



## LAWLEY COMMUNITY VIRTUAL NOTICEBOARD

### YOUR NEWS

- RECENT EVENTS AND PROJECTS
- UPCOMING EVENTS
- YOUTH OPPORTUNITIES
- VOLUNTEERING OPPORTUNITIES
- COMMUNITY GROUPS
- FUNDING NEWS
- FUTURE OPPORTUNITIES
- COMMUNITY NEWS AND EVENTS

### MONTH APRIL 2024

THIS MONTH FEATURES EASTER  
ACTIVITIES & SPRING EVENTS

### HERE FOR YOU!

- RESIDENTS
- COMMUNITY GROUPS
- CHARITIES
- ORGANISATIONS
- LOCAL SERVICES
- BUSINESSES

TELL US THE OPPORTUNITIES  
AND SUPPORT THAT YOU  
WOULD LIKE TO SEE IN LAWLEY

**WANT YOUR EVENT, PROJECT  
OR GROUP FEATURED?**

**EMAIL: LIN POWELL FROM BVT**  
[lindseypowell@bvt.org.uk](mailto:lindseypowell@bvt.org.uk)

Many thanks for all your work in our community. Please get in touch if you want to know more.

Kind regards, Lin Powell [LindseyPowell@bvt.org.uk](mailto:LindseyPowell@bvt.org.uk)

Community Development & Partnerships Officer, Bournville Village Trust

**All information is correct at the time of publishing, please check with groups and event organisers for details.**

## Recent News



### ***Congratulations to Jordan who recently won Shropshire's Outstanding Young Citizen Award!***

***Jordan is 16 years old and studying at Telford College, but you may have met him at Lawley events where he has volunteered as our mascot Mawley Mole for the last 18 months.***

***Very well done and congratulations Jordan! For more details read the news story on our website:***

***[Lawley Village - Jordan is awarded young Citizen of the Year for Telford and Wrekin \(bvtlawleyvillage.org.uk\)](http://bvtlawleyvillage.org.uk)***

***Looking for a way to help the local community?***

***Join our volunteer network now!***

***Email: [lawleystewardship@bvt.org.uk](mailto:lawleystewardship@bvt.org.uk)***



Easter  
Activities



## TELFORD STEAM RAILWAY

OPEN FROM THE 31ST MARCH



Alice's Adventures  
to Wonderland  
5th - 7th April



Exotic Express  
2nd June



TF4 2NF - CLOSE TO IRONBRIDGE  
WWW.TELFORDSTEAMRAILWAY.CO.UK

# Easter Activities



**FREE PIZZA & COLLEGE CV ADVICE**

## LAWLEY YOUTH FORUM

### OVERPOWERED GAMING TAKEOVER

**COME & TRY THE GAMING VAN WITH YOUR FRIENDS**

Join our first Youth Forum Consultation in the community hub. Drop in and join us for pizza. Overpowered Gaming Van with 12 screens\* and tell us what you want for young people in Lawley. Ages 10+  
\*Screen time subject to availability and on rotation

**Thurs 28th March**  
**6pm-7.30pm**

Lawley Community Hub,  
Unit 3 Birchfield Way,  
Lawley Square,  
Telford, TF3 5BZ

For details contact:  
lawleystewardship@bvt.org.uk

**OVERPOWERED GAMING**  
MOBILE VIDEO GAMING ENTERTAINMENT  
www.overpoweredgaming.co.uk

retirement communities

## Lawley Bank Court

Martingale Way, Telford, Shropshire TF4 2PP

### Easter Fayre

Saturday 30 March  
10am-12pm

Step into spring and join us for an afternoon of fun!  
Raffle | Tombola | Hook-a-duck

**Free entry – all welcome!**

For more information, or to book a stall, contact:  
Lawleybank@sanctuary.co.uk  
01952 502 420

Located in Lawley, Lightmoor Village & Overdale **FREE**

Priority given to residents from these areas

**COMING SOON!!!**  
**DATE: EASTER HOLIDAYS 2024**

**CHILDREN'S HOLIDAY ACTIVITIES** | **YOUTH SPORTS SESSIONS**

Check out the website for our fantastic range of free children's activities and other popular Lawley annual events such as Summerfest

**WHAT'S ON IN LAWLEY**

Find events by scanning the QR code or search Eventbrite

For more info contact: events@bvt.org.uk or clerk@lawleyoverdale.org.uk or search www.whatsoninlawley.com

From Lawley Partnership Board & Lightmoor Village Delivery Group

Includes a variety of activities from partners & with some funding from:

**LEVELLING UP**

Funded by UK Government

# URBAN GAMES

LOOKING FOR SOMETHING DIFFERENT TO DO THIS **EASTER?**

Telford & Wrekin Council's urban games offer a fun and safe environment for everyone from toddlers through to teenagers.

Sports sessions in your local park including football, cricket, cycling, hockey, wrestling and lots of others. Hosted by professional and qualified coaches from AFC Telford United, Shropshire Cricket and Telford Bike Hub – come along. There's something for everyone at venues across Telford.

**WWW.TELFORD.GOV.UK/URBANGAMES**

Sessions are completely **FREE** – funded through the council's Safer & Stronger Communities programme.

**LEVELLING UP**

# Easter Activities



Telford & Wrekin Council



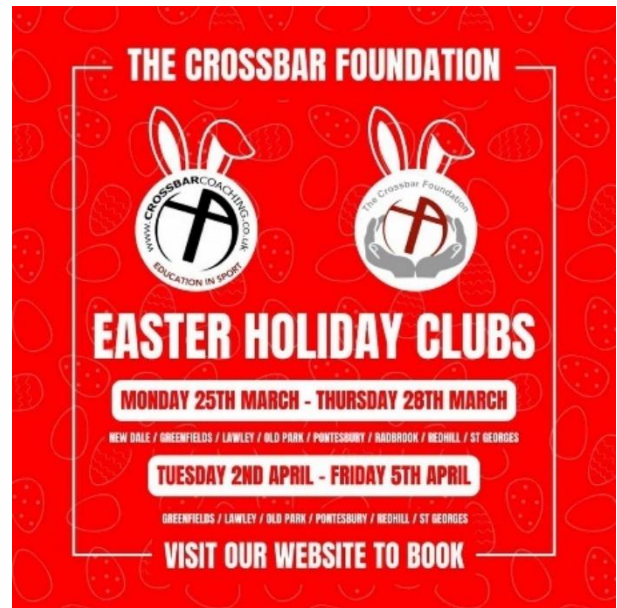
Kids4£1 activities start today! 🐰

Activities we're offering at centres across the borough include golf, tobogganing, tennis and lots more. 🏌️‍♂️ 🏂 🎾

Activities run throughout the Easter holidays until Sunday 7 April 2024.

Find out more about all the activities and book your place: <https://orlo.uk/oNOVn>

Don't forget, there are also activities running at Telford Ice Rink, Telford Snowboard and Ski Centre and Telford Town Park which aren't part of the Kids4£1 offer but are still great value.



## Join Our Community Art Project!

### Lawley Community Art Project

Show off your skills in painting, drawing, photography or digital art.

Decorate a white square 9cm x 9cm with your design. All ages and skill levels welcome.

Entries will be exhibited together for a time as a Community Art Installation in Lawley Village.



Submission deadline: 12th April 2024  
Submit entries to Lawley Community Hub.  
For more details contact: [lawleystewardship@bvt.org.uk](mailto:lawleystewardship@bvt.org.uk)



# RESPONDATHON 2024



Charity No: 1131479

Our volunteer CFRs are responding to emergency calls round-the-clock for 95 hours over the Easter weekend.



Your donations help us buy and maintain our kit and keep our vehicle in the community, responding to emergency calls on behalf of West Midlands Ambulance Service.

JustGiving®

PLEASE HELP US RAISE £1000!



Use this QR code to donate, or search for "Telford CFRs Respondathon"

Community Activity Groups



**NEW!**  
Starts 4th March 2024

**LAWLEY VILLAGE LINE DANCE CLUB**

**ABSOLUTE BEGINNER CLASS**

**MONDAY NIGHT**  
**6 - 7pm**

**£2**

LAWLEY COMMUNITY CENTRE ARLESTON LANE, LAWLEY, TF4 2PR  
CALL/TEXT: 07504 868419 [www.lawleylinedancers.uk](http://www.lawleylinedancers.uk) [contactus@lawleylinedancers.uk](mailto:contactus@lawleylinedancers.uk)

MEET NEW PEOPLE

We would like to thank the following organisations for their support in setting up our club:

MAKE NEW FRIENDS

**STARTS FEBRUARY 27 - TUESDAYS FROM 1.45PM**  
**WALKING FOOTBALL**

Telford & Wrekin Hockey Club  
Church Street TF2 9LU

Call coach Gary for more info 07854 715 351  
**Free Session No need to book All ages**

**STARTS FEBRUARY 27 - TUESDAYS FROM 1.45PM**  
**WALKING HOCKEY**

Telford & Wrekin Hockey Club Church Street TF2 9LU

**Free Sessions No need to book All ages**

Email [Saferstronger@Telford.gov.uk](mailto:Saferstronger@Telford.gov.uk) for details

# Telford Community Events



## PAST FAST & FUTURE

**AUTO SHOW**

In support of **Severn Hospice**  
here and at home

We holding a new charity car show for Shropshire auto enthusiasts... and we want YOU to be part of it!

