

Please
take one

In this edition

- ◆ Report on Family Fun
- ◆ Update on Dementia Hub
- ◆ Introduction to Opportunity Knocks

Hello, my name is Mark Edwards and I am the Work Placement Co-ordinator. This month I'd like to introduce you to the first of two employment projects I am involved in:

Northfield Opportunity Knocks encourages people to consider a career in the growing health and social care sector by offering a structured but flexible 10 week work experience placement at the Northfield Village.

We can offer a variety of roles including care assistants, administration, building management and maintenance, housekeeping, catering, community activities and customer services.

Participants can choose to gain experience in one role or do a rotation across a range of roles during their placement.

At the start of the placement participants will undergo a 1 day Learning and Orientation Programme provided by the Choices training team which covers:

1. Choices values
2. What to do if there is a concern
3. Lone worker principles
4. Principles of safer handling

Participants will have a thorough work place induction, be allocated a work placement buddy and supervisor, and will receive employability support, advice and guidance throughout the placement.

The scheme is open to those who are seeking to get back into the workplace, the unemployed, college leavers or graduates or anyone age 18+ who is interested in employment in this varied and growing sector.

For more information contact Mark on 07816 510370 or email NOK@wrekinhousingtrust.org.uk



Computer Centre

BROCTON ROOM, NORTHFIELD CENTRE, STAFFORD

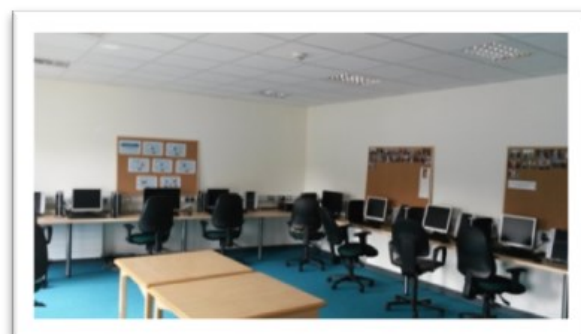
Email: cpmidstaffs1@gmail.com Tel: 01785 248977



Our computer centre is available to adults with a wide range of disabilities and is open Tuesday, Wednesday and Friday afternoons from 1.00pm – 4.00pm.

We're a very sociable group and it's a great way of making new friends whilst improving your IT skills. You can learn at your own pace and level. IT activities will be tailored to suit your interests and abilities.

If you would like to join us for some very informal IT lessons please email or telephone the computer centre or call in to see them one afternoon, they would be very happy to tell you more and discuss your requirements.



Cerebral Palsy Mid Staffordshire

AGM

Charity no. 249235



Left to right: Mrs Renee Robinson - Mayoress of Stafford, Mr Robert Tedstone (retired Chairman), Mrs Anthea Dean - President, Councillor Gareth Jones - Mayor of Stafford, Mr Richard Peers - Chairman.

Cerebral Palsy Mid Staffordshire's 61st Annual General Meeting was held on Monday 14th October 2019 at the Northfield Centre in Stafford.

In attendance were the Mayor and Mayoress of Stafford, committee members, staff, and some members of Cerebral Palsy Mid Staffordshire.

During the meeting Mr Robert Tedstone announced his retirement as Chairman of the charity. He has been an asset to the charity for over 50 years and Chairman for over 40 years. We would like to thank Robert for his many years of devoted service to the charity. He handed over the reins to Mr Richard Peers, who has been the charity's Treasurer for over 15 years. We would all like to wish him well and hope that he enjoys his new role.

WELCOME!

Hi I'm Sonia, the new addition to the Northfield Centre Team. I have been here just over a month and I'd like to say a big thank you to every one as I have been made to feel so welcome. I am also quite new to Stafford after moving here from Burntwood last year with my Fiancé and my cat Bella – the most beautiful cat in the world in my eyes. I'm sure all you cat lovers would like to know more about her than about me, and I could talk about her for hours. I do know Stafford quite well as I went to college here in the 80s to study catering and frequented a few of the local sites whilst I was here, although it has changed quite a lot over the years. After college I went on to work in catering for many years before changing direction to retail, and then becoming an apprenticeship tutor since 2004. Since moving to Stafford I have spent most of last year decorating and doing building work on our house, which I love doing. This is the second house I have done a full make over on and I love to see the transformations of them. Where I live we are surrounded by fields which are great to walk in and, at the right time of the year, there are fresh blackberries and apples to pick for me to make crumbles, cakes and soufflés with. I have a very sweet tooth and have succumbed to cake here already. Because of my love of all things sweet I do try to run (although I'm not that good at it so it's more of a very fast walk) and I'm a keen mountain biker, with myself and my fiancé out most weekends on our bikes over the chase. We even hired a camper van for his 50th and took the bikes over to cycle around the French/Swiss Alps in a place called Annecy – which is beautiful.



