

WC: 09/04/18



# New Heights

Charity Number: 1120868

NEW HEIGHTS WARREN FARM PROJECT NEWSLETTER

## VOLUNTEER

Are you looking for a new challenge this year? Have you got a few hours to spare each week?

Volunteering offers the chance to give something back to the community, kindle new relationships and build on existing experience and knowledge.

We are looking for volunteers to support the following services:

### **New Heights Community**

**Café** Tasks including taking orders, preparation and serving of hot and cold food and drinks.

### **The Befriending Project:**

Aiming to reduce loneliness and isolation for the elderly and housebound within our community through letter writing and phone calls.

### **Breathe Advice Project:**

Providing administration support to the welfare advice team.

### **Reminiscence group leader:**

To provide peer support and the organization of monthly reminiscence activities.

If you would like to volunteer please contact Vicky Bixby (Volunteer Coordinator) on **07555496614** or email **victoria.bixby@new-heights.org.uk**.



## **NEW—FREE I.T. CLASSES**

Do you struggle to.... send emails? Create word Documents? Share Photos? Do you want to expand your knowledge and skills on a computer? Why Not join our FREE I.T. classes?

### ***New New New New***

Our new I.T classes are ideal for beginners and provide an opportunity for you to learn new computing skills.

**Spaces are limited so call NOW to book.**  
**0121 386 4345**

Course start date:  
**Friday 20th April**

**Weeks 1-6 : 20th April - 18th May**

**Weeks 7-12: 8th June– 20th July**

**10:00am—12:00pm @ St Johns Centre**

Tutoring provided by John Pemberton of Pembertronics





# New Heights

“Bringing communities together and helping those in need of help”

## EASTER SUNDAY MEAL

On Easter Sunday 45 Kingstanding community members shared a delicious meal at St John's Centre.



We are very grateful to the many volunteers who prepared and served the meal who included Sisters Minor of St Francis.

We would like thank Dr Bombera and Fareshare for providing the food and all those who attended who made it such a wonderful celebration.

Thank you all for making Easter such a special time for the community.



-New Heights Warren Farm Community



-@New\_Heights\_UK

## WHAT'S ON THIS WEEK ?

We have a range of activities taking place every week across both St Johns Centre & New Heights Community Café. Why not come and join us:

Mon: **Slimming World (SJ):** 9:15am, 11:00am, 5:15pm, 7:15pm  
**The Imagine group (SJ):** 1:00pm-4:00pm (free)  
**Al-Anon (SJ):** 8:30pm-9:30pm

Tue: **Running Group:** 9:00am-11:00am (free)  
**Silver Surfers (SJ):** 10:00am-12:00am (free)  
**Knit and Chat (NHCC):** 12:30pm-2:00pm (Free)  
**Armstrong Karate (SJ):** 5:00pm-6:00pm  
**Cubs Scouts (SJ):** 6:15pm-7:15pm  
**I.T. Class (NHCC):** 6:00pm-8:00pm (free)

Wed: **Crackers Playgroup (SJ):** 9am -11am & 12.30pm- 2:30pm  
**Beavers Scouts (SJ):** 5:15pm-6:45pm  
**Armstrong Karate (SJ):** 7:00pm-8:00pm

Thur: **Running Group:** 9:00am-11:00am (free)  
**Tai Chi (SJ):** 10:30am-11:30am  
**Luncheon Club (SJ):** 12:30pm-2:30pm  
**Armstrong Karate (SJ):** 6:00pm-7:00pm

Fri: **The Imagine Group (SJ):** 12:00pm-3:00pm (free)  
**Walking Football (SJ):** 1.30pm-2.30pm (free)  
**Scouts:** 6:00pm-7:30pm

Sat: **Armstrong Karate:** 11:00am-12:30pm  
**Community Institute of training:** 1:00pm-5:00pm  
**Becky & Kingstanding faith mums:** 3:00pm-5:00pm

Sun: **Children's Liturgy:** 9:30am-12:30pm  
**Lighthouse Chapel International:** 12:30pm-2:30pm

**SJ = St Johns Centre NHCC – New Heights Community Café**  
For further information on these events please call us on:

0121 386 4345 or visit our Facebook page

## KERRY'S COMMENT SECTION

After two weeks off it's lovely to be back. I hope you have all had a lovely Easter.

Just a quick reminder of coming up events:

**Table top sale** - Friday 20th April 2pm—3.30pm @ St Johns Centre

**I.T Classes** - Commencing Friday 20th April 10am—12pm (St Johns Centre—please call to book)

**Reminiscence Group** - Friday 11th May 11am-