**Saturday 20 April 2024**  
at The Auto Centre  
Shrewsbury Colleges Group  
London Road Campus SY2 6PR

Individual vehicle owners are invited to register to exhibit at [shrews.co/PFFex24](mailto:shrews.co/PFFex24) or by scanning the QR code.

If you are a Club, Dealerships or Trade Supplier please email [events@scg.ac.uk](mailto:events@scg.ac.uk) to get involved.

Booking for the public to attend this event will open soon so keep checking [scg.ac.uk/events](http://scg.ac.uk/events)

### CultureKind Chinese Community

🎉🎊 Come and join our FREE children and adults dance 🏮 class every Sunday. This class will be taught by a very experienced Chinese dance teacher. You will have many opportunities to perform with your children at local or national events. Places are limited, book a place now by messaging us 📱 or emailing us @ 📧 at [info@culturekind.org.uk](mailto:info@culturekind.org.uk).



**FREE Children & adults Chinese traditional dance class**  
Chinese Arts and Culture Centre, Unit E4, Stafford Park 15, Telford...

**FREE ENTRY**

## SPRING FAYRE

**Saturday 13th April 2024**  
**11am - 3pm**  
**Park Lane Centre, Woodside, Telford**

There is something for Everyone!  
Come along and see our amazing sellers and crafters! With a huge variety of items available, you will be spoilt for choice!

**Preloved Clothing • Glitter Tattoos • Hair Braids • Jewellery • Crystals • Cakes & Bakes • Handmade Gifts • Resin Gifts • Croc Charms • Tombolas • Bath Bombs • Wax Melts • Books and so much more!!**

## ITS QUIZ TIME

Fun Quiz every THURSDAY  
Starts 7.45pm  
£1 per player  
THE CROWN AT SHIFNAL

**DONT MISS OUT ON A GREAT EVENING WITH STUART**

## TELFORD EVENTS 2024

<b>21 APRIL</b> SPRING INTO ST GEORGE'S DAY	<b>27 MAY TO 2 JUNE</b> TELFORD WALK WEEK	<b>30 JUNE</b> ARMED FORCES DAY	<b>23 24 &amp; 25 AUG</b> TELFORD BALLOON FIESTA	<b>13 14 &amp; 15 SEPT</b> IRONBRIDGE WORLD HERITAGE FESTIVAL
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# Community Action & Info



## Wellington Cycle Delivery Scheme

Need **FREE** help getting your shopping home from Wellington Town Centre?

Call or text - **07398 136120**

**Thursdays & Fridays 10:30am - 2pm**  
**Saturdays 9:30am to Noon**

For deliveries within 3 miles of Wellington Town Centre

Our environmentally-friendly e-bikes can deliver your shopping direct to your door saving you the strain of carrying heavy bags.

*All applications to use this free delivery service are subject to approval by the organisers*

**Brilliant financial advice from experts you can trust**

FINANCIAL

**Proud to sponsor Wellington Cycle Delivery Scheme**

Trustpilot

Telford: 01952 303028  
Shrewsbury: 01743 816889

[www.qfinancialservices.co.uk](http://www.qfinancialservices.co.uk)

[info@qfinancialservices.co.uk](mailto:info@qfinancialservices.co.uk)

### Free delivery scheme area of coverage

National Cyber Security Centre  
SPONSOR OF GOV.UK

## Recovering hacked accounts

A step-by-step guide to recovering online accounts.

Whether it's your email, a social media account, or your online bank, losing access to a digital account can be stressful. This page summarises what you can do to minimise any damage, and how you can regain access to your accounts.

### How to tell if you've been hacked

Check your online accounts to see if there's been any unauthorised activity. Things to look out for include:

- being unable to log into your accounts
- changes to your security settings
- messages or notifications sent from your account that you don't recognise
- logins or attempted logins from strange locations or at unusual times
- unauthorised money transfers or purchases from your online accounts

In some cases, it may not be possible to recover your account with the online service. In such cases, you'll have to create a new account. Once you've done this, it's important to give your contacts your new details, and tell them you've abandoned the old account. Make sure to update any bank, utility or shopping websites with your new details.

© Crown Copyright 2022

- #### 1. Contact your account provider

Go to the account provider's website and search their help/support pages which will explain the account recovery process in detail. It's likely to be different for each account.
- #### 2. Check your email account

Check there are no unwanted forwarding rules in your email account. Cyber criminals may set up rules which means they'll automatically receive copies of all emails sent to your account (which would allow them to reset your passwords).
- #### 3. Change your passwords

Change the password for any account that has been hacked, and also for any accounts that use the same password. Cyber criminals know that people use the same password for different accounts, and so will try the same 'hacked' password across multiple accounts.
- #### 4. Force all devices and apps to log out

This can usually be done from the 'Settings' menus of the app or website (or it may be part of the 'Privacy' or 'Account' options). Once you've done this, anyone attempting to use your account will be prompted to supply the new password.
- #### 5. Set up 2-step verification (2SV)

2SV (which is also known as two-factor authentication or 2FA) usually works by sending you a PIN or code, often via SMS or email, which you'll then have to enter to prove that it's really you. So even if a criminal knows your password, they won't be able to access your accounts.
- #### 6. Update your devices

Apply updates to your apps and your device's software as soon as they are available. Updates include protection from viruses. Applying these updates promptly is one of the most important (and quickest) things you can do to prevent your account from being hacked.
- #### 7. Notify your contacts

Contact your account contacts, friends or followers. Let them know that you were hacked, and suggest they treat any recent messages sent from your account with suspicion. This will help them to avoid being hacked themselves.
- #### 8. Check your bank statements and online shopping accounts

Keep a look-out for unauthorised purchases. Check your bank accounts for any unusual transactions. You can contact your bank directly for further support. Always use official websites or social media channels, or type the address directly into your browser. Don't use the links in any messages you have been sent.
- #### 9. Contact Action Fraud

If you've lost money, tell your bank and report it as a crime to Action Fraud, the UK's reporting centre for cyber crime (in Scotland, contact the police by dialling 101). You'll be helping the NCSC and law enforcement to reduce criminal activity.

[@NCSC](#) [@cyberhq](#) [ncsc.gov.uk](#) [National Cyber Security Centre](#)



# Keen & Green



## Join Climate Action Hub Telford's FREE Sustainable Sunday event Sunday 21st April 11am-3pm Belmont Hall, Wellington, TF1 1LU

- Information, advice & talks: composting, growing food, community allotments, wildlife friendly gardening
- Seed & plant swap & garden scrap store
- Fun eco activities for all ages
- Swap & giveaway: clothes, books, DVD's, toys, household items etc.
- Terracycle recycling: see website
- Eco library + vegan refreshments



See our website for details  
[www.climateactionhub.org.uk](http://www.climateactionhub.org.uk)



## Sustainable Sundays 2024

- Jan 14th: Film 'Once You Know' (PG) plus Climate Cafe, Gift Swap, Eco Library and networking
- Feb 11th: Energy Efficiency Advice for your home
- Mar 24th: Zero Carbon Craft Activities
- Apr 21st: Get Growing! Wildlife friendly gardening advice and help to grow your own veg
- May 19th: Sustainable Fashion Show & Clothes Swap
- Jun 2nd: Eco Art Workshop for adults and children
- July 14th: Zero waste cooking workshop
- Aug 11th: Eco Kids activities & school uniform swap
- Sept 22nd: Harvest focused activities using your home grown veg
- Oct 20th: Plastic free Halloween crafts
- Nov 17th: Film session (tbc)
- Dec 1st: Sustainable Christmas ideas



Time: All sessions run from 11-3pm and are FREE  
Venue: Belmont Hall, Wellington, TF1 1LU

Refreshments: Hot drinks and vegan eats available.

Swap and Giveaway: browse our selection of second hand clothes, books and household items. Swap for free or take for a pay-as-you-can donation.

Eco library of books to borrow.

Terracycle facilities for hard-to-recycle items.

More details: <https://climateactionhub.org.uk>



# GREEN

## Grow Your Community

# JOIN OUR INCREDIBLE EDIBLE COMMUNITY



## We Need Help From You

- ✓ Community Consultations
- ✓ Annual produce swap/share/donation
- ✓ Fruit pickers and Gardeners
- ✓ Knowledge & Experience
- ✓ Learning Opportunities
- ✓ Help Grow Your Community



Consultation Dates, Community Action Days and Day Trips for 2024

Projects starting in Bournville, Lawley and Lightmoor Village

## REGISTER NOW

- Speak to our team today
- Email Us [lawleystewardship@bvt-org.uk](mailto:lawleystewardship@bvt-org.uk)



No experience needed, if you're KEEN and GREEN we need you!



## SAVE THE BEES BY PLANTING THESE



- |           |               |
|-----------|---------------|
| Lavender  | Snowdrop      |
| Thyme     | Geranium      |
| Sage      | Aster         |
| Borage    | Poppy         |
| Fennel    | Calendula     |
| Cilantro  | Sweet Alyssum |
| Hollyhock | Sunflower     |
| Crocus    | Zinnia        |
| Buttercup | Heliotropium  |

## Older Residents



**Loads to do in the community with Forum 50+. Find them online and search near you!**

[Forum 50+ – Connecting the over 50s in Telford & Wrekin \(forum50plus.org.uk\)](http://forum50plus.org.uk)



[westmidlandsguidedtours@gmail.com](mailto:westmidlandsguidedtours@gmail.com)

07944 538370

Booking link below:

<http://www.ticketsource.co.uk/west-midlands-guided-tours>



Guided walking tours every Saturday at 11am.  
Tours last approximately 3hrs.  
All children under 16 must be accompanied by an adult.

