



Free Mind Free Body Free Choice

Newsletter

Winter 2011

Contact us on - Telephone 0191267 8118 • Fax 0191 267 5540 • Email: enquiries@alanshearercentre.org.uk

Welcome to your Winter 2011 Alan Shearer Activity Centre Newsletter

In it you will find a round-up of all our latest news, information about our services, and details of the latest events we have planned.

This is your newsletter, and we are very keen to have your feedback about your experience of the Centre, what you enjoyed, and what you would like us to include in the future. Please write and let us know.

The team at the Alan Shearer Activity Centre is taking a well-earned break over the Christmas holidays, but we look forward to welcoming you back in the

New Year. The centre will close at 5pm on Friday 23 December, reopening at 9am on Tuesday 3 January 2012.

You can be sure of a great welcome from all of us:

Rob: Centre Manager

Sally: Senior Recreation Assistant

Libby: Receptionist

Jennifer: Recreation Assistant

Our latest news

Artistic Endeavour

The Alan Shearer Activity Centre team was delighted to welcome thirteen girls from Sacred Heart High School recently, who made a special visit to present us with original artwork they had created.



Rob Molineux Centre Manager with girls from the Sacred Heart High School.

The girls, from year seven, came to the Centre with five pieces of beautiful artwork that they had devised especially for us during their art lessons.

Nicola Milne, School/Parish Liaison Executive, complimented the girls on their achievements, adding: "we will make sure that we find a very special place to display this beautiful artwork."

The girls also had time to try out the Alan Shearer Activity Centre ball pool, and to take a walk around its extensive sensory gardens.

If your school would like to get involved with the Alan Shearer Activity Centre, please contact Nicola Milne on: **0191 228 0111**.

With a little help from our friends

There is still time for you to help us collect Evening Chronicle Wish 11 tokens before the deadline of January 14 2012.

Every token we collect means a larger share of the £50,000 on offer, so please help us

collect as many as possible. The tokens are printed every day in the Evening Chronicle. With your help we can get enough cash to purchase all the special inflatables, buoyancy gear, and interactive sensory equipment we need for the Centre's hydrotherapy pool.

So don't be shy about pestering your friends and family, and anyone else you know, to collect tokens on our behalf.

What's On

Tuesday 14th February, 6 - 9pm

Valentine's Disco

A party for adult members of the Centre to socialise and enjoy a Valentine's themed evening of activities, music and food. £10 per member - tickets must be pre-booked and paid in full.

Up to two parents/carers go FREE
Limited places so book early

Celebrate your birthday with us!

We can make all the arrangements for a party for up to 25 people, giving you **2 hours exclusive use of the Centre**.

We will provide the invitations, music, disco lights, buffet and more.

The centre is also available for Block Bookings for any special occasion.

For prices and more details visit our website or call us now.

Christmas Holidays

Please note - the centre will close at **5.00pm on Friday 23rd December**, re-opening at **9.00am, Tuesday 3rd January 2012**

Opening Times

Tuesday to Saturday 9am - 5pm
Late night Thursday 'til 8pm

Available evenings and Saturdays for block bookings and parties by prior arrangement. Please contact us for further information.

Please send your tokens to:

Rob Molineux, Alan Shearer Activity Centre,
West Denton,
Newcastle upon Tyne,
NE15 7LT

Thank you!



www.alanshearercentre.org.uk

Winter Wonderment



Magical Fun with Mickey the Magician

Stilt walking elves, Magic Mickey, Santa Claus, and Alan Shearer, joined forces last week to produce a wonderful afternoon of festive fun for over sixty children who attended our fantastic Alan Shearer Activity Centre Christmas Party.

Children from schools all over the region came to join in the fun, including the Thomas Bewick School, Sacred Heart Fenham, Percy Hedley School, and Beaumont Hill Academy. The Alan Shearer Activity Centre was decked out in its finest Christmas decorations to greet them, together with a sparkling tree in the foyer.

The children, and Mencap's Carlisle members, were thrilled to see patron Alan Shearer who came especially to greet them and wish them a merry Christmas.

During the party the children had their faces and arms painted by artists from Angeliq, enjoyed a magical afternoon

of party tricks and fun by Magic Mickey, and played in the Centre's ball pool and sensory cave.

Meanwhile Santa Claus held court in his special grotto, and spent time with all the children, ensuring that each one received a lovely gift.

After enjoying a delicious buffet tea in Browne's café, the children sat down to listen to a reading of *The Night before Christmas*, especially read to them by Luke Taylor of the Seven Stories gallery.



Girls from Sacred Heart High School with patron Alan Shearer.

More Live and Learn



Live and Learn members cook up a storm

Live and Learn, our programme of activities for adults with disabilities who attend with carers, has increased its hours to include every Friday from 10.30am to 3.15pm.

This means that the course is now available on Tuesdays, Fridays, and Wednesday mornings every week.

Members who attend our Live and Learn courses are able to enjoy a range of fun

and educational activities including: baking, arts, and lots of different crafts. Each week we make sure that our planned activities are completely different, so that our Live and Learn members always have something interesting and stimulating to get their teeth into.

The programme also includes regular guest spots for interesting speakers, such as members of the Fire and Rescue Service, who joined us recently.

On a typical day, attendees will enjoy three courses, and have time for lunch in Browne's café. The cost of a daily place is £20 per delegate, and includes all the equipment and materials used in the activities.

In order to book a place please ring the Alan Shearer Activity Centre reception on **0191 267 8118** or email enquiries@alanshearercentre.org.uk



The lasting impact of a short break

We could all do with having a break now and then, and no more so than those hard-working families and carers who look after the welfare of disabled children and adults.

The professional and compassionate staff at the Alan Shearer Short Break Centre provides individually tailored care packages for disabled children and adults, including those with Autism and Asperger's Syndrome.

Guests at the Alan Shearer Short Break Centre can stay for just one night, for a weekend, or for longer, giving carers the chance to have some time to themselves, and to have a break.

In addition, guests are entitled to use all the facilities at the Alan Shearer Activity Centre entirely free.

To book a place or to discuss the options open to you, please contact our Short Break Manager on **0191 267 8128**.

Seasonal Spotlight

In the winter months, the centre's picturesque grounds are transformed, with our sensory garden and woodland walk sporting their finest evergreen coats complete with a dusting of frost.

This is a time to review and plan for the next growing season, and our garden staff are already making preparations for our vegetable garden, and looking forward to bringing it to fruition with the help of our regular volunteers.

If you would like to donate plants or trees, or lend a hand with the gardening, please contact us on **0191 276 8118**.

Star letter

We would love to hear from you, and hear about your experiences at the Alan Shearer Activity Centre. Please drop us a line and let us know what you enjoyed. If you have suggestions for events, ideas for courses or entertainments you would like to enjoy at the Centre, write and let us know.

We will publish your letters in our newsletter, and the best letter will receive a special prize.



THE ALAN SHEARER ACTIVITY CENTRE

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