

# Adult Community Activities Bulletin - 2021 to 2022.

December 2021



Stone Carving



Netball



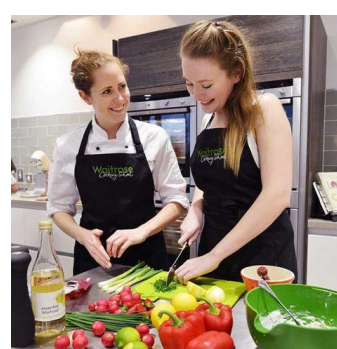
Basketball



Dance



Art



Cookery



Cricket



Musical Theatre



Woodturning

Welcome to the December '21 issue of the North Baddesley 'Adult Community Bulletin', produced by the Parish Council and Sustainable Communities.

The Purpose of the Adult Bulletin is to raise awareness of all the opportunities available for those 18 years old, plus.

Your input as to improvements to the Bulletin is encouraged and welcomed. Any Activity Group or individual may provide appropriate information for this bulletin, which should be emailed to David Knight (PCC) by the 15<sup>th</sup> of any month. The information can include pictures and text, of course respecting all data protection laws. A maximum of 1 page of A4 is allowed for any group. Please send in **Word**, with no fancy text boxes, for sliding around purposes.

There will be no advertising in this Bulletin for the foreseeable future.

It is envisaged that this Bulletin will be updated by the Editors on the Parish Council Website, social media sites, and via limited hard copies at specific 'Drop Points' within the boundaries of North Baddesley.

### **Opportunities for the over 50s**

Grants from The Henry Smith Charity and Lottery to the tune of £25k have been won by the North Baddesley Youth and Community Club Organisation, The Parish Council and Recreation Ground Charity, to put on an array of useful and enjoyable Learning Workshops and Activities for those 50 plus.

The list of workshops and activities **might** include **(Examples only)**.

Art  
Crafts  
Stone carving  
Musical Theatre  
Netball  
Multiple sports  
Carpentry  
Cricket  
Football  
Sewing.  
Keep fit  
Cookery  
Dance  
Woodturning  
Sewing  
Walking sports  
Etc



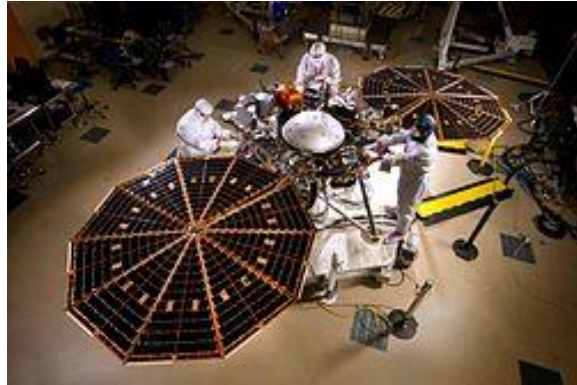
\*\*\* Fill out the Expression of Interest Form at the end of the Bulletin to let us know of your particular interest(s) and ideas.

### **Opportunities - 18 to 49s**

Similar activities and enjoyable workshops to those above for the 18 to 49 group can be arranged also

The list of activities and workshops **might** include (**Examples only**).

Art  
Crafts  
Stone carving  
Musical Theatre  
Multiple sports  
Carpentry  
Cricket  
Football  
Sewing.  
Keep fit  
Cookery  
Dance  
Woodturning  
Apprenticeships  
Engineering  
IT  
Netball  
Etc



**Engineering**

\*\*\* Fill out the Expression of Interest Form at the end of the Bulletin to let us know of your particular interest(s)

### **Dance and Musical Theatre**



*This Programme will be run by SportSkool and will give anyone 18 plus the chance to perform or assist with production if they wish.*



**North Baddesley Parish Council - Apprenticeships Workshops  
Project - 2022**



Woodturning



Netball



Plumbing



Photography



Youth Work



Dance & Musical Theatre



Basketball



Engineering



Carpentry

**\*\*\*This opportunity is currently for those 14 and 15 years old. Interested, read on, and keep your eye on this site.**

**Apprenticeships are for adults too – workshops to come in 2022**

## Apprenticeships – Introduction to Carpentry Workshop 2022 – For 14- and 15-year-olds only.

(Sponsored by Lottery, The Henry Smith Charity, and the North Baddesley Parish Council).

