



Inside the Issue

EVENTS

See what we've been up to recently and find out what's coming in the future !

GET INVOLVED

We want as many people as possible to get involved with everything that goes on at Springfield. There are lots of different things you could do...

FEATURED

We are very proud of the many activities we have at our beautiful community centre and here we would like to feature one of our groups.

EVENTS

by Linda Hoffman

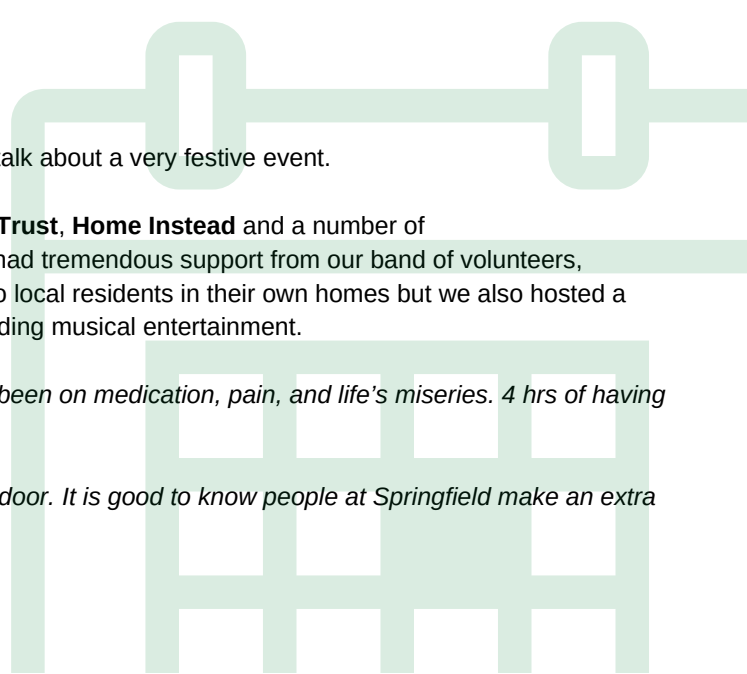


This is our very first issue of the newsletter and this month we want to talk about a very festive event.

In December we were supported by our **ward councillors, RW Mann Trust, Home Instead** and a number of **local businesses** to provide some Christmas entertainment. We also had tremendous support from our band of volunteers, pictured above. Not only we were able to deliver **54 packed lunches** to local residents in their own homes but we also hosted a Christmas Lunch for **40 people** with the fabulous, **Darren Foster** providing musical entertainment.

"I can't remember the last time I was with mum when the focus hasn't been on medication, pain, and life's miseries. 4 hrs of having my mum back thank you"

"What a delightful surprise to have such a lovely lunch delivered to my door. It is good to know people at Springfield make an extra effort to support local people"





FEATURED

Sharon Mort & Yolates

With over **25 years experience** in the fitness industry, in addition to an earlier career as a Professional Dancer, fitness instructor **Sharon Mort** offers classes and personal training to help improve everyday **health benefits**, through local gyms and leisure centres in the **North Tyneside** area.

This includes our very own Springfield Community Centre in **Forest Hall**.

She offers a wide range of services including this months featured class, **Yolates !**

GET INVOLVED

by Linda Hoffman



What Does A Volunteer Look Like?

They come in all shapes and sizes and they all have **different skills**. But they are all kind, caring, enthusiastic and want to give something back to their **local community**.

To help us put together a number of super events through the year, we need as many **helpers** as possible. If you can tick any of these boxes we would love to hear from you -

- Trimming the Room : Making Decorations : Serving a Meal :**
- Helping with the Cloakroom : Small DIY Jobs : Preparing Vegetables**
- Delivering Lunches : Setting up Tables : Selling Raffle Tickets Displaying**
- Prizes : Running a Games Stall : Taking Photos**
- Event Organiser : Selling Event Tickets : Meet & Greet**
- Washing Up : Baked Goods : Knitting Projects**

You might just want to help out as a **one-off** or you might become hooked and want to get involved in everything we do.

At Springfield we **don't employ any staff**, so we depend 100% on our **volunteers** delivering the goods.

To get in touch please use our **"Reach Out"** page on the website or use the handy **green links** to the left of the image below

 linda@springfieldcommunity.org.uk

 **0191 266 2988**



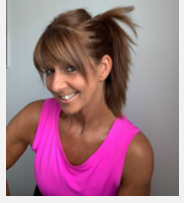
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*Yoga and Pilates,
with a perfect
balance of
strength, stretch
and relaxation*


In Her Own Words

"Everyone is welcome to join my classes at Springfield, which are held every Monday, 11-12.

I am particularly keen to encourage anyone who has not participated in regular exercise for a while."

Sharon Mort



 **07891 067 868**

 **Sharon Mort Online Fitness**