

HAPPY NEW YEAR!



The Uxbridge Community Centre
Registered Charity Number 289924

32b The Greenway
Uxbridge



NEWSLETTER – JANUARY 2013

Welcome to the third edition of our newsletter!

Autumn was a busy time with the launch of new sessions including:
SLIMMING WORLD (Thursdays); **YOGA** (Tuesdays) &
PILATES for beginners (Mondays).

We had a very successful fundraising season with our **Quiz & Pamper Nights** which raised almost **£1200** in total. These funds will be used to pay for our ongoing maintenance including the planned replacement of our guttering.

We recruited some new volunteers for the Centre including:
Martin McElreavey and **Judy Hung** who have come on board to support us. We do have a requirement for a Minute Secretary to take on the note taking at our monthly management meetings (usually held on the last Thursday evening of every month) and would appreciate some additional volunteers who may be able to help with our **Gardening Club** or **Senior Social Group**.

Our Annual General Meeting (AGM)
will be held on Friday 8th March 2013

This is where we summarise our activities and accounts over the last year and vote in our committee to run the Centre for the next year.

Everyone is welcome and we appreciate input and support from the local community and you can influence the future of the Centre.

If you can't make the meeting, you can still express your views by completing and returning the survey on the back of this newsletter.

GARDENING & SOCIAL CLUB

Would you like to meet some new people and make some new friends?

Come and join the fortnightly gardening group at the Uxbridge Centre, and help transform the garden into an area of colour and beauty.

Enjoy some light refreshments and a little laughter.

It is planned to run the sessions fortnightly on the **2nd and 4th Tuesday of the month between 9.00am-12.00noon** starting **Tuesday 22nd January**



You don't have to have green fingers – just a willing pair of hands and a few garden tools.

Let's get this club off the ground and make the earth move!!

Contact Helen 07853 177876 for further information
or just turn up on the day

New Year is always a time to start thinking about getting fit and working off those extra Christmas pounds We have a number of keep fit sessions for all ages and abilities to help you keep those resolutions:

CIRCUIT TRAINING



At the Uxbridge Centre

EVERY WEDNESDAY
7.15PM - 8.15PM
£5 PAY AS YOU GO

A fun & friendly session where you work at your own pace Just turn up and join in!

KEEP FIT & FREE CRECHE

At the Uxbridge Centre

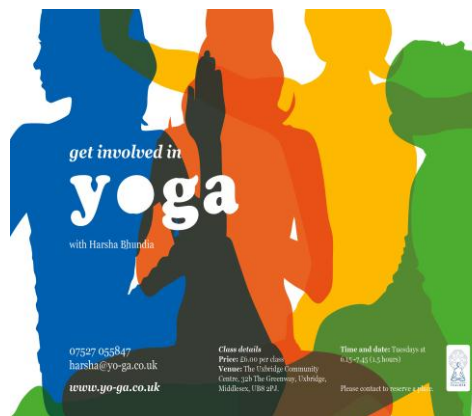
EVERY TUESDAY
1.30PM – 2.30PM
Term Time only



£5 PAY AS YOU GO

A structured session for every BODY designed to stretch & tone.

Creche accepts babies from 3 months



Yoga with Harsha

At the Uxbridge Centre

Tuesdays

6.15-7.45pm

£6 pay as you go
 Discounts available for bulk bookings

Tel: 07527 055847

LINE DANCING CLASSES



At The Uxbridge Centre

£3.50 per session
 includes tea & biscuits

ABSOLUTE BEGINNERS
WEDNESDAY 10.30am-12.30pm

BEGINNERS / EASY LEVEL
WEDNESDAY 1.45-3.45pm

Contact Susan on 01895 832837 for further information or just turn up on the day - no partner needed!

LittleKickers®



APPROVED FOOTBALL TRAINING FOR KIDS

FROM 18 MONTHS TO 7TH BIRTHDAY.

Where learning's a ball



Nothing is more rewarding than watching your child learning new skills, keeping fit and loving every minute!

