



Mariners' Park News Autumn 2014

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A few words from Mick Howarth

Dear Resident

Welcome to the autumn edition of our Mariners' Park Newsletter, and an especially warm welcome to all our new residents who have moved in over the last few months.

It's been a momentous time this year with the Princess Royal opening the Trinity House Hub on the 4 April - a day that will linger long in the memories of Mariners' Park residents and staff alike. The Hub is a fantastic new building bringing not just 18 purpose built apartments, but a wide range of extra facilities for all Park residents to use. These include a new hobby room, hair salon, health suite, laundry and, of course, the Can Cook café. If you have not tried it yet, please give it a go. The food and prices are excellent. The open plan design is already proving useful with an 80th birthday celebration and wedding reception taking place. The Function Room, complete with screen and projector provides a great venue for the Wednesday night film club.

The opening of the Hub also meant a move for our welfare administrators, Annette and Sharon. They are now based in the Hub and I hope you are finding it more convenient to call in there with any queries than walking up to Nautilus House. Don't forget you can also call them on 0151 346 8840.

The Hub is not the only new development at Mariners' Park. Over £200,000 is being spent on refurbishing the Care Home. We expect this major project to be finally completed in October. The new "dementia friendly garden" is bursting into colour and we are very grateful to the new Merchant Navy Fund for a £10,000 grant to complete the garden. An extra facility is being installed into the Care Home thanks to a grant from the Merchant Navy Welfare Board. Wi-Fi is to be installed throughout the building including every resident's room as part of the refurbishment.

Activities have always been a big part of life here at Mariners' Park. An extra 20 hours per week post in the Care Home has been created and this means that Audrey Stocker is now based in the Hub to focus on activities and outings for Park residents. Roger Cliffe-Thompson continues with a wide range of activities and events for the men at the park. Just watch out for flying golf balls on Tuesday afternoons as the "Mariners' Park Masters" is underway!

It is only fitting that we remember the centenary of the First World War this year. The Nautilus Welfare Fund was proud to be asked to create a display about the role of the Merchant Navy in World War I for the Armed Forces Day service at Liverpool Cathedral. A special thank you to Mr Laverie for his research. You can now see the display in the Hub. So if you want to know how the Mersey Ferries, Iris and Daffodil got their 'Royal' title, do go and have a look.

Best wishes

Mick Howarth
Welfare Services Manager



Feature — Can Cook

About Can Cook....

Can Cook set up in Liverpool in 2006 as a social enterprise to 'teach people to cook'. Based in a Children and Families Centre we ran our first course with families to teach them how to prepare healthier, tastier meals on a budget. We produced our first cook book and have since run courses across Merseyside communities teaching 12,000 of all ages to cook.

Can Cook's aim is to make sure good food is accessible to and enjoyed by everyone. We have a range of innovative businesses - here's a quick introduction to a few of them and some of the aspects of food we are passionate about:

Our Cookery Studio and mobile cookery studio: We train 2000 people a year to cook including individuals, organisations, schools and community groups. Our Chefs love teaching hands on skills but also bringing new ideas about how to cook for yourself, friends or family whatever your budget.



We work in care and residential settings in Liverpool and now Wallasey - producing great, healthier food always cooked from scratch. Later this year we launch a new business 'Cooked' - meals on wheels to homes and residential settings with chilled healthier food straight to people doors.

Food Hubs - 1 million people in the UK are currently accessing food aid and 4.7 million live in food poverty. Can Cook campaign about food poverty and this year launch our first of three Food Hubs - which provide healthier food to people in deprived communities and support them to find a route out of food poverty. We will provide great fresh affordable food through teaching people to cook and manage on a budget, providing community dinners and the opportunity to shop in our Community Store. They will be able to choose one of our recipes and buy the different ingredients to cook it at home with a bit of help from our Chef!



Street food - You may not have read about the new street food craze to hit the UK - Street food is eaten by 2.5 billion people across the world. The concept is relatively new in the UK and particularly Merseyside. It has various influences and inspirations but is basically food sold on the streets, not served from restaurants or café's. We launched our first mobile truck serving a selection of BBQ meats and are soon to open further trucks on Liverpool streets. It works really well for us as it brings stunning food cooked by our Chefs to people right where they are and gets people really excited about different food they wouldn't normally try.

Feature — Can Cook

The Hub News.....

