



February 2013 Newsletter

Welcome to the Parson Cross Community Development Forum Newsletter. Our mission at the forum is to unite, develop and improve the Parson Cross community, to enable it to progress and reach its' full potential, thereby creating and nurturing community pride.

5 Star Success for the "Score on the Door" for our Lunch Club

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Parson Cross Forums Lunch Club are proud to announce that we have been awarded the top rating following an inspection by Sheffield City Councils Environmental Health.

Officials from Sheffield City Councils Environmental Health have given Parson Cross Forums Lunch Club a **five-star rating** under the 'Score on the Doors' scheme.

The Lunch Club is run entirely by volunteers and we would like to take this opportunity to say a huge thank you to them for their commitment. They each give up their free time to support their community and our organisation. The volunteers ensure excellent food is prepared and served in a safe environment and the award show service users that food hygiene is taken very seriously and that every effort is being made to provide people with the best quality food experience.



Our Lunch Club which runs every Wednesday 12.00pm till 2.00pm is open to all ages, we serve a 2 course freshly cooked meal at the cost of £4.00 per person. There is also an opportunity to take part in other activities whilst you are here.

If you would like to find out more about our Lunch Club or any of our services give us a call on 0114 3279727, email louise@pxforum.org or visit our new website www.pxforum.org.

Parson Cross Community
Development Forum

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www.pxforum.org

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Centre and Catholic Church

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PX COMMUNITY NEWS

Sharon Berry School of Theatre Dance

Thirty years ago, three girls walked into what would be the first class of thousands, in the newly opened Sharon Berry School of Theatre Dance. Now based in Parson Cross Forums main hall, over the years Mrs Berry has taught hundreds of children in Sheffield to dance, giving them the opportunity to earn qualifications in exams and gain valuable experience in performing.

One of Mrs Berry's many recent success stories is Isabelle Sykes, Isabelle gained a part in the Radio 4 Play "On It" written by Sheffield's own writer and actor Tony Pitts, this very successful play won the BBC Best on Radio Drama Award in January this year. Isabelle was invited to be on stage at Broadcasting House to receive the award from Lenny Henry along with the rest of the cast.

Mrs Berry works with children aged 3 years upwards, covering a wide range of dance including: Ballet, Tap, Modern Jazz, Theatrecraft, Gymnastic Dance and Musical Theatre. To find out more about Sharron Berry School of Theatre Dance give her a call on 0114 2466126 or check out the website www.sharon-berry-school-of-theatre-dance.co.uk.

Days Out with the Forum

Through discussions with some of the local residents and service users and as an ever popular part of what the Forum offers, this year Parson Cross Forum are organising 3 day trips.

The first is on Saturday 8th June to Knaresborough and the [Great Knaresbouroug Charity Bed Race](#) where the streets of Knaresborough come to life with a carnival like no other. With the theme of 'Myths and Legends' this years race will include the notorious river crossing.

The second trip will take place on Saturday 27th July 2013 to the ever popular family seaside resort of Skegness and the third trip will be to Skipton Christmas Market on Saturday 1st December 2013, where there will be more than 150 decorated festive stalls; jam packed with all kinds of interesting, desirable and original gifts.



As always trips at the Forum are very popular and tickets are sold on a first come first serve basis, so please book early to avoid disappointment. Prices for each trip vary, more info on back page. You can call in the office to see us between 9.00am and 3.00pm Monday to Friday or give us a call on 0114 3279727 or email louisec@pxforum.org to find out more.



Adult Tap Classes

Want to try something different, then why not come along to our Beginners Adult Tap Group for people aged 16+ every Tuesday evening at Parson Cross Forum, St Thomas More Community Centre, 8.15pm till 9.15pm, its £3.00 per session, pay as you go and there's no need to book, just turn up. Hard sole shoes needed. Call us on 0114 3279727, message us on Facebook, email louisec@pxforum.org or visit our website www.pxforum.org for more information.

Don't forget to follow us on the social networking sites



PX COMMUNITY NEWS

Funding from the Sheffield RAG

Louise Ashmore and Louise Clamp attended an event at the Sheffield University after Parson Cross Forum secured funding through the Sheffield RAG's, "Raising and Giving" fund. The event was a great networking opportunity, giving the staff a chance to meet many other organisations and projects as well as finding out about how students at the Uni have managed to raise so much money for charitable causes.

Students from the University put on many events that raises money, from epic Treasure Hunts that race across Europe (THE), nocturnal ramblings through the magnificent Peak District (Spiderwalk) or simply by proudly taking bright collection buckets into the local community for support. Last year Sheffield RAG raised £187,110, worked with 104 clubs and societies and supported 110 different charities.



With so many charities and good causes to fund, staff at the Forum feel really proud to have been selected to be funded by the RAG and over the next few months will put the money to good use and continue to provide many different services for the community.

Taekwondo and Boxercise

Places are now available to join our popular Taekwondo and Boxercise classes at Parson Cross Forum. Both classes are run by Master Darren Kilner (6th Dan) and assisted by Master Thomas Weldon (5th Dan). Darren is an ex-fighter for the British Team and Thomas is one of the youngest 5th Dan's in the country at age 19. They are ably assisted by several junior black belts aged between 9 & 22.