I am looking forward to getting to know you all and spending my first Christmas here – I love sparkly lights and all things Christmassy almost as much as cake!

GOODBYE!



Louie has now left the Northfield Centre to pursue a career as a manuscript translator for Netflix. We would like to thank him for everything he has done since he joined the team and I know he was very popular with the customers of the centre.

We all wish him good luck for the future.





Family Fun was well attended, we had 18 children who had enormous fun making many spooky related things. They included Spider and ghost lollypops. We painted sycamore leaves to look like spooks also included were bouncy Bats, and Jack a lanterns we also played put the face on the pumpkin which was enormous fun as the grown ups had a go too!!! Feed back was positive from adults who are already looking forward to the next event.

A big thank you to Asda Living at Queens retail park who kindly donated some fantastic Halloween decorations that will make our room look spectacular next year.

To support these fun filled days I need to plan for the future. With this in mind could I ask for any used postage stamps, they will be used to create some lovely collages in the spring. A container will be on reception for any donations kindly given.

Kerry Jones—Family Fun Organiser

A parent attending the event with her son said...



"The Halloween family fun day was brilliant. My 7 year old wanted to stay at home and watch TV but after we arrived he soon got into the crafts started to make new friends. Half way through he thanked me for persuading him to come!" – Marie





Stepping Stones Café

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.

Why not try a caramel or a latte, or a refreshing iced tea for a change?

Our special large breakfast offer which includes a free tea, coffee or orange juice has continued to be popular. We will continue this offer through the summer months.

Now the cold weather is here again we are putting on a new menu incorporating homemade soups, hearty casseroles and warming winter stews

Why not follow this with one of our homemade puddings served with delicious hot custard. You can even enjoy our winter speciality

Bailey's Latte Coffee ideal to help you relax in our lounge on those cold winter afternoons



A new range of spirits and cocktails will be available for those special get-togethers in our bar area. Spirits are competitively priced from £4 a double

All our patrons are welcome to use our free Wi-Fi or public access computers at the Northfield Centre.

We serve 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 available to hire for events, parties or functions with bespoke buffets and a licensed

bar.

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

From the Bar

Why not try our house whiskies and brandies with a mixer only £4.50 for a double shot



PARKINSON'S^{UK}

CHANGE ATTITUDES.

FIND A CURE.

JOIN US.

Fashion show

The Northfield Centre was transformed into a glitzy catwalk in November when it became the venue for a sell-out fundraising fashion show.

Ten volunteer style queens of all ages, from teenagers to glamorous grannies, modelled the season's latest trends in front of an appreciative audience that had the Chartley room bursting at the seams. Designers from Italy and France featured alongside many well-known high street names including Phase Eight, Monsoon, Next, Miss Selfridge and Marks & Spencer. With up to 75 per cent off shop prices, no wonder there was a dive for the clothes rails when the models finally put their feet up and the patient 90-strong crowd had their chance to try on and buy.

The event was held to raise funds for the Stafford Parkinson's group, which regularly uses the Centre for meetings and exercises classes. Kathryn Conchie, whose dad has Parkinson's, came up with the idea after going to a show run by the same organisation, SOS Charity Fashion Shows.

"I went to one in Eccleshall for Katharine House and it was great fun," she said. "I thought it would be a good way to raise money for our group and increase awareness about Parkinson's and local support at the same time. The Northfield Centre is so spacious and the staff so helpful and friendly that it was the perfect place to host it."

As well as the dazzling clothes, there was a raffle, stalls and refreshments, with the total amount raised £630.

Kathryn added, "It was a great evening and we're delighted with the result. We'd like to give Abi and Kerry from the Centre a really big thank-you for all their hard work. Who knows, after they've recovered, we might even see if we can do another one next year!"





