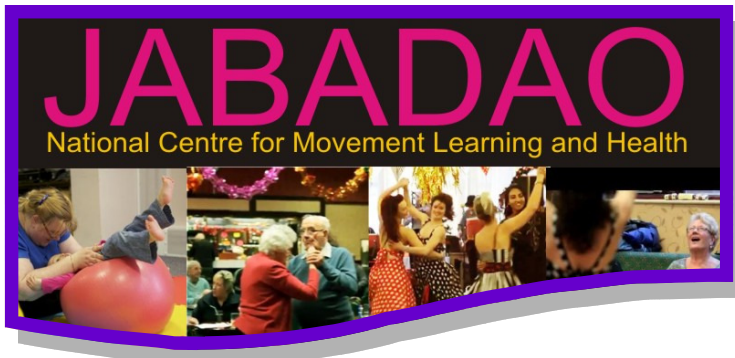


PX COMMUNITY NEWS



August 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.



Parson Cross Forum Secures Grant from Awards for All for an Exciting New Project in the City **SILENT WORDS**

Parson Cross Forum are excited to announce that we have been successful in securing a grant from Awards for All to deliver a brand new project to Sheffield "SILENT WORDS". This is a pilot project that will improve the lives of people living with Dementia and their carers. We are creating a new group at Parson Cross Forum, offering both an activity for carers and JABADAO a Creative Communication group for the people with Dementia, run by a team of volunteers. The full Project will start in early January 2014 but we are hosting a Modeling Day to showcase what JABADAO is all about for both the participants and volunteers on Monday 4th November 1.00pm till 3.00pm. Places must be booked.

JABADAO is a fabulous community activity for people with Dementia and their families. Using movement as the shared language, the dancing happens both standing, but mostly seated in chairs. Lots of beautiful props are used that enable everyone to join in - in their own unique, full-bodied, wholehearted way. The dancers are expert in engaging everyone no matter how frail, or how boisterous. Working in partnership with the national training organisation JABADAO, we will be training a team of volunteers in non-verbal, creative communication techniques to support people with Dementia. JABADAO have 28 years experience of innovative training and Parson Cross Forum will be replicating the highly successful group that is currently running in Barnsley. The training will ensure that all of the volunteers who engage in the project are fully qualified to deliver JABADAO and everyone who participating in the project gets the best experience possible. We will link the project with the Dementia Friends campaign and volunteers will become Dementia Friends Champions as part of their training.

We anticipate that the activity will be extremely popular and places will book up fast so if you would like to know more about JABADAO, would like to book a place or have the opportunity to volunteer for this new project then give us a call on 0114 3279727 or email louisec@pxforum.org. Referrals from Statutory Services are welcome.

**Parson Cross Community
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PX COMMUNITY NEWS

Parson Cross Forum Secures Grant From BBC Children in Need

Parson Cross Forum has secured a grant from BBC Children in Need. In partnership with Project Kids we are working with young people within our community during the school holidays to provide a number of week long theatre workshops. The Project Kids is a well established business providing theatre related activities including dance and theatre craft for children.



By the Forum securing the grant from BBC Children in Need, young people of Parson Cross have the chance to engage in the performing arts and put on their very own theatre production at the end of each week. The grant will also be used towards a Christmas Pantomime on the 23rd December 2013 tickets on sale via the Forum.

Research has shown that there are many benefits for children who engage in performing arts including improving health & wellbeing, key social skills, achievement and a sense of self belief and self worth. Feedback from our previous workshops also shows that the workshops make a huge difference to the whole family, check out our case studies on our website to find out more, http://www.pxforum.org/?page_id=209. So we would like to say a huge thank you to BBC Children in Need for selecting us for the funding, it really does make a big difference to families in our community.



Parson Cross Forum Welcomes Children's Centre Activities

Children's Centre services are using Parson Cross Forum to deliver some of their outreach work to the Community, continuing to make the Forum a great place for people with young families to access.

Bumps to Babies baby group - Monday 9:45am - 11:15am in the main hall. A great opportunity to meet other parents and carers with babies and young children in your local area. Receive information, advice and support whilst having fun playing and learning with your baby. Free.

Baby Massage - Wednesday 11:45am - 12:45pm in the small room. A four-week course where you can learn developmental baby massage to improve your baby's circulation as well as giving you time to relax and bond with your baby and meet other parents. Please ring Sarah Fletcher on 07738 502122 for details of how to book onto the next course. Free.

Breastfeeding Support Group - Wednesday 1:00pm - 2:30pm in the small room. A friendly and relaxing group with your local Breastfeeding Peer Support Worker - a great chance to meet other local mums and receive support and advice with breastfeeding. Free.

Family Fun Friday Toddler Group - Friday 9:45am - 11:45am in the main hall. A fun way to meet other families with young children in your area - lots of great activities on offer for you and your child to learn, play and have fun!! Free.

