

# **SHERWOOD COMMUNITY ASSOCIATION CIO**

Registered Charity 1158333

## **ANNUAL REPORT OF THE TRUSTEES**

**2018-2019**

**Sherwood Community Association CIO is  
the Registered Charity which runs**



**Grant aided by Nottingham City Council  
Grant administered by NG7 as Lead Organisation**

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# **TRUSTEES' REPORT 2018-19**

## **ABOUT SHERWOOD COMMUNITY ASSOCIATION CIO**

The Sherwood Community Association CIO is a Charitable Incorporated Organisation, (Reg. No.1158333), a voluntary organisation which was first registered with the Charity Commission on 22nd August 2014. From 1st April 2015, this charity took over the running of the Sherwood Community Centre, and all the monies, assets, contracts etc. of the former Sherwood Community Association which was then closed.

Full SCA CIO Membership is open to anyone living, working or volunteering in the area of benefit, which is Sherwood and the surrounding area.

The Association is managed by The Trustees' Committee who meet monthly, assisted by two Administrators. The Trustees are elected annually by the members at an AGM and operate as per the adopted Constitution of 2014. The Trustees consult with the Members' Support Group, which is made up of Representatives from Affiliated Groups and other interested Members, who also meet regularly. It is a condition of Affiliation that Representatives support the Association by attending meetings and providing assistance at events or helping in areas of their expertise.

Various sub-groups (comprising of Trustees and Representatives of the Members' Support Group) carry out research, planning and other work and report back to the Trustees' Committee with recommendations for action.

The building and grounds are owned by Nottingham City Council, who are responsible for repairs to the structure and services of the building. The Association receives an Area Based Grant from the Council, which was administered by NG7 as our Lead

Organisation until 31 March 2019. In order to receive the grant, the Association has had to provide quarterly monitoring to NG7, as proof that the Association is providing the services expected by the Area Based Grant Agreement, which is, in effect a type of Service Level Agreement.

From 1 April 2019, the Area Based Grant will be paid directly to us by the Council. At the time of the preparation of this report, we do not know how much this will be or when it will be paid.

The current Trustees' Committee has endeavoured to be in contact with and work with other organisations and charities to enhance provision for all who live in the area of benefit.

Through the democratic process, a wide range of views and opinions have been expressed, debated and decisions made accordingly.

Present provision and services continue to be utilised and we have had some success in responding to identified needs.

## **TRUSTEES AT 31 MARCH 2019**

Chair	Jill Gregory ( <i>also known as Jill Mee</i> )
Treasurer	Margaret Hilton
Secretary	Hannah Fries ( <i>also known as Hannah Malhotra</i> )
Membership Secretary	Valerie Hunter
Trustees	Louise Holland Ameet Malhotra Sally Hilton Dawn Evans

## **MEMBERS OF STAFF AT 31 MARCH 2019**

Administrators	Alison Manifold Kevin McDonnell
Site/Maintenance Co-ordinator	Kevin McDonnell
Caretaker/Cleaners	Michael Carlisle Robert Soar Julie Fairholm

## **STATUTORY AUTHORITIES**

Neighbourhood Development Officers (Nottingham City Council)	Leigh Plant Angela Bolton
NG7 (Lead Organisation)	Yesmean Khalil Jawaid Khalil

## **CHAIR'S REPORT**

It has been a busy year for the Administrators and the Trustees who have been involved in GDPR and Policies. The Council would like us to take on a Lease of the property in due course (currently in use under a type of Service Level Agreement), and the Association had to undergo a "Health Check" in relation to this, which included Alison displaying all Policies, Procedures, Minutes, Insurance and other important documents to be inspected by a

Council Representative at a meeting where Jill, Alison and Valerie were present. Updating of Policies etc is on-going and there was a second "Health Check" a few months later. As a result of that received positive feedback from the Council in respect of our record keeping and legal requirements. Further visits are not required.

Following several years of fundraising, we were at last able to carry out redecoration and refurbishments in some areas (see "Buildings and Grounds" section. However, we now need more help to arrange further fund raising events so that we can continue with redecorating other parts of the building. We would therefore be grateful if anyone would like to join the Events Sub-group, as provision of fund raising events also provides activities for the local community.

