

THE

Estate

ECHO

January 2019

Dear Residents,

I very much hope that you enjoy this edition of the Estate Echo and that you had a wonderful Christmas and peaceful New Year. I would like to briefly introduce myself; my name is Ellie and I have recently been appointed as the new editor of the Echo. I myself live on the Greatwood Estate and my son attended crèche at the Community Centre so it is both a pleasure and privilege for me to work alongside colleagues who are so dedicated to fostering a sense of community spirit that is so unique to Greatwood and who make our neighbourhood a better place to live. In my capacity as editor it is my hope to support them by publicizing their incredible work and to continue building links with other services. I am also keen to expand the human interest side of the Echo and would welcome suggestions and contributions from all residents. Future features will include a poetry corner, a 'Memories of Skipton' section and local history pieces and there is scope for far more. The Echo is your newsletter and I firmly believe it should reflect your interests and opinions so I would love to hear from residents of all ages - perhaps some of the estate's children are budding writers who would like to see their name in print!

Please contact me with your ideas by emailing [estate.echo.editor@gmail.com](mailto:estate.echo.editor@gmail.com) or call into the Community Centre.

With very best wishes,

Ellie Baker,  
Editor

## New Headteacher



Great news from Greatwood. We are thrilled to advise you that we have appointed a new headteacher. Mrs Jonelle Yeoman joined us in September. She came to us from a school in Bradford. She is keen to keep links with the Greatwood and Horseclose community and is always happy to discuss any comments or issues with the local community.



Picture shows residents who pitched for the Peoples Fund in 2018 Youth club received £1,426.13, Little Feet Crèche £1,573.87 and Samuels Rainbow who received £2,000 for a see saw at the millennium green.

## The People's Fund!

Your chance to have your say on spending

If you were in charge of a £5,000 budget to improve life for people living in Greatwood and Horseclose what would you spend it on?

See back page for more details.

# LITTLE FEET CRÈCHE— A COMMUNITY SUCCESS STORY TO BE PROUD OF

It is no secret, especially amongst parents, that good childcare provision is often both hard to find and expensive. Since 2010 515 Children's Centres and over 100 Maintained Nursery Schools have been permanently closed in England and the average cost of an hour's childcare is around £4.65. Experts in Early Years Provision emphasise the importance of high quality childcare for young children, noting that such provision delivers enormous and lifelong benefits for both the children especially for those from disadvantaged backgrounds. It benefits their families too, and the communities they live in, providing opportunities for social interaction between parents and staff. As a mother myself I can well remember how lonely new parenthood can be, and how a chat at pick-up time or a friendly word from a crèche staff member can make the difference between a good day and a bad one. Up to 3 in 10 new mothers experience postnatal depression and loneliness is often a huge factor. Nearly 60% of these mothers never seek professional help, making community and peer support all the more important.

This is why we, as a community, are so lucky to have Little Feet creche; a non-profit organisation governed by the Greatwood and Horseclose Resident's Association. It is staffed mainly by volunteers, who never cease to amaze with their dedication and hard work. Despite having jobs and families of their own they work tirelessly to provide a fantastic experience for the children whilst also organising fundraising and social events for the whole community. Each staff member brings something different to the table; some are working towards childcare qualifications, others hold paediatric First Aid certificates and others are experienced in disability awareness and Makaton.. In terms of community and fundraising events, the crèche has recently participated in the Santa Fun Run and manned a stall at the local school's Christmas fair as well as hosting one of their own complete with Santa's Grotto. I visited the latter with my son who thoroughly enjoyed himself and the commitment that went into creating such a wonderful event was truly incredible. There is a bingo night and raffle still to come and the total funds raised are to be announced shortly.

I asked Emma Proctor, crèche leader, what makes Little Feet so special. She told me the crèche is a family, with both adults and children looking out for one another, and that everything is done for the benefit of the children as well as providing low cost childcare for the community. She said all the staff feel very lucky to receive such strong support from the community and that she hopes Little Feet will continue to go from strength to strength. As a mum whose son so enjoyed his time there, and who has been shown such kindness and compassion from crèche staff myself at times of trouble, I firmly believe that Emma and her colleagues are the unsung heroes of Greatwood and that Little Feet is an asset we should take great pride in.

