

The Deeping Bugle

The Newsletter from

Deepings Community Centre



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March 2006

WAKING YOU UP TO THE NEWS AND VIEWS OF THE CENTRE IN THE HEART OF THE COMMUNITY

Bicycle Security Coding Day at The Centre

Over 150 people, grandparents, parents and children together with their bikes, tricycles and invalid scooters came to the Deepings Community Centre on Saturday 18th February to have their machines security coded. They ranged from a 1950's Raleigh to a modern very expensive 2006 model. The Community Support Officer from Lincolnshire Police, Helen Hibbert, supported by five volunteers from the Community Centre marked the bikes with Post Codes to aid the Police in returning lost or stolen bikes to their rightful owners, and added stickers to act as a deterrent to thieves. Terry Wright Cycles donated £10.00 vouchers given to two lucky winners drawn from the participants, these were Mrs. Andrews and Mr. Jarvis. The 100th rider, Matthew Cannon was also presented with a voucher. (See picture). The Trustees were very pleased with the support from the public for the Community Centre project. We were very grateful for the assistance given by Lincolnshire Police, South Kesteven District Council, Mike Bonham from Terry Wright Cycles, and the Centre Volunteers. A great example of the partnership that we are trying to engender between local groups, to make The Deepings Community Centre a real Centre for the Community.



Lincolnshire Access Centres

The Deepings Community Centre is shortly to become one of two or more Access Centres in the South Kesteven District Council Area. We will be required to pass on this information to other halls and centres in the area. This can be about grants available, training opportunities, events and other community activities. Other Groups, Halls and Centres will be able to advise us of things happening in their area, for us to display on our Community Notice board and to pass on to the others in our Group.

When we become live, you will be able to find links to the other places mentioned above, as long as they send us the links to add to our website. Similarly if you want to be on our circulation list, contact Cathy or David on 01778 381770 or by email on trustees@deepingscommunitycentre.org.uk

The Garden

The Deeping Lions are celebrating 25 years of service in The Deepings by building a memorial garden at the Community Centre. We are delighted with their kind offer which follows on the heels of the Children's Garden planted by 2nd Market Deeping Brownies. Another addition will be a Wildflower Garden, soon to be planted by Mrs Dennis. If your group would like to sponsor a garden bed, please talk to the Trustees. We would also like to lay a boules rink, if anyone has the expertise to advise us on this, please contact Cathy at the Centre

Small Groups Help and Advice

Help is available from The Small Groups Development worker for South Kesteven, Alastair Ross, with funding advice, PR/Marketing, Training, Networking, and Charitable status. Contact him on 07785 793421 or email alastair.r@bostoncvs.org.uk

Our Terms and Conditions

Would all users please note that these have been slightly amended. The main changes are:

?? Hirers are responsible for setting up and taking down the chairs and tables and any other equipment in the hall. Should we have to hire additional staff to do this, we reserve the right to charge for this service.

?? We have introduced a Weekend Surcharge to our hire rates. This is to cover the additional cost of employing staff to lock up, outside of the normal time covered by our Buildings Supervisor.

?? Deepings Community Trust reserve the right to amend the Terms and Conditions without notice.

?? All portable electrical equipment brought into the building over one year old must be certified as safe by a qualified electrician. A sticker to this must be affixed to the appliance.

We would like to remind users of a few Terms and conditions that are sometimes ignored:

?? Individual bookings must be paid at the time of booking or at the time of use of the facility

?? If a credit account is granted, payment must be made within 28 days of the date of the invoice. If this does not happen, we reserve the right to withhold entry for any future hire until the debt is paid.

?? Cancellations must be made at least seven days before the intended date of hire. We reserve the right to charge for any bookings made but not executed.

International Town Criers Competition

The parade will once again start from the Community Centre, on Sunday 23rd April at 10 a.m. Our friendly Red Cross Coffee Morning ladies are once again providing coffee or tea, and toast, before the Criers start their Parade and Competition.

If you are trying to raise funds, there will be stalls available. Check with the Town Clerk at the Town Hall.

Stamford Volunteer Bureau have advised us that they have stopped their core business which is offering a Volunteer Bureau Service. If you are in the Deepings area and would like to volunteer to help in the community, please feel free to contact a Trustee at the Community Centre, and we will help you find a suitable group to help. We have lots of information available in our "Community Index". (Copies are still available at £2.00)

Successful Goat Project

Thanks to everyone who supported our Christmas Raffle. As all prizes were donated, Christian aid and Oxfam shared the £120 raised. We chose to buy a small herd of goats and 100 school dinners.

It is envisaged that we will repeat the project again. To this end, if anyone would like to donate a raffle prize, the Trustees would be glad to accept it.



Congratulations

Jacqui (our cleaner) celebrated her Silver Wedding on 14th February.

Congratulations from all of us and we hope that you make the next 25 as well.

Don't forget to visit our website - www.deepingscommunitycentre.org.uk

You can download booking forms, terms & conditions of hire, our facilities and lots more!

Read & Return Library

The Centre keeps a small supply of paperback novels by a variety of authors. These can be borrowed by users and returned or replaced by another fiction book. The system operates on a "Trust" basis.

