stated. View on the website for current timetable.



Inhale,
Exhale...

PRICES

Intro Offer £20 for 30 days, for
Unlimited Classes!
£7 for Drop-in class
£6 for Concession
£6 for Northfield Staff/Employees
£6 for NHS Employee
10 Class Pass £65.00
£39.50 Monthly Unlimited Classes

ARE YOU A NORTHFIELD RESIDENT
OR EMPLOYEE?

£ 6.00 DROP-IN CLASS!

QUOTE OF THE MONTH

enjoy
THE
Journey



OUR CLASSES

Want to get into yoga but not sure where to start? At Sky Blue Yoga we offer a range Mixed Level Classes suitable for absolute beginners right through to those with Yoga experience. The classes are varied and the poses are adaptive so you are always working at the best level for your body and needs. Check out our range of classes below:

Gentle Flow Yoga

Power Yoga

Hot Power Yoga

Yin Yoga

Antenatal and Postnatal Yoga

Mummy and Baby Yoga

Kids Yoga

Chair Yoga

If you're unsure as to which of our Yoga classes are best you feel free to get in touch with questions at Grace@skyblueyoga.co.uk or better still drop in and try out a class! Download our free app or visit our website to view our class timetable and book class

WHAT'S GOING ON AT SKY BLUE YOGA?



▼ 8-Week Zen Mindfulness & Meditation Course

Our latest 8-Week Meditation and Mindfulness Course taught by Lee Davey is well underway and our students are loving the experience of deepening their Mindfulness practice! Our next 8-Week Course will be running around May 2018, so keep an eye out for our next dates!



▼ Dylan Ayaloo comes to Sky Blue Yoga!

We are super excited to announce that Dylan Ayaloo, the UK's lead facilitator of the 200 hour Yoga Teacher Training Program, is hosting three big events at our Sky Blue Studio in May!

These will include:

- A Free Teacher Training Open House
- A 90-Minute All Levels Master Class
- A 3-Day Foundations of Teacher Training Program.

To find out more information about these events, and how to book visit our Sky Blue Yoga Facebook Page. Or, email Grace@skyblueyoga.co.uk.

▼ Women's Wellness Evening

We invite you to join us in our Monthly Women's Wellness Evening for an evening of relaxation and pampering! With gentle and restorative yoga which focuses on setting intentions, replenishing and restoring themes whilst giving you a well-deserved rest. Vegan snacks, teas, aromatherapy, and Yoga Nidra, you will leave feeling fully revitalized and refreshed. Plus a take-home goody bag too! So come and join us for what will be a wonderful evening to not only connect with yourself but also with other like-minded women. For information about our next evening or to book, please email Grace@skyblueyoga.co.uk.



▼ Ashtanga Vinyasa, Meditation & Pranayama Monthly Immersive Workshop

Starting from 26th May, Rachel Matthews will be running a new monthly workshop! In this workshop, we will allow ourselves to go deeper with the physical dynamic Ashtanga Primary Series that will lead us to the subtle body ready for Meditation and Pranayama practice. By understanding their relationship to one another you are better equipped to navigate your life in the most authentic direction that supports your own mind, body and spirit's wellbeing. To book, email Grace@skyblueyoga.co.uk!



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ST16 3DU

To book an Appointment
Call 01785 747 505

Our therapists









Georgios Christopoulos



Deirion Sookram

OUR CLINICS: Crewe • Nantwich • Congleton • Stoke • Stafford

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Councillor Jonathan Price

Surgery

Every Last Saturday

At

The Northfield Centre

10:00—12:00

Next Surgery

Saturday 26th January 2017



NEW!

Northfield Work Club

Drop In

Wednesday 10th January

10:00—12:00

If you need help with job searching, job applications,
CV updating, benefit advice and training opportunities
then come along and talk to our friendly advisors .

CONTACT US GET IN TOUCH

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ian.bossons@northfieldcentre.co.uk

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(BBO Community Engagement and
Volunteer Co-ordinator)

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tracey.Gould@northfieldcentre.co.uk

Abi Davies
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abi.davies@northfieldcentre.co.uk

Karen Stacey
(General assistant)

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Demi Abrahams

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Jane Godfrey
(Chef Manager—café or party bookings)

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www.northfieldcentre.co.uk
www.fuseenterprise.co.uk
www.wrekinhousingtrust.org.uk



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www.facebook.com/pages/Fuse-Enterprise-CIC/102708346731892



Northfield Centre. Magnolia Avenue, Stafford, Staffordshire, ST16 3DU



info@northfieldcentre.co.uk

Although every effort has been made to ensure that the information contained in this newsletter is accurate Fuse CIC does not accept responsibility for the news and opinions expressed nor for the accuracy of the text contained therein

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