

THE

Estate

ECHO

Issue 20, 2016



Scoff Café has continued to go from strength to strength over the last six months. The highlight was definitely winning the best community group in the Craven Community Champions Award ceremony at Coniston Hall in October.

Ray Marfell (volunteer chef) came up with the idea of doing a free buffet, raffle and entertainment for the regular customers at Christmas as a thank you for supporting the weekly pop up café. A very enjoyable festive afternoon was had by all.

Keelham Farm who sponsored the award have continued to support Scoff by donating produce for the Christmas party and held a wine tasting evening which raised a fantastic £600 which is being used to buy a large fridge, staff uniform and look at getting Scoff Café mugs and other branded items.

Greatwood & Horseclose
One Community Many Stories
www.greatwoodandhorseclose.co.uk
 Includes up to date information about what's happening in the Community Centre!

Scoff is currently open 12-2pm every Wednesday at Greatwood and Horseclose Community Centre as from Wednesday 24th Feb it will be open until 4pm -12-2pm lunch and set menu and 2-4pm Hot snacks on toast, Tea cakes and cakes, Transport can be arranged if required.

Join the Community Centre Facebook page to see the week's delicious set menu.

If anyone would like to know more about Scoff Café or volunteer please contact Karen on 01756 701386

GREATWOOD & HORSE CLOSE RESIDENTS' ASSOCIATION SECURE £8,400 TO CREATE NEW GENERATION OF COMMUNITY LEADERS

A Skipton residents' association has been given £8,400 by Awards for All, part of the Big Lottery Fund.

The Greatwood & Horse Close Residents' Association plans to spend the money on a Community Leadership Programme, to empower residents to improve their own community.

The grant application was supported by Craven District Council and Yorkshire Housing through the South Skipton Partnership.

Qualified trainers will teach residents a combination of personal development and community development skills aimed at building confidence and motivation.

Karen McIntyre, Community Development Adviser at Yorkshire Housing, said: "This project will give volunteers new skills and help

them give their community a voice.

"Residents will be given the confidence and ability to go on to run their own events and projects and become leaders in their community.

"We held a number of consultations to identify priorities in the community and these showed people wanted more skills training and more family events in the area."

Vivienne Barclay, a transformation coach and also a Yorkshire Housing tenant, will help deliver the course. She has already taught staff and tenants at Yorkshire Housing, with life-changing results.

The volunteers will also learn new skills such as health and safety, food hygiene and equality and diversity.

A number of volunteers have already signed

up for the programme but there are still some spaces left. For more information contact Karen McIntyre at Greatwood & Horse Close Community Centre: 01756 701386.

Councillor Linda Brockbank, Craven District Council lead for Working with Communities, said: "I'm delighted this project has been given grant funding.

"We know there are a number of barriers to participation in community activities and a good quality of life, with issues of mental health and social exclusion. This course will help build personal resilience and improve confidence.

"People will have better chances in life, with better access to training and development to improve their life skills by participating in volunteering and taking part in this programme."

OPPORTUNITIES & INFORMATION FOR YOU

A course for personal resilience, health and well-being

New for 2016

Has the Christmas period left you feeling stressed, frustrated and drained?
Join our five week course to learn how to overcome these feelings and bounce back by harnessing your personal resilience.

All sessions will be held at the Greatwood and Horseclose Community Centre, North Parade, Skipton:

Week one 1pm - 3pm, Saturday 27 February 2016 - How our experience is created and clearing up a simple misunderstanding about where resilience, health and well-being come from

Week two 1pm - 3pm, Saturday 5 March 2016 - How conflict, frustration and disappointment are brought to life

Week three 1pm - 3pm, Saturday 12 March 2016 - Understanding the effect of mood on how people react and explaining why we all have good days and bad

Week four 1pm - 3pm, Saturday 19 March 2016 - What resilience really is and accessing it to quickly bounce back

Week five 1pm - 3pm, Saturday 2 April 2016 - Being well and healthy going forwards, how what we've learned applies to ourselves as well as to others



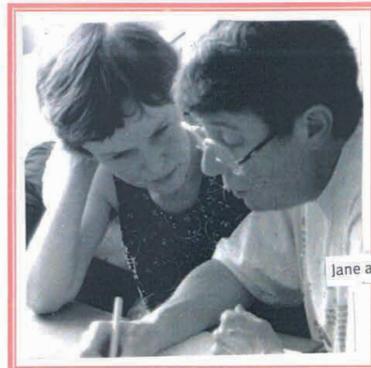
For further information or to book a space contact
Karen McIntyre
Karen.mcintyre@yorkshirehousing.co.uk
01756 701386



'Free, Writing Hands Workshops'

Are you good with people?
Do you know someone who struggles to write things down for themselves?