We hope that you've had the opportunity to meet our friendly Café team - our Chef John Medway and Customer Service Assistant Aly Farrell. You've probably seen our Head Chef Tony Evans around too.

We've really settled in now and are pleased that everyone is enjoying the menu - if you have any suggestions please just pop in and talk to the staff.



Can Cook Café is open

Wednesday — Sunday

Between 10.30am—3.30pm

Events coming up:

Coffee mornings:

We will also be running a coffee morning once every 6 weeks to get your feedback so please watch out for the next date.

Afternoon tea:

Each month we will be running events for you and the first of these will be our monthly afternoon tea. The first was on Friday 29th August 3pm. Full details will be sent out to you and we hope you'll be able to join us.



Themed afternoons:

We have had some fantastic suggestions for themed afternoons and evenings and our Chefs are looking forward to cooking up some Italian, Scouse, Curries and Bonfire night food for you throughout the year. There's even been mention of steak and a pint!

Sport themed evening will be at 5.30pm on Thursday 18th September.

Get these dates in your diaries and look out for full details and we look forward to seeing you in the café soon!



Feature — Fort Rosalie

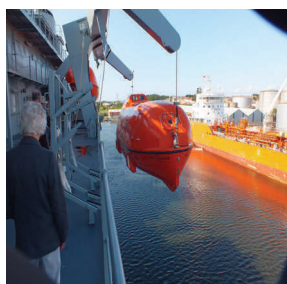
On Wednesday 6th August, residents from Mariners' Park travelled to Cammell Lairds Repair Wharf in the West Float to board RFA Fort Rosalie.

On arrival at the vessel we were welcomed by Chief Officer Susan and Second Officer Stuart.



“Ready to Sign On”

Our visit commenced on the boat deck where the Bosun demonstrated the lowering of the port lifeboat. This operation is activated by the press of a button at the boat station and can also be operated from the bridge.



Lowering of the Port Lifeboat.

It was then up to the Bridge where Susan and Stuart explained the various pieces of navigational equipment. RFA Fort Rosalie is fitted with the latest navigation and communications systems.



Steady as She Goes on 144



Keeping a good lookout !!!

From the bridge we went to the Captains accommodation, quite spacious quarters with day room, bedroom and an office reminiscent to that of a company board room having a single table and twelve chairs.



Captains Day Room. It can be a very lonely life for ships captains, but here the Captain can relax in comfortable surroundings.

Feature — Fort Rosalie



Captains Office/Conference Room.

Here the Captain will hold management meetings discussing the general running of the ship and operational requirements.

Then it was on to the ships hospital and operating theatre, these facilities have to be available as vessels of this type can have tours of duty which involves RAS (Replenishment at Sea) with Royal Navy Vessels in war zones.



Ships Operating Theatre (Just get on the table, I promise it won't hurt. !!!)



The Captain is on the Bridge, he has a Ship Captains Medical Certificate, so if things get too much for me I will give him a call.!!

On the main deck, forward of the bridge, the Bosun demonstrated how the RAS boom was deployed when transferring stores, provisions and ammunitions to ships at sea, again, the very latest equipment which can be operated by one person.



RAS Boom, for transfers at sea

Our visit terminated on the flight deck where Susan and Stuart explained the various types of helicopters which are used on this vessel.

Sadly our visit came to an end, a big thank you to Susan and Stuart for welcoming us onboard and for their kind hospitality.

A most enjoyable day for us all.



Goodbye to Chief Officer Susan and the Bosun

Feature — Extra Information about Fort Rosalie



FA Fort Rosalie (A385) is the lead ship of her class of Royal Fleet Auxiliary fleet replenishment ships.

Fort Rosalie was originally named RFA Fort Grange, but was renamed in May 2000 to avoid confusion with the now decommissioned RFA Fort George, a change which was not universally popular.

In February 2014 she arrived at North Western Ship repairs, Birkenhead for further refit.

Career:- Ordered:	November 1971
Builder:	Scott Lithgow
Laid Down:	9 th November 1973
Launched:	9 th December 1976
Commissioned:	6 th April 1978
Refit:	20 th May 2008

Status: Undergoing extensive refit. On 90 days notice to return to service.
General characteristics:

Class & Type	
Fort Rosalie Class	Replenishment ship.
Displacement:	23,384 tons
Length:	607ft 3ins
Beam:	78ft 9ins
Draught:	29ft 6ins
Speed:	22 knots
Armament:	2 x 20mm
GAM-BO1	4 x 7.62mm
GPMGs	

The ship saw her first war service during the Falklands War, and also supported British forces in the Balkans alongside at the port of Split from at least 1994-2000, being based at Cervena Luka (North Port), an area just outside Split, Croatia.