I would like to give particular thanks to Valerie, who is an invaluable member of the Trustees' Committee, not only as Membership Secretary, but also as a member of the Staffing Sub-group. Also, thank you to those Trustees who respond quickly when matters need to be discussed; to Debbie for her work with the Finance Sub-group; to Alison and Kevin for their support and skills and to those who have organised additional events to help raise funds.

Jill Gregory  
Chair

## **TREASURER' REPORT**

This year a Finance Group, led by the Treasurer and including interested members Admin Staff who deal with the accounts, was formed with the intention providing a working budget for the coming year and of making our financial position easier for Trustees and for the Association to understand.

We are meeting at least every three months to review our quarterly position and report back to Trustees. We also advise on financial side of fundraising and bring to the Trustees' attention any changes or concerns we may have.

We hope to make the budget more detailed in the future as it is a working document which will need changes made as the year progresses.

Margaret Hilton  
Treasurer

## **MEMBERSHIP SECRETARY'S REPORT**

The Membership year runs from April 1st to March 31st. Membership fees remained unchanged from last year. Increases in Membership Fees and improved benefits for next year are under discussion.

The 13 Affiliated Groups and 2 Affiliated Charities remained the same as last year.

96 Full Members belong to an Affiliated Group.

There are 10 Full Individual Members not linked to any User group, and 1 Life Member.

This makes a final total of 107 Members at the end of the Membership year. This is an increase of 16 members over last year's total. However, approximately 73% of the total membership is over the age of 60 years.

All new members are classed as Full members, if they fall into the category of living, working or volunteering in Sherwood and the surrounding areas, in accordance with the Constitution. Currently there are no Associate members.

Status	User Group	Full	Associate	Life	TOTAL
Affiliated	Senior Group	9	0	0	<b>9</b>
Affiliated	NBLS	32	0	0	<b>32</b>
Affiliated	Gregory School of Dance	7	0	0	<b>7</b>
Affiliated	Sprouts	1	0	0	<b>1</b>
Affiliated	Zumba with Charm	1	0	0	<b>1</b>
Affiliated	Buena Vida	6	0	0	<b>6</b>
Affiliated	Yoga R.Fox	1	0	0	<b>1</b>
Affiliated	The Yoga Village	2	0	0	<b>2</b>
Affiliated	Paul Cupit Yoga	1	0	0	<b>1</b>
Affiliated	Acacia Martial Arts	0	0	0	<b>0</b>
Affiliated	Self-help Group for People who Stammer	0	0	0	<b>0</b>
Affiliated	Woodthorpe Model Railway Club	0	0	0	<b>0</b>
Affiliated	Railway Interest Group	0	0	0	<b>0</b>
Affiliated. Charity	Playgroup	6	0	0	<b>6</b>
Charity	NOS (Tea Dance)	30	0	0	<b>30</b>
Individual		10	0	0	<b>10</b>
Life		0	0	1	<b>1</b>
<b>Totals</b>		<b>106</b>	<b>0</b>	<b>1</b>	<b>107</b>

Preparation of paperwork for the new Membership year begins in February, and invitations to renew Affiliations and Individual Memberships are issued mid - March, to be registered from 1<sup>st</sup> April for the new Membership year. Affiliated Groups are sent individual letters detailing their required/recorded attendance at MSG meetings, in line with the Terms and Conditions of Affiliation, and whether or not they had been compliant with the attendance and participation requirements. In addition, in March the Membership Privacy Statement was issued to every renewing member, in line with GDPR requirements, together with a letter asking for each Member's opinion on the benefits of membership they would like to have. For the new Membership year, it was agreed by Trustees to issue a single-use discount voucher for a hot drink in Christine's Community Café, to each new member as a welcoming gesture.

