

VIBRANT WARSOP

June 2019



This four page pull out highlights some of the activities which are being supported by Vibrant Warsop in Warsop parish.

Vibrant Warsop CIC, working together with Big Warsop (part of the Local Trust project called Big Local) is a resident led not-for-profit organisation dedicated to Warsop Parish.

The Growing Together logo (pictured right) underpins all our work.

We would like to say a massive thank you to Big Warsop for the core funding support they have given to get these projects started and for their continued commitment until 2020.



FIT TOGETHER

Fit Together (or sit together if you prefer) is one of the great new initiatives developed over the past year. Every Tuesday morning, from 9am till noon, around 20 or so local folk gather at The Shed to make friends and have some fun - it's our local adult youth club!

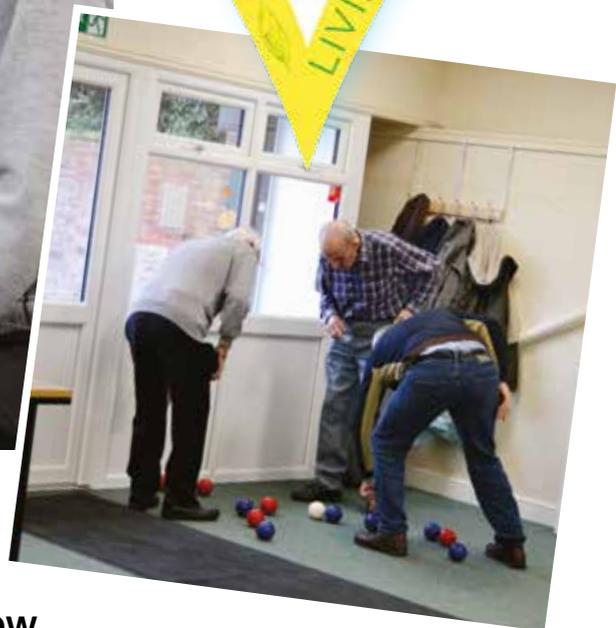
For those who want to be active you can play table tennis, badminton, pool, darts, indoor bowls and even occasionally a kick about with a football. We now have some awesome table tennis players who are able to put players a third of their age in their place!

You can also sit together drinking tea or coffee while having a natter and catch up, maybe play a game or chess, dominoes or other board game as well. We ask for a small

donation of £2 or £3 to help pay for the refreshments.

After one of the sessions near Easter one of the group organised a visit to The Plough for a lovely two course lunch, which we suspect was followed by much early afternoon snoozing...

The project runs in partnership with Vibrant Warsop, Sport4kidz and Mansfield District Leisure Trust (MDLT).



MDLT has announced a National Lottery Community Fund award of £9,700, helping it to continue providing coaching staff and room hire to support the project for the next twelve months.

Following ideas and suggestions we are planning to run additional activities on other days such as a horticultural project, singing and art workshops. These will be open to anyone who would like to come along.

If you are interested in any of these activities please pop in or contact Maddy on: 07984 367153 maddy@vibrantwarsop.org

www.vibrantwarsop.org



FUTURE GREENS

There is an old saying which goes 'getting your hands in mother earth is good for the soul...'

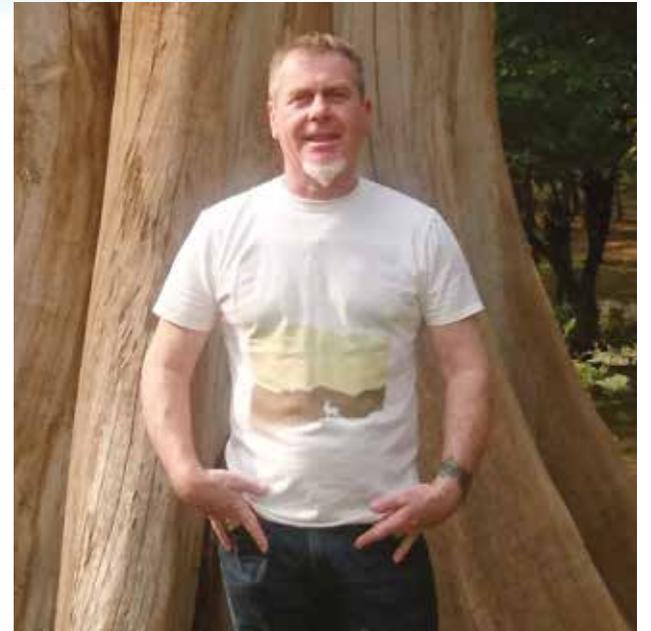
Since March 2018, Vibrant Warsop have worked in partnership with Ecologic (a local environmental social enterprise) on the Future Greens project. This brings together and upskills volunteers to carry out conservation-based tasks on green spaces and the Rights of Way network within the Parish of Warsop.

In total 86 volunteers have participated over the past 12 months coming from schools, local residents, the Footpaths &

Countryside Group, Warsop Scouts, the Prince's Trust programme and people referred by DWP.

All have benefitted from being in a supportive environment where people of all ages (ranging from 8 to 80) abilities and backgrounds can learn, develop their horticultural skills and meet new friends.

We would love more volunteers to help on this project.



If you would like to know more please call Andy Hollis on: 07708 875094

“This project is about creating an environment that is safe but allows people to be free and take control. The sense of community is great and brings a diverse range of people together through the passion and love that we have or may have learnt to have for the environment.”