If so, why not train as a 'Writing Hand' at Greatwood & Horseclose Community Centre North Parade, Skipton
For More Information :
call Karen on 01756 701386



Jane and Jan

A Writing Hand is someone who :

- writes down, word for word, what someone else wants to say, e.g. writing letters, stories, filling in forms
 - listens well and responds appropriately to the person's needs
 - builds up trust and confidence with the person they are writing for
 - considers the person they are helping as equal
 - understands the barriers to learning that people can face and have in the past
 - can support others and accept support for themselves
- Come along for an informal information session
on: Thursday 11th February 2016: 1-3pm



First Aid & Safety of Children and Adults Course

Suitable for Babysitters and anyone that wants to learn about First Aid and other Safety skills.

Gain lots of valuable knowledge and practical skills preparing you to deal with everyday safety and first aid situations of Adults, Children & Babies. This is a great training package that covers many areas of your safety and the safety of others including: First Aid, Fire Safety, Safeguarding and Accident Prevention. You will gain an accredited First Aid nationally recognised qualification and other development training that can be included on your CV and training records.

Emergency First Aid for Adults and Paediatric First Aid



Learn about Resuscitation, Choking, Bleeding, Head & Spinal Injuries, Fractures & Dislocations, Sprains & Strains, Burns, Common Childhood Illnesses, Allergic Reactions and much more.

Other areas to be covered are:

Fire Safety, Safeguarding of all, Accident Prevention & Looking after Babies & Children.



The course will be split into 2 hour sessions to be carried out during Thursday evenings from 6pm - 8pm over 6 weeks on 25th February, 3rd March, 10th March, 17th March, 24th March & 31st March and will take place at the Greatwood & Horseclose Community Centre.

The course will be delivered by



For more information or to book your place speak to Karen McIntyre or call GEM Compliance Training on 01535 445002 or email us on info@gemcompliancetraining.co.uk

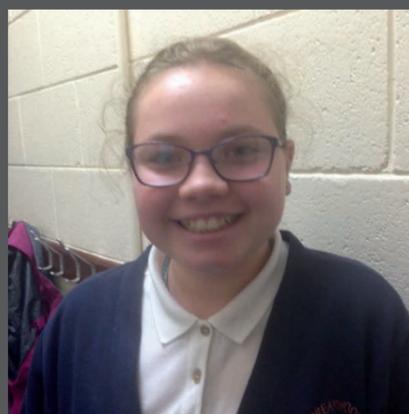
Writing on the Wall

Hi my name's Sophie Elgie and I'm 10yrs old and attend Greatwood School. I enjoy drama and I'm a member of GTS theatre group and have appeared in three productions at the town hall in Skipton. I'm also an active member of the fair-trade Group in school and Skipton girls rock camp run by SELFA all of which I enjoy.

Enough about me I would like to know what

your hobbies are, what you would like to see on this page in future issues and what groups you would like in your community for young people.

Put your ideas down and send to Sophie Elgie either bring into school or put through the letterbox at the Community centre all letters will be entered into a free prize draw for a £25 voucher of your choice.



GREATWOOD & HORSECLOSE GOOD NEIGHBOURS

Greatwood and Horseclose Community Good Neighbours is a proposed voluntary scheme run for the benefit of the whole community. Its aim is to provide day-to-day support for residents who may need help on an occasional or regular basis.

Come along on:
Wednesday 17th February
10.00-11:30am

To hear all about the Good Neighbours scheme, talks from Age UK and a cooking demonstration from Keelham Farm.

You will have the opportunity to ask any questions about the Good Neighbours scheme and express your interest as a volunteer.

For the first expression of interest drawn on the day there will be a £25 voucher for the store of your choice (see overleaf)



www.greatwoodandhorseclose.co.uk
Includes up to date information about what's happening in the Community Centre!



SAFER NEIGHBOURHOOD POLICE UPDATE

Happy new year to all of you. We have had a lot of water fall over the past month with many homes and work places destroyed and damaged across the country. The emergency services, councils, communities in the local area have all been working hard to help victims of the floods throughout this difficult time. North Yorkshire County Council's website has a lot of information on how to get support if you have been affected by the floods.

Throughout December 2015 we have had a number of incidents involving theft from vehicles which could have been prevented by removing items from vehicles and locking them. Many of the incidents involved vehicles which were insecure. Valuables such as stereo's, mobile phones, sat nav's should be removed from your car. Even at the petrol station remember to close the windows and lock the doors.

Reduce theft by setting the alarm or immobilisers on your vehicles. Park your car somewhere safe – use your garage if you have one. Always try and park in a well-lit , busy street or car park.