A WORLD OF DANCE & FITNESS - Try Something NEW



Northfield Centre Cooperative St, Stafford ST16 3DA

WE GUARANTEE you'll be able to do the moves taught & have loads of fun . . . or your money back!
We teach Wedding Dances, Private Lessons, Children's Dance Parties & are Zumbini instructors for Staffordshire
Payment options: Membership, block discounts or drop in prices. Email us at: info@grooveacademy.co.uk



01785 413 230
www.grooveacademy.co.uk

GrooveAcademyDance
GrooveAcademyUK

CLASS DESCRIPTIONS & TIMETABLE

DANCE - Rock n Roll - You may be too young to have Bopped in the 50's. Embrace the music & the moves with us. **Bachata/Kizomba** - the most recent social dance styles to take to the floor. The African & Caribbean influences are infectious. **Salsa** - The music & movement from Cuba is infectious. No partner required just fun to be had. **Lindy Hop** - is from the swing era of the 1920's to 40's & embraces the Big Band music.

CHILDREN - 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+

STRENGTH/RELAXATION - Pilates - A progressive class to help develop your core & all over strength. We aim to balance out your body to combat the demands of everyday life. **Hatha Yoga** - a relaxing class that takes you through yoga poses & relaxation. **Yogilates** - A balanced class to help you find the best possible you through mobility, flexibility & strength using Pilates & Yoga principles.

EXERCISE - Zumba - Combines Latin & world music with a fun & effective workout. **Zumba GOLD** - A workout for those new to exercise or not keen on bouncing or twisting.

GrooveAcademyDance
GrooveAcademyUK

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

Zumba Gold brings me joy, but I think Pilates will change my life
- Ursula, Stafford

Monday	9.30 - 10.30am	Yogilates	Bring a mat
	6.00 - 7.00pm	Zumba	
	7.00 - 8.00pm	Pilates	Bring a mat
	8.00 - 9.00pm	Rock n Roll	
Tuesday	9.30 - 10.30am	Zumba GOLD	
	10.30 - 11.30am	Yoga	Bring a mat
Thursday	7.30 - 8.15pm	Salsa	Beginners/improvers
	8.15 - 9.00pm	Bachata/Kizomba	
	9.00 - 9.45pm	Salsa	Intermediate
Friday	9.30 - 10.30am	Zumba GOLD	
Saturday	10.00 - 11.00am	Mini Groovers	
	11.00 - 12.00pm	Dancing Divas/Dudes	

We also host social events - details on the website:
www.grooveacademy.co.uk/events

Children
Adults
Seniors

Classes are correct at time of print, Nov 2019. We do our best to ensure all classes run as stated. Please view our website for current timetable.

Groove Academy has been growing from strength to strength since it has moved to the Northfield Centre. The biggest growth has been with our younger dancers.

Groove Academy have had a growth in teenagers joining our Dancing Divas & Dudes class, resulting us increasing the number of classes we host. We hold classes for;

Mini Groovers – 5 to 8yrs

Dancing Divas & Dudes – 9-12yrs

Dancing Divas & Dudes Senior Squad – 13yrs +

They learn 4 different dance styles and work towards their dance medals with our dance association – UKA. We are currently teaching Street dance and Musical Theatre, next will be Cheerleading and Freestyle.

Our other area of recent growth has been the Strength and Relaxation section of Groove. Our Yoga, Pilates and Yogalates classes have all taken off with people making these classes a regular part of their week. We put it down to the extensive knowledge and personable approach of our instructors.

This is a big part of the Groove Academy philosophy as we are 'creating a social community using dance and exercise'.

If you have any questions about the services we hold, please don't hesitate to contact us;

info@grooveacademy.co.uk 01785 413 230

Why learn German?



German is one of the most commonly taught languages in the world. It's a language that's connected to some of the world's most impressive achievements. Think Beethoven, Bach, Mozart. If you're not into music, German literature opens up a world of great literary texts and centuries of deep philosophies and culture such as the Brothers Grimm, Goethe and Hermann Hesse. And then of course there are the big names of German engineering such as Daimler, BMW, Audi, Siemens and Bosch.

Boost your brain power

If you're bilingual, collective evidence has shown that it improves the brain's executive function, allowing you to plan, solve problems, stay focused, remember sequences and perform mentally demanding tasks a lot better. In terms of health, you'll also be more resistant to Alzheimer's and dementia. They'll be great for your language needs as well as your mental well-being.