Call 02030 921313

www.littlekickers.co.uk
gware@littlekickers.co.uk

UXBRIDGE CENTRE PROGRAMME OF ACTIVITIES

Large hall			
Day	Start	Finish	Name of Group
Monday	9.00am	12.00pm	Pre-School Playgroup
	2.00pm	4.00pm	Hillingdon Pain Management (Occasional sessions)
	6.00pm	7.00pm	Zumba – Gemma
	7.30pm	10.00pm	Short Mat Bowls
Tuesday	9.00am	12.00pm	Pre-school Playgroup
	1.30pm	2.30pm	Keep fit & Creche
	4.00pm	6.00pm	First Class Learning
	6.15pm	7.45pm	Yoga with Harsha
	8.00pm	9.00pm	Zumba – Lildonia
Wednesday	9.00am	12.00pm	Pre-school Playgroup
	2.00pm	4.00pm	Short Mat Bowls
	4.45pm	7.00pm	Shotokan Karate
	7.15pm	8.15pm	Circuits
	8.30pm	10.00pm	FREE SLOT
Thursday	9.00am	12.00pm	Pre-school Playgroup
	1.00pm	2.30pm	Smartie Tots
	3.30pm	5.30pm	Little Kickers
	6.00pm	7.30pm	Brownies
	7.45pm	10.15pm	Bio Energy
Friday	9.00am	12.00pm	Pre-school Playgroup
	12.30pm	3.00pm	FREE SLOT
	3.00pm	6.30pm	FREE SLOT
	7.00pm	9.00pm	Lighthouse Chapel
Saturday	8.45am	12.45pm	Little Kickers
	1.30pm	11.00pm	Free Slot – Party Bookings
Sunday	9.30am	1.00pm	Lighthouse Chapel
	1.30pm	6.00pm	Free Slot – Party Bookings

THE UXBRIDGE CENTRE PROGRAMME OF ACTIVITIES

Small Hall			
Day	Start	Finish	Name of Group
Monday	10.15am	11.15am	Pilates for Beginners (to be confirmed)
	11.30am	12.30pm	Pilates4Life
	1.00pm	7.00pm	FREE SLOT
	7.30pm	10.00pm	Whist
Tuesday	10.00am	11.30am	FREE SLOT
	11.30am	1.30pm	FREE SLOT
	1.30pm	2.30pm	Keep Fit & Creche
	3.00pm	5.30pm	FREE SLOT
	6.00pm	9.00pm	Pilates4life (3 sessions)
Wednesday	10.30am	12.30pm	Line Dancing
	1.45pm	3.45pm	Line Dancing
	4.00pm	6.00pm	FREE SLOT
	6.00pm	9.00pm	Pilates4Life (3 sessions)
	9.15pm	10.00pm	FREE SLOT
Thursday	10.00am	11.30am	Little Treasures Toddler Group
	1.00pm	3.00pm	Senior Social Group
	3.00pm	4.30pm	FREE SLOT
	5.00pm	8.15pm	Slimming World
	8.30pm	10.00pm	Bujinkan Martial Arts
Friday	10.00am	12.30pm	Tiny Talk
	1.00pm	4.30pm	FREE SLOT
	5.00pm	6.00pm	Irish Dancing
Saturday	10.00am	12.00pm	Little Treasures Toddler Club
	1.00pm	2.00pm	Free Slot - Party Bookings
	1.00pm	4.00pm	Craft (1st Sat of Month)
	1.30pm	11.00pm	Free Slot - Party Bookings
Sunday	10.00am	1.00pm	Free Slot - Party Bookings
	1.30pm	6.00pm	Free Slot - Party Bookings



Quiz Night

Saturday 23rd March

7.00pm – 10.30pm

The quiz will start promptly at 7.30pm

Teams of 8 people or less – if you have less than 8 people, please be prepared to make some new friends!

Entry is **£9.00** per person and includes a fish and chip supper

Please contact Donna at the Uxbridge Centre office on **01895 257163** (between 9.30am – 12.30pm) or email theuxbridgecentre@btconnect.com to book your place

Please bring your own drink and nibbles

Please be advised that we are UNABLE to accommodate children under 10 and the small hall will be closed



Contact Us

The office is usually open Monday-Friday 9.30am-12.30pm. Outside these times, you can leave a message on our answer phone: **01895 257163** or email us at our **NEW** address: [**theuxbridgecentre@btconnect.com**](mailto:theuxbridgecentre@btconnect.com)

New Year – New Interest?