**When** – date to be announced in January Bulletin

**Time** – 6.30pm to 9pm

**Where** - North Baddesley Recreation Ground Pavilion

**Cost** - Free (includes snack break)

Workshop - Run by - David Knight - Master Carpenter and Boat -Builder

**NB:** Safety - All relevant policies and insurance in place - all Covid safety measures will be strictly observed, including the mandatory requirement for all Leaders and participants to wear Covid masks, and protective equipment for woodworking.

**NB:** Students - Only 6 + 2 (reserves) places available, on a 'first come first served' basis. Once 6 + 2-, **14- or 15-year-olds** have shown an interest, they will be sent Registration Forms.

\*\* This is the first of 9 different (see the Poster above) proposed Apprenticeship Workshops, to be held over 2022. If interested fill out the Expression of Interest form below and **send/email this page or slip,** to David Knight PCC at: [theknightz@hotmail.com](mailto:theknightz@hotmail.com).

\*\*\* (If you don't make this one more will follow)

## Carpentry Apprenticeship Workshop Expression of Interest.

(For students aged 14 and 15 years old only)

**Name:** \_\_\_\_\_ **Age** \_\_\_\_\_

**Parents Signature & Email:** \_\_\_\_\_



## **Community Life Centre - North Baddesley**

The Community Life Centre in North Baddesley is a branch of Community Life Church, registered Charity, whose primary purpose is to support 'all' residents in meeting their needs and achieving their aspirations, utilising a community development approach.



Its projects and programmes provide the opportunity for all residents to engage in a wide variety of learning activities and Workshops, within a 'Community Development' framework, in order to make a positive and sustainable difference in their lives, encouraging independence and interdependence.

The work done with all residents in collaboration with local relevant partners, trainers and other allied specialists comprises of a wide variety of challenging, inclusive, and interactive opportunities, which encourages residents to think, plan and organise for themselves, and become better informed about services, opportunities and support available.

Projects and programmes feature the development of learning, life, confidence, and practical skills, including discussions and debates for all age groups, all via workshops and one to one work run by professionals, and or, appropriate volunteers, around the issues of personal safety, life skills and employment skills, to meet challenges and how to sustain and build a life based on the principles of independence and interdependence.

Volunteers and professionals work with all age groups, helping people to become part of the engagement process and promoting civic engagement and responsibility.

Community Life Centre's Community Outreach Coordinator, Rosie Wilcox, has much experience in working with communities in myriad ways.



Rosie and others on the team have done sterling work for many years in North Baddesley, including running an older people's Workshops Programme featuring crafts, willow weaving, stone carving and more. Pre - Covid she and Jan did a year's worth of community meet and greet and survey work, which has proved to be most valuable for the community.

**Rosie**

Contact Rosie at: [info.communitylifecentre@gmail.com](mailto:info.communitylifecentre@gmail.com)

## Other facets

The Bulletin will also feature news of regular local events; holiday programmes, sports competitions, workshops and forums, and anything else of interest to residents.

All residents are strongly encouraged to participate in their local community and good works.

If you wish to get involved in any activity simply fill out the 'General Expression of Interest' form at the end of the Magazine and email it to David Knight at: [theknightz@hotmail.com](mailto:theknightz@hotmail.com).

## 'Would you like to be a 'Communteer'.

Let's first clear up the mystery. A Communteer is a member of the community who gives their time, expertise, and experience to the rest of the community, where it is applicable and appropriate, to help make a difference.



### **Make costumes and build scenery**



Breaking it down further for example, one might enjoy working with young people to afford them every chance for good employment and a successful and healthy life; you might like to go into residential homes or hospitals to read to residents and patients or help older folk to learn how to use the computer.

### **Work with young people as a Youth Support Worker – Gain qualifications**

Could you set up a Reading Programme, teach guitar, run a Ukulele group, or help with IT skills?

### **Teach or assist with Apprenticeships.**

Why not give it a social arm also, whereby Communteers might hold events, social evenings



etc.”,  
sounds like a winner. Good, all you need to do is volunteer and help make a difference, don't let all that experience and your qualifications and skills languish and rust, get busy!!!!!!!!!!!!!!!!!!!!!!

