

PX COMMUNITY NEWS



March 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.

Soul Taekwondo at the Forum

Here at Parson Cross Forum we hire out our venue to a weekly Taekwondo group and on 16th November 2013, the leader Darren Kilner was awarded his 7th Dan (Grand Master) and Thomas Weldon, his second in command, awarded his 6th Dan (Master). Thomas is believed to be one of, if not the youngest black belt 6th Dan in the country.

Darren is an ex-fighter for Britain and has travelled all over the country and Europe to fight competitions. Thomas has been training since the age of 4½ and joined Darren as a young 3rd Dan in 2004. Since then they have forged almost a Father & Son partnership that is passed over to the Students in a friendly atmosphere, although the discipline of the sport is enforced when necessary.

Darren and Thomas lead a group of instructors to deliver training every Tuesday at St Thomas More between 6.30pm to 8.00pm. Lessons teach a variety of skills including learning basic hand and foot movements (i.e. kicks and punches), patterns that make use of these skills learnt, sparring, self-defence and advanced techniques such as breaking of wood. They cater for all ages from 5 upwards and arrange the training to suit the ages and level of students attending.



In recent months Soul Taekwondo has played host to Grand Master Roy Kilner (President of the BTA) who taught the art of Self Defence & BTA Interclub Fight Competition. Both events were attended by other clubs from around the country including clubs from as far away as Newcastle, Blackpool, Scunthorpe & Lincoln.

Soul Taekwondo has also attended fight competitions at Scunthorpe and has several good fighters in their midst. Darren is looking to expand his team and is always on the lookout for future champions. He is also looking to expand the team of patterns experts for these competitions also. In the recent competition at Scunthorpe, the team fetched back a gold & bronze in the pattern competition and a silver & bronze in the fight competition.

As well as holding various events, we also attend seminars at other clubs and during 2013 attended a seminar held by Sarah Stevenson (MBE), who was Britain's first ever medallist at Taekwondo, winning a bronze medal in Beijing.



Sheffield Town Trust



The co-operative membership community fund



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DEMENTIA PROJECT JABADAO SILENT WORDS



The delivery of our new Dementia Project is underway at the Forum. Over the past few months we have been working hard to recruit and train volunteers to deliver the new pilot project aimed at improving the lives of people living with Dementia and their carers.

Keeping up an active social life is key to helping someone with dementia feel happy and motivated. Through working in partnership with the specialist organisation JABADAO we have trained volunteers to deliver this exciting new pilot project. JABADAO have 28 years experience of innovative training including a very focused specialist Dementia Training Programme.

So far here at the Forum we have held a volunteer recruitment day and 2 full days training for volunteers to learn how to deliver the activity JABADAO. We now have 8 fantastic volunteers from varied backgrounds including Members of the Local Community, Service users, Community Engagement worker from ASDA and a Health Development Nurse from Foxhill Medical Centre, all of whom give up their time on a weekly basis to deliver the project. All of the volunteers will continue to receive support, advice and training from the staff at JABADAO as the project evolves.

Delivery of the activity is now underway and the group is flourishing. Using music and movement as the shared language, lots of beautiful and fun props are used to enable everyone to join in - in their own unique, full-bodied, wholehearted way and the activity is rewarding for both the person with dementia and their families and carers.

The pilot project is funded by a grant from Awards for All. At the end of the pilot project we will be celebrating the success with an event to which all of the community will be invited to come along and join in. The event will include a live band, dancing and activities. We will also produce a DVD and information will be available on our website. We are also now looking at ways to continue to deliver this much needed project. To find out more about the celebration event and the work we do contact us 0114 3279727 or email louisec@pxforum.org.

Multi Sports Activity

Mondays 11am till 12.30pm
Badminton, Bocha, Table
Tennis £2.00 per session
Pay as you go

Lunch Club

Wednesdays 12pm till 2pm
2 Course freshly cooked meal
for £4.00 and an option to take
part in activities. **Places must
be booked**

Chairobics

Fridays 10am till 11am
Chair based exercise delivered
by a qualified gym instructor
£2.00 per session

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



IT at the Forum

Here at the Forum we offer a good selection of IT courses, from the very beginners to the more advanced.