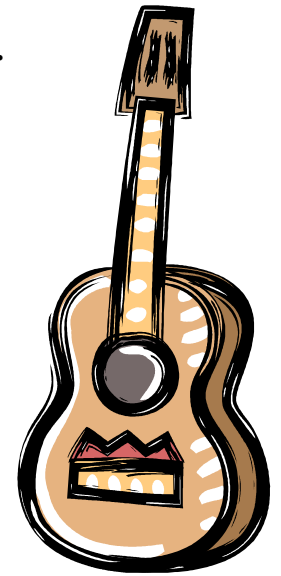
Sam Russell, local guitar tutor has a few words on Learning the Guitar

The guitar is currently the most popular instrument around.

When?

Children can learn the guitar from a fairly young age. At around 5-6 years old a child's hands are strong enough to be able to start learning - don't expect too much from them; at this age they want to be learning lots of simple melodies and learning where the notes are.

By age 9-10, most children will have hands big and strong enough to start tackling full chords, as well as having the concentration to be able to sit through a longer length (40 minutes plus) lesson. They will be able to handle technical exercises and be able to grapple with concepts in music theory.



What?

There are a myriad of choices when it comes to choosing a guitar. A really cheap little acoustic guitar can be a great way to start. They can be picked up from Argos or second hand on Gumtree/eBay for under £40 sometimes! Be wary of really cheap electric guitars, they usually go out of tune incredibly quickly and have very poor build quality (several of my students have turned up with very cheap electrics and they get very frustrated with them!)

Who?

So now your child is old enough and has their first guitar, how should you choose a teacher? You will want someone with at least one year's experience - any less and your child will be that teacher's guinea pig while they still learn how to teach. Your teacher should have a good number of students and be teaching guitar full time, rather than a 'hobby teacher' - you will be investing a lot of money and should get a professional. Would you get a hobby builder to build your extension? They should be able to teach in a variety of formats and be focused on your child's musical goals rather than just teaching them a bunch of songs.

Can I learn from a book?

Yes. But! This is usually very hard to do. A book will present an enormous amount of information in one go - working out how to work through it is very difficult. Also, a book won't be able to correct bad technique (which can hold back your playing and, in extreme cases, lead to injuries). Finding a good teacher is a better idea, especially for beginners. You'll find you progress a lot faster!

I hope you've found this useful. If you have any questions about anything I've written, feel free to get in contact with me, and I'll do my best to help you out.

Sam Russell

www.UxbridgeGuitarLessons.co.uk

email: Sam@UxbridgeGuitarLessons.co.uk

Uxbridge Centre Community Prize Draw Questionnaire

We are celebrating nearly 30 years of work serving our community by giving you the opportunity to help shape the Uxbridge Centre. To do this, we would like to know how you have used the centre in the past and your views on how you might like to use the centre in the future.

Below there are 5 questions. You can help by answering the questions and returning your completed form to the Centre office at the address below or, if you prefer, you can email us to request an electronic version (theuxbridgecentre@btconnect.com) or log on to **www.uxbridgecommunitycentre.btck.co.uk**.

How we will use your views

The information that you give us will be used to inform

1. The type of services and activities available at the centre
2. The type of facilities available at the centre and bids for funding

What type of information are we interested in

If you have used the centre in the past, was your experience good or bad? How could it have been improved? Would you like to run events or activities at the centre yourself? If you have never used the centre before what type of services or activities would you or your family like to see here?

When we would like your views – Closing Date Friday 1st February 2013

1. Have you ever used the Centre? For what purpose? How often in the last 5 years?
2. Are you aware of all of the events and activities that take place at the Centre and if so, how did you find out about them?
3. What type of events or activities have you attended to at the Centre? If you have attended events how might we make them better?
4. What events and activities would you like to see at the Centre? These might be social, sporting, health or information on council services etc. Could you also let us know what age-groups these activities would appeal to.
5. If we were to create additional events and activities, which ones would you or your family attend?

Prize Draw to Win £50 Sainsbury's voucher

If you would like to be entered into our questionnaire prize draw, **please provide your contact details**. The draw will take place on the **4th February 2013**.

If you need more space, please feel free to staple additional sheets to this paper.