

# Catton Grove Community Centre

## Jewson Road, Norwich

Newsletter 8

January - April 2019

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...

## 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 new year 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. Each exercise can be adapted for people with physical disabilities.

Only £1.00 per session. Everyone welcome.



### **Friday Fitness**

Fridays from 9.30 - 11.00am

Friday Fitness offers you the opportunity to have a personalised workout with support from a qualified fitness instructor 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. Join this small, friendly fitness group for only £2.00 per session.

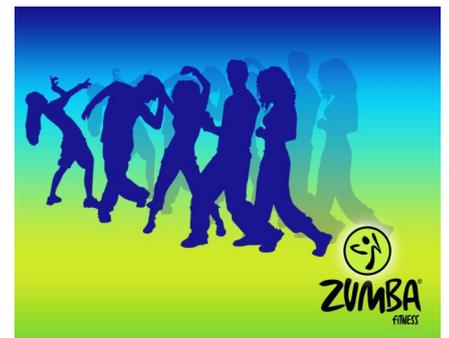


### **Zumba Dance Fitness**

Wednesday evenings from 6.15 - 7.00pm

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 £1.00 per session.



This newsletter has been supported by funding from



# 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.

## 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.



## Catton Grove Local History Group



Did you know that the Catton Grove estate is over 80 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 group, come to our next Local History Afternoon Tea which will be held at the Community Centre on **Thursday 28th March from 2.00 - 4.00pm** Everyone welcome.

If you would like to know more about the history of the Catton Grove estate visit our FaceBook Page -



**Catton Grove Memories** or go to our website [www.cattongrovecentre.org](http://www.cattongrovecentre.org)



## 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. £1.50 per session.

For more info call **01603 489329**

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**CattonGrove** | **Big Local**

## Arts and Crafts Group

Thursdays from 10.00am - 12noon

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

This term's activities will include felting, dreamcatchers, macramé, clay work, basket weaving and pyrography.

No previous artistic skills required. Work at your own pace with support and encouragement from local community artists.

New members are always welcome. Only £2.00 per session including materials.



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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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# 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

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!

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](http://www.connectsandco.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!



## Norwich Soundrise Choir

Wednesdays 7.30 - 8.30pm

WE'RE RECRUITING SINGERS

POP | SOUL | GOSPEL | CONTEMPORARY

N O R W I C H

CHOIR

S O U N D R I S E

WEDNESDAYS 7:30 - 8:30 PM

£5 PER SESSION

16+

E: [norwichsoundrisechoir@gmail.com](mailto:norwichsoundrisechoir@gmail.com)

## NEW! Joy of Food Cooking Sessions

Are you bored of cooking the same old meals?

Does your family live on ready meals and take-aways?

Would you like to improve your cooking skills but don't know where to start?

Come along to our FREE Joy of Food cooking sessions and learn how to prepare an exciting range of cheap, tasty meals.

Our Joy of Food weekly cooking sessions will be held on Wednesdays from 10.00am - 1.00pm starting on Wednesday 6th March for 4 weeks, finishing on Wednesday 27th March.

Everyone welcome. For more information and to book your place call / text **07834 436272** or send an e-mail to [cattongrovecentre@hotmail.co.uk](mailto:cattongrovecentre@hotmail.co.uk)



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# Catton Grove Community Lunches

Catton Grove Community Centre offers home-cooked community lunches on the first Tuesday of every month from 12.30 - 2.00pm. Come along for an affordable 2 course lunch or a selection of light snacks including baked potatoes, toasted sandwiches and fresh soup.

Main meals are from £2.50 per person, snacks are from £1.50. No booking required - come and visit us soon!



## In 2019 our Catton Grove Community Lunches will be served on -

<b>Tuesday 8th January</b>	Beef Stew and Dumplings with Carrots and Green Beans Syrup Sponge Pudding with Custard or Fresh Cream
<b>Tuesday 5th February</b>	Beef Lasagne with Garlic Bread and a Side Salad Individual Chocolate Pots with Orange Shortbread Biscuits
<b>Tuesday 5th March</b>	Chicken and Leek Pie served with New Potatoes, Carrots and Peas Red Berry Eton Mess with Fresh Cream or Ice Cream
<b>Tuesday 2nd April</b>	Roast Beef, Yorkshire Pudding, Roast Potatoes, Carrots and Peas Individual Key Lime Pies with Chocolate Wafer Biscuits

**Volunteers Wanted!** Our community lunches are cooked and served by a small group of volunteers. Do you have a passion for cooking and enjoy meeting people? Do you have a few hours to spare on the first Tuesday of each month?

If you are able to lend a hand and would like to join our team of friendly volunteers get in touch! For more details please call **07834 436272** or pop into the Community Centre on a community lunch day! See dates above...



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



**Call us on 07834 436272 / 01603 487329**



**Send an e-mail to [cattongrovecentre@hotmail.co.uk](mailto:cattongrovecentre@hotmail.co.uk)**



**Visit our website [www.cattongrovecentre.org](http://www.cattongrovecentre.org)**



**Like us on FaceBook - Catton Grove Community Centre**