

Catton Grove Community Centre

Jewson Road, Norwich

Newsletter 10

Winter 2019 / Spring 2020

Welcome to our latest Community Centre Newsletter. Inside you will find information about the activities and services offered at your local Community Centre. There's lots of things going on - if you haven't been to the Community Centre for a while why not pop in and see what's happening...

Catton Grove Community Lunches

Catton Grove Community Centre offers community lunches on the first Tuesday of every month from 12.30 - 2.00pm. We offer affordable 2 or 3 course lunches and a selection of light snacks including baked potatoes and toasted sandwiches. No booking required - come and visit us soon!

Our Community Lunch monthly 'specials' will be served as follows...

Tuesday 3rd December	Bacon and Leek Pasta Bake served with Garlic Bread Sticky Toffee Pudding served with Cream, Ice Cream or Custard
Tuesday 7th January	Cottage Pie served with Carrots, Peas and Green Beans Fresh Fruit Flan served with Cream or Ice-Cream
Tuesday 4th February	Chicken Casserole served with Mashed Potato and Peas Apple Crumble served with Cream, Ice Cream or Custard
Tuesday 3rd March	Beef Lasagne served with Garlic Bread and a Side Salad Individual Key Lime Pies served with Chocolate Wafer Biscuits
Tuesday 7th April	Sausages served with Mashed Potato, Peas and Onion Gravy Individual Chocolate Pots served with Orange Shortbread Biscuits
Tuesday 5th May	Chicken Pie served with New Potatoes, Carrots and Green Beans Pineapple Upside-Down Pudding served with Cream or Ice Cream

We also serve fresh, home-made soup every month plus a special 'cake of the day'!

Only £3.00 for 2 courses - soup + main or main + dessert or £4.50 for 3 courses



What's On at Catton Grove Community Centre

Catton Grove Community Centre offers a wide range of affordable community activities for people living in the Catton Grove area.



Relaxation Sessions

Monday afternoons 1.30 - 2.30pm

Are you feeling anxious or stressed out?

Do you find it hard to switch off at the end of the day?

With our relaxation sessions, led by a local holistic therapist, we can help you to calm your mind and ease stress with simple relaxation techniques.

Only £1.50 per session. Everyone welcome.

Supported by **CattonGrove** | **Big Local**

Arts and Crafts Group

Thursday mornings from 10.00am - 12noon

Come along and unleash your creativity with an exciting range of arts and crafts.

Work at your own pace with support and encouragement from local community artists.

New members are always welcome. No previous artistic skills required. Only £2.00 per session including materials. First session free of charge.



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Stitch and Chat Sewing Group

Mondays 11.00am - 1.00pm

Stitch and Chat is a small, friendly handicrafts group that meets at the Community Centre on Mondays from 11.00am - 1.00pm.

We come together to sew, knit, quilt and crochet while enjoying a cup of coffee and a catch up with friends. New members always welcome. We all help each other and learn new skills together. Your first session will be free of charge, after this sessions are only £2.00 per week.

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UK General Election 2019

If you have registered to vote and do not have a postal vote, you will shortly be receiving a poll card which will tell you where and when you can vote on polling day.

If the Community Centre on Jewson Road is your designated polling station, you can vote anytime from 7.00am – 10.00pm on Thursday 12th December 2019.

How to vote – when you arrive give your name and address to the staff inside the polling station. You do not have to take your poll card with you.

You will be given a ballot paper containing a list of the names of the people / political parties you can vote for. Follow the instructions on the notices in the polling booth and on the top of the ballot paper to cast your vote.



Your Big Local Needs You!

Do you live in Catton Grove? Could you spare a few hours a month to do something great for your community?

Catton Grove Big Local is led by local residents, for local residents. We are looking for local volunteers to join our Big Local Partnership.

As a Partnership member, you will be working alongside other local residents and community volunteers to develop the next Big Local Community Plan.

We have £1½million from the National Lottery Community Fund to spend over the next four years to make Catton Grove an even better place to live.

We are looking for people with ideas and lots of enthusiasm; if this is you, we would love to hear from you!

To contact Catton Grove Big Local call / text **07761 426381** or send an e-mail to cattongrovebiglocal@yahoo.co.uk



Big Local Shuffleboard Club

Thursdays 12.30 - 2.00pm

Shuffleboard is a game for 2 or 4 people.

The aim of the game is to out-score your opponent by shooting discs into the marked areas at the opposite end of the court.

Shuffleboard is similar to bowls or curling. It is easy to learn and lots of fun for people of all ages and abilities.

Come and join our friendly group. Only £1.00 per session and your first session is free of charge!



Activities for Children and Young People

Catton Grove Junior Club

Thursdays from 5.30 - 7.00pm

At Junior Club children can enjoy a wide range of activities including arts and crafts, board games, music, video games, cooking, team games and a healthy snacks tuck shop.