### West Midlands Guided Tours



Come and join us on our Guided walking tour of the UNESCO World heritage site that is Ironbridge. Let our knowledgeable guide help you to explore "The Birthplace of the Industrial Revolution".

There will be lots of time for photos and questions and plenty of time to reflect on this stunning and historically significant town.

We are a dog friendly tour, but please only arrive with your dogs if they are on a lead, very friendly and well behaved, you must pick up after your dogs, (this is a beautiful town, and we want it to stay that way).

Tours run every Saturday between March to December and will begin promptly at 11am.

**This Tour involves steps and is moderate – steep in places and is approximately 3.5 miles, it is not suitable for wheelchairs or buggies, please allow around 3hrs for your Guided tour.**

All tours must be booked in advance and may be cancelled due to extreme weather.

**Please wear suitable clothing and footwear.**

Come and explore with us, meet new friends, learn and most of all enjoy.

**Telford & Wrekin Co-operative Council**

**FIT4ALL**

### Moving On Exercise Classes for the over 50's

**Venue:** Lawley Bank Court  
**Day:** Friday 12th April  
**Time:** 11.30-12.30pm  
Weekly

Are you looking for a class which offers a creative mix of seated and standing exercises, that will help you achieve improved levels of fitness and wellbeing.

Come and Join us for a fun, friendly class  
Costing just £3.00 or pre pay £10 get four classes and save £2.00

**MOVING ON**

For More Information please contact **Jude Bailey**  
01952 908738

## Coming In 2024

**EASTER TRAIL**  
MON 25TH MARCH

**SUMMERFEST**  
SAT 6TH JULY

**Lawley 5k Fun Run**  
SAT 7TH SEPT

**LAWLEY'S BIG CHRISTMAS EVENT**  
SAT 7TH DEC

**WHAT'S ON IN LAWLEY**  
FOR MORE EVENTS  
[www.whatsoninlawley.com](http://www.whatsoninlawley.com)

**JOIN IN & VOLUNTEER WITH US!**

**CHILDREN'S HOLIDAY ACTIVITIES**

**YOUTH SPORTS SESSIONS**

**FOR ONGOING YOUTH ACTIVITIES**

For more details contact:  
[enquiries@lawleyoverdale.org.uk](mailto:enquiries@lawleyoverdale.org.uk)  
[lawleystewardship@bvt.org.uk](mailto:lawleystewardship@bvt.org.uk)

# Youth Opportunities



**#RISEAGAIN** Telford & Wrekin Cooperative Council Protect, care and invest to create a better borough

No booking needed, just turn up!

## AFC TELFORD UNITED KICKS

YOUTH CLUBS

LOCATION	DAY	TIME	AGE GROUPS
Madeley 3G	Monday	4:30pm - 5:30pm	12+
Stirchley 3G	Thursday	5:00-6:00pm 6:00-7:00pm	Under 12s
Oakengates 3G	Thursday	5:00-6:00pm	12+
Dawley 3G	Friday	5:00-6:00pm	12+
AFC Telford United Goal Zone	Friday	5:00-6:00pm	12+
Lightmoor & Horsehay MUGA	Friday	6:00-7:00pm & 7:00-8:00pm	6-7pm U12 7-8pm 12 to 16
Lawley Primary Academy	Friday	6:30pm - 7:30pm	12+

AFC TELFORD UNITED FOUNDATION Safer & Stronger Communities

TELFORD AMATEUR BOXING CLUB

## TELFORD ABC SESSION TIMES

**Mondays TABC**  
6.30-7.30pm juniors (age 7-12yrs) £3  
7.30-8.30pm seniors £4

**Wednesdays TABC**  
6.30-7.30pm juniors (age 7-12yrs) £3  
7.30-8.30pm seniors £4

**Thursdays Boxwise**  
7-8pm 11-18yrs  
8-9pm female only 11yrs+

**Saturdays Fit2box**  
Open senior session  
9.45-11am £5

INSPIRING AND TRANSFORMING LIVES THROUGH BOXING

EST. 1880

Fit2Box Channel

Lumley Hall, Madeley, TF7 5AU

CVS TELFORD CHILDREN'S AUTISM HUB

## DUGOUT 11 TO 18'S

Empowering Young People To Be The Best Versions Of Themselves

1st Thursday of the month  
4:30pm to 6pm

\*\*Places are limited so book early to avoid disappointment\*\*

HOT CHOCOLATE MOUNTAINS, POOL, SNOOKER, TABLE TENNIS, TABLE FOOTBALL, BOARD GAMES, CREATIVE ARTS...

Call 01952 262062 to register your interest  
or email us on [childrensautism@tandwcvcs.org.uk](mailto:childrensautism@tandwcvcs.org.uk)

Fully funded 10 week programme for 11-18yr olds. All equipment provided. Ideal for beginners!

**THURSDAYS 7-8PM**  
Age 11+

**BOXWISE** @NMF.org

TELFORD ABC

Lumley Hall Madeley Highstreet TF7 5AU

# Youth Activities



The Crossbar Group



Introducing: The Crossbar Football Academy! ⚽

This academy will involve high-quality sessions tailored to improve physical & social skills as well as build confidence.

We have two, free taster sessions for you to come and experience what our football academy is truly about! All are abilities welcome!

Thursday 21st March 5 pm ( Foundation - Year 2 )

Friday 22nd March 5 pm (Year 3 - Year 6 )

Venue: Old Park Primary School

To book your free taster please email [luke@thecrossbargroup.co.uk](mailto:luke@thecrossbargroup.co.uk) or drop us a message for more details 🙌

**CROSSBAR ACADEMY** ⭐ 15 per session

Friday 12th April - Friday 24th May  
7 Weeks, Summer Term 1

Friday 7th June - Friday 19th July  
7 Weeks, Summer Term 2

5:00pm-5:45pm  
4 years - 7 years (Reception - Year 2)

6:00-6:45pm  
8 years - 11 years (Year 3 - Year 6)

Old Park Primary School  
30 Astorbury  
Malinsleepe

**BUDGEN** Limited spaces available!  
Together we drive Please email [luke@thecrossbargroup.co.uk](mailto:luke@thecrossbargroup.co.uk) to book your FREE taster session! **wenlock** SPRING

**CHEER ATHLETICS**  
CA TELFORD

**FREE OPEN DAYS**

**CHEERLEADING & DANCE**

8th April 4.30 - 6pm DANCE  
10th April 5.30 - 7pm CHEERLEADING  
11th April 4.10 - 5.10pm UNDER 5'S CHEERLEADING

👩👧 Are you a youth leader? Do you volunteer with scouts or guides or any groups for young people 11-18?

You can help them make a difference to residents' lives through our Make a Change competition:  
<https://orlo.uk/vWcTW>

It's easy 🙌🙌

- ✅ They need to team up with a friend or group of friends
- ✅ Think of an idea that could help people in Telford and Wrekin feel healthier or happier
- ✅ Or an idea that makes their area cleaner or greener
- ✅ Apply now: <https://orlo.uk/05jZ6>



- 🏆 The best ideas WIN £2,000 and
- 🎟️ FREE tickets for fun days out

! The deadline is 3 May 2024. Email our team for more info: [saferstronger@telford.gov.uk](mailto:saferstronger@telford.gov.uk) **West Mercia PCC**

How would YOU make a change in your community?

WIN £2,000 plus fun days out!

[WWW.TELFORD.GOV.UK/makeachange](http://WWW.TELFORD.GOV.UK/makeachange)

Local & Wrekin Communities Council

**TELFORD HORNETS UNDER 12'S**

**TRAINING**

EVERY TUESDAY 6-7PM

THRFC  
HINKSHAY ROAD  
TF4 3NZ

Call 07875002446 or just pop along!

# Youth Focus



Protect, care and invest to create a better borough



## What will my child do when they leave school?

Are they unsure what to do?

Would you like to explore options for post 16 education and training?

Come to our specialist SEN education and training information event on **15 April at Wellington Methodist Church, New Hall Road, Wellington, Telford TF1 1LU** from 4-6.30pm.