Fort Rosalie also oversaw repairs to HMS Tireless at Gibraltar later in 2000.

She is affiliated to Tamworth and Lichfield Sea Cadets under her former name, Fort George.

Fort Rosalie attended the HMNB Devonport Navy Days in August 2006, representing the Royal Fleet Auxiliary.

The Royal Fleet Auxiliary (RFA) is a civilian - crewed fleet owned by the United Kingdoms Ministry of Defence. The RFA enables ships of the United Kingdom Royal Navy to maintain operations around the world. Its primary role is to supply the Royal Navy with fuel, ammunition and supplies, normally by replenishment at sea (RAS). It also transports Army and Royal Marine personnel, as well as supporting training exercises. The RFA counts a forward repair ship and landing vessels amongst its assets.

RFA personnel are members of the Ministry of Defence civil service who wear Merchant Navy rank insignia with naval uniforms and are under naval discipline when the vessel is engaged on warlike operations.

RFA vessels are commanded and crewed by these civilians, augmented with regular and reserve Royal Navy personnel to perform specialised military functions such as operating and maintaining helicopters or providing hospital facilities. The RFA is funded out of the UK Defence Budget and the Commodore commanding the RFA is directly responsible to the Royal Navy Commander-in-Chief Fleet.

Ships in RFA service carry the prefix RFA, standing for Royal Fleet Auxiliary, and wear the Blue Ensign defaced with an upright gold killick anchor.

All Royal Fleet Auxiliary vessels are built and maintained to Lloyds Register and Department for Transport.

Report by Robert Keith

Feature — Poppies for Mariners' Park

POPPIES FOR MARINERS' PARK



I am aware many of you will have seen on TV or in your newspaper the display of poppies at the Tower of London. The art installation by Paul Cummins consists of 888,246 ceramic poppies representing the military dead of the First World War. Its' title is "Blood Swept Lands and Seas of Red" comes from a poem written by a soldier in the war.

Here at Mariners' Park we have created some banners about the role of the Merchant Navy during the Great War. To continue the commemoration we are purchasing 14 of the ceramic poppies - one for each 1,000 merchant mariners lost in the First World War - to create a permanent memorial at Mariners' Park. I hope you feel this is a fitting tribute to those mariners who lost their life during the First World War.

The poppies at the Tower of London are on display until Remembrance Day on the 11th November, after which they will be cleaned and posted to those who have purchased any. The monies raised go to six service charities, including the Royal British Legion and SSAFA, both charities we work closely with.

The exact date of delivery is not known but is expected to be sometime between December - February. I will let you know when they arrive and more details of the location for the display. If you have any ideas please let me know.

Mick Howarth
Welfare Manager



Feature — Letters to an Unknown Soldier/Sailor

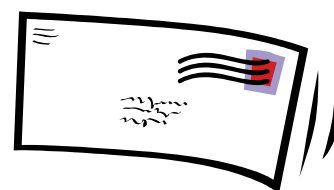
With the marking of celebrations of 100 years since WW1 and the recent events that you may have seen on the TV and News with “letter to an unknown soldier” we decided to hold an event ourselves on the 7th August. Please find some of the letters that residents or staff wrote to a relative or an unknown seafarer.

Dear Grandfather

Just to let you know all your medals are safe and hold pride of place in my flat. Your medals covering the Boer War always gets the most level of interest.

My life has been spent like yours, abroad and I have just come back to England, after forty odd years.

Your son, my father, didn't match your number of medals and spent the 2nd world war as Surgeon Lieutenant Cdr on the HMS Ramilies. Unfortunately he died in 1957.



If only we could have talked about your travels. My father never talked of his, and it seems there is a large gap in the knowledge as to the family past.

Anyway, as long as somehow you know what you did for those of us left, this brief letter will have achieved its aim.

Ken

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I remember going to my father who was in Brandon, Suffolk, from Territorial Army training in Prescott, Whiston and then by train down at night to Rugby where we changed trains to Suffolk and Brandon. We walked miles from the station to where we were staying in a little village. This was later a base for Americans, I remember my stay in Brandon though it was very hazy. I remember it was near the race course. I remember the countryside and a forest fire we had to pack up to leave at a minutes notice.



