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Please
take one!

F R E E — PLEASE TAKE A COPY

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

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

Fuse

igniting ambitions



NATIONAL
LOTTERY FUNDED



European Union
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Social Fund



Great Fun was had at the October Spooktacular Family Fun session.

We made marshmallow monsters with some very funny results.

Some of the Spooky artwork was of such a very high standard with so many great pieces it was hard to choose a photo.

Here is a few of the pieces.

The next Family Fun will be in the
February Half Term

Tuesday 19th February

12.30-14.30 £2 per child . To book on please ring reception on 01785
248733 or email info@northfieldcentre.co.uk



Christmas Fayre



We hope that everyone who came to the Christmas Fayre had a good time .

We had lots of stalls and games for the children with Karen the Elf making sure everything went to plan.



We would like to thank all of our volunteers for helping on the day Bobby Mitchel for running the mince pie stall, Laura Thompson and Mandy and husband for their help with selling the raffle tickets.



As always, the Aspire team have been very busy in recent weeks. The group organised a Christmas sale and made many of the items to sell on the stall. Christmas card making is an on-going activity at this time. We have also been out and about on several interesting trips.



Christmas Fayre

This event took place to raise money towards providing a Defibrillator for the Northfield community. Members of the group made cards, tags and framed Christmas pictures. We also used jewellery and slippers to make into beautiful gifts. People were very kind and contributed to donating to the raffle prizes. We raised in excess of £300.00 towards our target figure.

Visit to Hoo Farm

Our Wednesday group had a great time visiting this attraction. We saw a variety of animals; monkeys, pigs, deer, wallabies and owls. Some of these owls have appeared in Harry Potter films. We ate our packed lunches in one of the barns. Everyone thoroughly enjoyed themselves.

Wedgewood Visit

Two visits have been made to Wedgewood Museum at World of Wedgewood. Included in the trip were an interesting factory tour and a look around the museum. A leisurely lunch was taken at the café.

Christmas Festivities

The group are looking forward to enjoying a Christmas meal at Redhill before enjoying a well-earned rest.

Defibrillator fund raising Aspire have been working very hard to raise funds for a defibrillator for Northfield Village. They achieved their targets and the defibrillator was installed on the 14th of January 2019.



Everyone from Aspire would like to thank everyone for their kind donations



Fuse are very grateful for the Aspire Group's hard work in decorating the Stowe room for us. With their help we are able to save hundreds of pounds which we are then able to use to provide much needed community activity.



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**
- **Wet room with shower chair**

For prices and availability please c

CEREBRAL PALSY MID STAFFORDSHIRE

Email: office.cpmidstaffs@gmail.com



01785 255526

Greenhall Nursery School, Second Avenue, Stafford ST16 1PS

Charity No. 249235



Stepping Stones Café

From the Bar

Why not try our house gin a large pinkster pink gin
with a free tonic water only £4.50
Or a snack from the Café

Christmas Raffle



The Christmas Raffle hamper was won by Mr Jon Thwaites—Davies. We had an excellent response with 120 tickets being sold this has raised £120 for the centre. Some of this will be used to fund the next Family Fun day in the February half term as we are now in need of buying more art supplies.

We would like to say a big thank you to everyone who bought a ticket and congratulations to Jon. He has kindly donated the empty hamper basket back to the centre so we can use this again for next year's raffle and we thank him very much for doing this.



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 cinnamon flavoured coffee for a change

As our special large breakfast offer including a free tea, coffee or orange juice has continued to be so popular going continue this offer into the New Year

Now the cold weather is here we are putting on a new menu incorporating homemade soups, casseroles, Chill Con Carne, toasted sandwiches and jacket potatoes followed by one of homemade puddings served with hot custard ideal to warm you up in the colder weather.

You can even enjoy a rich glass of our fruity merlot or a delightfully spicy Shiraz whilst relaxing in our lounge area. A new range of gins and cocktails

will be available for those special get togethers in our bar area. Spirits are competitively priced at £4 a double with a free mixer.

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.





