

PX COMMUNITY NEWS



November 2012

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.

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"He's behind you!" "Oh no he isn't"

This year for the first time Parson Cross Forum will be hosting a real life Christmas pantomime, Dick Whittington by Chaplin's.



The pantomime is packed solid with comedy, excitement and adventure the whole family will love. Cheer on the hero Dick Whittington and boo the evil Captain Blood as you roar with laughter at the antics of Idle Jack, Sarah the Cook and Dick's crazy cat Elvis.

The pantomime is taking place on Wednesday 19th December 2012, 6.00pm till 8.00pm, tickets are priced at £8.00 per adult and £6.00 per child. To purchase tickets just call into the Forum between 9.00am and 3.00pm Monday to Friday, or for more info give us a call 0114 3279727 or email louisec@pxforum.org.

We will have a selection of hot drinks, soft drinks and confectionary on sale at a discounted rate so why not treat yourself to a night at the panto?

Pilates for Back Pain

Every Monday
6.00pm till 7.00pm
At Parson Cross Forum
£3.50 per session.



Bokwa

Every Tuesday
10.00am till 11.00am
Sweat the Alphabet, Dance
the Digits, £3.50 per session



**Parson Cross Community
Development Forum**

**St Thomas More Community
Centre and Catholic Church**

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New Staff at the Forum

Parson Cross Forum would like to welcome a new member of staff Louise Clamp. Louise has been involved with community development for a number of years, both living and working in the local community. Starting her career as a manager in retail for over 10 years, Louise went on to volunteer for 6 years in her local community with Southey/Shirecliffe Sure Start. She then gained employment with HealthWorks as office manager for over 5 years.

Louise joins the Forum as an administrator and has experience in a wide variety of administration and office management including customer service, human resource, managing contracts, implementing and maintaining quality assurance systems, marketing, organising and servicing meetings and finance.

Louise says she is very passionate about community development and is excited about having the opportunity to work at Parson Cross Forum and being part of the incredibly important work that they do.



Lunch Club at the Forum

Parson Cross Forum is running a weekly Lunch Club open to all ages. Meeting every Wednesday's, 12pm till 2pm you can enjoy freshly cooked 2 course meal for £4.00 and have the opportunity to take part in activities including a quiz, raffle and bingo.

The Lunch Club that is run entirely by volunteers is a great way to socialise and meet new people. For more information or to book a place contact us at the Forum on 0114 327 9727 or email louise@pxforum.org.

Forums Rooms for Hire

The Forum is based on local shops with excellent footfall and attracts many service users. As well as being on a regular bus route we have free parking directly outside the building. Our facilities have lots to offer including Wi Fi connection, stage, large and small hall and kitchen facilities. If you would like to hire any of our rooms for activities, meetings or events 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. (Sorry no parties/birthday parties).



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

Training and Learning for Work

Over the next few months, Parson Cross Forum is delivering a number of *free courses thanks to funding secured from Humber Learning Consortium.

The Forum applied for the grant that helps voluntary and community organisations in the Humber and South Yorkshire regions provide learning opportunities to help unemployed people move closer towards a job or training.

We have already delivered a *free Food Safety Level 2 course and coming up we have an accredited

***Moving and Handling**

Level 2 course, an accredited ***3 day First Aid** course, ***Numeracy and Literacy** courses and a ***Confidence Building** course.

We will also be offering a ***Job Club** for anyone needing support with job preparation.

Places book up fast on the courses so give us a call now to register 0114 3279727 or email louisec@pxforum.org

*To be eligible for these course you must be 18 years old or over, currently unemployed or working 8 hour a week or less.
A £10 refundable deposit returnable on completion of the course is required.



FREE Moving and Handling Level 2*

The Ofqual Level 2 Award in Safe Moving and Handling is intended as an introduction to moving and handling activities for those returning to work or needing specific training in manual handling

Wednesday 7th November 2012

9.30am till 3.30pm

at Parson Cross Forum

FREE Confidence Building Course*

For those who want to develop their self-esteem. Overcome the barriers that prevent you achieving your goals by developing your self-belief and confident communication skills.