Key staff members from local colleges and training providers will be available for you and your child to talk to.

t: 01952 388988 text: 07537 453176  
e: future.focus@telford.gov.uk  
f /futurefocustelford



Looking forward with  
**future focus**



Wild Telford is back once again this Easter! 🐰

Join us through the 2nd week of Easter half-term for more wild fun across Telford! Drop-in to our sessions anytime between 11am - 2:30pm, and enjoy all the wonders that Telford's green spaces have to offer with the help of our fun activities 🌿

☀️ More details for individual sessions (parking, meeting points etc) will be uploaded to our website events page soon. In the meantime, please follow the Urban Games link for more details. ☀️

See you soon! 🌞😊

**URBAN GAMES**  
Wild Telford 11am - 2.30pm

Monday April 1	Apley Woods	Nature Crowns & Seed bomb making
Tuesday April 2	Leegomery Community Centre / Nature trail	Easter scavenger hunt & nature collages
Thursday April 4	Squatters Cottage, Lightmoor	Egg/rock painting, Campfire & marshmallows

WWW.TELFORD.GOV.UK/URBANGAMES

## Louisa - Child Therapy Telford

Exam Success with NLP Techniques!  
Are exams triggering stress and anxiety?  
🎯 Neuro-Linguistic Programming: Har... See more

### HELP WITH EXAM STRESS

ARE EXAMS AND ANXIETY HIJACKING YOUR CHILD'S PEACE OF MIND?  
DON'T LET STRESS HOLD THEM BACK FROM REACHING THEIR FULL POTENTIAL  
IMPROVE YOUR CHILD'S CONFIDENCE, REDUCE THEIR ANXIETY, AND HELP THEM CONQUER EXAM STRESS

INVEST IN YOUR CHILD TODAY SCHEDULE A FREE CONSULTATION

🌐 [www.childtherapytelford.nlp4kids.org](http://www.childtherapytelford.nlp4kids.org)  
☎ 07966 819194  
✉ Louisa@nlp4kids.org



Shropshire's only Licensed NLP4Kids Practitioner



# WORRIED ABOUT A MATE?

# THINK THEY MIGHT BE CARRYING A KNIFE?

If you are worried or concerned visit [fearless.org](http://fearless.org) for advice.



#TACKLINGVIOLENCE TOGETHER

If you are in danger call 999. West Mersea Police will always be there for you.

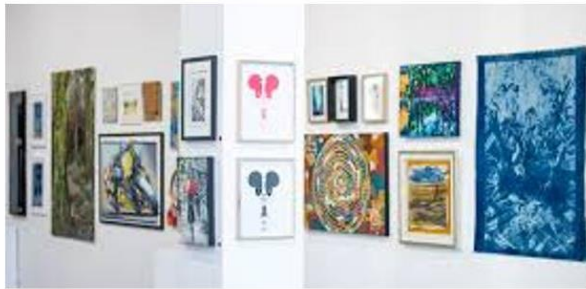
#PROTECT

# Learning Opportunities



## LAWLEY COMMUNITY HUB

DISPLAY YOUR ARTWORK HERE!!



WE ARE LOOKING FOR LOCAL ARTISTS AND CRAFTERS TO EXHIBIT HERE

Please get in touch to share ideas:

[lawleystewardship@bvt.org.uk](mailto:lawleystewardship@bvt.org.uk)



Funded by UK Government



## CRAFT WITH NUMBERS AND PATTERNS

FREE course

Start Date: Tuesday 23 April 2024  
End Date: Tuesday 7 May 2024  
Start time: 12:45-3pm  
Duration: 3 weeks  
Location: Interfaith Community Hub, Wellington, TF1 1LU

Maths is embedded into everything we do, including crafts! Come along to this FREE informal course and try some craft activities that involve numbers and patterns. All the materials will be provided on this course.

Eligibility: Adults aged 19+.



SCAN ME



To register, please text/call 07866 619328 or visit [www.learntelford.ac.uk](http://www.learntelford.ac.uk)



Protect, care and invest to create a better borough



## Bowbrook Archers Beginners Course



### What is it?

Six sessions  
Cost: £80 adults, £50 under 18's (equipment included)

### Contact

[timswane826@btinternet.com](mailto:timswane826@btinternet.com)

### When is it?

Each course has 6 consecutive weekly sessions:  
Course 1: Tues 14 May 6.30pm to 8.30pm  
Course 2: Tues 9 July 6.30pm to 8.30pm

Archery is a very accessible sport. Suitable for all aged 8 and over. Age, mobility issues and other life challenges are not usually a barrier.

### Where is it?

On our beautiful outdoor range in the quiet Shropshire countryside. Wheelchair accessible.  
Bowbrook Archers (near Withington) SY4 4PS

## Hedgerow Media



Beginners Photography Workshop at NT Attingham Park in Shropshire. If you are a budding photographer and would like to learn how to use and get the best out of camera, learn about light and the art of photography come and join us for a full days photography workshop.



## Beginners PHOTOGRAPHY Workshop

13th April  
Attingham Park



# Learning Opportunities




**TECHED OFF**

## Concerned about your children's addiction to their devices ?

Our free webinar aims to empower parents and carers to take positive steps to help children

Hosted by Gary Cole, Archipelocoaching & Miranda Wilson, founder of Teched Off

APRIL 12th  
12.30pm-2pm

RSVP TO:  
[Celia@archipeloco.co.uk](mailto:Celia@archipeloco.co.uk)



INSPIRED PEER LEARNING






## LEVEL 2 AWARD IN CRAFT AND ENTERPRISE

### CREATIVE TEXTILES

Start Date: Monday 22 April 2024  
 End Date: Monday 15 July 2024  
 Start time: 9:45am - 12:15pm  
 Duration: 11 weeks  
 Location: The Wakes, Oakengates, TF2 6EP

Come along and explore various craft techniques and develop new skills in creative textiles using different materials. You will produce some beautifully decorated pieces of craft and art work to give as gifts for special occasions or for your home. **All the materials will be provided on this course.**

Eligibility: Adults aged 19+.  
Course fee may apply - subject to eligibility.



SCAN ME


 To register, please text/call 07866 619328 or visit [www.learntelford.ac.uk](http://www.learntelford.ac.uk)






## Customer Service

### Level 2 Award



<p><b>Sutton Hill</b> Wednesday</p> <p>Start date: 17.04.2024 End date: 10.07.2024 Time: 9.30am-2.30pm Duration: 12 weeks Location: The Hub on the Hill, Sutton Hill, TF7 4HG</p> <p>To register your interest, please ring 07528 979376 or visit <a href="http://www.learntelford.ac.uk">www.learntelford.ac.uk</a></p>	<p><b>Donnington</b> Tuesday</p> <p>Start date: 16.04.2024 End date: 09.07.2024 Time: 9.30am-2.30pm Duration: 12 weeks Location: Donnington Community Hub, TF2 7RB</p> <p>To register your interest, please ring 07866 619328 or visit <a href="http://www.learntelford.ac.uk">www.learntelford.ac.uk</a></p>
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## Games 4 Wellbeing

### FREE COURSE

### Dates & Locations

<p>Start date: Tuesday   9th April 2024 End date: Tuesday   16th April 2024 Duration: 2 weeks Time: 12:30-3pm Location: Leegomery Community Centre, TF1 6NA</p>	<p>Start date: Wednesday   10th April 2024 End date: Wednesday   17th April 2024 Duration: 2 weeks Time: 12:45-3pm Location: Dawley Christian Centre, TF4 2EX</p>
<p>Start date: Monday   22nd April 2024 End date: Monday   29th April 2024 Duration: 2 weeks Time: 9:30am-12pm Location: Randlay Community Centre, TF3 2LH</p>	<p>Start date: Tuesday   23rd April 2024 End date: Tuesday   30th April 2024 Duration: 2 weeks Time: 9:30am-12pm Location: Park Lane Centre, Woodside, TF7 5QZ</p>



SCAN ME


 To register your interest, please call 01952 382888 or visit [www.learntelford.ac.uk](http://www.learntelford.ac.uk)

# Telford Community Activities



Fully funded 10 week programme for females only. All equipment provided Ideal for beginners!



**THURSDAYS**  
**8-9PM**  
Age 11+

Lumley Hall Madeley Highstreet  
TF7 5AU



**TAEKWON-DO CLASSES**  
**for NEW BEGINNERS**

**AGES 5+**

**COALBROOKDALE & IRONBRIDGE COMMUNITY CENTRE**  
**EVERY TUESDAY & SATURDAY**

to reserve your place call **Mr Neil Morris (5th Dan)** on **07969 996055** or email **neilmorris14@btinternet.com**

**LEARN SELF-DEFENCE**    **HAVE FUN!**    **IMPROVE YOUR FITNESS**

## Telford & Wrekin Council

As we head towards Spring, get outside and enjoy the finer weather in one of the many green spaces, parks or nature reserves we have in Telford and Wrekin.

Find out more about the outdoor gyms, self-guided walks, cycling, friends of groups and the parks and green spaces >>>

<https://orlo.uk/yu3R1>

Please share with us how you use our parks and green spaces in the borough to be active.



## Telford Harriers Running Club



A 9-week course starting Thursday April 11<sup>th</sup> 2024 @ 6.00pm

Location: The Telford Park School, Grange Ave, Stirchley Telford TF3 1FA

To register for the C25K contact: Mark Rogers or Jo Weaver



telfordharriers@gmail.com



@Telford Harriers





Armed  
Forces



**BE A Good Egg**

Home Instead

...and support your local Veterans.

Be A Good Egg by supporting our local Veterans this Easter and donate Easter Eggs to those who served our country. Follow these 5 steps below...

- 1 Buy an egg
- 2 Scan the QR code below
- 3 Deliver your egg to us
- 4 Make people smile
- 5 Feel good!

Want to find out more?

Email: [communityengagement@telford.homeinstead.co.uk](mailto:communityengagement@telford.homeinstead.co.uk)

Call: 07961 654564

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We are the military wives  
**Choirs**

Come along and experience the Military Wives Choirs!