They are kept in Room 20 and should it be locked, the key can be obtained from Reception. We regret that if the room is in use, except for Red Cross Coffee Morning, we cannot allow access, nor when the Reception is unmanned. (See below *).

If you have any paperback novels that you no longer want and want to donate them to the Centre, we would be delighted to receive them. The books are refreshed every so often and spares donated to the Red Cross.

Our Volunteers are great

Not only do our Volunteers look after Reception, complete bookings, listen to people, give out information and direct people to the correct meeting places, they also do a myriad of other tasks to keep the Centre open for 1500 hours a month. They also attend voluntary training, recently Emergency First Aid, Lifting & Handling, and a Fire Wardens Course. They were all amused to realise that they were to receive certificates as well. Professional trainers who are qualified to a national level lead all our training courses.

* We still require volunteers particularly during the afternoons 3 p.m. to 5 p.m. but not just then. If you would like to help us, we would love to hear from you. Call in at the Centre, leaving a note in the basket if no one is about, telephone on 01778 381770 or email trustees@deepingscommunitycentre.org.uk . We will then contact you. Thank you, I am sure that you will find it an interesting experience and also be of help to the community.

New Groups using the Centre

We welcome the following new users to the Centre this year:

- ?? Alzheimer's Society
- ?? Boston Council of Voluntary Service
- ?? Welland Partnership - Social Enterprise Team
- ?? Hypnotherapy to help stop smoking
- ?? Lincolnshire Primary Care Trust - Expert Patient Group
- ?? APMS Training
- ?? The Diabetes Support Group

Joining us in **April** will be a Rosemary Conley Slimming Group.

On **6th May** there will be a Writers Support Group meeting from 12.30 p.m. to 5.30 p.m. For further information on this, contact Lynn Parker on 01780 482734

By the time this edition of the Bugle has been published, we hope to have run a half day course on using **EBay**. If it all goes to plan and is well received, we may be able to run another. Write us a note to say that you may be interested, remembering to include your name and telephone number.

We are running our own "**Understanding your Digital Camera**" course, after the success of the WEA one. This will be on Saturday 8th. April, 9.30 a.m. to 12.30 p.m. The cost is £10.00 and is restricted to 12 places. Apply at Reception.

Focus on Our Users

Barry Blacklock—Life Coach

Life Coaching is a partnership through which I support my clients to achieve fulfilling results for themselves. Through the process of Coaching, my clients have been able to identify, and set, previously unconsidered goals. They have gone on and actioned the achievement of these goals. Uncovering what motivates you, what inspires you, what drives you - gives opportunity for new decisions and new action. Life Coaching with me enables you to untangle the you within and to look forward to the future that honours and is powered by you. It's your life. What are you choosing to do with it?

For further details contact Barry on 01778 341252

Deep'In Craft - Deeping Craft Club

Deep'In Craft (Deeping Craft Club) has been in existence for over 10 years now.

We meet at the Community Centre on the first Monday of each month at 7.30 p.m.

Each month we have a different craft demonstration or talk. Various craft types are covered from needlecrafts such as cross stitch, to card making, sugarcraft and flower arranging!

We also arrange one or two trips each year to craft related events such as the craft supplies fairs at the NEC.

Visitors can attend one of our meetings for a charge of £3.00. This includes all that is required for that evening's demonstration (which you do get to take home), and light refreshment (drink and biscuit).

Those who choose to join us as full members can either pay a £6.00 yearly subscription and then £2.00 per meeting attended, or a one off payment of £22.00 covering all meetings attended that year.

For more information, please contact Sharon Howlett (Chairperson) on 01778 341390. You can write to me (Sharon) at 18 Millfield Road, Deeping St James, Peterborough. PE6 8QX or e mail us at Deepin-Craft@aol.com (sorry, but we do not have a website)

Wither Thy Feet

Feet have to be the most abused part of the human body.

Twenty six bones, nerves, blood vessels, muscles, tendons, skin, nail and bits you've never heard of.

How much care and attention do we give them?

Where do you go when they go wrong?

Deeping Chiropody and Podiatry is run by a husband and wife team, of Graduate Podiatrists. Between them they have twenty five years of experience. Both also work for the NHS as Specialist Podiatrists.

They can diagnose and treat a wide range of foot conditions, operate on nails under local anaesthetics and treat biomechanical problems, which can affect knees, hips and backs.

Ring for an appointment 01778 342110
Mike and Alison Staines

Diabetes Group

This newly formed group meets on the 2nd Monday of the month. Its remit is to bring together people who have either type 1 or type 2 diabetes, have a family member or friend with diabetes, or just wish to know about this problem.

We are a friendly, welcoming group who are supportive and caring. Please join us.

More details from Pauline on 01778 342457

Stop Press—Date Change

Deepings Lions Carnival Day is now on 15th July and NOT the 8th, so as not to clash with St. Guthlac's Church Fete.

Wanted

Has anyone got a steam cleaner that they no longer use, and would be prepared to donate or sell cheaply to The Community Centre. Please contact The Trustees at the Centre.