Andy Hollis, Ecologic

EVERY WEEK IN WARSOP PARISH

MONDAY

Shibashi Tai Chi

St Teresa's Church Hall 10.30am till 11.30am

Warsop Youth Club @ The Shed

Kids Club 5-11yrs 5.30pm till 7pm
Youth Club 12-17yrs 7.30pm till 9pm

Infotech drop in

The Town Hall 6pm till 8pm

TUESDAY

Fit Together

the Shed 9am till noon

Yoga

St Teresa's Church Hall 9am till 11am

Cross Keys café

The Tudor Barn 11am till noon

Infotech drop in

The Town Hall 1pm till 4pm

Judo

the shed 6.30pm to 8.30pm

Sport for Kids 4-11yrs

Meden Vale Village Hall 6pm till 7.30pm

Welbeck Senior Cricket Training

Fretwell Centre Male & Female 16+ 6pm till 7.30pm

WEDNESDAY

Sport for Kids

the Shed 5pm till 7pm

Pilates

St Teresa's Church Hall 7pm till 8pm

EACH AMAZING BREATH

Each Amazing Breath CIC is a local social enterprise which helps students, staff, parents, and schools build resilience, to meet needs, and to thrive in their own lives.

Their whole school resilience building programme is called Take Five at School and it supports children to develop life skills that help them to feel stronger, more vibrant and better able to self-manage themselves.

They have been working with Church Vale Primary and Foundation Unit since 2017.

The Big Warsop Strengthening Communities Project has supported this work as they are keen to be able to share how amazing the children are and how resilience building is a fundamental part of growing a strong vibrant parish.

Now, with a major cash injection from Big Warsop, all 5 primary schools in Warsop Parish will be supported with the Take Five programme. This is the first time ever that all the schools in a single parish have been supported together!

Please follow this link to see the film of Church Vale Primary and Foundation Unit school doing Take Five. The children are simply AMAZING!

<https://vimeo.com/314552427>

or visit www.eachamazingbreath.org



"What shoots of inspiration they are - our vision is that all young people in Warsop will feel strong, resilient and full of life as these children - what an amazing place Warsop is growing into!"

*Helen Whitney,
Founder of Each Amazing Breath.*

THURSDAY

- Pilates**
The Shed 9pm till noon
- Yoga**
St Teresa's Church Hall 9pm till 11 am
- Footpath and Countryside walking group**
Meeting at various places 10am till 1pm
- Freedom Café**
Warsop Methodist Church 9am till 1pm
- Karate**
The Shed 7pm till 8.30pm
- Youth Club Road show**
Meeting at various places 5.30 till 7.30pm
- Infotech drop in**
The Town Hall 6pm till 8pm
- Welbeck Senior Cricket Training**
Fretwell Centre
Male & Female 16+ 6pm till 7.30pm

FRIDAY

- Infotech drop in**
The Town Hall 9.30 till noon
- Freedom Café**
Meden Vale Methodist Church 9am till 1pm
- Sport for Kids**
The Shed 5pm till 9pm
- Voices of the Vale Choir**
Meden Vale Methodist Church 6.15 till 7.15pm
- Junior Cricket**
Fretwell Centre 5-15yrs 6.30 till 8pm

John Eastwood Hospice
GARDEN PARTY
22nd June

THE OAKLANDS
Garden Party
The Pirates
29th June

The Rotary Club
BARN DANCE
Scarcliffe Lanes Farm
Upper Langwith
6th July

THE WARSOP
CARNIVAL
The Carrs
7th July

THE OAKLANDS
Summer Fayre
3rd August

For further information about any of the activities listed please contact Vibrant Warsop:
maddy@vibrantwarsop.org
07984 367 153



Training Opportunities

INFOTECH

InfoTech is a local charity which was set up so that local people can access training locally. It has been doing this for 25 years and continues its work for exactly the same reason it was created.

Currently it provides IT course and support along with a wide range of other subjects, these are to aimed develop skills to gain employment or simply to improve learning. All sessions are at the Town Hall.

Most of the training is provided by local colleges, training agencies and independent trainers, volunteers run the drop-in sessions as well as the charity's management. It is very unusual in having so much of the work and management provided by volunteers both now and over the past years.

One of the light and spacious Infotech training rooms



Courses and Drop in Sessions:

Drop-in sessions aim to help local people with general IT queries and/or if you need help accessing the internet e.g. to renew a bus pass, access universal credit, job search, purchasing, printing. Opening times are: Monday 6pm till 8pm, Tuesday 1pm till 4pm, Thursday 6pm till 8pm and Friday 9.30am till noon.

Introduction to Computer

this is for beginners who want to learn basic skills, no experience necessary and you can learn at your own pace.

Improve your Computer Skills

this is for those who have some PC skills and want to learn how to create spreadsheets, documents, databases and PowerPoint presentations.

Computer Skills for employment

this will increase your skills to meet CLAIT, a national qualification that is recognised in the workplace.

Spanish Courses

there are three levels from Beginners which will introduce you to everyday Spanish, Improvers for those wanted to take next steps and Advanced, this is for people who have attended other training or who have been speaking Spanish either as part of their work or when living in Spain. All the courses are run by Maria Cortez.

Family History

learn how to trace your family History using the internet and CD's and create your own family tree.



Sewing Bee

Sewing Bee

learn tips and tricks to create beautiful garments by showing you the basics of sewing machines and different sewing techniques.

Introduction to digital photography

(Starting in September) – this will show you how to edit, save and produce perfect printed photographs.



Infotech Digital Camera Course

TRAINING NEEDS

If there is a specific course you would like to learn or you need to train or re-train for your career just let us know. We would be happy to help and can arrange a wide range of subject areas.

Please pop in if you would like to know more or call Mike or Simon on: 01623 846794.

More information and course dates and times visit the Infotech website:

www.warsopinfotech.org.uk

warsopinfotech@yahoo.co.uk