Are you aware that the Rotary Club of Stafford Knot meet every Thursday morning at the Northfield Centre at 0715 for 0730? The meeting lasts for approximately one hour, the first 30 minutes being taken up by breakfast.

Rotary is a service organisation and its main purpose is to support communities both locally and worldwide. The club hosts interesting speakers, arranges fund raising events and, in addition, has lots of fun and social events. Visitors are welcome but should let us know if they wish to attend.

Like all organisations we always wish to increase our membership so please advise any acquaintances of our existence. Please note Rotarians are of any age or gender and from diverse backgrounds. If anybody wishes to get more information they can contact me through my [email: garycsharpe@hotmail.co.uk](mailto:garycsharpe@hotmail.co.uk).

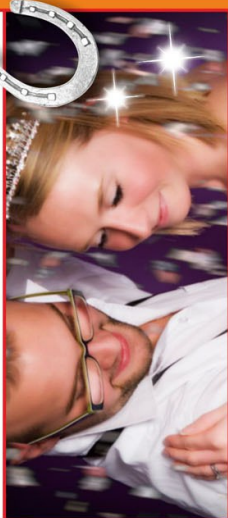


For a small donation we are offering to wrap Christmas presents at St Chads' Fair between 10 and 4pm on the 1st December. Between 0930 and 4pm at Sandon Hall on the 1st and 2nd December we're offering tea, coffee and mince pies. Finally, we're Christmas wrapping on the 6th December between 6 to 9pm for the Young Farmers at the County Showground. In addition, at both St Chads and the County Showground, we will be selling Christmas decorations, most of which are hand made. These fundraising events are all in aid of local charities. Come and support us!



• 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

GROOVE ACADEMY

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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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 -

Unlimited Classes!

£7 Drop-in class

£6 Concession

£6 Northfield Staff/Employees

£6 NHS Employee

10 Class Pass £65.00

£39.50 Monthly Membership

QUOTE OF THE MONTH

THERE IS ALWAYS
A REASON TO

smile

FIND IT.

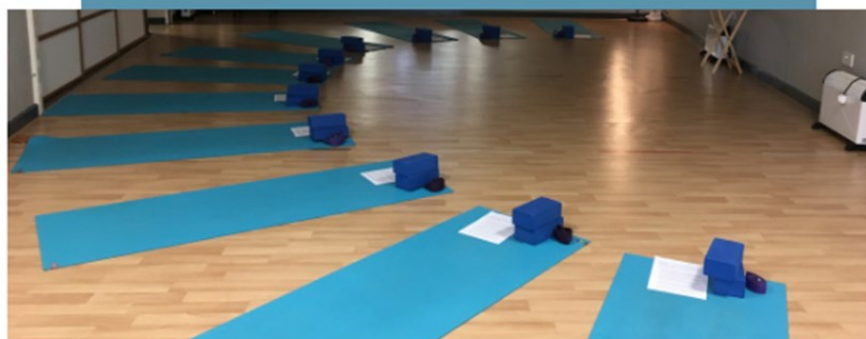


Are you a Returning Client?

You are invited to repeat your
Intro Offer!

£20 for 30 Days Unlimited Classes

To claim please contact Grace at
Grace@skyblueyoga.co.uk



OUR CLASSES

At Sky Blue Yoga we offer a range of Mixed Level Classes suitable for 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 (Candlelit)

Our Gentle Flow classes explore Power Vinyasa poses taking extra time to breathe and relax. Classes incorporate pranayama and meditation as well as restorative inversions and restorative backbends. This class will teach you yoga techniques you can call into day to day life and will wind you down for a great nights sleep, whilst leaving you fresh and restored.



Hot Power / Power Flow

Our Hot Power and Power Vinyasa Flow classes include fluid movement from one pose to the next while connecting breath to movement. These classes are varied and fun, designed around a series of postures that develop strength, flexibility and balance. With regular practice these classes will enhance your overall well being, complimenting your current exercise regime or getting you moving in a new and healthy way.



