

THINGS (AND PEOPLE!) ARE SHAPING UP AT THE CENTRE

Since opening in June there has been a surge of activity at the Centre with events and classes of all sorts provided to give everyone on Elsea Park to try something new. The organisers are happy for you just to turn up at The Centre and try their classes for yourself, so why not give them a go?

Take for example **the Kickboxing Class on Thursdays at 6 – 8 p.m.** The benefits are not only physical, but also mental and all the members of the class will develop skills which will carry through to all areas of their day-to-day life.

We have had some brilliant feedback on the **Saturday Morning Zumbafia Class 10.30-11.30.** Everyone who has been agrees that this is a great weekend workout for people who can't get to a class during the week. The emphasis is on the feel good factor with high energy music to go with the high energy exercise

For those who want a little less strenuous activity, **Sarah Hill's Dance4Life on Tuesdays at 10 a.m.** is excellent for the over 50's. This is a clever combination of dance and exercise which brings your heart rate up to around the same level as if you were taking a brisk walk. After an hour of dance to music, the coffee and biscuits are very welcome!

Kate Priestley teaches **Zumba Fitness on Tuesdays at 7.30 – 8.30 p.m.** Her class is popular with all ages ranging from 10 to 70 years old! She has special half price rates for juniors to get them into the habit of exercising for fun and she encourages everyone to work at their own pace.

Tracy Hankin's **Yoga and Pilates classes on Thursdays at 7 – 8 p.m.** are very popular. She uses Tai Chi exercises to warm up and the Yoga and Pilates is suitable for all levels of fitness. Tracy's **Zumba Class on Thursdays 10 – 11 a.m.** is also popular. This class caters for all levels of fitness. Tracy can show you how to get the most from Zumba and build up gradually.

Jo Swain runs **Extend on a Friday 10.30 – 11.30 am**, a low impact exercise session aimed at the 60+ age group, followed by light refreshments

New from September

- ✚ Messy Play is back – from 10 September on Mondays 10:00 - 11:00
- ✚ New Dance Class starting 17 September on Mondays 18:00 – 19:00
- ✚ Rise & Shine (Dance – Adults) starting 6th September on Thursdays 09:30 – 10:30
- ✚ Baby Massage (6 per class – pre-booking necessary, starting 13 September on Thursdays at 13:30 – 14:30
- ✚ Senior Guides – Tuesday evenings, mid-September
- ✚ Youth Centredetails to be arranged

OTHER ACTIVITIES

We know that we cannot please everyone, but remember if you have a particular interest or hobby why not start a group, or find a teacher who might be able to run a class? We can provide the facilities for the activities – talk to us about your ideas

DROP IN WEDNESDAYS 10 a.m. – 12.30 p.m. (Note the new time!)

The first Drop In session was well attended, with many people meeting others that they knew by sight. After bouncing ideas around for a while, a lot of suggestions were made for not only the Drop In but also other activities. Perhaps you have a hobby or interest that you could share with people at the Drop In, or you could volunteer to give a short talk or demonstration. Have a look at the list below and let us know what you think by sending an email to admin@elseapark.co.uk Card & Board games, Dominoes, Book Exchange, Art & Craft Activities, Talks and Seminars on topics of interest. We need some board games, so if you have any that you no longer use, please leave them with Liam in the Trust Office. Remember this is a group for all ages and we want your help to provide what YOU want, so get in touch via admin@elseapark.co.uk with your ideas or offering ways in which you can help, either as a volunteer to help with the catering or providing the expertise to help people take up a new hobby.

STOP PRESSQUIZ NIGHT AT THE CENTRE***FRIDAY14 SEPTEMBER***TICKETS £7***PHONE 07511 194765***

Here we cover some of the recent major issues impacting on Elsea Park:

Linear Park & Play Area

These areas transferred to the Trust in March 2012 as part of the wider transfer of the community centre and other areas. At that time the agreement with Kier Homes was that they would maintain at their cost the two areas until they reached a satisfactory state. It was anticipated that this would be for a period of 6 months until September 2012.

It has become clear that this would not be the case in that timescale. The main problems are undulating ground, bare patches, lack of growth and, in the case of the play area, sometimes mud. For these reasons the Trust and Kier homes have reached agreement that the maintenance will be extended until the areas are fit-for-purpose with both the Trust and Kier Homes agreeing that this is the case. The extended maintenance, and that to date, has been at a cost to Kier Homes not to the Trust.

The remedial work has already started to the Linear Park. The work to the play area will be more significant including levelling, top-soiling and seeding. Regrettably this means that the play park will be fenced off and closed temporarily from the end of the Summer holidays until Christmas or whenever the area is fit to use, whichever is the later. Unfortunately there is no alternative. However, the toddler play area will remain open.

Future Grounds Maintenance

With the expansion of the green areas owned by the Trust the Board considered future maintenance arrangements. Broadly three options were identified:

- To carry out all work with directly employed staff
- To contract out all grounds maintenance work; or
- To introduce a hybrid solution, contracting out work on the larger areas but retaining our own directly employed staff for other areas

The Board decided that investigation of the hybrid solution was the option best serving the community. The larger areas include the Linear Park and play area, the green area and hedge alongside the A15, the Pollards and hedge cutting on the Meadows.

Green Transport Fund

We recently carried out a consultation on the use of the Green Transport Fund in place of the proposals for a shuttle bus which were rejected as uneconomic a couple of years ago. There was limited response but with positive ideas. These include support for: cycling initiatives, walking initiatives and car sharing

Particular ideas include: adult cycling lessons, advertising car shares in the newsletter, organised walking – ‘walk4life’, purchase and loan of panniers to aid Tesco shopping, promotion of walking through the installation of quality finger posts, possibly with an Elsea Park roundel

The next step is to build and cost these into a plan with priority being given to exploring cycling initiatives through Bikeability providers <http://www.dft.gov.uk/bikeability/> and with walking and signage being explored with residents.