Taekwondo classes aim to teach discipline and self defence using the art of Taekwondo. Darren will also mix other forms of martial arts in to the training from time to time. The club trains every Tuesday night between 6.30pm – 8.00pm and the cost is £6 per lesson. The club will accept anyone people from the age of 5 upwards.

Boxercise classes are aimed to suit all levels of fitness with a boxing theme including cardio vascular workout and the use of punch bags. This is an adults only training session on Wednesday nights between 6.30pm – 7.30pm (£3 per session) for more info give us a call on 0114 3279727, email louise@pxforum.org or visit our website www.pxforum.org.



Rooms for Hire

As always Parson Cross Forum has excellent affordable rooms for hire. We have two fully equipped kitchens, a room with Wifi connection and laptops, dance floors and a hall for exercise or productions, complete with stage. The venue has disabled access and is suitable for most occasions.

The forum has many activities already running and is based on local shops on a main bus route and has excellent footfall as well as free parking directly outside the building. If you would like to hire any of our rooms give us a call on 0114 3279727, drop us an email louise@pxforum.org or visit our website <http://parsonxforum.webs.com> for more information on any of the services on offer here at the Forum. (Sorry no parties or birthday parties).

WHATS ON AT PX FORUM

Get Fit 4 Health

When: Monday's
9.30am till 11.30am
Deliver by a Level 4 Cardiac
Rehabilitation Instructor,
aimed at reducing the
risk of disease
£3.00 per session

Chairobics

When: Monday's
10.00am till 11.00am
Come and do gentle exercise to music
in a friendly and welcoming
atmosphere with Paul
£2.00 per session

Pilates

When: Monday's
11.30am till 12.30pm
Give Katie a call if you have any back,
shoulder, hip or neck problems and
together we'll sort them out!
Katie Warburton 07871 767 439
£3.00 per session

School of Theatre Dance

By Sharon Berry

When: Monday's
4.00pm till 9.00pm
Dancing Classes for Children
Contact Sharon Direct on 0114 246 6126
For more information

Young at Heart

When: Tuesdays
1.30pm till 3.00pm
Activity and social group
for people over the age of 50
Call for cost and more info

Taekwondo

When: Tuesday's
6.30pm till 8.00pm
A great way to have fun and keep fit
£6.00 per session

Beginners Adult Tap Dance

When: Tuesday evenings
8:15pm till 9:15pm
Get your dancing shoes on
and join in the fun!
£3.00 per session

Lunch Club

When: Every Wednesday
12.00pm till 2.00pm
Come along and have a cooked meal,
socialise and take part in an activity
Open to all ages
£4.00 for 2 courses

Boxercise

When: Wednesday's
6.30pm till 7.30pm
An hour of boxing related exercise
including jogging, push ups, crunches,
skipping, stretching & punching bag
Bring water and wear
appropriate clothing
£2.00 per session

PX Batters

When: Thursday's
10.00am till 12.00pm
Badminton, Table Tennis, Darts,
Snooker, Kurling
contact us more information
£2.00 per session

IT Drop In

Every Thursday
1.30pm till 3.00pm
If you need any help with general IT
then this tutor lead drop in would be
ideal for you.
No need to book, just turn up!
£2.00 per session pay as you go

School of Theatre Dance

By Sharon Berry

When: Saturday's
10.00am till 4.00pm
Dancing Classes for Children
Contact Sharon Direct for more info,
vacancies and prices
0114 246 6126

*Free Beginners Internet and Email

Running Now

Need to learn how to use the internet
and email?, want to be able to surf the
net or shop online. Well don't put it off
anymore and book onto our
*free course

Activity for Young People Theatre Workshop for young people aged 8 to 13

When: February Half Term
Monday 18th February to Friday 23rd
10.00am till 3.00pm
With the theme Pirates of the Caribbean,
young people will get the chance to take
part in their very own
theatre production.
At a cost of £10 for the full week .
This is a very popular activity and places
book up fast so call now to reserve your
place, a pack lunch and drinks will be
required everyday.

2013 Trips

The Great Knaresborough Bed Race 2013

Saturday 8th June 2013
9.00am pick up at the Forum
Returning at 5.15pm from
Knaresborough
£10 per adult £8 per child
All under 16's must be accompanied by a
full paying adult

Skegness

Saturday 27th July 2013
8.30am pick up at the Forum
Returning at 5.15pm from Skegness
£12 per adult £10 per child
All under 16's must be accompanied by a
full paying adult

Skipton Christmas Market

Sunday 1st December 2013
9.00am pick up at the Forum
Returning at 5.15pm from Skipton
£10 per adult £8 per child
All under 16's must be accompanied by a
full paying adult

We have lots going on at the Forum as well great rooms for hire.

For more information on any of our services or to book rooms contact Louise Ashmore or Louise Clamp on 0114 3279727 or email louise@pxforum.org or louisec@pxforum.org or check out our website www.pxforum.org

*To be eligible for this course you must be 18 years old or over, currently unemployed or working 8 hour a week or less.