Pat

- 0 -

Dear Granddad

Just heard that you are safe after your 3rd time being torpedoed. The family are rallying round Nana Bid helping out where we all can.

Don't worry about not getting paid from Blue Funnel I've just won the lottery and all the family have been rehoused in the country.



I am going to send you a Park Food Hamper so you can share it out with your ship mates - you cant live on dried prunes and crackers.

Miss you Loraine xxxx

Poems

“An Old Wrens Ditty” By Kitty Stower

Close over the curtains
and switch on the telly,
Heat up a “ready meal”
that you got from the Deli.

Tune into the channel
where they are showing a quiz,
One contestant was disqualified
when he called the Queen, Liz.

It was a great tragedy;
if he'd said “Her Majesty”
He could have gone home
with a few hundred quid.!!

All say ahh!!!



‘A Ponder Out Younder’ By Kitty Stower

My mind has gone blank.
Like the account at the bank
A thought now to dwell on,
Has my inspiration all gone?

Have I been too rash,
With poems and with cash?
If you’ve either to spare
Just for a dare,
Send it to the office
And see if they care!

To revert to clarity,
Send it to a charity,
They’ll find good works
For a share!!

And the waste paper basket
Is just over there!!!



Social Zone

WEEKLY EVENTS

Monday

Coffee morning
10.30am
Mersey View Room

Tuesday

Sit Fit
10.00am
Function Room, The Hub

Bridge Club
2.00pm
Hobbies Room

Coffee Afternoon and Reminiscence
2.30pm
Function Room

Wednesday

Film Club
7.00pm
Function Room (Men Only)

Thursday

Craft Club
10.00am
Hobbies Room

Friday

Audrey's activity home visits,
appointments arranged with you privately

Social Zone

Dates For Your Diary



Monday 22 September

Afternoon Tea with Entertainment (Twirlies)
Function Room
Cost is £4.00 per person

Friday 26 September

Macmillan Coffee Morning
10.30am
Mersey View Room, Care Home

Saturday 27 September

Bring and Share with CDs
7.30pm
Function Room



Thursday 2 October

Trip to the Floral Pavilion
2.30pm
The Good Old Days
Costs £14.50 per person plus £1.00 booking fee

Saturday 11 October

Blackpool Lights
Leaving at 11am
Costs to be confirmed

Caseworker Service

Last year Cathy Wilson, our caseworker for Merseyside, assisted over 200 retired mariners and their dependants, to obtain benefits and grants they were entitled to. She helped secure over £112,000 in 2013, and a number of residents here at Mariners' Park benefited from her assistance.

This free and confidential service is available to you all, and Cathy will visit you in the privacy of your own home at a time to suit you. If you think you may be entitled to extra help or even if you would like Cathy just to check you are receiving everything you are due, please contact Cathy on 0151 346 8876 or leave a message at the Hub reception and Cathy will get in touch.



Physiotherapy Service

For the residents that do not know me I am Georgie Mariner's Park's physiotherapist. I am based in the Care home and can be found there on a Tuesday and Wednesday, but I do attend to the Mariners' Park and Hub residents.

One of my aims was to get everyone as fit and healthy as possible and I am keen to get the gym full. We have had some issues with the temperature but as the days are cooling I am keen to restart the gym session that we started with Roger. **I propose to restart the session on Wednesday 17th September between the hours of 2.00pm – 4.00pm.** I plan to start it as a drop in session. If you want advice on appropriate exercises, confidence in using the equipment or just the social of exercises in company please come. You do need to be inducted into the gym and I will do this assessment in these sessions.

If you would also like advice on muscular and bone problems I can arrange an assessment for you. If you cannot make the session in the Hub but would like to leave a message with Sharon in the Hub or a note for me in the Care Home with your contact details and a short message with your concern I will arrange an appointment. All services are free.

I look forward to seeing you all.

Georgina Dewar



Staff News...

Farewell to...

We are sad to say goodbye to Graham Heath who is retiring. Our very best wishes to Graham.



Welcome to ...

As the Domiciliary Care Service is now operated from the Trinity House Hub the team has doubled in size and we would like to welcome the new staff below who have joined the team.

Jacqui Hughes
Nadia Forbes
Debbie Heywood
Margaret Woodward
Hazel Kidds
Pat Hudson

Care Home New staff are:

Sam Reynolds who is a bank HCA and is also our temporary Activities Co-ordinator in the Care Home.

