



**August 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.

## **Cooking up a Success**

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What's on at Parson Cross Forum

Parson Cross Development Forum has delivered a Cooking on a Budget course thanks to funding from Life Long Learning and Skill. 11 learners regularly attended the course which offered useful tips on making your budget go further, cooking from scratch using healthy, fresh seasonal ingredients, planning your weekly meals, better food management and being a better shopper.



Learners got the chance to try their hand with new recipes each week and took home what they cooked. Feedback from the course has been excellent and the forum is now putting on two more, Cooking for Men starting in September and Cooking for Christmas in November. If you are interested in coming along to either of the courses give us a call 0114 3279727 or email [julie@pxforum.org](mailto:julie@pxforum.org) to find out more or book a place.

## **Lunch Club**

Starting on Wednesday 19th September, come along to a warm and friendly lunch club, meet and make friends, enjoy good food and fun activities. £4.00 for a 2 course lunch. Places must be booked so give us a call on 0114 3279727 or email [louise@pxforum.org](mailto:louise@pxforum.org).

**Parson Cross Community  
Development Forum**

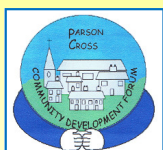
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## Show Stopper at the Forum

Thanks to funding from the Award of Positive Activities small grants, Parson Cross Community Development Forum will be delivering a creative arts project for young people aged 8 to 13 at the forum in Parson Cross.



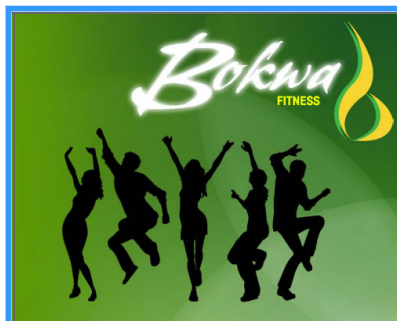
We will be running a full week of theatre/drama workshops during the October half term, giving young people the opportunity to work with Point Blank Theatre Company. At the end of the week the kids will be putting on a short production which they will showcase to friends and family.

They will be acting, singing, dancing, making costumes and props and learning what work goes into putting on a production. They will gain an insight into the world of theatre, learn new skills and find alternative ways to express themselves. There is a maximum of 35 places available. If you would like more information or you are between the ages of 8 and 13 and would like to attend then get your parent/guardian to give us a call 0114 3279727 or email [julie@pxforum.org](mailto:julie@pxforum.org).

## New Funding from Help a Heart

Parson Cross Community Development Forum has received funding from British Heart Foundations, Help a Heart Grant to deliver activity sessions in the community. Physical activity can make a substantial contribution to the well-being of people and the projects aim is to get people to take control of their own health.

Physical activity has long been used in the reduction, treatment and rehabilitation of diseases such as cardiovascular disease, type 2 diabetes, cancer, stroke, hypertension, obesity and osteoporosis so why not book a place, boost your level of activity and become a healthier person. To find out more contact Louise Ashmore at the forum [louise@pxforum.org](mailto:louise@pxforum.org) or call 0114 3279727.



Starting on Tuesday 11th September 2012,  
10.00am till 11.00am  
Sweat the Alphabet  
Dance the Digits  
£3.50 per session

For more information call 0114 3279727  
or email [louise@pxforum.org](mailto:louise@pxforum.org) or

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

## **New Rooms for New Ventures**



Did you know that the Parson Cross Community Development 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 so it has excellent footfall. If you would like to hire any of our rooms give us a call on 0114 3279727, drop us an email

[louise@pxforum.org](mailto: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.

## **The Priceless Gift of Time**

Sheffield Wednesday Football Club are linking in with Parson Cross Community Development Forum by sending a group of Year 11 students from local schools to volunteer at the forum from Monday 6<sup>th</sup> to Friday 10<sup>th</sup> August. The students will be helping out with some of the activities during the summer holidays.

The volunteers will be involved in supporting groups that are held at the Forum including the Parson Cross Batters a group that meets once a week and puts on activities such as badminton, table tennis, darts, snooker and curling. There are many benefits to volunteering including personal development, it can make people feel good because they are doing something for others. It will also give the volunteers work experience to improve their recruitment potential developing new skills in a work environment including communication, team building and time management and saying that you are active in your community is a real advantage when applying for places at colleague or sixth form.