Completed Affiliation renewal requests are presented to the Trustees for approval at their first scheduled meeting of the Membership year. Subsequently, groups are notified in writing of the outcome. Late renewal requests (submitted after the Trustees'



meeting and/or after 31<sup>st</sup> April) or new requests submitted mid-year, are dealt with at the next scheduled Trustees' meeting. All User Groups are actively encouraged to invite their own members to become SCA CIO members also, and to share their ideas for the advancement of the Association and the Community Centre. This is done via the group's Representative to the Members' Support Group and its Sub-groups, which support the work of the Trustees to ensure success and continual development of ideas and activities, for the benefit of the community.

Valerie Hunter  
Membership Secretary  
April 2019

## **2018-19 GENERAL UPDATE**

We applied to World Book Night (WBN) and received 80 free copies of a book on Mindfulness worth £14.99 each, which included a CD of guided mindfulness meditations. The target audience set by WBN was:

- Isolated and vulnerable adults
- Parents and vulnerable pregnant women
- Those with mental health needs

The books were distributed to groups using the Centre who best fitted the criteria.

On 22<sup>nd</sup> June, as part of Sherwood Art Week an open-air screening of Stand By Me took place on the Meadow next to the Centre. Christine's Community Café opened to provide refreshments and the Centre was open for use of the toilets.

The Trustees and Members' Support Group were consulted in respect of the Development Plan. The information has been collated and work on this is on-going.

A considerable amount of time has been taken up for Jill, Valerie and Alison by the huge amount of work generated by the new GDPR laws. It is useful that the HR aspect of this has been

supplied to us by Business Legal Advisory Service, although we have had to make alterations as their wording is aimed at large corporations.

A meeting was held between Nottingham Wildlife Trust, the Centre's Representatives involved in Heritage/History and a local Historian, to agree to the Centre's support of a Heritage project proposed by Nottingham Wildlife Trust, who are establishing a group of young people to manage Woodthorpe Meadow and woodland adjacent to the Centre, which used to be part of the grounds of Woodthorpe House (the Community Centre). This was followed by the Trustees and Members' Support Group giving their agreement for a letter of support to be written to Nottingham Wildlife Trust. It is considered that this partnership is important for any future grants SCA CIO may wish to apply for in the future.

A defibrillator has been installed on the external wall of the Centre next to the main entrance. This was organised by Margaret, who applied for us to be recipients on Tesco Bags for Life scheme and liaised with Rotary Club of Sherwood Sunrisers who donated the balance needed for the installation.

We received an invitation to "Afternoon Tea" at the Council House – "Celebrating our Community Centres" by the City Council. Alison, Valerie, Margaret and Jill attended this event on 20<sup>th</sup> March and were given Certificates of thanks, including one for Kevin. Margaret was also presented with a certificate commemorating more than 20 years on the Committee, and we also received a certificate which is now on display in reception.



## **FUNDRAISING/EVENTS**

We took part in the Nottingham Underground Festival (11-13 May). Three tours had been advertised but due to the high demand, it had to be increased to five tours. Over 100 visitors went on the tour around the house and cave, and this had raised £297.30 and another tour was arranged for the following week, raising a further £45.

A Fitness and Wellbeing Day was held in order to raise funds for the Centre.

We held a Christmas Fayre on 2<sup>nd</sup> December. The Small Dance Studio was converted into Santa's Grotto and children were able to visit Santa for £1.00. This included a small gift, we had 100 chocolate bars donated by Thorntons for Santa's gifts, with the alternative of a small toy. The Railway Interest Group put on a model railway display. Open Wings provided children's craft activities. The Small Hall was a games and competitions room and the Large Hall and rooms 1 & 2 were filled with stalls. The House Kitchen was used to sell the donations of home baking which included cakes, chocolates and sour dough bread. Volunteers helped out on stalls and setting up/clearing up. Alison did a considerable amount of the organisation, particularly in relation to the stalls, and our Santa (Kevin) is popular with children and parents. The Fayre was well attended and £2016.28 was taken on the day. Our thanks go to all who helped.

## **STAFFING**

Appraisals and Staff Meetings have been held during the year.

In March, several Trustees took the Staff out to dinner as a belated Christmas Celebration and to thank Staff for their hard work and support.

## **TRAINING**

Kevin, Alison and Jill attended a Nottingham City Council course for Safeguarding and Risk Assessments.