HCA's

Zoe Byrne
Renata Ziolkowska
Rebecca Pinch
Kayleigh Dolan



RGN's

Carole Yates
Karen Pickford
Rosemary Platt
Brenda Donovan
Dawn Broderick- Weller

Congratulations to

Amy and Ben Watts on getting married on 28 June 2014

Cliff Jones on completing 30 years employment in August 2013.



Welcome back

Abbie Duggan who returns to us after having a baby girl called Mia.



Gardening News

Being a gardener at Mariners' Park is a truly rewarding job and no two days are the same with new projects included into our yearly schedule when we get a chance to be a bit creative. The flower bed outside the Hub is about to undergo a transformation over the following months into a Nautical themed display. This will include a small boat which we would like our residents to name, a bottle of wine is being offered for the best suggestion. Any ideas would be great.

Roger Cliffe-Thompson, our Men's Social Health and Activities Co-ordinator, has approached me about possible kite flying lessons for you, the residents, of which I can offer assistance for both stunt and delta kites. Both of these are easy to fly and can be great fun (weather permitting). I look forward to this, if enough interest is shown.

Another nautical addition is the bell that you may have seen over the last few days on the corner of the bowling green. This has been kindly donated by Mrs Nicholson of King George Drive.

It is good to see the Care Home Dementia Garden up and running and is benefiting the people who use it. We have installed handrails, a gazebo to sit in and enjoy the sensory garden, raised flowerbeds with scented flowers. A water feature has also been installed along with a good selection of shrubs.

It is good to see the bowling green is being used on a more regular basis for friendly competition. It is also good to see that the field alongside this has taken on the role of a golf course, again with competitive games taking place on it.

If you have any ideas or suggestion please do not hesitate to contact Dave or any of the gardeners. We are always willing to help.



Neil Foreman Gardener



Estate News

Here we are nine months through the year of which it has been extremely busy for all of us. As you are aware, in April the Trinity House Hub opened and this brought in effect 18 more properties for myself and my staff to look after including the communal areas downstairs on the ground floor. Not without its problems, however, I continue to press for these problems to be resolved as quickly as possible, to enable the Trinity House Hub residents to be able to fully use their homes.

Elsewhere on the grounds 23 properties have been vacated, some of which have had work carried out, for example wet rooms. Most of them have been redecorated by external contractors and most are now reoccupied. The properties from 13 to 19 Webster Avenue are, in the main still empty with a view to these being demolished to allow Hub phase two to be built in future years. A recommendation has been made by Committee to demolish 6 and 8 Cunard Avenue with the properties being replaced with a pair of semi detached bungalows. This proposal needs to be approved by a meeting of the Nautilus International Council in October. The residents of these properties are aware and will be rehoused.

At long last the work at Gibson Terrace has commenced. We are now in week three of an anticipated 8 week programme of works in which we will rectify the problems that have existed from day one. After many hours of input from myself I will be glad when this work is completed. Along with this has been the refurbishment of the Care Home in which 5 brand new kitchens have been installed, new carpets, bedding, curtains and redecoration throughout is coming to a completion. New furniture for the rooms and for elsewhere in the building is due at the end of September.

Towards the back end of 2014 I am still hoping to replace some kitchens and continue with new wet rooms being installed in some properties. Nine bungalows and 2 flats have already had wet rooms installed this year, all of the windows and doors have now been replaced for 2014 although 2 front doors are due to be fitted in the next few weeks. This will complete the spending of the allocated budget for windows and doors for 2014. Some underground drainage will also be carried out towards the end of the year and we are now coming to the completion on this extensive and expensive work.

Landscaping of the grounds around the Hub is nearing completion from the gardeners and the Dementia Garden has also been completed. It is anticipated that Gibson House will be demolished in the near future. Nautilus will still own and maintain the grounds for possible future developments.

In view of this extensive amount of work people have probably seen less of me this year than they have in previous years. I have done my utmost to be available where individuals have wanted to speak to me and hope this will improve next year, although I am sure Mick Howarth will keep me busy. As a result of the refurbishment work in the care home and the turnover of properties on the estate we will have quite a lot of furniture which may well be reusable by other people. Consequently we intend to put on a sale to the residents of Mariners' Park and their families in the near future, this will be at low cost. Look out for this in our weekly letters to you. The monies raised will be returned to Nautilus Welfare Fund.