### **Help make movies and documentaries**



## Netball



\*\*\* If you would like to join the Netball programme run by England Netball's Rose Johnston, simply fill out the Expression of Interest form at the end of this Bulletin.

If you know nothing about the game or would like to learn more about Netball, read on!!

Netball is played by more than 20 million people in more than 80 countries. Major domestic leagues in the sport include the Netball Super league in Great Britain. In 1995, netball became an International Olympic Committee recognised sport.

Games are played on a rectangular court with raised goal rings at each end. Each team attempts to score goals by passing a ball down the court and shooting it through its goal ring. Players are assigned specific positions, which define their roles within the team and restrict their movement to certain areas of the court. During general play, a player with the ball can hold on to it for only three seconds before shooting for a goal or passing to another player. The winning team is the one that scores the most goals. Netball games are 60 minutes long.



Its development, derived from early versions of basketball, which began in England in the 1890s. By 1960, international playing rules had been standardised for the game, and the International Federation of Netball and Women's Basketball (later renamed the International Netball Federation (INF)) was formed.

### History

Netball emerged from early versions of Basketball and evolved into its own sport as the number of women participating in sports increased.

The first codified rules of Netball were published in 1901 by the Ling Association, later the Physical Education Association of the United Kingdom. From England, netball spread to other countries in the British Empire. Variations of the rules and even names for the sport arose in different areas: "women's (outdoor) basketball" arrived in Australia around 1900 and in New Zealand from 1906, while "netball" was being played in Jamaican schools by 1909.

From the start, it was considered socially appropriate for women to play netball; Netball's restricted movement appealed to contemporary notions of women's



participation in sports, and the sport was distinct from potential rival male sports. Netball became a popular women's sport in countries where it was introduced and spread rapidly through school systems. School leagues and domestic competitions emerged during the first half of the 20th century, and in 1924 the first national governing body was established in New Zealand.

Representatives from England, Australia, New Zealand, South Africa, and the West Indies were part of a 1960 meeting in Sri Lanka that standardised the rules for the game. The game spread to other African countries in the 1970s. South Africa was prohibited from competing internationally from 1969 to 1994 due to apartheid. In the United States, Netball's popularity also increased during the 1970s, particularly in the New York area, and the United States of America Netball Association was created in 1992. The game also became popular in the Pacific Island nations of the Cook Islands, Fiji and Samoa during the 1970s. Netball Singapore was created in 1962, and the Malaysian Netball Association was created in 1978.



In 1963, the first international tournament was held in Eastbourne, England. Originally called the World Tournament, it later became known as the World Netball Championships. Following the first tournament, one of the organisers, Miss R. Harris, declared,

England could learn from the mistakes in the past from the empty stands at Eastbourne. To get the right publicity and the right status desired, the game must emerge from the school playground. Netball should be part of a sports centre where social events could also be held.

The World Netball Championships have been held every four years since then. The World Youth Netball Championships started in Canberra in 1988 and have been held roughly every four years since. In 1995, the International Olympic Committee recognized the International Federation of Netball Associations Three years later Netball debuted at the 1998 Commonwealth Games in Kuala Lumpur. Other international competitions also emerged in the late 20th century, including the Nations Cup and the Asian Netball Championship.

Now we know!!



Ref: <https://en.wikipedia.org/wiki/Netball> - 22nd October 2021

## **Youth Work**

*If you wish to explore this idea further, contact David Knight via the Expression of Interest form at the end of this Bulletin*

North Baddesley like most towns and villages would benefit greatly from having a pool of Youth Workers and Youth Support Workers. This project will be assisted by 'No Limits' who will present 'Introduction to Youth work and career and



qualification progression in 2022. Just fill out the Expression of Interest form at the end of this Bulletin to secure your place.

### **IT skills teaching and support**

### **So, what is youth Work?**

Youth workers guide and support young people in their personal, social and educational development to help them reach their full potential

**Lead & encourage debates & discussion.**



### **Encourage teach and support via sports**

As a youth worker, you'll set up, organise, and run community skills and learning programmes aimed at young people aged between 11 and 25. Through these programmes, you'll help them to explore and understand their ideas, values, and beliefs,

building their confidence and life skills so that they can make a successful transition to adulthood.

You may work in a variety of settings, such as:

- colleges
- faith-based groups
- schools & youth centres.



