

Inspire

ISSUE 02
JULY 2010

Care
Commitment
Change
Community
Compassion



Chesham Methodist
Church

Church2Community.

Starts on 1st Oct 2010

But you can use activities already!
It is a project aimed to provide a range
of services to older people, vulnerable
people and families.

More information over the page...



Church2Community



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CHURCH2COMMUNITY BEGINS ON 1st OCTOBER 2010

We have received really good news on our grant applications and now have enough funding to cover the basic costs of the project for three years, so the project will get off the ground on 1st October 2010.

We plan to have a formal launch on Saturday 27th November with some special guests and exhibitions, it will be a day to celebrate!

SO WHAT CAN YOU DO?

STRICTLY BALLROOM

We are beginning some activities which anyone can access before we officially get going.

Chiltern District Council are working in partnership with us to provide Ballroom Dancing on Wednesday afternoons from 1.30pm to 3pm, which will include tea and coffee.



INTERNET CAFE/SILVER SURFERS



Our Internet Cafe will be running some pilot sessions from September. The aim is to encourage a range of people to come and experience the joys of learning to use a computer and the Internet in a friendly and supportive environment. It is for those who do not even know how to switch the thing on!

If you would like more information contact Clive on 07802 888 779.

YOUNG PEOPLES ACTIVITIES



Our Youth Group Phoenix will re-start for new members on Tuesday 14th September 2010. It runs from 7pm to 9pm and is open to young people aged 11 - 14 years. We do a range of activities from craft, website development, games, cooking, art and dance. If you would like more information contact Jan on 07775 630936

WHAT'S TO COME?

We will be opening our coffee shop in October, we will have activities for families, we will have a lunch club for older people starting with a Christmas lunch in early December, we are starting a discussion group in the Misty Moon pub on Monday evenings, and will be beginning a group for absent parents, both to provide them with somewhere to come with their children, but also to provide them with support.

We will be looking to recruit volunteers to help with all these activities so if you are interested in helping, let us know.

OTHER THINGS THAT YOU MIGHT BE INTERESTED IN

FREE Break Dancing Classes @ Hiving's Free Church, Upper Belmont Road, Chesham. Every Monday from 4.30-5.30pm. For 13-19 year olds.

Do you need Financial Advice? Chiltern District Council has Financial Factsheets giving advice on Benefits, Equity Release, Investments, Bereavement and Long Term Care. The advice is easy to read and understandable and gives contact details for those needing further information. The Factsheets can be found on the website www.chiltern.gov.uk/financefactsheets, and will be available in hard copy for you to read in libraries and community centres, including the Methodist Church Hall. If you would like a hard copy for yourself of all the Factsheets, or individual ones to suit your need, telephone 01494 729000 and we will send them to you.

MEND (Mind, Exercise, Nutrition, Do-It!)

Fun programme for Chesham kids to become fitter, healthier and happier!

FREE OF CHARGE

MEND is a 10 week programme that uses fun techniques to help children aged 7 - 13 who are above their ideal body weight or who want to learn about being healthier and fitter.

This programme has long lasting results, unlike any other programme.

During the sessions, children and parents learn about healthy food, portion sizes, food labelling and discover fun ways of getting fit.

The programme runs twice a week (Monday and Wednesday), from 5pm, at the Children's Centre in Chesham.

As well as the programme being free of charge to attend, children will be given a free sports bag, water bottle and t-shirts.

BOOK NOW!! Next programme starts January 2011

To book or for more information please contact: Georgina O'Dell, Sports Development & Health Promotion Officer. Telephone 01494 732103 or email: godell@chiltern.gov.uk