Yin Yoga with Nidra

Yin Yoga is a slow therapeutic practice that applies moderate stress to the connective tissues of the body with the aim of increasing circulation in the joints and improving mobility and flexibility. This is a more meditative approach to yoga, aiming to cultivate an awareness of inner silence. Yoga Nidra is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage. It is a state in which the body is completely relaxed. This practice has been found to reduce tension and anxiety, aid sleep and reduce stress.



New to our studio or are yet to try out our Intro Offer? Email Grace@skyblueyoga.co.uk to apply for our Intro Offer! A fantastic way to try out our range of different classes. Just £20 for 30 Days of Unlimited Classes.

WHAT'S GOING ON AT SKY BLUE YOGA?



▼ Studio Founder & Owner Publishes New Yoga Lifestyle Book!

Happier Healthier, written by Claire Arnott, is an antidote to the 'not enoughness' we so often feel as we push ourselves forwards striving for perfection in life, work, our parenting and our relationships. If you want to feel more content, healthier, happier and more **YOU**, then this book is here to show you how.

The book contains a 30-page yoga journal, practical creative exercises, a guide to yoga asana, the author's personal story, a section on nutrition, favourite healthy recipes and much, *much* more.

“This book from the heart is: My Story - how yoga and nutrition have helped me not only heal, but thrive. Yoga asana - a guide to poses and practice. Meditation, Mindfulness, Intention, Visualisation, Affirmation, Mantra and more.



To order your copy, visit www.clairearnott.com.

*Postal delivery from 6th-9th December, or collection from 4th December.

▼ Christmas Class Schedule

Download our **free Sky Blue Yoga app** from the iTunes app store or Google Play Store to see our online class schedule for the classes over the Christmas period.

▼ Walk Mill Botanics

Walk Mill Botanics is a natural skincare range that brings together passions for plant-based, luxurious ingredients, and personal wellbeing. It was launched in 2014 as a home-based business by Vicki, at her cottage in Walk Mill.

Every element from the ingredients to the mindfulness tips in our packaging is designed to create a moment of calm in a hectic world.

Nourish your skin and soothe your soul with their luxurious natural skincare and fragrance range. Visit www.walkmillbotanics.co.uk.



Welcome to Louie and Kerry

Hello Everyone,

My name is Kerry and I have just started working at the Northfield Centre.

I have found that everyone has made me very welcome in my first few weeks whilst I find my way around this wonderful building.

I have many hobbies when I have free time.

Cooking(I'm always happy for any new recipes)

Crochet (I'm not professional but I do try my best)

Country Walks (but not too far)

Motorsports (Anything with 2 or 4 wheels but I also like the Tour De France)

GARDENING : I absolutely love my garden. I like all the seasons, when all the new plants start to appear. Spring bulbs and summer perennials etc. I am about to build a water feature so I will fill you in on the progress but it will be slow.

I have a Chinese section in my garden with bamboos and a giant panda hidden away under a big red arch. Again any gardening tips welcome.



Hi there,

I am Louie and I have been working at the Northfield Centre for seven months now. I was born and raised in Hungary, but I also lived in Canada for a while. I moved to the United Kingdom in 2013. I have a teacher's degree in fire safety and I worked as a fireman in Hungary for 15 years. I am also a qualified driving instructor. I also taught English as a second language in a language school in Budapest. In the United Kingdom I have worked for two of the largest utility companies and the NHS as an interpreter. Working in the Northfield Centre provides me with a wonderful opportunity to meet nice people and do something for the community.



I have always been interested in martial arts and used to teach kung-fu for several years. Nowadays I just enjoy running and cycling. In my free time I like reading, watching movies and travelling is also one of my favourite pastime. I am an approachable friendly guy, so please come and talk to me when I am not too busy.

German Classes at the Northfield Centre

Currently running German Intermediate and German Advanced classes (Thursday mornings 10 am -12 pm and Wednesday evenings 6 - 8 pm). New starters are always welcome. Building on your existing knowledge of German these classes will aim to get you speaking the language accurately in a relaxed setting.