Jill and Valerie attended a Nottingham City Council course on Development Plans and Succession Training.

## **THE BUILDING AND GROUNDS**

The Café area, Foyer, corridors and staircase have been redecorated. The Exhibition on the History of Woodthorpe House/Sherwood Community Centre has been relocated in the corridor of the 19<sup>th</sup> Century section of the house and there are

now new notice boards and display racks for posters and leaflets in the Foyer and Coffee Bar corridor.

One way to raise money for refurbishments is by our sales of second-hand books and bric-a-brac. New shelving has been purchased and installed in the Foyer and Corridor.

These areas are now looking much brighter and more welcoming.

Room 4 has been refurbished and is called the "Phyllis Wells Room" after our former President. The Room is to be used as a Conference Room and has been provided with new hospitality equipment, including a hot and cold filtered water dispenser. Kevin, our Site/Maintenance Co-ordinator, has carried out a considerable amount of the work



himself, installing a new cupboard unit, repairing and modifying old cupboard, boarding up the 20<sup>th</sup> century modification to the 19<sup>th</sup> century fireplace and framing a section of old wallpaper which was discovered behind a mirror which was removed. The main aim has been to preserve the integrity of the early 19<sup>th</sup> Century Room, whilst making it attractive to customers.



New car park markings have been done providing clearer indications of pedestrian access and fire exits. The road markings near the entrance have also been remarked, although drivers do not always respect these. Unfortunately, not all the markings we requested were done, therefore we still have problems with cars being parked on the narrow section of the drive and other inappropriate areas.

The Centre's office lighting has been converted to take LED tubes. This has improved working conditions for the Administrators who had been having difficulties with their eyesight due to the poor lighting. New lighting has been fitted in the Café kitchen and corridor. A new LED light has been fitted in one of the lights in the car park, this provides good coverage near to the Hall, although

additional lighting is still needed to give light to parking spaces near the back.

## **SHERWOOD COMMUNITY CENTRE & THE ENVIRONMENT**

Please help us to do our bit for the planet! We would like to continue our work on reducing our energy consumption of:



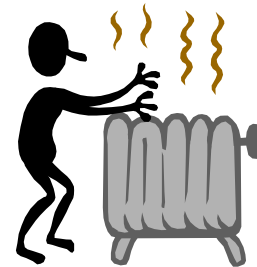
Water

Check that non-automatic taps are off after use.



Light

Please turn off lights if you leave a room. Don't put them on if it is a bright day and you can manage without.



Heat

Turn room thermostats down a degree or two, or to zero when you leave a room, as hot water in the pipes helps to maintain warmth in the rooms.

If you live too far away to walk, then perhaps you may be able to cycle to the Centre and take advantage of our bike bins to lock away your bike whilst using the Centre. Alternatively, you could make use of our bike planter to secure your bike. There are also buses running past the



Centre regularly, with bus stops within 2 minutes' walk. If, however, you do have to use your car to visit the Centre, please respect the car park markings and blue badge parking spaces, and park considerately. If the car park is busy and you have difficulty parking, there is space on Woodthorpe Drive, opposite

the Community Centre, which is well-lit and wide. Alternatively, car parks are available a short walk away in Sherwood.

The little things we do can make a big difference, so please continue with your efforts helping us to reduce our carbon footprint.

## **BOOKCROSSING**



The “Bookcrossing Zone” has been moved from Reception to the Café. We have had a ‘BookCrossing Zone’ since 2010 which is always popular. The books can be borrowed and returned or passed on to friends. If you don’t return the book, we ask that you replace it with another book that you have read to enable the shelves to stay stocked. Each book is given a unique ID number and registered on the BookCrossing website, this enables the book to be tracked by its readers; it is

interesting to discover how far some books actually travel!

Donations of books are always appreciated, whether for the BookCrossing or the book stall.

For more information, see: [www.bookcrossing.com](http://www.bookcrossing.com)

# **AFFILIATED GROUPS' REPORTS**

## **Seniors' Group**

We are generally a happy group of seniors that gather on a Thursday afternoon at 1-3pm. We have a few games of bingo and then we have some card games, with an interval of tea/coffee and biscuits.

