



newsletter - autumn 2010

INTRODUCING SHERBORNE'S CENTRE FOR WELLBEING

a resource for the whole community

Right in the heart of Sherborne is a community resource centre offering practical and emotional support for people recovering from mental illness. Previously known as the Four Leaf Clover Club, the re-launched Sherborne Centre for Wellbeing is now an important part of a wider social enterprise, which gives help to disadvantaged and vulnerable people.

We have expanded our range of activities to include a venue for a variety of other local support groups; this includes Peer Support, computer training and opportunities to socialise in Zest café for people with learning disabilities. The Centre offers a fantastic environment for any local group requiring a comfortable and well equipped venue in the centre of town.

Membership of the Four Leaf Clover Club through referral from a health professional is one option, but we now have open access for the whole community, who are warmly welcome to use the whole range of our facilities. These include the Community Café, Internet Services, Meeting Place and Exhibition Space.

Local artists are welcome to approach us about displaying their artwork and aspiring musicians can come along to the monthly Performers' Night sessions held on a Friday evening. We also have an exciting and varying display of good quality tableware, collectibles and furniture for sale - please feel free to drop in any time to browse the eclectic and ever-changing collection.

Come in and visit us and see what we have to offer.

**community
café**

**meeting
place**

**internet
services**

**exhibition
space**

**support
groups**

**supporting
local
artists**

news & events

Editorial:

Hello, and welcome to the new look Newsletter and the new look Centre. At a recent planning meeting the Club House members decided that *Brainwaves* magazine had run its course, and a shorter more frequent publication was needed. So here is the inaugural issue of the Newsletter of the Sherborne Centre for Wellbeing, which will be four pages in length and published every two months. This should mean that it will contain up-to-date relevant news and information, as well as useful and interesting contributions.

Talking of which...contributions are still welcomed, so please do send in articles for consideration. We will not be publishing poems in the newsletter because of the difficulty with space, but we aim to publish a book of poems written by members at some point in the future. Please do let me know if you have any poems you would like included.

Let us know what you think of the Newsletter, as well as the ongoing renovations to the Centre - a full write-up of which will appear in the next Newsletter in December.

Nicola

Contributions can be left at the Centre, or preferably emailed to info@4leafcc.co.uk

news

funding

The Rotary Club of Sherborne Castle gave a very generous donation of £750 towards running costs for the Café. Their President-Elect Richard Hickman presented a cheque to Liz McGaw and everyone at the Centre extends their very grateful thanks to the Rotary Club.

A local trust fund has made a very generous donation which will go towards the wages of the Café Manager. Our very grateful thanks goes to them.

Hall & Woodhouse kindly donated £500 from their Community Chest which is being put towards renovations in the Café. Our very grateful thanks go to them for their support.

The Centre has also been awarded a grant of £2000 from West Dorset Partnership, for Zest Community Café - very many thanks WDP for their generosity.

antiques & collectibles

Good quality pieces of china have been available for sale from the Centre since last year, and so far £600 has been raised. Lovely pieces of china and other collectibles are still available for sale, so pop in and have a look at the selection -

all available at very reasonable prices.

reading group

The Reading Group is currently reading *Frankenstein* by Mary Shelley. The Group meets every Monday 1.30 - 3.30 at the Centre; new members would be warmly welcomed.

peer support

A Peer Support Group meets at the centre. Phone 07920 169002 or 01305 257172 for further details.

au revoir

Goodbye and thank you to Katie Cox of Yeovil College, who has been running computer courses at the Centre. The Courses have now ended and we would like to offer our very grateful thanks to Katie for all the support and encouragement she gave to her students.

computer training for the over 50's

It is hoped that a new training course will be running soon - please call Liz McGaw 01935 389192 to register interest.

centre publicity

The Centre's website and leaflets are currently being updated and will be available in the late autumn.

dorset people first

The voluntary organisation Dorset People First, set up for

people with learning disabilities, is using Zest Café as a meeting place every afternoon. Either drop in or call the Centre for further details.

events

exhibition

Local artist Christine Webley has a display of her work on view at the Centre. A striking array of her paintings is on display until the beginning of December.

christmas lunch

The Christmas Lunch will be held on 15th December 2010, 12.30, at the White Hart in Sherborne.

agm

The Centre's AGM will be held on 9th November at 10.30. All members are invited to attend as we welcome and value your views.

performers' night

Local musicians, singers and poets are invited to come along to the Centre's Performers' Nights to show off their talents. If you're interested call Caz at the Centre.

bare cat collective

BCC will be performing an acoustic set of various styles at the Centre on Friday 17th November, 8-10pm. Entry free, refreshments available.

community events

wessex strings in concert

The Wessex strings performed a wonderful concert at the Methodist Church in the Summer. The concert raised £216, with very many thanks to the Conductor and the orchestra for the entertainment and for helping us raise so much money. Many thanks to Centre workers Caz and Fiona for providing the refreshments, and to Beccy and Pete for taking the money on the door.



guitar recital

Dean Carter gave another wonderful guitar recital at the Centre during the summer. The packed event raised just under £100, for which we are very grateful.

Dean played a very popular programme of pieces for the guitar and many people were asking to hear him play again - so Dean has kindly agreed to perform for us again. The next concert will be on Monday 6th December, 11am, at the Centre.

Tribute to Richard Moore

Richard Moore, who died recently, had a number of struggles in his life. He was very active as a Committee member in the last six months of his life, and I will always remember his forthright views as he was passionate about making some of our recent changes to the branding of the Four Leaf Clover Club. He always had time for others and will be greatly missed.

Anthony Cocking, Chair

what's on offer to the community?

~ creativity workshops ~

New members are welcome to join the Creativity Group, which meets in the centre every Tuesday from 11-12 p.m.

This year the group plans to meet up for a full day's activity every few months.

e.g. drawing, painting, writing.

Ring 01935 389192 for info.

IT Facilities

The Centre offers:

- three computers
- broadband and wireless connections
- photocopying & printing (10p a sheet)

Access to the computers and internet is free for members, and is also available to members of the public at a small charge. Visitors using their own laptops are asked to make a small donation.

reading group

o

peer support group

o

exhibitions

o

antiques & collectibles

hiring the centre

The Centre is available to hire after 4 pm on some weekdays and Saturday, and all day on Sunday.

Great as a venue for meetings or parties.

Disabled access, kitchen and media facilities; ideally located in the centre of town.



**open: thursday, friday and saturday,
9.30am - 3pm**

**where good food is always on offer
at a great price**

take-away also available

**zest café is re-launching soon
with a fresh new menu
that will include
contemporary vegetarian food**

The Sherborne Centre for Well Being
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