### **Detached work in and with communities**

You may also deliver targeted street work to engage with high-risk young people.

Youth work relies on voluntary engagement by young people, and you will need to build a relationship based on trust, in order to support and empower them.

### **Responsibilities**



You'll need to:

- assess the needs of young people to correctly plan and deliver programmes related to areas such as health, fitness, smoking, drugs, gangs, violence, relationships, and bullying

### **Set up culinary and healthy eating projects**

- set up and run arts-based activities, community/environmental projects, residential activities, outdoor education, and sporting activities
- develop a relationship with young people based on respect and trust, ensuring they have a safe place to develop their identity and place in society
- establish boundaries and challenge inappropriate behaviour
- support young people in different settings, including outreach work

### **Use music as a learning tool**

- mentor, coach, and support individuals, encouraging greater social inclusion
- set targets for progression and regularly monitor and review the quality of the local youth work provision



### **Encourage creativity and business enterprise**

- work in partnership with families and other key people in the young person's life, as well as with professionals from other organisations involved with young people such as social care, health, police, education, youth offending teams and local authorities, in order to build a strong support network



- attend and contribute to multi-agency meetings, bringing together practitioners from different sectors as part of a 'team around the family' (TAF) approach

Encourage creativity and business enterprise

- attend regular training and development opportunities to maintain an up-to-date knowledge of safeguarding, health and safety, and local policy developments
- recruit, train and manage staff, including volunteers
- undertake administrative tasks, maintain effective recording systems and respond to queries
- work with parents and community groups to win support for improved provision and act as an advocate for young people's interests
- identify and pursue sources of funding for projects to improve services and/or resources for young people
- draw up business plans, manage budgets, write reports and make formal presentations to funding bodies.

### Salary

- Youth support workers (those who are not fully qualified professional youth workers) can expect to earn between £18,117 and £28,017.
- Salaries rise incrementally for experienced professional youth workers with a recommended range of £24,636 to around £41,575.



Set up and run outdoor adventure activities

- Salaries for local authority youth service managers vary according to the size of the authority and responsibility of the post but are usually in excess of £40,000.

### What does a youth worker do?



Youth Workers work directly with children and young people, helping them to build life skills, develop healthy relationships and make decisions that are right for them. Youth workers are often involved in projects and activities such as sport and performing arts.

Typical responsibilities include:

- setting up and running projects
- mentoring or counselling individual young people
- managing budgets
- applying for project funding
- maintaining confidential records

Encourage, support, and make a difference.

- writing and presenting reports
- recruiting and managing staff, including volunteers
- facilitating workshops in schools and community settings
- working with other organisations, such as schools, community groups and the police.



<https://nolimitshelp.org.uk/>

### **Culinary Arts.**



Always a favourite in any community programme as it usually means one gets a good tuck in at the end. This facet will seek the help of local Chefs and volunteers to teach the art of cooking. Learn to cook cuisine from around the

world.

The idea is to attract a wide variety of Chefs to this programme to explore the foods of the world.

Share an experience or recipe in this section of your Bulletin



Interested – sign up via the Expression of Interest form at the end of this Bulletin.

## Sports



Besides the Netball programme being developed it is planned to make use of all the Recreation Ground currently offers with an ambition to add a 4 Court MUGA, double the Tennis courts, build a Bowls facility, install a peri track for cycling and running, install fitness activity stations at intervals along the peri track and more.



Sports development is progressing quite well and to this end more sports can feature from April 2022, including, Field Hockey, Handball, Cricket, Netball, Volleyball, Softball, Skateboarding, Golf, Tennis and Basketball, etc.

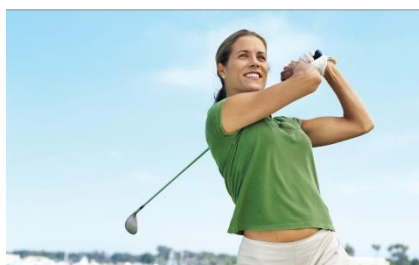


In 2022 a Basketball Workshop is planned, as well as for other sports.

Sports Teams will also keep you updated as to all results of local fixtures, competitions, and events.



\*\*\* This Programme will be run by SportSkool, England Netball, and others.