At the moment we have ten members, of ladies and gentlemen. We enjoy a laugh! Some of us still have all our marbles!

Pauline Braker

## **Sherwood Playgroup.**

### **Staffing and Sessions**

We now have 6 members of staff who work various sessions. We continue to take students , work experience and also have some regular volunteers. From September 2017 we extended our opening hours so that we could offer 30 hours to any children age 3 upwards of working Parents who were eligible, this means we can now open at 8.30am every morning and run a breakfast club, lunch club still operates 3 days per week and we still open every morning and 3 afternoons.

### **Children on Roll**

At present we have 32 children on roll, they attend a variety of sessions during the week. We have some children who benefit from free places due to the 2 year early learning programme, children who stay with us at 3 years old who qualify for Nursery Education Funding, or qualify for 30 hours and children that pay the normal playgroup fees. We continue to be a fully inclusive setting and take children from a range of ethnic backgrounds and children who have additional needs. Increasingly more Parents are choosing to let their child stay with us until they now start full time education, instead of moving them to a school nursery. We continue to have a waiting list and continue to receive telephone enquiries and also enquiries from our web site.

## Fund Raising

We continue to try and raise funds as much as we can from cake sales, sales of cards and sponsored events. We also collect Sainsbury's vouchers when they are doing the promotion to buy new things for playgroup. We are hoping to get more parents to join our parent forum group so that they can organise fund raising events for us. We are part of the Co-op in the Community scheme where customers can nominate a charity to donate their Co-op points to, this is paid in a lump sum to us and we have already used some of the money to re turf a section of the garden area, we also hope to erect a new fence and gate and create an additional outdoor learning space behind the new fence. In the Autumn term last year we organised a fund raiser for Sepsis awareness, sadly a child who use to attend Playgroup sadly passed away from Sepsis so we wanted to create a sensory learning environment in one of our sheds in memory of her. The event was held one evening and the child's parents attended to officially open the sparkle space shed that we had created. The shed is a permanent reminder of the child and how sad the loss of someone contracting sepsis is.



## Finances

At the moment the bank account is satisfactory we rely heavily on funds from Nottingham City for the 2 year early learning programme and the Nursery Education Funding. Playgroup fees will increase from April 2019 and again in January 2020. We still provide very good value for money compared to some other childcare settings. Our costs have increased due to the implementation of the Living Wage and from the introduction of the work place pension both of these factors have seen an added strain on the Playgroup finances.

To try and cut some costs we have been asking for donations of every day essentials we use from Parents eg: baby wipes, anti bac spray, tissues etc. This has been successful and Parents have been very generous. We are also signed up to the Fare Share scheme where food from Tesco is donated to us twice a week, this helps with cutting down on our fruit/snack bill.

Jayne Lowe - Morning Session Manager



## **Jill Gregory School of Dancing**

Between Easter and the Summer holidays, many students took British Theatre Dance Association examinations which are accredited by OfQual and the Council for Dance, Drama and Musical Theatre. The Vocational examinations carry UCAS points, which can help to boost applications for University and are beneficial for a wide range of studies, as Dance exams train students for life skills, not just dance. One student took the Assistant Teaching Certificate, achieving Merit (only one mark off Distinction) and another student gained her full Teaching Certificate with Distinction.

Members of the Singing classes also took medal tests, as did some dancers. The older children in the Singing classes also took exams with the London College of Music Exam Board.

In June, we provided a short performance as part of the weekend's entertainment at Arnold Carnival.

As usual, we took part in the annual Tapathon to raise money for Children in Need and to try to break the World Record for the number of people doing the same dance simultaneously in multiple venues. Coincidentally there were 69 of us again – the same number as last year. So £690 in registration fees was sent to Children in Need as well as additional funds raised from a cake stall.

