

Sherwood Community Centre Newsletter

Issue 2

December 2013

Woodthorpe House

the heart of **Sherwood Community Centre** really is
the oldest building in Sherwood.



On 4 December, a study of the building was carried out by an Architect who is also the member of a vernacular building group. He has confirmed that the Annex is the oldest part of the building. The pitch of the roof, the kneelers at the foot of the gable end, the thickness and shape of the beams all indicate an 18th century building.

The next phase of building was a T-shaped section built onto the annex including Room 3 (the room with the large window overlooking the lawn), and one end of the house kitchen.

A few weeks ago, a gable end and roof were discovered above room 3 in the roof space - a building within the building, which



hadn't previously been noticed, which led to a more detailed study of this part of the building. The shape of these two sections together match the shape of the building on the 1797 Inclosure map. The building is Grade II listed as 19th Century with extensions, but part of what was considered to be an extension, was in fact the annex - the oldest part of the building.



More information about the history of Woodthorpe House from 1774, showing photos of the house as early as the 1870's and telling of the people who lived here, can be seen in the permanent exhibition in the Coffee Bar. Guided tours take place at the various events held during the year.

WE URGENTLY NEED A TREASURER

Following on from this year's AGM we do not have and urgently need a Honorary Treasurer. This mainly involves;

- preparing the Annual Budget
- presenting annual budget, accounts and financial statements at monthly committee meetings
- presenting accounts at the AGM.



It needs someone with some financial knowledge or experience and may suit someone who has retired.

This is an Honorary position and the Treasurer is also a Trustee of the Association. It doesn't involve the everyday cash handling of the Centre.

If this is you, or you know of someone who may be interested, please contact the office on 0115 962 1153

Raffle Prizes Wanted

We are always looking for donations for raffle prizes. If you have anything to donate please bring it in to the office (open Monday to Friday 10am to 3pm) or contact us on 0115 962 1153.

Events from 2013

Health Fitness and Beauty Day Sunday 21st April 2013

On Sunday 21st April, we held our second Health, Fitness and Beauty Day. This year it was open to both men and women.

There were taster sessions from groups based in the centre including Tap Dancing, Adult Ballet, Zumba Fitness and Yoga plus Zumba Gold, Belly Dancing and Fencing provided by other groups from the local area.



Ballet



Yoga



Zumba Gold



Zumba



Belly Dancing



Fencing

People were able to try out treatments such as Reflexology, Reiki, Head Massage, facials, eyebrow shaping and skin treatments. It was unfortunate that the nail practitioner was taken ill the previous evening and it was too late to get a replacement.



There were various stalls selling beauty products, plants, glassware, inspirational greetings cards and health information stalls. A representative from Nuffield

Health gave free Health Checks as well as free passes to their gym.



Pam who runs the Feel Good Club, gave a very inspirational talk.

The group meet at the Centre on 1st and 3rd Thursday of the month from 6.30pm - 8.00pm to relax, meditate and to explore confidence techniques to reduce stress and increase wellbeing. For more information contact Pam on 07974 309442



Sherwood Tea Dance - a Very Special Guest in February this year

Tea dancers at Sherwood Community Centre received a visit from a very special guest earlier this year in February in the form of Strictly Come Dancing celebrity judge **Craig Revel-Horwood**.

The Sherwood Tea Dance is run by members of the Nottingham Support Group of the National Osteoporosis Society to encourage people to enjoy sequence, line and modern dancing, which in turn will help strengthen muscles and bones.

Craig was visiting the centre on his way to the first tour date of the Strictly show in Nottingham and watched members perform one of his own routines before awarding them a very rare ten out of ten.

Craig who has been a patron for the National Osteoporosis Society since 2009, choreographed Boogie for your Bones back in 2008 in order to get people of all ages dancing.



Craig commented, "I am absolutely thrilled to be here today to see all these fabulous dancers perform Boogie for your Bones. Many of the dancers here have got osteoporosis which causes painful fractures but by dancing regularly they are staying active, fit and healthy."

The dance group which has around 60 members ranging from 50 to 92, is organised by Mick and Moira Holmes, who are determined to get as many people as active as possible through dancing.

It is an opportunity to have fun, make new friends, and enjoy a chat over tea, coffee and biscuits in a really friendly atmosphere. Everyone is welcome regardless of age. Sessions are held every Thursday afternoon, from 1.30pm till 4.00pm and the cost is £2.50, which includes the tea, biscuits etc. For more details you can contact Moira or Mick on 0115 9118218.