Get a taster for our tri-service network that welcomes all women in the Armed Forces community. Singing is proven to have a direct impact on wellbeing. Through our shared experiences of military life, we offer support, trust and laughter.

There are no auditions and no prior singing experience is necessary.

If you'd like to come along, email us at [cosford@militarywiveschoirs.org](mailto:cosford@militarywiveschoirs.org)

**Cosford Military Wives Choir**  
Our next taster session is:  
Tuesday 30 April 2024, 7-9pm  
The Chaplaincy, RAF Cosford, WV7 3EX

Cosford Military Wives Choir [cosfordmwc](https://www.instagram.com/cosfordmwc)  
[www.militarywiveschoirs.org](http://www.militarywiveschoirs.org)

sing share support.

**LAWLEY ARMED FORCES NETWORK**

Now on a Thursday!

Pop in for a drink, ask for our table at the bar!

The Grazing Cow, Lawley  
The second THURSDAY of the month at 7.30pm

Join our friendly meetings  
All welcome including serving personnel, ex-military, their families and supporters of the Armed Forces Community.

For more details about activities and support,  
Contact: [lawleystewardship@bvt.org.uk](mailto:lawleystewardship@bvt.org.uk)

Armed Forces Covenant Proudly supporting those who serve

**VETERANS BREAKFAST CLUB**  
10a.m till Noon.

Full English breakfast with tea/coffee provided by our volunteers. This is free, but a small donation to cover food costs is appreciated.

Newport Navy Club Breakfast Club for veterans, and all armed forces personnel, past and present, and emergency service workers.  
2nd Saturday of every month

# Health & Wellbeing



**NEVER ALONE**

NSPCC  
0808 800 5000  
(24hrs)

Mind  
0300 123 3393  
(Mon-Fri 9-6)

Cruse Bereavement  
0800 808 1677  
(Mon-Fri 9-5)

Action on Elder Abuse  
0808 808 8141  
(Mon-Fri 9-5)

Samaritans  
116 123  
(24hrs free)

National Domestic Abuse Helpline  
0808 2000 247  
(24hrs free)

Victim Support  
0808 168 9111  
(24hrs)

ChildLine  
0800 1111  
(24hrs)

Respect - Men's Advice Line  
0808 801 0327  
(Mon-Fri 9-5 or 8pm)

National Centre for Domestic Violence  
0207 186 8270

## HOLISTIC STRESS MANAGEMENT WORKSHOPS

WITH DARIA KOT  
£15 PP

**7TH MARCH**  
6:30 - 8:30PM  
THE SILVER THREADS HALL  
TF2 8AD

**20TH APRIL**  
10:30AM - 12:30PM  
BUSINESS RETREAT  
BOUTIQUE  
TF2 6EA

JOIN US FOR A TRANSFORMATIVE JOURNEY TOWARDS HOLISTIC STRESS MANAGEMENT!  
EXPLORE MINDFULNESS TECHNIQUES, UNRAVEL THE ROOTS OF SEVERE ANXIETY AND DEPRESSION, AND EMPOWER YOURSELF WITH SELF-CARE STRATEGIES TO REGAIN CONTROL OVER YOUR LIFE. DISCOVER THE POWER OF NUTRITION, HERBS, SUPPLEMENT AND CRYSTALS AS A TOOL FOR SELF-HELP AND HEALING.  
TAKE THE FIRST STEP TOWARDS A BALANCED AND RESILIENT LIFESTYLE TODAY!

CONTACT DARIA ON 07922226266 TO BOOK YOUR PLACE

**healthwatch**  
Telford and Wrekin

**Your health and social care champion**

Healthwatch Telford and Wrekin is your local health and social care champion. From Newport and Telford to Standford Bridge and Coalport and everywhere in between, we make sure NHS leaders, Social Care leaders and other decision makers involved in providing services to support your wellbeing hear your voice and use your feedback to improve care and services.

High Ercall, Tibberton, Cold Hatton Heath, Puleston, Edgmond, Kynnersley, Rodington, Bratton, Preston upon the Weald Moors, Muxton, Hadley, Wellington, Oakendales, Cluddley, Aston, Little Wenlock, Coalmoor, Doseley, Coalbrookdale, Ironbridge, Madeley, Lightmoor, Woodside, Dawley, Stirchley or many other places - wherever you are in fact - Healthwatch Telford and Wrekin is here for you.

**Healthwatch Telford and Wrekin is your local health and social care champion. If you use GPs and hospitals, dentists, pharmacies, care homes or other support services in your area, we want to hear about your experiences.**

We are independent and have the power to make sure NHS leaders, Social Care leaders and other decision makers involved in providing services to support your wellbeing listen to local feedback and improve standards of care. We can also help you to find reliable and trustworthy information and advice.

It's really important that you share your experiences - whether good or bad, happy or sad. If you've had a negative experience, it's easy to think there's no point in complaining, and that 'nothing ever changes'. Or, if you've had a great experience, that you 'wish you could say thank you'. Remember, your feedback is helping to improve people's lives. So, if you need advice, or you're ready to tell your story - we're here to listen.

**01952 73954**

**info@healthwatchtelfordandwrekin.co.uk**

**www.healthwatchtelfordandwrekin.co.uk**

**@HealthwatchT\_W**

**HealthwatchTelfordandWrekin**

# Cost Of Living Support



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING EASTER HOLIDAYS 2024

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from Mon 12th - Fri in Half Terms 2024

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

### PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### COCONUT TREE

One child (10 & Under) eats free per paying adult. Valid from 23/03/2024 - 14/04/2024

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### BILLS

Two kids can eat free ALL DAY (Weekdays) from Monday 25th March - Friday 12th April 2024, with one adult main dish.

### DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### IKEA

Kids get a meal from 95p daily from 11am

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.

Copyright of MONEY SAVING CENTRAL



Telford & Wrekin Council



The Household Support Fund, which helps some of our most financially vulnerable households is set to end this month, removing this vital safety net for residents.

We're joining the LGA and concerned councils around the country to write an open letter to the Chancellor, calling for it to be extended for at least 12 months.



We're backing an extension to the Household Support Fund.



Something to wear, whatever the weather.

Find what your kids need at NCT Nearly New Sales

[www.nct.org.uk/nns](https://www.nct.org.uk/nns)



You can apply online at <https://orlo.uk/G5DIF> or by calling 0800 99 1234



Around a third of eligible pensioners do not claim Pension Credit. Check if you can get your state pension topped up to help with living costs.

[www.gov.uk/pension-credit](https://www.gov.uk/pension-credit)

# Parish Council News



**All ages welcome**

LAWLEY AND OVERDALE PARISH COUNCIL

Come and join us at the

## OVERDALE HUB

For Tea, Toast and Talk

**JUST TURN UP AND JOIN THE FUN!!!**

**FOOD . HOT DRINKS. ACTIVITIES**  
CARPENTER CENTRE, OVERDALE

**EVERY FRIDAY 10AM - 12PM**

Working with the Safer Stronger Communities Project



### Lawley and Overdale Parish Council

Please note the change of location for this weeks Councillor surgery.

Councillors Emma Holding and Mark Boylan will be at Lawley Bank Court, Martingale Way, Lawley, TF4 2PP.



### Parish Councillor drop in sessions

Lawley Bank Court · Telford

**FRIDAY, 26 APR**

10:30-12:00



### Lawley and Overdale Parish



The Bank Top Café is a joint initiative between the Dawley Bank Group and [Dawley Baptist Church](#) which offers the local community a free meal every Friday between 11:30am to 2:00pm.

The Café is run by volunteers from both the church and local community, which not only provides a hearty meal but also friendship and conversation.

It is also part of the [FareShare](#) food scheme, which receives leftover groceries from local supermarkets every week to be reduce food waste and to help those who need it most.

Everyone is welcome to attend and have a meal free of charge with an opportunity to donate towards ongoing costs if they are able.



AN ESSENTIAL PART OF THE COMMUNITY

# COMMUNITY GRANT FUND

Lawley & Overdale Parish Council will now consider applications for grants from voluntary and community groups, and charitable organisations.

### TO QUALIFY FUNDING MUST

- ✓ benefit the Parish
- ✓ benefit a resident of the Parish
- ✓ benefit a regional or national charity within the local community
- ✓ not be for an individual

**APPLY NOW**

[www.lawleyoverdale-pc.gov.uk](http://www.lawleyoverdale-pc.gov.uk)

LAWLEY AND OVERDALE PARISH COUNCIL



SEND  
Support



**WORLD AUTISM ACCEPTANCE WEEK**  
COLOUR WALK @ ATTINGHAM PARK  
DATE: WEDNESDAY 3RD APRIL 2024  
TIME: 11.00AM

Join us for the World Autism Acceptance Week Colour Walk at Attingham Park – a fun and inclusive event for everyone to enjoy. This event aims to raise awareness and acceptance of Autistic people.

The walk will take you through the stunning grounds of Attingham Park whilst dressed in vibrant colours.

After the walk, we invite you to join us for a picnic where you can relax and enjoy the beautiful surroundings. Alternatively, why not treat yourself at the park's lovely cafe?

This is a great opportunity to come together and show your support for the autism community while having a fun and enjoyable day out.