With thanks to Emma, Linda, Rachel, Adrian and everyone else at Little Feet.

***Crèche is open from 10am to 11.55am on Monday, Wednesday and Friday. A 3 hour session costs £6.50 and a 2 hour session is £4.50. If you feel you can help crèche in any way, or if you would like to discuss a place for your child please drop into the community centre or call 01756 701386.***

## HEALTHY LIFESTYLES

The Healthy Lifestyles group is a 12 week weight management program that incorporates nutritional advice, a 30 minute exercise class where the instructor will tailor the session around your individual's needs and capabilities, and a weekly weigh-in. Participants are given a workbook divided into 12 sections, covering one section per week. At the end of the session you are given a free gym or swim session voucher to be used at Craven Leisure Centre. It is open to anyone over 18 with a BMI of 25 or above who resides or works in the Craven area, providing both professional and peer support in a friendly and non-judgmental environment. Participants are encouraged to set healthy and realistic goals and the aim of the course is to create permanent, positive lifestyle changes. The course can be accessed via a referral from a health professional or via self-referral (please see contact details at the end).

The Echo's editor interviewed Nigel Cotterill, a former group participant, who kindly shared his thoughts on the group with us. Nigel, along with his wife Jackie, began the program in August 2018. Nigel explained that for him the opportunity to join the program came at 'the right time, in the right place, whilst in the right frame of mind.' He told us that he had tried numerous diets in the past but always lapsed back into old habits after a few weeks. Nigel says he feels now he has a far healthier attitude to food and a different approach to eating. He spends more time on

food preparation and views pre-planning meals as very important, but did allow himself one 'treat night' a week when he would enjoy more indulgent food but in moderation.

Nigel found the course hugely beneficial. He used his weekly pass for Craven Leisure to access the gym and created a personal workout plan with an instructor, spending up to 2 and a half hours exercising. If you use the pass for the gym while under the Healthy Lifestyles programme, the £10 Gym Induction Fee is waived.

As the weeks went by Nigel found himself experiencing less aches and pains and noticed positive changes in his body such as improved muscle definition and has been able to maintain the lifestyle changes he has made as a consequence of completing the course.

With thanks to Nigel Cotterill.

**The next 12 week Healthy Lifestyles program begins on Thursday 10th January at Horseclose and Greatwood Community Center between 11.30am and 12.45pm. If you are interested please visit [www.cravencdc.gov.uk/craven-leisure/healthy-lifestyles](http://www.cravencdc.gov.uk/craven-leisure/healthy-lifestyles) or telephone 01756 792805 and select Option 3.**



# Nurturing Neighbourhoods – What's Going On?

**Did you know that loneliness is as bad for our health as smoking 15 cigarettes a day?**

Nurturing Neighbourhoods is a new two year project in Craven. Our aim is to increase neighbourliness, friendship and social connections for all ages.

The project will happen in four places in Craven:

- Settle
- Sutton in Craven
- Bentham
- Greatwood & Horseclose Estates, Skipton

These places have been chosen because there are existing projects bringing people together, for example Community Munchers in Settle and Sunday Social and Scoff Club in Skipton.

Each place is unique, and we will support people living there to discover, celebrate and connect the things that increase social connections for all ages.



In each place we will talk to residents and community leaders to:

Understand what's good locally, for example we might ask:

What happens in your neighbourhood that brings people together?

How do people in your neighbourhood help one another?

If three of your neighbours were willing to help, what would you love to do to make your community a better place to live?

- Identify local people who want to make a difference, and think about the local resources that can help them e.g. community buildings and green spaces.
- Build the confidence of

individuals and organisations to try new things

- Recruit local people who will share knowledge about what's going on locally

The project is being funded by the NHS and North Yorkshire County Council.

For further information please contact Karen McIntyre on 01756 701386.