The Jill Gregory School of Dancing March and April 2013



The Jill Gregory School of Dancing did 5 performances of their show, "Art in Dance", at Redhill School in March and April and have raised money for charity. Over 100 members of the dancing school aged 3 to 70 took part, performing ballet, tap, singing, acrobatics and modern jazz



Many of the dances were based on paintings, and some of these were performed again at Sherwood Festival as part of Sherwood Arts Week. Other dances were performed at Arnold Carnival and our own "September Spectacular", including songs and dances from the musical

"Matilda".



The Jill Gregory School of Dancing, which opened at the Community Centre in September 1976, is a family school run for families. All levels of interest and needs are catered for in **BALLET, TAP, MODERN JAZZ DANCE, ACROBATICS** AND **SINGING** FOR STAGE PERFORMANCE (not Social Ballroom, Latin, Disco or Street-Dance).

For more information and class times please telephone 0115 932 7495

Pot Luck Supper

Twelve people came to a very enjoyable social occasion at our second Pot Luck Supper earlier this year.



Room 1 was transformed into a cosy dining room and some members of the Community Centre together with a few friends and family enjoyed a 2 course meal prepared by three members of the Committee. Another one in December is already fully booked.

The September Spectacular September 2013

The annual open day, September Spectacular - Tall Tales and Silly Stories - was an event for the whole family.



As well as taster sessions by groups from the Centre, there were songs from Quadzilla, an acapella group, and from David Hurt - who was also MC for the afternoon, dancing from the Jill Gregory Dancing School, and

demonstrations of Zumba and Belly Dancing and from Acacia Martial Arts. We had poetry readings and storytellers for adults and children to fit in with the Literary theme and a



children's fancy dress competition based on "your favourite book character". There were Craft stalls, a bouncy castle, tours of the grade II listed building, tombola, raffle and a bar-becue provided by a local scout group.

The transition gardens were also available with activities.

The weather remained fine and at the end of the event prizes were given to raffle



winners and the winners of the Fancy Dress and The Children's Story Writing Competition which had been judged earlier.



Events Committee

£356.96 was raised from this event which will go towards the toilet refurbishment fund. A big thank you to everyone who helped.

More pictures overleaf

Woodthorpe Model Railway Club Saturday 26th October 2013

The Woodthorpe Model Railway club held their Annual Show from 10am till 5pm at the Community Centre during the school holidays in October. They had Various Layouts and Trade Support



with a display of locomotives created from card. It was a family event with refreshments available and was popular and successful.



The Club meet at the Centre on Tuesdays and Fridays from 7pm to 10pm and welcome new members.

More pictures from the September Spectacular

Some of the craft stalls



The Book stall



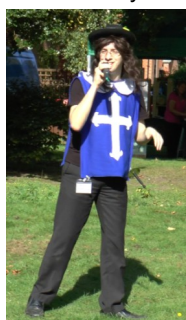
The Barbecue



The Bouncy Castle



Gregory School of Dancing



Dave Hurt M/C



Zumba



Tombola

FUTURE EVENTS

After the success of the Pot Luck Suppers we are hoping to arrange some more during 2014. There is a maximum of 12 people for these events.

We will be holding another Open Day but dates have not yet been arranged.

It has been suggested that we hold a separate summer Fair to the Open Day. What are your thoughts?

Possible future social events are quiz night, car boot sale, disco, talent night and ceilidh.

The Events Committee have been unable to meet recently, but hope to get together soon. Watch this space!!

Let us know what you would like to see in your Community Centre.

PLEASE WE NEED YOUR HELP

Fundraising affects **everyone** and **every group** in the Centre both financially and socially. If you can offer help or join the fundraising committee please contact the office staff 0115 9621153 or the Secretary on 07899938425

Sources of funding are frequently being cut back or disappearing in the current financial climate.

It means that Fundraising will become much more important to **everyone** who uses the Centre.

Notes

Toilet Refurbishment

Discussions are taking place with the Nottingham City Council about the toilets and disabled access into the centre

Office Space

We have some office space to let. If you or anyone you know may be interested please contact the office.

Your Groups

If you want any news about your group going in the newsletter, then hand it in to the office or put it in the secretary's pigeon hole in reception.

I am hoping to feature groups who meet here in future newsletters so any information or photos you can send me would be appreciated. This can also publicize and give information about your own group to anyone interested. The Newsletter will be going to the Library, The Place, local Churches and other centres and on the website and Facebook.