**DON'T MISS OUT ON THIS FANTASTIC EVENT!**

<https://www.podstelford.org/wp-content/uploads/2024/02/PODS-Newsletter-2024-To-Share.pdf>

**PODS SPRING 2024 Newsletter**  
MARCH 2024

**What's included**

- Foreword by Elaine Pearce, Project Manager
- Meet the Trustees
- Strategic Update from Jayne Stevens
- Befriending Scheme Update from Kierrie Seagrave
- PODS Fundraising & Events
- PODS Family Groups
- PODS Christmas Party 2023
- Picnic in the Park 2023
- PODS Sensory Sessions
- Max Cards
- Ironbridge Passes
- PODS Holiday Scheme
- Easter 2023

**GET INVOLVED**  
and spot the Easter Eggs throughout the Newsletter! Let us know how many you spot!

Company/Charity number: 1150971

**PODS Toileting Workshop**

We will be running a toileting session in person on 26/4/24.

The session will cover basic toileting knowledge, including open and honest conversations in a judgement-free environment.

The session will last 2 hours.

Places are limited and will be offered on a first come first serve basis.

To register your interest please email: [louise@podstelford.org](mailto:louise@podstelford.org)

1 Hawksworth Road, Central Park, Telford, Shropshire, TF2 9TU

[www.podstelford.org](http://www.podstelford.org) 01952 458047

**CHALLENGING PERCEPTIONS**  
**CHILDREN'S AUTISM COOKING GROUP**

8 week cooking group for children aged 6-11 with Autism. Limited spaces.

Parent / carer is required to attend and will be responsible for their child.

Due to the nature of the group only the parent / carer and child can attend, no siblings.

Wednesday's 4pm - 5.30 pm  
Park Lane Centre, Woodside, TF7 5QZ

Limited spaces to book email [info@challengingperceptions.co.uk](mailto:info@challengingperceptions.co.uk)

**£2.00 per child per week**

Telford & Wrekin COUNCIL  
**RICOH**

SEND  
Focus



CELEBRATING AUTISM ACCEPTANCE

# BRING YOUR TALENT

THURSDAY 4TH APRIL

5:30PM-7:30PM

Open to all registered with The Telford Children's and Adults Autism Hub. Book your slot with [admin@telfordautismhub.org.uk](mailto:admin@telfordautismhub.org.uk) or [childrenautism@tandwcvcs.org.uk](mailto:childrenautism@tandwcvcs.org.uk)

Suite 12 & 15, Second Floor, Hazeldine House, Central Square, Telford Centre, TF3 4JL

CELEBRATING AUTISM ACCEPTANCE

# BRING YOUR TALENT

We know how talented our hub members are so wanted to give you chance to showcase your amazing talents. Whether you enjoy singing, telling jokes or building Lego, the stage is yours. If you would like to book a slot please email us on the below address and we will book you a place.

We will have a free light buffet available for you to enjoy. As places are limited please can you email if you would like to attend.

Register now! Contact us at [childrenautism@tandwcvcs.org.uk](mailto:childrenautism@tandwcvcs.org.uk) 01952 262062 or [admin@telfordautismhub.org.uk](mailto:admin@telfordautismhub.org.uk) 01952 916109

## 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, develops heavily on age and development, while very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, managing their behavioural skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**  
It's vital that children feel safe and know they have a supportive adult who is always on hand to help them. Designate a trusted adult for the child to develop a relationship with. This could be a parent, carer, teacher or a specialist. Encourage them to go to this adult when they are feeling overwhelmed - allowing them to give and receive support. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.
- 2. MEET CHILDREN HALFWAY**  
Understand where a child is developmentally and offer your support to their needs. You're less likely to have an episode if you understand where a child is. Children with SEND can struggle to self-regulate. Meet them where they are and offer your support. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.
- 3. FACTOR IN THEIR BASIC NEEDS**  
Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, and cold are more likely to have an episode. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.
- 4. REMAIN PATIENT**  
If a child is struggling with their emotions, it can often become difficult to help them. Remember that development is a long process. Be patient and offer your support. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.
- 5. BE A DYSREGULATION DETECTIVE**  
When someone can tell you why they've become dysregulated, many others can't. They've become dysregulated because of something that you've done or said. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.
- 6. USE SUITABLE LITERATURE**  
There are some wonderful books that can help you meet your child's needs. Children may struggle to self-regulate if they experience sensory overload. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.
- 7. TRY SENSORY RESOURCES**  
An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they experience sensory overload. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.
- 8. NURTURE INDEPENDENCE**  
If you feel it's appropriate, let children try and solve problems on their own. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.
- 9. MODEL GENUINE FEELINGS**  
Children learn by watching others. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.
- 10. FORMULATE A PLAN**  
As much as we try to prevent children from experiencing dysregulation, it's always best to have a plan. Encourage them to go to this adult if they are feeling overwhelmed by writing, rather than shouting or crying.

Meet Our Expert: Wake Up Wednesday The National College

[www.nationalonlinesafety.org.uk](https://www.nationalonlinesafety.org.uk) @nationalonlinesafety

## WORLD AUTISM ACCEPTANCE WEEK

Did You Know? ...

Telford Children's Autism Hub and Adult's Autism Hub are holding an information session in Telford Centre - Border Mall opposite the Vodafone Shop on **Tuesday 2nd April 9.00am - 4.00pm**

We will be there to give you the opportunity to find out more about our services, what we can do to help you as well as offering advice and support.

We are looking forward to seeing you!

# Disability Inclusion




**In Touch Telford Group**  
Tech Training for Visually Impaired People

Join our free demos and training sessions on smartphones and tablets for blind and partially sighted people

No prior experience of technology needed. Bring your own phone or tablet or try one of ours.

**UPCOMING DATES**  
Wednesday 6th March & 20th March  
Wednesday 3rd April & 17th April  
11.00am – 1.00pm



**WHERE:**  
Telford Central Library, Southwater. Free drop-in sessions.

If you have a particular tech question, contact us in advance:  
07778 956 096 | admin@sightlossshropshire.org.uk



If you or a close family member 16+ years has a feeding tube, and live in Shropshire I'd like to see you! If anyone would like to join? you thank you x



PRIVATE GROUP · 25 MEMBERS

**Shropshire Feeding Tube Friendship and Support Group**



learn telford  
Adult learning starts here

## Introduction to Special Educational Needs and Disability (SEND)

**FREE COURSE FOR ADULTS AGED 19+**

**Start Date: Thursday 11th April 2024**  
**End Date: Thursday 2nd May 2024**  
**Time: 9.30am-12pm**  
**Duration: 4 weeks**  
**Location: The Hub On the Hill, Sutton Hill, TF7 4HG**

This is a **FREE** introductory course to understand about children and adults with Special Educational Needs and Disabilities (SEND) and provide an opportunity to learn more through a supportive and informative approach. This non-accredited course is intended for parents and carers of children or adults with SEND, or anyone interested in looking for work within this area to support someone with SEND.



scan to register



To register, please text/call **07528 979376** or visit **www.learnatelford.ac.uk**



Protect, care and invest to create a better borough



**Telford & Wrekin Council**



Do you know where to go for advice and guidance in adult social care in #Telford & Wrekin and for local support services, free-of-charge? 🤔 Here's all you need, in one place 📌

<https://orlo.uk/ZJqXF>

! Whether you need guidance for independent living, care planning, making referrals to our adult social care services, or if you are a carer looking for support, this flyer is your go-to resource ! It has been co-produced with our Making It Real Board, a group of people with lived experience of social care services.

**Live Well Telford**



Staying Safe



**Worried your partner may have an abusive past?**

**Get in touch**

**Contact the Police on 101**

If we can find information that would protect you, we will tell you

Clare's Law West Mercia POLICE

**Join West Mercia Police's free locally tailored watch schemes**

**WEST MERCIA POLICE**

<https://www.ourwatch.org.uk/joinNW>

**THERE'RE SO MANY BENEFITS TO BEING A NEIGHBOURHOOD WATCH MEMBER!**

BE PROTECTED	BE CONNECTED
<ul style="list-style-type: none"> <li>Feeling and being safer</li> <li>Receiving expert, easy-to-follow local and national crime prevention advice</li> <li>Being invited to crime prevention webinars with expert speakers</li> <li>Being consulted on your crime and community opinions</li> <li>Receiving discounts in our shop and partner product offers</li> </ul>	<ul style="list-style-type: none"> <li>Knowing your neighbours and community</li> <li>Being invited to join a local scheme or start a new scheme</li> <li>Managing your membership options and opt-in to police and other updates</li> <li>Remaining a member even if you move home</li> <li>Connecting with other members and volunteers</li> </ul>

**COUNTYLINES CONTROLLING LIVES**

**TRAP HOUSE INTIMIDATION CONTROLLED VULNERABLE**

**WE WANT TO PROTECT YOU FROM HARM YOU OR SOMEONE YOU KNOW MIGHT BE INVOLVED IN COUNTY LINES**

**KNOW THE SIGNS #COUNTYLINES**

USE OUR SECURE ONLINE FORM TO GIVE US ANY INFORMATION ABOUT CRIME 100% ANONYMOUSLY

**Let's put an end to DRINK SPIKING**

- Look out for your friends
- Never leave your drink unattended
- Watch your drinks being poured
- Don't accept a drink from a stranger

**Together we can stop it**



# Employment & Business



**SUMMER FEST**

**STALL HOLDERS WANTED**

SATURDAY 6TH JULY 2024+  
FAMILY FUN DAY 3PM TILL 9PM+  
LAWLEY VILLAGE GREEN+

To register your interest for a stall, please e-mail enquiries@lawleyoverdale.org.uk by 18 March 2024

Find us on Facebook and Twitter Summer Fest, Telford

Lawley Partnership Board



## Do you want to work for an award winning charity?

Telford & Wrekin CVS are looking for value driven people to join our dynamic and diverse team.