There is a lot that younger people can learn from older people and vice versa and Parson Cross Forum along with Sheffield Wednesday is hoping to be a positive part of bringing the generations together.



### **WiggleTots**

#### **We Love to boogie**

Starting on Wednesday 19th September

10am till 11am

A fun dance and movement class  
for boys and girls

Aged 12 months to 5 years

Call us for more info on

0114 327 9727 or email

[julie@pxforum.org](mailto:julie@pxforum.org)

## PX COMMUNITY NEWS SEPTEMBER ACTIVITIES

### Chairobics

**When:** Monday's  
10.00am to 11.00am.

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

**£2 per session**

### Zumba

**When:** Monday's  
12.00pm to 1.00pm.

Enjoy a funky and fast dance to Latin American style music. It's a great way to work out and have fun. Dean Ellis is the instructor.

**£3 per session**

### Genealogy (Family History)

**When:** Starting Monday  
10th September  
1.00pm to 3.00pm

Learn how to research and chart your family history. Learn about the online sites that can help you with research. Necessary computer skills will be taught.

**£30 for 10 session or £25.00 if paid in full on first session**

**Must be paid within first 3 sessions**

### Modern Pilates

**When:** Monday's  
1.15pm to 2.15pm

Places must be booked

Contact Katie on 07871767439 or email [handsonhealth@hotmail.co.uk](mailto: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 to 7.00pm

**£3.50 per session**

contact Louise Ashmore on  
0114 3279727 or email

[louise@pxforum.org](mailto:louise@pxforum.org)

### Bokwa

**When:** Starting Tuesday  
11th September 10am-11am  
Sweat the Alphabet  
Dance the Digits

Contact Louise Ashmore on  
0114 3279727 or email

[louise@pxforum.org](mailto:louise@pxforum.org) for more  
information

**£3.50 per session**

### Taekwondo

**When:** Tuesday's  
6.30 to 8.00pm

A great way to have fun and keep fit

**£6.00 per session**

### Beginners Adult Tap Dance

**When:** Tuesday evenings  
8:15 to 9:15. Get your dancing shoes on  
and join in the fun!

**£3 per session**

### WiggleTots

**When:** Wednesday's  
10.00am till 11.00am

Fun dance and movement class for boys  
and girls 12 months to 5 yrs

Places must be booked so call us for  
more info 0114 3279727 or email

[julie@pxforum.org](mailto:julie@pxforum.org)

**£3.50 per session**

### Lunch Club

**When:** Wednesday's  
12.00pm till 2.00pm

Come along and have a cooked meal,  
socialise and take part in an activity.

All ages welcome

Places must be booked so contact  
Louise Ashmore on 0114 3279727 or  
email [louise@pxforum.org](mailto:louise@pxforum.org) for more  
information

**£4.00 for 2 courses**

### Boxercise

**When:** Wednesday's  
6.30pm to 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**

### IT Courses

**When:** Starting Thursday  
13th September 9:30 to 11.30 & 11:30-  
1:30pm

Internet and Email  
Word Processing Level 2

**\*£10.00 for 10 sessions**

**\*To be paid in full on the first session**

### Computer Drop In

**When:** Thursday's  
1.30pm-3.30pm.

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

**£2.00**

### PX Batters

**When:** Thursday's  
10.00am to 12.00pm

Badminton, Table Tennis, Darts,  
Snooker, Curling

contact Louise Ashmore on 0114  
3279727 or email [louise@pxforum.org](mailto:louise@pxforum.org)  
for more information

**£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**

### FREE Food Safety One Day Course\*

On Tuesday 23rd October 2012  
9.30am till 3.30pm

Learn about storage, preparation,  
cooking, service and handling of food  
For more information or to book a place

contact Louise Ashmore on  
0114 3279727 or email

[louise@pxforum.org](mailto:louise@pxforum.org)

### FREE Moving and Handling Level 2

#### One Day Course\*

On Wednesday 7th November 2012  
9.30am till 3.30pm

An excellent qualification to have on  
your CV

For more information or to book a place  
contact Louise Ashmore on

0114 3279727 or email

[louise@pxforum.org](mailto:louise@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 and from the S5 area of the city**

**We have lots going on at the forum  
as well as rooms for hire.**

**For more information or to book  
rooms contact Louise Ashmore on**  
0114 3279727 or email

[louise@pxforum.org](mailto:louise@pxforum.org)