Thursday evenings, 6pm till 8pm we run IT Basics and Beyond, this course is aimed at people with little to no knowledge of computers, it will teach you how to switch computers on and off, how to use the mouse and keyboard and the basic operation of a computer. The course progresses on to using various applications such as Microsoft Word and exploring the internet.

Also starting in April Parson Cross Forum will be holding IT courses where you can gain qualifications in different Microsoft Office Applications such as Microsoft Word and Publisher and Excel as well as qualifications in using the Internet and Email.

So don't keep putting off learning how to use a computer or to gain the necessary qualifications to help you get that job, give us a call today and book your place. Course fees apply.

Co operative Funding

On Friday 7th February 2014 Louise Clamp was invited to an event to collect a cheque for a successful grant from the Co operative Community Fund. The funding is to go towards salary costs for the Forum to allow us to continue to provide much needed services in our community .



Services available at the Forum

We provide the following services at the Parson Cross Community Development Forum Office (inside the St Thomas More Community Centre) at competitive prices:

Faxes - 50p per sheet in the UK, £1.00 per sheet international

Photocopies/Printing - Black and white, 10p A4, 25p A3 per sheet

Also: Verifying Accounts, Typing Documents, Laminating, Scanning, Emailing, Minute Taking, Access to Internet. Call in to see how else we can help you!

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 a hall for exercise or productions, complete with stage. The venue has disabled access and is suitable for most occasions (Sorry no parties).

The forum has many activities already running and is based on the local shopping parade which is 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.

WHATS ON AT PX FORUM

Multi Sports Sessions

When: Monday's
11:00am till 12:30pm
£2.00 per session
Including Table Tennis,
Badminton, Curling and Bocha
£2.00 per session

Dementia Project JABADAO

When: Monday's, excluding
school holidays
A weekly activity class
for people with dementia
and their carer
This is an exciting new project
happening at the Forum
using music and props
to engage participants
in a fun activity. Places must be
booked so to find out more about
this project give us a call on 0114
3279727 or Email
louisec@pxforum.org

Young at Heart

When: Tuesdays
1:30pm till 3:00pm
Activity and social group for
people over the age of 50
Take part in an hour of fun
exercise followed by a
chat and a cuppa
£1.50 per session for exercise and
an optional choice to join the
social group at £1.00 per week to
take part in trips
and Christmas meal

Taekwondo

When: Tuesday's
6:30pm till 8:00pm
A great way to keep
fit and have fun
Delivered by
Grand Master Darren Kilner
Open to anyone aged 5+
£6.00 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 **Places must be booked**
£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
£3.00 per session

Step into the 80's

When: Wednesday evenings
8:00pm till 9:00pm
GET out your leg-warmers and
leotards and fluff out
your frizzy perm —
the Step aerobics of the eighties is
back to Parson Cross Forum.
This hour long class is run by a
qualified gym instructor offering
an all over body workout; it's a fat
burning, muscle toning, fun,
motivational dance fest with all
the best music from the 80s.
£2.00 per session, pay as you go

Variety of IT Courses

Starting April 2014
9.30am till 12.00pm
& 12:00pm till 2:00pm
Gain qualification in Microsoft
Office Package such
as Word, Excel
and Publisher
Course fees apply subject to
individual circumstances

IT Basics and Beyond

Thursday Evening
6:00pm till 8:00pm
IT class for anyone over the age of
16 who wants to learn how to
use a computer.
No need to book just turn up
Contact us for further information
£2.00 per session pay as you go

Chairobics

When: Friday's
10:00am till 11:00am
Come and do gentle exercise to
music in a fun, friendly and
welcoming atmosphere
£2.00 per session

Level 2 Award in Food Safety in Catering

Wednesday 2nd April 2014
This course is designed for anyone
wanting to work in a catering,
manufacturing or a retail setting
where food is prepared, cooked
and handled
Places must be booked.
Give us a call to find out more
FREE

*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
Facebook [https://www.facebook.com/](https://www.facebook.com/parson.crossforum.5)
[parson.crossforum.5](https://www.facebook.com/parson.crossforum.5)*