### Community Café Co-ordinator 18 hours per week Fixed Term Contract until 31<sup>st</sup> December 2024

If you are passionate about community Cafes & empowering a team of volunteers with additional needs, then this opportunity could be for you.

This post will share the daily management of the community café at the CHEC Community Centre and to develop the community activities and events that help to make the café a vibrant and welcoming community hub.

You will provide quality food and beverages (light suppers, evening meals, small catering orders, simple meals and be able to batch cook fresh meals for freezing) maintaining high food safety standards and customer satisfaction.

You will supervise, teach and empower a team of volunteers with additional needs.

The successful candidate will be required to undertake Enhanced Disclosure and Barring Service check, and as the position requires the post holder to work in contact with vulnerable adults, Telford & Wrekin CVS is entitled to ask exempted questions under the provisions of the Rehabilitation of Offenders Act 1974 Exemptions Order 1975 and will require an Enhanced Disclosure from the Disclosure and Barring Service before any appointment can be confirmed. Telford & Wrekin CVS complies completely with the DBS Code of Practice; a copy of the code is available on request. Any criminal record shown on a disclosure will not necessarily be a bar to employment, any matter revealed will be discussed with the applicant before any offer of employment is withdrawn. Our Recruitment of Ex-Offenders Policy is available on request. Information obtained from the DBS will not be used unfairly.

**Closing Date: 22<sup>nd</sup> April 2024**

For an informal discussion contact Jeni Kuczynska, Deputy CEO, on (01952) 916081 or by email [jeni.kuczynska@tandwcvcs.org.uk](mailto:jeni.kuczynska@tandwcvcs.org.uk)

For an application pack, please contact Karen Morrow, HR Officer, on (01952) 916036 or email [karen.morrow@tandwcvcs.org.uk](mailto:karen.morrow@tandwcvcs.org.uk)

Registered Charity Number: 702589  
A Company Limited by Guarantee Number: 2436644

# SUNDOGS FESTIVAL

SPORTS / MUSIC / FOOD STALLS / BARS

WE ARE LOOKING FOR FOOD VENDORS TO JOIN US FOR THIS YEAR'S FESTIVAL.

FOR MORE INFORMATION OR TO APPLY PLEASE EMAIL  
[WAYNE.MILLS@LUCTONIANS.CO.UK](mailto:WAYNE.MILLS@LUCTONIANS.CO.UK)



**22ND JUNE 2024**

LUCTONIANS SPORTS CLUB, MORTIMER PARK, KINSLAND, HR6 9SB

## We're hiring!

We're looking for lively, enthusiastic and organised people to join us in Wolverhampton, Telford and Stourbridge.

Would you like to work with children?

Would you like a job that fits around your family life?

Can you sing in tune?

SEND YOUR CV TO :

[Jenny.c@rhythmtime.org](mailto:Jenny.c@rhythmtime.org)



# Wellbeing



## Fancy a coffee?

**You're welcome!**

Our team is here to help you – and you might be surprised at how much we can do.

We'd love to meet you and tell you all about that in person, so we're inviting you to pop in and see us. You don't need to tell us you're coming, or to have been referred.

Although these sessions are designed to be more of a social gathering for anyone with a palliative diagnosis, members of our team will be on hand to answer general questions and provide advice regarding our hospice services.

**10.30am – 12.30pm**

**Every Tuesday at our Telford Hospice,**  
Apley Castle, Telford TF1 6RH

**Every Thursday at our Shrewsbury Hospice,**  
Bicton Heath, Shrewsbury SY3 8HS

No appointment needed!

[severnhospice.org.uk](https://www.severnhospice.org.uk)

## Calm Cafe

The Calm Cafes are delivered by Telford Mind and Telford and Wrekin Council with the support of local VCSE organisations. We provide support and safety to people experiencing emotional/mental health crises.

Calm Cafes are available for anyone 18 years and older who are finding themselves in a crisis or who are in need or support with their emotional/mental health to prevent a crisis.

**Café locations, dates and times:**

Monday	Tuesday	Wednesday	Thursday
5pm-8pm	5pm-8pm	5pm-8pm	5pm-8pm
Outpost Oakengates	Meeting Point House	Hub on the Hill	Meeting Point House
TF2 6EP	TF3 4HS	TF7 4HG	TF3 4HS



learn telford  
Adult learning starts here

## Introduction to Holistic Therapies

Start Date: Thursday, 18.04.2024  
End date: Thursday, 23.05.2024  
Time: 9.30-11.30am  
Duration: 6 weeks  
location: Jubilee House, Madeley, TF7 5AH

This **FREE** course will give you the chance to explore some of the more popular holistic therapies within the wellness industry. During the course you will be given the opportunity to experience and develop skills in: Massage, Indian Head Massage, Reflexology, Reiki and Aromatherapy. The course is taught in an informal and friendly environment with an experienced tutor.

scan to register

**FREE course**

To register, please text/call 07528 979376 or visit [www.learn.telford.ac.uk](http://www.learn.telford.ac.uk)

Telford & Wrekin Cooperative Council | Protect, care and invest to create a better borough

learn telford  
Adult learning starts here

## Introduction to Holistic Therapies

Start Date: Thursday, 18.04.2024  
End date: Thursday, 23.05.2024  
Time: 12:45-2:45pm  
Duration: 6 weeks  
location: Ketley community centre, TF1 5AN

This **FREE** course will give you the chance to explore some of the more popular holistic therapies within the wellness industry. During the course you will be given the opportunity to experience and develop skills in: Massage, Indian Head Massage, Reflexology, Reiki and Aromatherapy. The course is taught in an informal and friendly environment with an experienced tutor.

scan to register

**FREE course**

To register, please text/call 07866 619328 or visit [www.learn.telford.ac.uk](http://www.learn.telford.ac.uk)

Telford & Wrekin Cooperative Council | Protect, care and invest to create a better borough

# Carers Support



### Hadley Carers Wellbeing Group

#### Dates For Your Diary

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

.....  
Come along for a chat, share information and experiences and discover what there is across your community to help you feel more connected!  
.....

The group will be held on the 2nd Thursday of every month 10.00- 12.00pm

.....  
Venue:-  
Hadley Community Centre  
30 High Street  
Hadley  
TF1 5NL  
.....

To book your place please contact Lorna on 01952 240209 or email lorna.troon@tandwcvcs.org.uk



- Thursday 11th January 2024
- Thursday 8th February 2024
- Thursday 14th March 2024
- Thursday 11th April 2024
- Thursday 9th May 2024
- Thursday 13th June 2024
- Thursday 11th July 2024
- Thursday 8th August 2024
- Thursday 12th September 2024
- Thursday 10th October 2024
- Thursday 14th November 2024
- Thursday 12th December 2024



### Shawbirch Carers Wellbeing Group

#### Dates For Your Diary

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

.....  
Come along for a chat, share information and experiences and discover what there is across your community to help you feel more connected!  
.....

The group will be held on the Third Wednesday of every month 2.00-3.30pm

.....  
Venue:-  
Shawbirch Medical Centre  
Brandon Road  
Admaston  
TF5 0DU  
.....

To book your place please contact Lorna on 01952 240209 or email lorna.troon@tandwcvcs.org.uk



- Wednesday 17th January 2024
- Wednesday 21st February 2024
- Wednesday 20th March 2024
- Wednesday 17th April 2024
- Wednesday 15th May 2024
- Wednesday 19th June 2024
- Wednesday 17th July 2024
- Wednesday 21st August 2024
- Wednesday 18th September 2024
- Wednesday 16th October 2024
- Wednesday 20th November 2024
- Wednesday 18th December 2024





## Join Us TELFORD & WREKIN CARERS

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+

### Join Us:-

- Come along for a chat
- Enjoy some "time out" with a coffee and cake
- Meet other carers, you are not alone
- Feel more connected
- Share information and get tips
- Option to Join in with a craft activity
- Occasional guest speakers



Venue:-The All Age Carers Centre  
12 and 15 Hazledine House  
Central Square  
Telford  
Shropshire  
TF3 4JL

**BOOK NOW**

To Book Your Place and Cake!  
Please Contact Nadine on 01952 240209 or email nadine.buchanan@tandwcvcs.org.uk

- Wednesday 24th April 11.30-1.30pm  
Take time to touch base with "Mindfulness" by Ann Baxendale
- Wednesday 22nd May 11.30-1.30pm  
Experience the therapeutic qualities of Music Care with Adrian Plant
- Wednesday 26th June 11.00-2.00pm  
Come and discover the Cavalier Centre where you can enjoy meeting and stroking friendly ponies with a nice cup of tea

## ACTIVITY DROP IN

We provide a warm welcome to all unpaid carers who are looking after a relative or friend aged 18+  
Come and join us for a coffee and discover.....

