

Sherborne centre for **Wellbeing** Inc. The Four Leaf Clover Club

newsletter - march 2011



In these days of cuts, doom and gloom, let's celebrate the emergence not only of snowdrops and crocuses, but also the new opportunities that lie ahead.

Zest Cafe is celebrating with new volunteers, a decorative face-lift, and a brand new extra vegetarian menu. Try their home-made hummus, veg sticks and pitta bread, vegetable and lentil curries, or take out a box of nachos, cheese and salsa.

We have new peer support groups, Reading groups, and new partnerships. So welcome to them all, as we look forward to a positive 2011.



editorial:

Hello, and welcome to the March edition of the Newsletter. There are still a lot of positive changes taking place at the Centre; in the New Year a new welcome desk was installed, along with a breakfast bar, and Caz, the Manager of Zest Café, is continuing to put together new ideas for the menus.

As well as all the physical improvements, there is a growing list of events taking place and groups meeting at the Centre, in keeping with its position at the heart of Sherborne's community.

Whether you want to simply have a cup of tea in a welcoming place or are looking for a place to hold meetings do come in and see what the Centre has to offer.

For any members out there please do submit contributions if there is anything you would like published. Liz and I have not forgotten that we want to publish a book of poetry. Once the work at the Centre has been completed it will be one of the projects we will focus on, so keep writing those poems and we will let you know when the book will be forthcoming.

If you receive this letter by post and would be happy to receive it by email do let us know - it saves money and the planet.

Nicola



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

AGM November 2010 Chairman's Report

The past twelve months have seen changes in the Four Leaf Clover Club. The name change to 'Sherborne Centre For Wellbeing Incorporating The Four Leaf Clover Club' was one of them. There has also been a significant amount of input from the learning disabilities organisation, 'Dorset People First', and this included computer courses for their members and a placement in Zest Café. Thirdly there has been the development of reading groups and peer support groups. Nevertheless, there have been issues of dissatisfaction expressed following the Planning Meeting on April 28th, concerning the general direction and running of the project. Some of these matters have been resolved, although it is now necessary to refocus on the place and purpose of Sherborne Centre For Wellbeing in its entirety. I had a very helpful meeting with Becky Aldridge, General Manager on 27th October, and we have discussed changes in mental health service provision and, most notably, personalised budgets. The future direction of services will be in a business model where direct payments will be the method of service provision. I will be preparing a survey for members with the support of the Dorset Mental Health Forum to look at the types of activities we need to develop, but also to review the Centre's current performance. Throughout this process I

will be consulting closely with Shaun Byatt, Specialist Services Manager. I will additionally be attending an event on 16th November concerning The Big Society and Comprehensive Spending Review.

The Committee has been functioning with varying numbers of people present at each meeting. The average number of attendees since the last Annual General Meeting has been just over 6 ½. We held a second Planning Meeting on June 2nd in which important decisions were made. Following the meeting some amendments were made to the website and leaflets by a small sub-committee. Brainwaves was also discontinued in favour of a 4-page newsletter and its first edition has been compiled very professionally by Nicola Tarling. We have additionally updated our list of trustees to three people who are Shaun Byatt, Michael Golberg (who offered to take up this role at the planning meeting) and Geoff Lucas. Before I continue to my final acknowledgments I would like to pay tribute to some people who are no longer working with us. Anita Grenfell has been actively involved with Zest Café since its early stages and I would like to wish her well for the future. We have also lost Katie Cox, our very successful IT instructor from Yeovil College due to funding constraints. The quality of her work is shown by the level of high passes achieved by her students. These two individuals were well regarded for their contributions to the Centre.

Finally I would like to thank a number of other people. Thank you to Caz Barrett and the entire talented team of Zest Café for providing such a successful enterprise, all staff and volunteers including those involved with food preparation, kitchen tasks and the customer service which benefits both our members and the wider community. Thank you to the committee, John Spriggs for his continued role in the committee and also as a huge support to the Centre, Geoff Lucas for financial expertise, Beccy Brake for her help with taking and distributing the minutes and Michael Golberg for his contribution both as a committee member and minibus driver. I would also like to thank three additional people, Sheila Hedges for her administrative support to Liz every Monday, Merrick Marshall who has already helped us in the process of updating some of the website and assisting with the overall performance of our three computers and Lucy MacArthur who continues to volunteer and help at the Centre. Thank you to all our members who have provided invaluable assistance to the Centre and the Committee or Planning Meetings during the year. I hope now that we can be readily prepared for some of the challenges ahead over the coming twelve months.

**Anthony Cocking,
Chairman SCW**

community news & events



Reading Groups



The purpose of these groups is to promote emotional, social and mental wellbeing through the experience of shared reading. We read aloud from classic short stories, novels and poems, stopping at intervals to discuss thoughts and feelings evoked by the text.

There is no pressure on individuals to read aloud, and some may prefer to simply listen.

Group members who have not read in this way before will experience a sense of connection and community.

Reading aloud improves concentration and increases the pleasure derived from reading, and can take us away from daily cares and pre-occupations.

Classic stories and poems are used because the content is universal, themes and emotions common to us all. We read about love, death, loss, exclusion and inclusion, isolation and joy- all human experience.

Drop in and join us on Mondays at 1.30-3.30.

There will be a new breakfast group starting for young parents in Zest Cafe, on Friday mornings in March from 9.30-10.45am.

If you are interested or want further information, please ring Liz on 01935 389192.

antiques & collectibles

If anyone has any good quality china or bric a brac they would be willing to donate we would be pleased to receive it to raise funds for the Centre. Don't forget, we have a constantly changing display of antiques and collectibles available for sale from the Centre at very reasonable prices.

peer support

A Peer Support Group is considering a regular timeslot for a meeting each week; if interested in this group please phone 07920 169002 or 01305 257172.

thank you

A very big thank you to Sherborne School for Girls, who presented us with a cheque for £452.62, raised at their Christmas Carol Concert.

Christine Datz ~ A Tribute

It was with great sadness that we heard of Christine's death in Spain, on the 31st December.

We remember her unique creativity, which found expression in her sewing, her cooking, and above all, her painting.

A talented artist, she left several of her canvases to the Four Leaf Clover Club when she returned to live in Spain. They are on permanent display in Zest Cafe, and attract considerable admiration and interest from our visitors.

Christine had a mischievous sense of humour, and will be remembered with great affection by many of us who knew her.

Liz McGaw



Community Resource Team: Sandy Brown of the Community Resource Team will be available at the Centre most Wednesdays, linking with the Community. Ask at the Centre for more details.

what's on offer to the community?

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.

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.

exhibition space

Exhibition space is available to any local artist wishing to display their work in Zest Café. Call Liz for further details on 01932 389192.

women's group

A women's social and craft group meets every Tuesday between 11.00 and 12.30. Just turn up; bring your work with you.

Dig Up Sherborne
Grow Your Own Food

Every second Tuesday for the next six months,
(from 8th February)
Zest Café, 7.45pm



Learn how to prepare your outdoor space
Choose what to grow
How to plan your year.....and more!
www.sherbornegreen.org/digupsherborne
07593 302325
digupsherborne@gmail.com

committee for SCW for 2011

Anthony Cocking Chairman (re-elected), **Chris Roberts** Vice Chairman, **Beccy Brake** Secretary (re-elected), **Michael Golberg** Vice Secretary (re-elected), **Geoff Lucas** Treasurer (re-elected)



**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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