***\*\*\* If you coach or teach sports and wish to be a part of this aspect of the overall community programme, please fill out the Expression of Interest form.***





## ‘Better with Music’.



Recently North Baddesley has been able to secure the services of top music professional Luiza Staniec - Moir, with the aim of developing the fullest music programme for all age groups and abilities. Luiza is a top performer, having had a number 1 hit in Poland; she writes, records, and performs. She is also a Music Therapist and teaches general music to an array of groups and supports abused women and girls through her work.

Luiza

<https://www.soundlikewomen.com/>

<https://www.soundlikewomen.com/music-production-studio>

A Lottery grant has been won in order to put on 10 ‘free’ **group sessions** over February

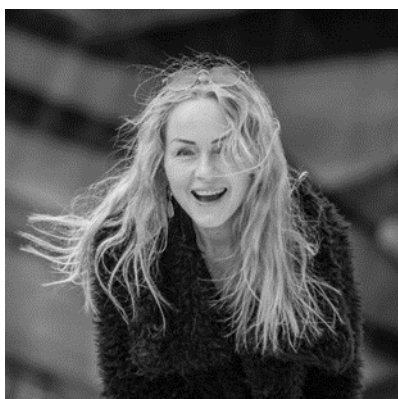
and March 2022, entitled ‘**Better with Music**’.

Which groups the initial sessions will be for depends on the



we can get started.

return of ‘Expressions of Interest’, so whether you are of beginner, intermediate or advanced level, say so on the form; once a group of 8 to 10 at one of the levels signs up,



Sessions will comprise  
learning about different genres of music world - wide  
Writing and composing songs and music  
Learning to play instruments as an individual and in a group  
Forming Bands  
Performance individual and group  
Singing  
Producing, arranging and recording songs

**Here is a real opportunity to develop and be involved  
in a full music programme - grab it!!!**

## Breaking news – Community Life Centre



We were really pleased to receive a small grant from the National Lottery Community Fund early in October. Funding was specifically to enable face-to-face services to resume following a difficult year of successive lockdowns.

We applied for funding to resume our popular 'Coffee and Cake' session for eight weeks on Wednesdays from 10.00am until 12.00 and we intend to continue this after the end of November when the funding expires. If you would like to join us for a hot drink and a piece of cake, there is no need to book, just come along to the Centre in Fleming Avenue, where you will receive a warm welcome.

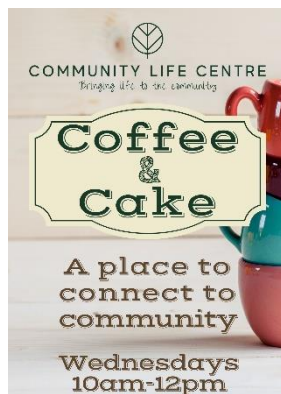
The session also benefits from an approximately monthly visit from our local PCSO, who is able to advise on current scams, digital safety and related issues and we are looking forward to a 'taster session' from Appetito early in December as well. The remainder of the grant is to enable us to refresh our premises with a lick of paint, some new signage and a much-needed new telephone system.



From the 13<sup>th</sup> of December, the Community Life Centre will be taking part in North Baddesley Infant School's 'Light up North Baddesley' Christmas light trail, so do look out for further details around the village about how to download your map.

Other events in the village over the Christmas period will include Carols in the car park at All Saints Church on Saturday 18th of December at 4.00pm and on Christmas Eve afternoon, a craft and one-man Nativity presentation at All Saints.

Look out for further details of these events on the Parish web site and posters displayed at the Community Life Centre in the very near future.



Community Life Centre – Welcomes all residents.

## General Expression of Interest Form

(You should be able to copy and paste this form from the Parish Council website - Community Bulletins). <https://www.northbaddesley-pc.gov.uk/community-bulletins/>

Name: \_\_\_\_\_ Age \_\_\_\_\_

I am interested in: \_\_\_\_\_

Signature: \_\_\_\_\_ Email: \_\_\_\_\_

\*\*\* Depending on interest shown and funding found, workshops and projects can be put on.  
Those wishing to join any activity will be kept informed.

Email to **David Knight** at: [theknightz@hotmail.com](mailto:theknightz@hotmail.com) Clubs, groups, and leaders, email your articles to David Knight by the 15th of the month.