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



PX COMMUNITY NEWS

Parson Cross Forum's Board of Directors

Parson Cross Forum's board of Directors meet on a monthly basis to oversee and manage the organisation. The Directors responsibility is to ensure that Parson Cross Forum is meeting its Aims and Objectives and to oversee the strategic development and forward planning of the organisation. We are now in the position to recruit new Directors to our board and are interested in hearing from people with expertise relevant to our work. This includes people who have worked in similar community sector organisations and local residents.

We are looking for professionals with skills and experience that can benefit the whole Forum. We are particularly interested in applications from health professionals, people in education and marketing and business development expertise and people from the local community who have an interest in seeing the community develop. You should be interested in working alongside other Committee Members to oversee the work of the staff and volunteers of the Forum to ensure that the Forum continues to thrive and meet the needs of its community.

If you feel that you have the skills and experience necessary to be part of a well established Board of Directors then please contact us to express an interest, 0114 3279727 or email louise@pxforum.org

Thoughts of Using a Computer Make You Quiver?

It seems like no one can get on in life nowadays unless you can use a computer and have an email address. Every where you go you are asked to complete information online. Well here at the Forum we run a wide variety of IT courses from beginners to the more advanced.

Starting 2nd week in September we have many IT Courses including Family History (Genealogy), Online Services, a course specifically for accessing services online such as Statutory Services (Benefits, Hospitals, Schools) and other day to day services such as Shopping Online, Booking Appointments and Buying and Selling.

We will also be delivering IT courses where you can gain qualifications in different Microsoft Office Applications such as Microsoft Word and Microsoft Publisher and finally we have a new evening class starting on a Thursday evening from 5th September, 6pm till 8pm for IT Beginners to Beyond.

Don't keep putting off using a computer or gaining the necessary qualifications to help you get that job you want or just to keep up with the kids, give us a call today and book your place. Course fees apply.



Rooms for Hire

As always Parson Cross Forum has excellent affordable rooms for hire. We have two fully equipped kitchens, a room with Wi-Fi connection and laptops, dance floors and 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 the 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://www.pxforum.org/> or more information on any of the services on offer here at the Forum. (Sorry no parties).

WHATS ON AT PX FORUM

Bumps to Baby Group

Mondays 9:45am till 11:15am

In the main hall

A great opportunity to meet other parents and carers with babies and young children in your local area. Receive information, advice and support whilst having fun playing and learning with your baby.

Free

Genealogy

Family History Detective

When: Starting Tuesday

10th September 2013

10am till 12pm for 10 weeks

Compulsory £10 admin fee

Other course fees subject to individual circumstances

This is a popular course so book now!

IT Service Online

When: Starting Tuesday

10th September 2013

12.30pm till 2.30pm for 10 Weeks

Learn how to use the internet to make day to day life easier, such as shopping, buying and selling, booking appointments on line, completing job

searched and applying for jobs

Compulsory £10 admin fee

Other course fees subject to individual circumstances

Young at Heart

When: Tuesday's

1:30pm till 3:00pm

Activity and social group

for women 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

Baby Massage

When: Wednesdays

11:45am till 12:45pm

A four-week course where you can learn developmental baby massage to improve your baby's circulation as well as giving you time to relax and bond with your baby and meet other parents. Please ring Sarah Fletcher on 07738 502122 for details of how to book onto the next course.

Free

Emergency First Aid Course

Date and time to be announced

Call us now to book a place

Breast Feeding Support Group

When: Wednesdays

1:00pm till 2:30pm in the small room.

A friendly and relaxing group with your local Breastfeeding Peer Support Worker - a great chance to meet other local mums and receive support and advice with breastfeeding.

Free

Lunch Club

When: Wednesday's

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 & punch bag

Bring water and wear

appropriate clothing

£3.00 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

A wide variety of IT courses

When: Thursday's

11.30am till 1.30pm

12 weeks

Tutor led IT courses

Compulsory £10 admin fee

Other course fees subject to

individual circumstances

IT Basics and Beyond

When: Thursday

5th September 2013 for 12 weeks

6.00pm till 8.00pm for 12 weeks

For beginners and people who have a little knowledge of IT

and want to learn more

£2.00 per session or £20 for the full 12

weeks if paid on first session

Family Fun Friday Toddler Group

When: Fridays

9:45am till 11:45am

In the main hall. A fun way to meet other families with young children in your area - lots of great activities on offer for you and your child to learn, play and have fun!!

Free

Sequence Dancing

When: Friday's

1:00pm till 2:00pm

Come along to our Sequence Dancing

Join in the fun and

open up new possibilities

Keep healthy and enjoy yourself

Free

Activity for Young People

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

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

Activity Week for young people aged 6 to 12

When: Summer Holidays

Monday 19th August to

Friday 23rd August

10:00am till 3:00pm

Young people will get the chance to take part in many different activities during the week.

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

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 as 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