In September we started rehearsals for our show, and this was performed at Djanogly School Theatre on Sherwood Rise over the first two weekends in March. The funds raised have not yet been finalised, but after donations have been made to some other charities, there will be money available to pay for resurfacing of the Hall, the Small Hall and the Annex floors. However, as it is expected that work may be carried out to provide a new heating/air-conditioning system in the Hall, we would prefer to wait until that work has been carried out, rather than the floor be damaged by scaffolding or ladders. It is still the Dancing School's

intention to pay for refurbishment of Room 3. However, it has not been possible to organise this due to the time taken up by Trustee work in connection with the Community Centre, but it is hoped that this can soon be organised in conjunction with the Site/Maintenance Co-ordinator, Kevin and the Building Sub-Group.

Dancers assisted Santa at our Christmas Fayre, by escorting families to Santa's Grotto, and dealing with the entry tickets. Our Singing Teacher, Teresa McDonnell also brought members of her group to sing Christmas songs at the event.



The Community Centre is not open to the public at the weekend, however, Christine opens the Café by private arrangement for those attending dancing classes only.

Jill Gregory  
Principal  
Representative to SCA CIO MSG

## **Nottinghamshire Bobbin Lace Society (NBLS)**

### **Membership/attendance**

Our county-wide membership numbers continue to fall slightly year on year, due to the advancing age of our membership, and the difficulty in attracting younger members. Sadly, we have lost some of our most senior ladies recently, but there are a few new members registered, and the register now shows 156 members, including 11 Life members and 4 juniors. We have a website as well as a quarterly Newsletter, in magazine format. We hold five Lace Days annually, with Suppliers, at four regular venues across the county, and there is a Speaker at two of these events. Attendance varies according to the time of year and what is on offer, but is usually in the region of 50 – 70 members for Lace Days. Non-members are also welcome. Due to ever-increasing

hire costs, the entrance fees at these events are on annual review. The Society aims to be self-sufficient, and the annual membership fees cover the cost of the Newsletter publication, postage, and Committee expenses. Some members now choose to have their Newsletter sent electronically, and as far as possible Newsletters are hand delivered via classes or Pop-ins. This has lowered the costs of printing and postage; hence the annual fee has remained static for several years.

SCA CIO remains the Society's main venue for smaller regular events, with three separate weekday classes during term-time, and nine or ten Saturday Pop-ins, 10.00am - 4.00pm, spaced out through the year. Class sizes vary between 6-12 regular students, and Pop-in attendance averages out at about 30 over the year. New students are always welcome at these events. Elsewhere across the county there are other privately-run classes and workshop days run by our highly-skilled Teacher members, or self-help/social groups in smaller venues. The Committee meets regularly at Sherwood also, generally incorporating these meetings into a Pop-in event. As with similar craft groups, Committee members (and Teachers) who are willing and able, are hard to find. We strive continually to encourage a younger generation to join us.

### Activities

The Society continues to be an excellent support network as well as an educational and leisure group.

In addition to the regular weekly classes and Lace Days, we hold two courses during the year.

Last July we held our Summer Residential Weekend course at the Sutton Bonington campus of Nottingham University, though this will be the last time we meet here, as a new venue is being sought for next time. (Despite the improvement in facilities over the years, the lack of air conditioning in the workrooms and the accommodation has meant we have to look elsewhere, for the welfare of our members.) Expert tuition comes from four nationally known Tutors from various parts of the country. The students, mostly residential but also a few who attend daily, enjoyed an excellent weekend of Lacemaking and social activities. The Society offers a Bursary award for this course, drawn from the membership at the Anniversary Lace Day. From next year, the Committee is offering two Bursaries. As an alternative

entertainment we held a social evening on the Saturday, with a raffle and a quiz. This year we raised £90.00 towards our chosen charity for the year, Remap.

The Summer Lace Day was in late July at the Becket School for the second year, and was a very enjoyable event, with a catered buffet lunch included. It hosts the Society's Award Exhibitions for Bobbin Lace work finished during the past year, and always produces a wide range of inspiring and inventive pieces at all levels of experience and ability. Trophies and commemorative bobbins are presented to the winners in 3 categories, chosen by secret ballot by the attending members. Winning pieces are on display again at the following Lace Day, for closer scrutiny.

The Spring Lace Course was held in early March at Grangewood Methodist Church in Wollaton, for the second year. This course usually offers a full day's tuition from four local Teachers who are also Society members, and all the available places were taken this year, with the prospect of a waiting list.