Starting weekly on Wednesday

9th January 2013, 9.30am till

11.30am for 5 weeks.

FREE 3 Day First Aid Course*

This course is for anyone wanting a comprehensive introduction to First Aid.

The course will give you the knowledge and confidence to deal with a range of first aid incidents. Delegates will gain the skills necessary to give effective life support, diagnose and treat injuries and illness and deliver care and comfort to the casualty.

Starting early in the New Year.

FREE Numeracy and Literacy Courses*

These courses are for those who would like to improve their everyday Numeracy and/or Literacy skills in a confidence building and fun environment.

Studying a variety of numeracy and literacy skills.

Starting early in the New Year.

All places must be booked



We will have a variety of IT classes starting in the new year, from beginners to level 2, to find out more or to register your interest give us a call
0114 327 9727 or
email louise@pxforum.org

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Knarborough Christmas Market and Firework Display Coach Trip

Taking place on Sunday 2nd December 2012 the Forum has organised a trip to Knarborough Christmas Market. The cobbled Market Square and surrounding lanes and courtyards will be filled with delights to arouse your senses. The welcoming stalls and shops of the town will tempt you in to view their range of gifts and regional Yorkshire specialities.

This wonderful festive day in the picturesque North Yorkshire town has quality stalls, shops and entertainment and the day will end with a firework display. Departing from Parson Cross Development Forum at 9.00am prompt and returning from Knarborough at 5.15pm prompt.

Tickets are available to purchase from the Forum, Monday to Friday between 9.00am till 3.00pm, £10 per adult £8 per child.

<http://www.knarboroughchristmasmarket.co.uk>



Get Fit 4 Health

One of our latest activities at the Forum is already proving to be a big hit with the people attending. Get Fit 4 Health which is delivered by a Level 4 Cardiac Rehabilitation Instructor is aimed at people who are looking to reduce their risk of many different types of diseases such as cardiovascular disease, type 2 diabetes, cancer, stroke, hypertension, obesity, asthma, COPD and osteoporosis.

Each session is planned to meet the needs of every individual with a 30 minute consultation, one hour of physical activity and then 30 minute's feedback and social time. Classes run on a weekly basis, every Monday 9.30am till 11.30am and cost £3.00 per session. We welcome self referrals as well as GP referrals.

The Get Fit 4 Health class can make a real difference to people's lives giving them chance to take control of their own health and wellbeing, <http://www.nhs.uk/Livewell/fitness/Pages/Whybeactive.aspx>, so if you would like to join this popular group and want to boost your level of activity and become a healthier person then give us a call on 0114 3279727 or email louise@pxforum.org for more information or to book a place.



Partnership Working

The Forum is always looking for new opportunities to work in partnership with other organisations. If you are interested in working with us to develop new projects and services then why not give us a call on 0114 324 9727 or email louise@pxforum.org.



Horror School Production

During the October half term, Parson Cross Forum worked with some of the young people of Parson Cross to host a week long theatre workshop "Horror School" delivered by Point Blank Theatre Company.



They had a fantastically creative week that saw them, designing sets, costumes, make up and stage production with one of the regions most exciting theatre companies. They ended the week with a live performance of Horror School, showcasing it to their family and friends.

We've have had some great feedback from everyone taking part and for the young people engaging in performing arts such as theatre productions the benefits to them are invaluable, such as increased comfort with public speaking,

greater self-confidence and trust in group process, it's also has a hugely positive outlet that helps young people learn how to think outside of the box and solve creative problems.

For more info on Point Blank and the fantastic work they do visit their website:
<http://www.pointblank.org.uk>.