Travel the world

You're bound to meet Germans everywhere you go in the world. They're very well-travelled and with about six weeks of annual holidays, you'll most likely bump into them even in the more isolated of places. German is also widely spoken in other countries such as Austria, Belgium, Liechtenstein, Switzerland and Luxembourg.

Drink up at the Oktoberfest

Whenever people mention Germany, the first thing that comes to mind is the Oktoberfest. With over six million people rushing to Munich for some of the world's best beer and the world's largest fair, this Bavarian culture is best experienced with some knowledge of conversational German. Whilst you're there, you'll be able to soak up some of Germany's rich culture, and if you speak the language, you'll be able to learn more from the locals, including lots of things that your guidebooks won't tell you.

Work for one of the world's biggest economies

Many global companies have a presence in Germany and many organisations conduct business with German enterprises. If you're ambitious and career-driven, then learning the German language will help propel you further in your career and make your job application stand out.

**The next classes begin at the Northfield Centre in September 2019.
Please contact Alison Kirsch 07970 878218 for more information or
visit my website: www.alisonkirsch.co.uk**



ASPIRE STAFFORD

DELIVERING INDEPENDENCE

Aspire Update

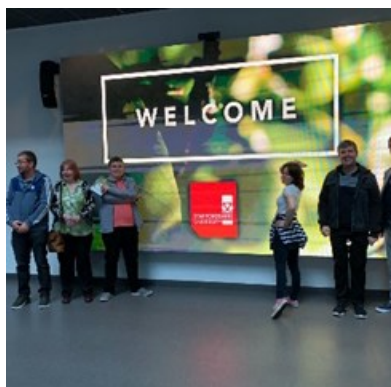
Wrekin Adventure

Jill Frampton, a Grief Recovery Specialist had visited Aspire and the group were keen to support her special work by organising a sponsored walk.

The group chose to walk to the top of the Wrekin and to raise money for this special cause along the way. For several weeks the sports group trained hard and became more confident each week.

On 17th September the group arrived at the foot of the Wrekin and the weather was perfect. The group made good progress and gave each other lots of support and encouragement. Finally, they made it! The views from the summit were amazing Jill Frampton was very keen to support our group and she came along to give lots of encouragement.

The total money raised for our partnership with Jill Frampton was a wonderful £370.



Staffordshire University Visit

On Wednesday 9th October the Aspire group went to Staffordshire University in Stoke -on -Trent to give a presentation about the activities that are offered at Aspire.

When we got to Staffordshire University campus we did our presentation to the students in the third floor of the campus, we talked about what Aspire activities are all about and what we do as a group, each one of the Aspire group stood up to speak to the Staffordshire University students, we showed photos to the students of Aspire clients doing activities, going to the gym, gardening and cooking.

We then split up into small groups where we answered questions and spoke to the students about what Aspire does and works towards independent living for the future. It was a very successful day for the entire Aspire group.

Take the Spotlight

On Monday 21st October, Aspire took the spotlight for a sparkling variety performance of song and dance paying tribute to many familiar stars from stage, screen and musicals. Clients rehearsed tirelessly in order to bring this amazing show. They also demonstrated their Makaton signing skills.

It was great to be able to use the new projector and sound system in the Chartley room which added a new dimension to our show. The screen provided the backdrop for each individual performance.



This was a good fun filled show, enjoyed by all. Have a look at our Aspire display board for photos and feedback.

This show was dedicated to three wonderful group members who are sadly no longer with us. Joy, Wendy and Damian.

Donkey visit

Last month Julie took the group to visit Glengarry and Windsor, her donkeys. We were able to look around their stable and field and learn about how to care for them.

“When I first saw the donkeys, I wanted to take them home,” Zoe commented, “but my garden isn’t big enough to do that!”

Next summer we hope to do more visits and perhaps take a picnic.



Safe and Sound Event

On 23rd October approximately 20 clients and staff attended Safe and Sound, a community event at Stafford Fire Station. We took part in various workshops; internet safety, fire safety, first aid and assistive technology in the home. Some of the group were able to practise CPR and dealing with choking. The interactive house session demonstrated how quickly a fire can spread.

At the end of the event everyone was given a goodie bag with information leaflets and items to help keep us safe.

Aspire is looking forward to more exciting activities over the next few months, including our Autumn Ball and Christmas celebrations.

This article has been written by the Aspire group members.