NBLS continues to support a local charity each year. This year we voted to support Remap (Rehabilitation, Engineering, Mobility, Advisory Panel) who were our Speakers at the Anniversary Lace Day in January. Later in the year we were able to send a cheque from the Society in excess of £450.00, as proceeds from our Autumn Lace Day raffle and small cake sales held at Lace Days during the year. Members who offer unwanted lace equipment for sale at a Pop-in may donate the takings to a charity of their choice, so frequently there are smaller donations made throughout the year, to charities selected by the seller. We lost one of most senior members this year, and through sales of her equipment and a raffle we raised an additional £350.00 for Treetops Hospice, and £158.00 for the Notts. and Lincs. Air Ambulance, the family's choices. In total, we have raised well in excess of £1000.00 for various charities this year, a figure we are very pleased about.

As in recent years, members made a coach trip to the National Lacemakers' Fair at Cranmore Park (Solihull) in early December. The numbers for this event are dwindling for coach hire, so we may not be able to continue to organise this again. The Lace Fair at Pudsey is a popular event for some members, and some attend other Lace Society Lace Days in nearby counties, or residential

courses held elsewhere in the country. Lacemakers are a friendly bunch, always happy to share their craft.

We continue to provide regular bobbin lace demonstrations at Wollaton Hall, when the Industrial Museum is open at weekends. Again, anyone can try the "Have-a go" pillow with patient tuition from the demonstrators.

Valerie Hunter. (NBLS Rep to SCA)

### **Yoga on Wednesday Mornings**

Eighteen months ago I switched to teaching from Wednesday evenings in the Hall to Wednesday mornings in the annex. While I lost some students in the move, the venue is much smaller, and I have continued to have a very stable group with good attendance and students who work well together. The class is slightly oversubscribed for the space, so even if someone leaves, I will not replace them from the waiting list. I had numerous enquiries last year but, as those on the list have been waiting well over a year, **I decided to close the list.** My current students are nearly all over 60 – two in their early eighties – they have all been practising yoga for many years, and are able to cope with more complex breathing practices (pranayama), as well as a longer relaxation period, which usually incorporates meditative practices.

My terms vary according to my holidays, so I have no set number of weeks for each 'term'. Although I have 13 students enrolled in the group, several cannot attend every week, so each week between 8 and 10 people come to the class, which allows me to work closely with them, and, as many have been coming for a long time, the group is friendly, and fun to be part of.

We meet for an evening meal at Christine's cafe three times a year (Rani does a wonderful Indian Thali), and invite ex students to join us, which has proved very popular.

Rhoda Fox

### **Tea Dance run by Nottingham Osteoporosis Society**

The Tea Dance continues on a weekly basis on Thursday afternoons, with a varied attendance of between 15 and 30 people.

The music is very much enjoyed by participants who range in age from early 60s to our oldest lady who reached 100 last November.

We intend to continue with the Tea Dance for the foreseeable future as long as we can keep numbers up to cover our costs. We would prefer to keep the cost to £2.50 which includes Tea Coffee and biscuits but may have to increase this amount if we cannot increase the average attendance.

We believe that Ballroom Dancing is an excellent way of keeping fit and also mentally stimulating for all ages.

Mick and Moira Holmes

### **The Yoga Village**

Over the year we have continued to provide yoga classes to local adults and children. Our classes include specialised groups for pregnancy, postnatal and kids, as well as general classes. This year has seen a growth in numbers in the general classes, which is really rewarding. As an extension of this Hannah back in on regular Saturdays to offer 'mini-retreats' which bring in people who have not previously attended. We remain very happy with our yoga space upstairs and look forward to another positive year ahead.

We encourage our students to enjoy the centre as a whole, to use Christine's Café and to support our annual events.

Hannah and Ameet Malhotra

### **Zumba**

Zumba with Charm has gone into its 8th year at Sherwood Community Centre! Classes continue to be busy with a waiting list for both classes. I feel the community feel confident in the knowledge that classes are consistent here.