## SUNDAY SOCIAL

is an exciting two year project funded by National Lottery's Peoples fund and means The Residents Association (via a sub group) puts on a monthly social event on a Sunday when people may feel more isolated.

money raised by  
healthLevel  
through



The fund also pays for two trips per year.

We're looking for people to sit on the sub group to help shape the programme for 2019.

The main criteria for the project is for people to feel more engaged in their community and make new friends.

Activities so far have included Jam Jar posies, rock painting, food foraging and a fab Sunday Dinner.

The first Sunday social is Sunday 20<sup>th</sup> January 12-2pm at the community centre where Corinne & David from Being Better will be helping us set New Year goals with healthy snacks and lots of chat catching up with friends after the Christmas holidays.

**For more information of how to get involved and feed any ideas for the monthly get togethers or trips contact Hayley or Karen on 01756 701386.**



## Award Winning Community Café

in your community run by volunteers every  
**Wednesday 12.30-2.00pm**  
providing a freshly cooked meal for £4.50.

Join the Facebook group to find out the meal of the week.

Scoff Café has been running from the Community Centre for three years and in that time has donated £1,600 to local charities.

# The People's Fund!

## Your chance to have your say on spending

If you were in charge of a £5,000 budget to improve life for people living in Greatwood and Horseclose what would you spend it on? Would you:

- Allocate grants to local projects?
- Spend on maintenance of public spaces?
- Improve street cleaning and refuse collection activity?
- Give funds to youth work projects?
- Sponsor public health activities?

If you have ideas for a local project why not fill in the box below with your details and take it along to the Greatwood and Horseclose Community Centre? You have until **Friday, 8<sup>th</sup> February 2019** to put your idea forward.

The £5,000 may be allocated to more than one project. Some projects may only cost £500 or a £1,000 so there is an opportunity for many people and projects to benefit from the budget.

Projects will then be shortlisted and if yours is chosen you will have an opportunity to put your ideas to local people using social media across the rest of February 2019. Local residents will then vote on what the budget should be spent on at the Community Centre and announced at a People's Fund event at Greatwood Primary School on 28<sup>th</sup> March 2019.

Get involved, put your ideas forward, have your say, vote for your favourite project.

✂

Name:.....

Tel:.....

Email: .....

**Brief description of what you would like the budget spent on:**

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**Calculate how much it will cost:**

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### EXPERIENCED SCHOOL GOVERNOR VACANCY

*Greatwood School are recruiting for someone with previous experience of being a school governor. If you have previous experience and are interested in joining us please contact headteacher Mrs Yeoman in the first instance.*

### VOLUNTEER VACANCY FOR A COMPANY SECRETARY

**for the Residents Association Charity**

Overall approx. 2hrs a week to ensure trustees have paperwork and minutes to be taken at bi-monthly meetings, free training will be given if required.

**For more details or to apply contact Karen McIntyre 01756 701386**



**THE GREATWOOD & HORSECLOSE NEIGHBOURHOOD ACTION GROUP**  
*is a branch of the Greatwood and Horseclose Resident's Association*

*We are residents of Greatwood and Horseclose, who came together to bring a fresh outlook to the estate. Over the next few weeks we will be meeting to plan and discuss future social events and fundraising for all and to bring ideas together, but YOU are our community and we would like YOU to contribute in anyway you can.*

*This is one reason why we have set up a Facebook Group (see link below), to keep YOU the community informed on what we are involved with and planning and most of all for YOU to talk.*

*The next Neighbourhood Action Group meeting will take place at the Community Centre on 28th January 2019 at 7.30pm, we would like to see you there.*

**<https://www.facebook.com/groups/770213846647189/>**  
*We also have an email address:*  
**Secretary@greatwoodandhorseclose.co.uk**

### Tool Hire

It is with regret that due to other commitments & falling rentals throughout the winter period, I am unable to continue to keep the Tool Store open on a Thursday morning.

The Tool Store is still open for rentals of Carpet Cleaners, Karcher Pressure Washer etc, but this will be by emailing me at:

**treasurer@greatwoodandhorseclose.co.uk** where we can arrange a suitable time for you to collect.