



Newsletter Autumn 2016

How many of you have noticed that some of us have been very busy working on a community garden since our last Newsletter? We now have fruit bushes and trees and raised beds and have so far harvested raspberries, gooseberries, black currants, courgettes, peas, beetroot, carrots and tomatoes. And there is more to come with vegetables still growing and ripening. Some of the produce was used in two very successful cookery sessions during August for children under 11 years of age – we plan to run more of these sessions, so let us know if you're interested by coming into the Bungalow or ringing us. Also come along if you would like to take home some of the produce – there are also vegetables in the Incredible Edibles container outside the Bungalow and they are there for you to help yourself to.

We also have other plans – we are about to start a youth group for 11-16 year old girls following on from the closure of the very popular Hot Chocolate, so again tell us if you know of someone who might be interested.

We want more of you to make use of what we have to offer and to be involved in what we're doing. Some of you might know more than those already involved about growing, harvesting and using the fruit and vegetables we are growing or just want to know more or share what you do know. So come along to our next session – we're very friendly and welcoming.

We look forward to seeing you.

Norma Corkish, Chair

Timebanking is here!



What is it all about?

It is about people helping each other to build a stronger community, giving and receiving support by swapping and sharing skills, experience and knowledge.

How does it work?

You register with the Timebank and say what skills or services you are able to provide. Using the Timebank database you could do an hours ironing for someone and gain 1 time credit which you could then exchange for an hours gardening or a lift to the doctors. Everyone's time is equal.

How can I get involved?

Watch out for the posters telling you when the next coffee morning will be, or call Cathy on 01252 722362 to find out more.

What's on @ The Bungalow


Our timetable of regular social clubs, advice, health and fitness activities. Please call or email to enquire.


Monday	Job Club 10am—12pm
Tuesday	Dance 6—9pm
Wednesday	Opportunities IT classes am Seniors Coffee Morning 10—11.30am CAB 11.30am—2.00pm Craft Group 1—3pm
Thursday	Adults with Craft Group 1—3pm Top of the Class Maths 3.30—5.30pm Youth Group 4.30—5.30pm Yoga 7—8.15pm
Friday	Drawing Class 10am—12pm
Saturday	Dance 9—11am
Weekends	Available for private hire

Keep in touch with what's happening @ The Bungalow

Check out the website www.thebungalow.org.uk

Email sandyhillbungalow@gmail.com

Like our Facebook page [sandyhill.bungalow](https://www.facebook.com/sandyhill.bungalow) 

Follow us on Twitter [@shbungalow](https://twitter.com/shbungalow) 

Get Growing Bake Off

Young bakers and their parents enjoyed their cooking sessions in August. Each session included a variety of growing and baking activities to keep the youngsters amused. Before starting baking the families went into the garden to pick tomatoes and to visit the vegetable bed to see the beetroot that they would later be adding to their Brownies!

Once the Pizzas and Brownies were in the oven, the young bakers watered the garden before sampling the scrummy **Pizza with Garden Vegetables** and **Chocolate & Beetroot Cupcakes and Brownies**.

Well done to all the young bakers – stars in the making!

Next session in October half term—register your interest now on 722362/sandyhillbungalow@gmail.com. Spaces limited.



Save the date! Christmas Cookery

With **Stu Henshall**
2015 Great British Bake Off

Friday 16 December

3.30—5.30pm

Stu Henshall was a contestant on 2015's The Great British Bake Off and has since been giving demos and talks on his move from a touring musician to food demonstrator and is currently in pre-production for his own series for The Alternative Kitchen.

Join in with the cookery demonstrations, the whole family welcome
—limited availability—book your place now!

**Calling girls in Sandy Hill
aged 11—16 years of age**

Hot Chocolate is re-starting!
Monday evenings from 7—9pm from after October half term.

The **free** sessions will include fun arts and craft activities, dance and cookery sessions, as well as opportunities to share and resolve worries relating to physical and emotional health, along with much more besides.



The group will be led by Karen and Pip. If you would like to sign up or find out more email sandyhillbungalow@gmail.com or call 01252 722362.

Sure Start Children's Centre Bus coming soon!

The Bus will be visiting the Sandy Hill estate on 12 October, 26 October and 9 November between 1.30 and 3.30pm.

There will be lots of information on what activities and services are available locally
—come and have a look.



Get Growing @ The Bungalow

We've had some great produce from the garden—peas, beans, beetroot, carrots, chard, tomatoes, gooseberries, blackcurrants, raspberries.

What will happen over the winter and next season?

To find out why not come and get involved.—come along on **Sat 8 Oct** or **Sat 19 Nov** at **9am**

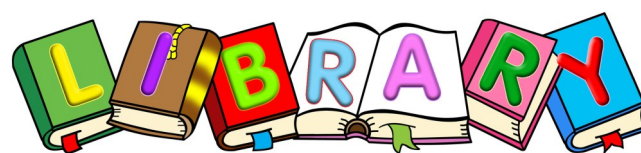
Check out the **Community Garden Blog** on our website - <http://www.thebungalow.org.uk/what-we-do/community-garden-page>

Did you know the CAB comes to Sandy Hill each Wednesday? Drop in or call for an appointment.

FREE—energy review

Could you be saving £££s?

Takes 20 minutes—bring you most recent utility bills



The library that comes to you.
Lots of great books available to borrow from the Bungalow —cookery, kids books, biographies. If there's anything you would like to read, request it and collect it from the Bungalow.



Why not hire the Bungalow for your next party or event?

Excellent rates (20% discount for local residents) and warm welcome. Come and see what we can do - call Cathy

Looking for work? In need of a job? Seeking advice on how to prepare for an interview? Then get yourself along to **Job Club** every Monday morning, 10—12. Drop in for a coffee and make use of the centre's computers for a couple of hours; it's all completely **free of charge** and friendly help is available.