The new term begins on 16th and 17th January 2019 and runs for 10 weeks (excluding half-term) at a cost of £90.

Please call Alison Kirsch
BA, Dip. RSA, Cert Ed
alison.kirsch@ntlworld.com
www.alisonkirsch.co.uk
07970 878218

Why learn German?

German is the most widely spoken language in Europe. To speak German means that you have the ability not only to communicate with Germans, Austrians & Swiss, but by visiting their countries you are in a much better position to absorb their culture & lifestyle.

Germany, Austria and Switzerland are beautiful countries to explore with chocolate-box-villages, dense forests, romantic river valleys, vast expanses of vineyards and the stunning Alps.

Germany is one of the world's biggest industrial countries. Its products are world famous, so speaking German gives you the edge.

Language learning improves the right/left brain connections and is thus useful in the fight against Alzheimer's disease.





Where your photography comes to life

Stafford Photographic Society was formed in 1895 and It is one of the oldest photographic societies in the Midlands.

We have been meeting at the Northfield Centre for nearly four years now and all our members and guests have been very complimentary about the facilities and the cooperative staff.

We are, of course, always looking for new members of all photographic abilities, or even those who just like looking at photographs, taking pictures on their phones or using the latest digital cameras.

We try to encourage members who join to improve their photographic abilities and understanding of their equipment by holding a Question and Answer session once a month at the Renishaw PLC factory at Stone. This is an open forum to discuss images and use of equipment etc.

We have a wide range of guest speakers over the year covering a broad range of subjects including travel, wildlife, landscapes, sports photography and photographic techniques. We also have our own internal competitions where members present their best images for scrutiny by external judges.

The Society meets every Tuesday from September to May from 7.30 to 10.00 PM. Guests are always welcome with an on the door charge of £3.50.

We have adopted the Northfield Centre as our charity and sponsor it through the donation of photographs from our members which are sold at exhibitions we hold. The Northfield Centre also display and sell our donated photographs, which are on display in the reception area. To date the Society has contributed over £500.

This year has seen one of our members, Judi Dicks, scoop the prestigious 'Three Counties Open Photographic Exhibition 2018, sponsored by Keele University, Staffordshire with her image 'Rainy Day at Kew'. Along with a cash prize there was also an opportunity for her to hold an exhibition at The Centre Space Gallery, Spode Museum, Stoke on Trent.

This was successfully held at the beginning of August, with fellow members of Stafford PS attending along with members of the public. During the exhibition a number of images were sold and part of the proceeds were donated to a local charity, The Donna Louise Trust and, along with cash donations, over £140 has been raised to date.

Judi has been a member of Stafford PS since 2007. She is self taught and with inspiration and guidance from fellow members and admiration of the great street photographers such as Cartier Bresson and Robert Doisneau has taken her photography to a much higher level, achieving an ARPS and DPAGB, as well as acceptances and awards in the London and Midland Salons and international exhibitions.



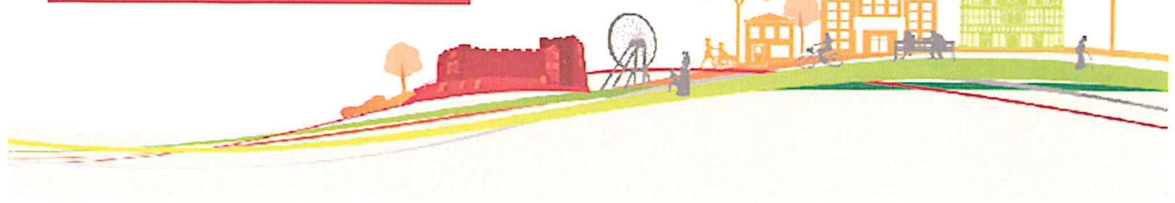
Judi Dicks



'Rainy Day at Kew'

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

CONTACT US GET IN TOUCH



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www.northfieldcentre.co.uk

www.fuseenterprise.co.uk

info@northfieldcentre.co.uk

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