Thank you as always to the Centre, Staff and Committee for their support to my small business :- ) xx

Charmaine Daley

## **Acacia Martial Arts**

Another good year for Acacia! The school's founder and master instructor, Murray McPherson, is back after being away with work commitments. Students of various ages and abilities are taught in mixed classes. We all benefit from training with people we would probably never meet otherwise in our day to day existence. Everybody is enjoying being part of the community at the centre and getting involved in its life. Earlier in the year, Murray and Keith put up some shelving in the Annexe, and, going further back, I really enjoyed being involved with the Christmas Fayre.

Camelia Geary

## **Buena-Vida Health & Fitness**

Buena Vida currently has 20 community-based classes running on a weekly basis, for all ages, levels & abilities, including 2 chair-based classes and a tea/coffee social to help combat isolation & inactivity amongst the elderly and those with mental health issues and learning disabilities.

Our current classes include Beatz, Pound, Clubbercise, Zumba, Zumba Gold, Fitsteps and 2 Jungle Body workouts.

We are currently the only community fitness brand in Nottingham that runs Pound & Jungle Body classes, the latter of which we launched in October 2018. These classes are very popular, with a waiting list every week.

We took on an apprentice instructor in October 2017 and, after successfully completing her apprenticeship in October 2018 and gaining her Level 2 'Exercise To Music' fitness qualification, she now teaches a number of weekly classes for us.

We had a new FitSteps Instructor join our team this year as well, so we now have a team of 6 instructors, a casual/part-time admin assistant and 2 volunteer admin assistants.

We are a very community-focused organisation and we work really hard to help as many people as possible in Nottingham to build confidence & self-esteem and improve their overall physical & mental health. We get a lot of positive feedback from our

members about the impact we've had on their lives since they've joined us, and our ever-growing BV family now has over 300 weekly attendees.

We recently received 7 nominations for the 2019 National Community Fitness Awards. 4 of our instructors were nominated for 'Female Instructor of the Year', 1 instructor was nominated for "Best Newcomer" and Margaret, who teaches 2 chair-based classes here at the community centre on a voluntary basis, was nominated for the 'Unsung Hero' Award.

Buena Vida was also nominated for the 'Contribution to Community Fitness' award. We find out soon whether any of our nominations make it as finalists.

We look forward to celebrating our 8th birthday in August and hopefully adding a few more daytime classes over the next 12 months. It's our goal to continue developing the Buena Vida brand and our mission to grow our BV family in the community and help as many people as possible.

Sally Hilton (founder)  
Buena Vida Health & Fitness

### **Chair Based Zumba Gold Social**

This fun and friendly, non-profit making class has been running for 3 years now. It is run by the SCACIO, in conjunction with Christine's Community Café, for the benefit of the Community.

It is open to all but was originally aimed at the elderly and those with physical limitations or mobility problems. It has grown to include those with mental health and anxiety issues, those who feel isolated or lonely and those who simply love the music and friendliness of the class. A group who teach skills to adults with learning difficulties attend every other week, some members of the arthritis group also come along and we have some who come with a carer (carers are not charged). Age UK pass on our details and we have had enquiries from local retirement homes. Wheelchair users are welcome and we now have a set of ramps to make access easier if necessary. After the Zumba everyone joins in the social side of the class with tea/coffee and cake provided by Christine's café.



The class is great for improving mental health, such as combatting anxiety and depression, cognitive benefits such as improved memory, balance and co-ordination, as well as physical health benefits and improved fitness levels.

There are about 20 people regular attending. They have become more confident and new friendships have been formed, with members of the class meeting outside of class. Several have become members of the Community Association and offered help at fundraising events.

Very recently I have been nominated by a customer for a National Award in Community Fitness as 'Unsung Hero'. If I make it as a finalist, on 17th June, I hope people will vote for me as I consider it a vote for the Community too.

Margaret Hilton  
Trustee and Zumba Instructor

### **Woodthorpe Model Railway Club**

No report submitted

### **Nottingham Self Help For People Who Stammer**

No report submitted

### **Sprouts**

No report submitted

### **Railway Interest Group**

No report submitted