Danny Kenny
Estate Manager

Care and Support Services

Nautilus Care 10th Birthday Celebrations

Nautilus Care, the Domiciliary Care Service was 10 years old on 10th September 2014. Formally, NUMAST Care Support Agency was first registered with Commission for Social Care Inspection (CSCI) now called Care Quality Commission (CQC) on the 10th September 2004.

Since our first inspection on 12th December 2005 and service has grown from strength to strength, from providing personal care, domestic assistance and shopping. We feel very proud to say that we now help over 35 residents here at Mariners' Park and retired seafarers in the local community. We operate 365 days of the year and this dedicated team provides vital care and support services to enable residents to live as independently as possible in their own home.

On the 2nd September, we invited past and present residents who have benefitted from using the service to help join us and the Nautilus Welfare Committee in a buffet lunch based at the Hub.



If you would like to find out more about the Nautilus Care Service please contact Amy Watts, Care Manager, on 0151 346 8840 and we now have a new leaflet about the Home Care Service you might like to see.

Assisted Bathroom

If you would like to have a nice soak in the bath but do not have one at home, feel free to come to the Hub and try out our new assisted bathroom. In the assisted bathroom we have a walk in shower with grab rails on either side and a shower seat for you to sit on in case you get restless or tired from standing for long periods of time.

There is a bath with a bath chair that helps you up and over the panel so no climbing is required and also if you like to wash your hair in the bath then we also have a shower head provided for you to use.

If you require assistance to use the bathroom and would like to pay for some help and have a Personal Support Assistant help you please contact Amy Watts, Care Manager, on 0151 346 8840. If you would rather a loved one helped you either your husband, wife, son or daughter this is also fine, all you will need to do is contact Amy. To arrange an appointment to have a full demonstration on how to use all the equipment in the bathroom and then you can come and relax whenever you wish too.

Hub News

Hairdresser

We are delighted to have Laura Dickinson and her team from Blades Hair Salon working in the Hub Hair and Beauty Room. They provide a service for men and women and they range from a short back and sides to a wash and blow.



The Hair and Beauty Room will be open for appointments on Mondays, Tuesdays and Fridays from 9am until 3pm. All are welcome and to book an appointment please ring 0151 346 8847. There are also leaflets with a full price list for you to browse at your leisure and they are available in the Hub reception and Hair and Beauty Room.

Therapies Room

We would like to welcome Debbie Rainbow, Beauty Therapist who will be providing a service for residents to come to the Hub for regular beauty treatments in the Therapies Room. Debbie was here on the 10th September doing a demonstration. Debbie's opening date is Friday 19th September between 9.30am -3.00pm and if you fancy a manicure, pedicure, facial or even a wax, feel free to come to the Hub to book an appointment or ring 0151 346 8846.

Amy and Ben Watts's Wedding

Ben and I would like to say a huge thank you to all residents and staff for all the kind gifts and cards and who helped join us in celebrating our big day. It was a fantastic day for the both of us and even though it rained in the morning the weather improved later that day for me to get out of the car have some amazing photos taken at Wallasey Town Hall and then return to Mariners' Park for even more in the Hub and on the grounds. When back in the Hub we were able to start our reception celebrations by sharing our mobile bar, tuck into our Hog Roast, which was delicious, followed by a boogie on the dance floor with our DJ who sang a live set for us whilst we were able to have our first dance. Here is a chance for you all to look at some of our wedding photos from our Big day!



General News

Guest Apartment

If you wish to make any enquiries or bookings please contact Sharon at the Hub or telephone 0151 346 8867. The charge is £15 per night. Please book early to avoid disappointment.

Welcome

We would like to welcome some new residents to Mariners' Park:

Mr & Mrs Keith
Mr & Mrs McDavitt
Mrs Bladon
Mr & Mrs Robbins
Mr & Mrs Evans
Mr Owens
Mr Thompson
Mrs Massey
Mr Dinely



Congratulations to:

Mrs V Walker, Mrs D. McKnight, Captain J Burt and Mr G Dickson who celebrated their 80th birthdays with a joint party in the Hub on 14th June



Any news to share...

If you have any news, a birthday celebration, anniversary, photographs or information you would like to share please contact Sharon at the Hub office on 346 8840. We would like the newsletters to be interesting and enjoyable to read. If you have any suggestions to improve the newsletter please contact Sharon.