Junior Club is open to children aged 5 - 11 years old living in the Catton Grove Big Local area.

50p per child per week or £1.00 per family.

Delivered in partnership with YMCA Norfolk. For more information call Charlie on **07436 106565**



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The Grove Youth Club

Thursdays from 7.30 - 9.30pm

At The Grove you can enjoy a range of activities including pool, video games, air hockey, table tennis and music. Or you can just chill out and enjoy our free Wi-Fi. We also have a range of affordable tasty snacks including burgers, noodles, pizza, coffee and soft drinks.

The Grove is for young people aged 11-16 living in the Big Local area. Free entry - bring a friend, bring lots of friends!

Delivered in partnership with YMCA Norfolk. For more information call Charlie on **07436 106565**



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Connects and Co Young Carers Group

Connects and Co Young Carers Group are based at the Community Centre. We offer support to children, young people and young adult carers from 5 - 25 years old.

Many children and young people's lives are affected emotionally and socially because of their family circumstances.

Professional advice is available for any child or young person who lives with the affects of terminal or long-term illness, disability, mental health issues or addiction within their family.

If you are a young carer or know of someone who could benefit from some extra support give Connects and Co a call on **01603 405328** or take a look at our website - www.connectsandco.co.uk



Health and Well-Being Activities

The Community Centre, in partnership with Catton Grove Big Local, offers a range of affordable, local activities to help you meet your health and fitness goals. New members always welcome.

Gentle Exercise Sessions

Mondays from 9.30 - 10.30am

Our Gentle Exercise Sessions are suitable for older people, people recovering from illness or injury or anyone looking for a gentle way to increase their fitness.

Our Gentle Exercise Sessions are led by a qualified fitness instructor. Work at your own pace - exercises can be done sitting down or standing up and can be adapted for people with physical disabilities.

Only £1.00 per session. Everyone welcome.



Yoga Sessions

Wednesdays 11.30am - 12.30pm

Yoga focuses on building strength and flexibility whilst also reducing your stress levels and helping you to relax.

The sessions, led by a qualified instructor, are suitable all ages and abilities and can be adapted for people with disabilities.

New members always welcome. Please wear loose, comfortable clothing. Only £2.00 per session, plus your first session is free of charge!



Zumba Dance Fitness

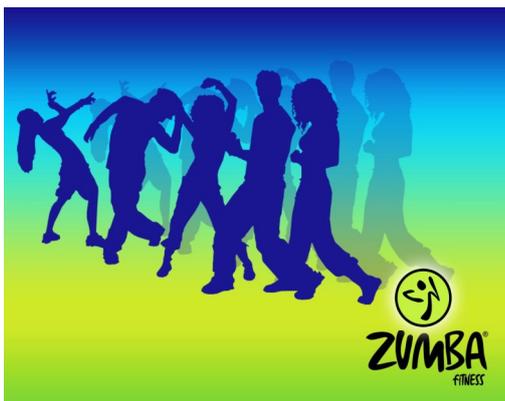
Wednesday evenings 6.30 - 7.15pm

Our Zumba Dance Fitness sessions, led by a qualified Zumba instructor are fun, energetic and can make you feel amazing.

Come along and work out to some great tunes.

Our Zumba Dance sessions are suitable for adults and young people aged 14+.

Beginners are very welcome. Only £2.00 per session.



Friday Fitness

Fridays from 9.30 - 11.00am

Friday Fitness offers you the opportunity to have a personalised workout at a fraction of the cost of joining a gym.

We have a wide range of fitness equipment for you to use including an exercise bike, cross trainer, trampoline, hydraulic stepper and a selection of hand-weights.

Work at your own pace with support and encouragement from a qualified fitness instructor. Join this small, friendly fitness group for only £2.00 per session.



Catton Grove Friendship Club

Wednesdays from 2.00 - 4.00pm

Catton Grove Friendship Club for the over 50's offers you the opportunity to meet friends and socialise over a cup of tea, a game of bingo plus a weekly raffle.

£1.00 per week including refreshments.

We also offer members the opportunity to join us for themed short breaks and day trips.

New members always welcome.



Catton Grove Bingo

Fridays from 7.00pm onwards

Come and join our friendly bingo group which meets at the Centre every Friday evening.

We are open from 7.00pm with 'eyes down' for the first game at 8.00pm.

Everyone welcome including children if they are accompanied by an adult.



Did you know that the Catton Grove estate is over 85 years old? If you have fond memories of growing up in Catton Grove, our local history group is the group for you! We meet regularly to share stories, catch up with old friends and learn more about the history of the estate.

If you would like to join our local history group give us a call on **01603 487329 / 07834 436272**



If you would like more information about any of the activities advertised in this newsletter you can -



Call us on 01603 487329 / 07834 436272



Send an e-mail to cattongrovecentre@hotmail.co.uk



Visit our website www.cattongrovecentre.org



Like us on FaceBook - Catton Grove Community Centre