### FRIDAY MORNING

ANYTIME BETWEEN 10.00 - 12.00  
INDEPENDENT LIVING CENTRE  
3A HAZLEDINE HOUSE,  
TELFORD TOWN CENTRE,  
TELFORD, TF3 4JL

### WHAT'S ON IN 2024:-

- Friday 1st March**  
Rock Photo Holders - Try your hand at rock painting and make something to hold a photograph
- Friday 8th March**  
Gadget Showcase - Join us to see how little things can make a big difference
- Friday 15th March**  
Easter Crafts - Hop along and take part in some Easter fun, try making a card or some bunting, it would be eggcellent to see you!
- Friday 22nd March**  
Let's put a spring in your step, check out what Healthy Snacks can boost your energy and make you feel good
- Friday 5th April**  
Stencil Art - Uplift your mood and create something beautiful with a little help from stencils
- Friday 12th April**  
Neurographic Art - Free your mind and relax while squiggling away to create beautiful pictures
- Friday 19th April**  
Carers Network Forum - 'Time to Come Together' and discuss how life could be made easier in your caring role
- Friday 26th April**  
Plant Pots - Sow some seeds and watch your flowers grow as the warmer weather is just around the corner

**Contact Us**  
01952 240209  
More Information  
www.telfordcarers.org.uk

Free wellbeing treat voucher on your 1st visit




# Early Years & Families



Connect with us on social media.  
Search for 'mamababybliss'



**Award-winning courses for mums-to-be, mums, babies and toddlers**

Pregnancy Yoga • Postnatal Yoga • Baby Massage  
Baby & Toddler Yoga • Dad & Baby Workshops

For more information contact  
sally.williams@mamababybliss.com

[www.mamababybliss.com](http://www.mamababybliss.com)

## Once Upon a Time

IN A KINGDOM CALLED BIG STREET LITTLE FEET

*Ariel* *Belle*



Meet and greet  
Sing a songs  
and dancing



**Princess party**

Saturday  
6th  
April  
11:30am - 1:00pm

Princess glitter tattoos on the day  
Come dressed up as your favourite princess  
Pink treats available




 **Telford Town Park** 


 **BE QUICK, LEARN 2 RIDE SPACES AVAILABLE** 

Telford Bike Hub still have a few spaces left for LEARN 2 RIDE sessions here in Telford Town Park during the Easter Holidays 🐰

! If you want your child to be pedalling and riding on 2 wheels ready for Spring/Summer then get booked in now as these spaces don't hang around for long.

 1hr group sessions of up to 8 children, suitable for ages 4+, £10 per child per hour, most children need at least 3hrs. Bike & helmet included if needed or bring your own.

Book online here 🙌  
<https://www.ticketstelford.com/whats-on/family/telford-bike-hub-learn-to-ride/4824/#details>



 **Telford & Wrekin Libraries** 

 We're cracking out the spring time crafts at Wellington Library!

 Come and craft with us on Thursday 4th April, between 11am - 1pm and make your own eggcellent book folded chicken! Suitable for children aged 4+ with their grown-ups.

🌟 Please book your place via the link below, and we look forward to seeing you there!

<https://www.ticketsource.co.uk/telford-wrekin-libraries>



# Early Years & Families



## DOTK Kids Eat Out For Less Easter Holidays 2024

**Morrisons** - Kids under 16 eat for free at Morrisons Café when an adult spends £4.99 or more on a meal. (FREE cereal is also available in the mornings!)

**ASDA** - Kids eat for £1 All Day, Every Day at Asda cafes and FREE Ella's baby food pouches for children under 18 months old with any purchase.

**Sainsbury's** - Kids eat for £1 with purchase of an adult hot meal from £5.20. This offer is valid daily from 11:30am until the cafe closes.

**Bella Italia** - Kids Eat For £1 when an adult purchases a main meal between 4pm-6pm Mon-Thurs at Bella Italia.

**Dunelm** - Kids Eat for Free when an adult spends £4 or more at Pausa Café.

**The Real Greek** - Kids eat FREE every Sunday for every £10 spent by an adult.

**Sizzling** - Kids Eat for £1 at Sizzling Pub and Grill when an adult meal is purchased between 3pm-7pm Mon- Fri.

**Tesco** - You can get one free kids meal per ITEM purchased at Tesco Café's

**IKEA** - Pasta with tomato sauce and a soft drink for 95p or any other kids meal for £1.50. Available every day from 11am in their restaurants.

**Beefeater, Brewer's Fayre & Table Table** - Two kids under 16 eat breakfast for FREE with every adult breakfast purchased.

Information correct at time of posting



Tuesdays 10am

Coalbrookdale and Ironbridge Community Centre

## Curious Little Bears



www.curiouslittlebears.co.uk

## ME TIME

If you're a Mum, why not join us at our weekly drop-in group. We offer support, advice and a place to take some "me time"  
Sessions include crafts, well-being, pampering and peer support.  
Mondays at 1pm - 2.30pm (term time only) Hollinswood Neighbourhood Centre, TF3 2EW

01952 872280  
info@homestartandw.org.uk

## Early Years



Dandelion group



The dandelions in Telford are a parent/ carer group who are helping support the local community and services with positive changes. We know sometimes being a parent can have its challenges but we don't want you to feel alone! This page is used to promote what is available in Telford and Wrekin. We also help with the family hubs drop in sessions every Wednesday so if you do want to speak to one of us feel free to pop along 😊 we are not professionals! we are just parents with a passion as we know how it feels to not know where to turn for directions and we are always happy to help and support! Please like our page for more of what's on 😊

Telford and Wrekin FAMILY HUBS

Right help at the right time  
Dandelions



## BabySteps

Baby Steps is a free Money and Advice service from Citizens Advice Telford and The Wrekin to help local parents and carers before, during, and just after pregnancy.

www.babystepstelford.org.uk

Right help at the right time

# Early Years & Families



**NEW** 

**the breastfeeding network**  
Shropshire, Telford & Walsley

**Breastfeeding Support Group**

**Newport Shropshire**

Starts Wednesday  
28th February 10:00-11:30am

Then every Wednesday 10:00-11:30am  
Newport Rugby Club, TF10 8BU



Plenty of parking onsite  
Come along for breastfeeding support, to meet other breastfeeding families or just to enjoy a hot drink in peace!



LOOKING FOR A PLACE TO HOLD A

**Party?**

Visit <https://lawleyoverdate-pc.gov.uk/community/lawley-community-centre/> or scan the QR code for more information

Weekly Shrewsbury Wildlings returns in the Easter holidays!! 🥳

We're glad to say our outdoor toddler groups shall return to a weekly basis from the 27th March onwards for the Spring/Summer season.

🌟 Please book online ahead of the days - especially during half-term and holidays to ensure your place, as there are 25 spaces available and we can sell out quite quickly! 🌟

Booking links shall go live this week at:  <https://www.shropshirewildlifetrust.org.uk/wildlings>

We look forward to welcoming you back for lots of outdoor messy fun! 🙌

**Wildlings price list & special dates**  **Shropshire Wildlife Trust**

£6.50 per Wildling  
£3.50 per additional sibling



Half price childminder rate (email: [kathrynj@shropshirewildlifetrust.org.uk](mailto:kathrynj@shropshirewildlifetrust.org.uk))

**TOGETHER TREASURES**

STAY, PLAY AND WELLBEING GROUP

COME AND JOIN US!

THURSDAYS (TERM TIME ONLY)  
9.45-11.45  
THE PARISH CHURCH ROOMS, TF10 7AX  
£3 PER FAMILY

- FRIENDSHIP & COMMUNITY
- MUM'S WELLBEING GROUP
- PLAYING (NEWBORN TO 5 YEARS)
- REFRESHMENTS



**B B C BITESIZE**

**KS2 SATs dates in 2024**

**Monday 13 May**  
English grammar, punctuation and spelling papers 1 and 2

**Tuesday 14 May**  
English reading

**Wednesday 15 May**  
Maths papers 1 and 2

**Thursday 16 May**  
Maths paper 3

## Stay Informed



### Follow us!

If you'd like to keep up to date with information about community activities, events or service information you can by:

Signing up to our bi-monthly online newsletter:

<https://www.bvt.org.uk/publications/register-for-online-newsletter/>

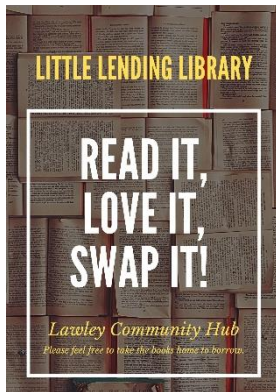
Visiting our website:

[www.bvtlawleyvillage.org.uk](http://www.bvtlawleyvillage.org.uk)

Following us on social media:

<https://www.facebook.com/BVTLawleyVillage/>

[https://twitter.com/BVT\\_Lawley](https://twitter.com/BVT_Lawley)



Would you like us to share details of your events, groups and activities? Email: [lindseypowell@bvt.org.uk](mailto:lindseypowell@bvt.org.uk)



Visit Lawley Community Hub to find out about using this space for community activities. Drop in to hear more about local events, activities and opportunities.

**Lawley Community Hub, Unit 3 Birchfield Way, Lawley Square, Telford, TF3 5BZ**

Looking for a way to help the local community?  
Join our volunteer network now!  
Email: [Lawleystewardship@bvt.org.uk](mailto:Lawleystewardship@bvt.org.uk)