Ensure you remove your car keys whenever you get out of the car and don't leave them on display at home. Thieves commit 2-in-1 burglaries where they break into houses and steal car keys and then take the car.

Never leave loose change, CD's, cameras or shopping on display in your car, thieves will steal whatever they can see.

We have also had incidents involving ladies handbags being insecure allowing an opportunist to take purses out without the owner knowing. Please keep handbags closed to help stop this from happening.

Over the next couple of months I am holding a number of Police Surgeries. If you have a community issue you wish to discuss or just to say hello feel free to drop in at Greatwood and Horseclose community centre in the Library on the following days:

- Friday 22nd January 2016 18:00hrs – 19:00hrs
- Wednesday 10th February 2016 13:30 – 14:40
- Wednesday 24th February 2016 12:00hrs – 13:00hrs
- Friday 26th February 2016 18:00hrs – 19:00hrs

Skipton Police Station has a dedicated Neighbourhood Policing team who can deal with medium, and long term issues, this means they can be the single point of contact. As you know the police now use the 101 phone number system, this is a non-emergency number. For emergencies, as ever, it's 999. If you are reporting any other issue, use 101.

Although Craven is still a safe area to live and work:

Whilst Craven continues to be one of the safest areas in the country to live we should not be complacent. Please remain vigilant and take a few simple measures to protect your home and property. This can be as simple as ensuring doors and windows are locked. If you have a burglar alarm, use it – you'd be surprised how many people don't!

Don't leave keys in vehicles and quads, even during the day! Where possible, block barn doors with a vehicle restricting access to property stored inside. These are simple effective ways of preventing or deterring crime and making you feel safe. If you can put another obstacle in the way of the criminal, you may make it not worth their while. Another great way to do this is to keep your farm/driveway gates shut.

Be mindful that we rely on you to report anything suspicious, no matter how trivial it may seem to you.

Please don't forget, that small piece of information could be all that is needed for us to arrest an offender, prove a case we are already investigating or deal with matters that affect the community and quality of life issues. This cannot be over emphasised and any information passed to the police will always be treated sensitively.

You can also keep an eye on the latest crime figures for your area on www.police.uk . This provides you with the option to select your neighbourhood and type in your postcode. This will bring up all of the incidents in your neighbourhood. You can even click onto the road which you live on and see if there has been any incidents reported.

You can also get in contact with myself by using the Police Post Box in the entrance to the Greatwood and Horseclose Community centre. There is a notepad and pen on top of the Police Post Box which allows you to report things anonymously. The box is checked on a regular basis by myself.

Thank you and stay safe,

PCSO Amy Sharrad

For information on the work of your Local Safer Neighbourhood Team please follow us on [Twitter](#), [Facebook](#) or www.northyorkshire.police.uk.

- PCSO 6604 Sarah Hargreaves – Skipton North [@SarahHargreav10](#)
- PCSO 5495 Amy Sharrad – Skipton South (Greatwood & Horseclose) [@PCSO5495Amy](#)
- PCSO 3580 Ruth Pearson – Embsay & Skipton South [@PCSO3580Ruth](#)
- PCSO 3587 Gill Seed – Skipton Town Centre [@PCSO3587Gillian](#)
- PC 1896 Liz Rutter – Skipton South / East beat manager [@KS1896](#)
- PCSO 5394 Sally Breen – Skipton East
- PC 1728 Richard Sutcliffe – Skipton North / West beat manager
- PS1006 Paul Evans – Skipton and Crosshills Safer Neighbourhood Sergeant



NCS VOLUNTEER AT CENTRE

A group of young people volunteers led by Bradley Maddison painted the ladies loos at the Centre as part of their work for National Citizen Service. All enjoyed it so much they will be back in July/August to do some outdoor work at the centre.

Greatwood and Horseclose Community Centre are looking for volunteers to be involved in this new and exciting scheme. If you have some spare time and are willing to be involved please complete this form return to the community centre by Wednesday 17th February 2016. Please tick which activity you would like to undertake. If you would like to help with more than one activity then please do tick multiples. If you feel you have a particular skill you would like to offer or an area isn't covered here please do leave you suggestions.

- Committee member
- Shopping/prescription collection
- Lifts to/from hospital/doctor appointments
- Social visits/befriending
- Small household tasks- taking bins out/watering plants
- Emergency/minor indoor repairs – light DIY tasks
- Light gardening work/dog walking
- Phone rota – matching callers to suitable volunteers (can be done at home or fitted around part time employment)
- Fundraising

Other – please use this space if you have any skills that aren't reflected here:

Name: _____

Tel.: _____

Email: _____

Address: _____