Dementia Hub Limewood Dementia Friendly Communities

Through the work and success the Dementia Hub Outreach service has achieved, Stafford has been recognized as working to become a Dementia friendly community in collaboration with our partner organisations, we are working towards reducing stigma and have increased the understanding of Dementia. We aim to empower people who are living with Dementia and their carers.

Lean On Me project

The lean on Me service run from Limewood Dementia Hub, continues to grow in strength as more people who are living with, or caring for a person with dementia hear about us.

We are visiting more and more people in their own homes to offer a support or "Time out" Service which offers the carer the chance to attend medical appointments, social events, and personal appointments, with the confidence that their loved one is being supported and looked after.

We are also out in the community delivering information and presentations on dementia to a wider audience, in order to raise understanding, and to build a dementia friendly community. We have currently spoken to well over 6,000 people in the last 3 years.

We host the meeting of the Stafford Dementia Action alliance which represents Dementia Friendly Stafford and the next meeting is on January Wednesday 15th January, 10.00 am at Limewood. We would like to offer the opportunity for those who live with diagnosis or caring for a person with dementia to have a voice, and we want to hear your views, and all are welcome at the meeting

A carer said "I have cancelled three personal medical appointments as I can't leave my wife alone."

Interested in Volunteering email: leanonme@choiceshousing.co.uk



If you would like **further information about the Dementia Hub** or to **book a Dementia Awareness Talk**, please email dwallace@choiceshousing.co.uk

NOTE: Some charges have been implemented as a way of sustaining the future delivery of Dementia Hub and ensuring we continue to supporting people in your communities.



Choices Housing Association Limited,
1A King Street, Newcastle, Staffordshire, ST5 1EN

Tel: 01782 254000 Fax: 01782 254001 Email: enquiries@choiceshousing.co.uk
choiceshousing.co.uk

Working in partnership with The Wrekin Housing Trust

Community Benefit Society Registration No. 26995R. Registered Social Landlord Registration Number L4178



Housing

Care

Support

TotalVoice

Staffordshire

We are **Total Voice Advocacy Service** and are based here in the Northfield Centre. We are an independent free and confidential services that provides advocacy.

What is advocacy?

Advocacy is about making sure that people's thoughts and opinions are heard, especially when decisions are being made about their lives

An Advocate will help you:-

- Understand what your rights are
- Look at information about how different processes work e.g. legal, health or social services
- Understand what choices you have and help you to make your own decision
- Support people to speak up for themselves. Advocates can also speak up for people's views on their behalf if they are unable to do this for themselves.

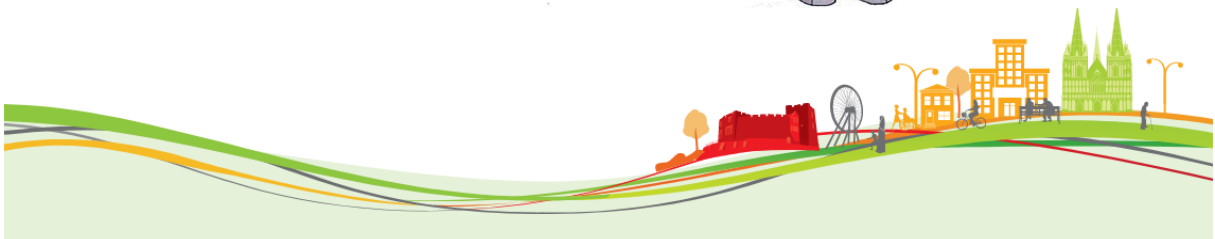
We offer a range of advocacy services, all of them help you to speak up and have your voice heard. We can give particular support if:-

- you are sectioned under the Mental Health Act or
- you are assessed as lacking capacity to make decisions about care or accommodation or
- you are going through care planning, care assessments and care reviews or
- you want to make a complaint to the NHS

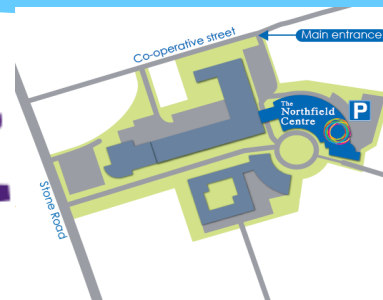
If you would like any more information around our advocacy service, leaflets are available in reception or please call 01785 336387, email us at info@totalvoicestaffs.org or visit our website www.totalvoicestaffs.org

We would like to wish you a merry Christmas and very Happy New Year

From all the Total Voice Team



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