Co operative Funding

On Monday 15th October both Louise Ashmore and Louise Clamp from the Forum were invited to an event at Rotherhams All Saints Centre, to collect a cheque for a successful funding bid from the Co operative Community Fund. The funding will allow Parson Cross Forum to deliver another week long theatre workshop by Point Blank Theater Company in the February 2013 half term.

The event was also a great networking opportunity, giving the staff at the Forum a chance to make some really useful links with organisations in our region and hear about some of the excellent work other organisations like ourselves are delivering for their communities.



Cooking for Christmas



Following on from the success of the Cooking for Men Course, Parson Cross Forum is running a Cooking for Christmas. Starting weekly on Friday 9th November 2012, 10.00am-12.00pm at a cost of £10.00 for 5 session. This 5 week course will give you the chance to learn some recipe you'll need for the festive season and a few for dealing with the leftovers too.

If you would like to book a place give us a call at the Forum on 0114 3279727 or email louisec@pxforum.org.

PX COMMUNITY NEWS NOVEMBER ACTIVITIES

Get Fit 4 Health

When: Monday's
9.30am till 11.30am

Delivered by a Level 4 Cardiac Rehabilitation Instructor, aimed at reducing the risk of disease

£3.00 per session

Chairiobics

When: Monday's
10.00am till 11.00am

Come and do gentle exercise to music in a friendly and welcoming atmosphere with Paul

£2 per session

Modern Pilates

When: Monday's
1.15pm till 2.15pm

Places must be booked

Contact Katie on 07871767439 or email handsonhealth@hotmail.co.uk

£3.50 per session

or block book 6 sessions for £18.00

Pilates for Back Pain

When: Monday's
6.00pm till 7.00pm
£3.50 per session

Bokwa

When: Tuesday's
10am till 11am

Sweat the Alphabet
Dance the Digit
Energetic activity

£3.50 per session

Young at Heart

When: Tuesdays
1.00pm till 3.00pm

Activity and social group for older women

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 per session

WiggleTots

When: Every Wednesday
From 7th November 2012

Fun dance and movement class for boys and girls 12 months to 3yrs

£3.50 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 Computer Drop In

When: Thursday's
1.30pm till 3.30pm

Drop in and let a qualified tutor help you with any IT support

£2.00 per session

Line Dancing

When: Thursday's
6.00pm till 8.00pm

Line dancing is a great way to meet friends, stay fit and improve co ordination

£3.00 per session

Cooking For Christmas

When: Starting Friday 9th November
Every Friday for 5 weeks
10.00am till 2.00pm
£10.00 for 5 session

Learn how to Ride a Bike

When: Fridays 10am till 12pm
Indoors for learning

With Pedal Ready at the Forum
Group bookings also available

Places must be booked

Call or email for more info

Coffee and Games

When: Friday's

Delivered by Activity Sheffield
19th October until 16th November
Activities include Table Tennis, Boccia and Kurling

£2.00 per session

*Free Accredited Moving and Handling Course

When: Wednesday 7th November
9.30am till 3.30pm

Great course to have on any CV
This is a popular course and places book up fast to call now to reserve a place
Places must be booked

*Free Accredited 3 Day First Aid

Starting early in the New Year this accredited 3 day course will give you the skills and knowledge to deal with most first aid incidents

This is a popular course and places book up fast to call now to reserve a place
Places must be booked

*Free Confidence Course

When: Wednesday 9th January 2012
9.30am till 11.30am
Weekly for 5 weeks

Do you want to build up your confidence and self-esteem, then book onto our confidence course

*Free Numeracy and Literacy Course Starting early in the New Year

Do you want to improve on your maths or literacy, have you been putting it off? Well now's the time to book onto our *free course

Don't put it off any longer and give us a call today

Various IT Courses

Starting in the New Year
Days and prices to be confirmed
From beginners to level 2 including Word Processing, Desktop Publishing, Internet and Email and much more

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

*To be eligible for these courses you must be 18 years old or over, currently unemployed or working 8 hours a week or less.