

# Shinfield Rise Community Flat

the  
**BIG**  
tidy up



## Shinfield Rise Clean Up 2016

Meeting at the Shinfield Rise Community Flat, 36  
Frensham Green on Saturday 19th March, from  
10.30am to 1.30pm

Please come along and lend a hand but  
remember to wear gloves, strong footwear and  
suitable clothing.

Safety vests, litter pickers and refreshments will  
be provided.

Just turn up on the day or for further details  
please contact Cherish on 07885983396,

email: [cherish.risi-elford@wokingham.gov.uk](mailto:cherish.risi-elford@wokingham.gov.uk)

LOVE your neighbourhood  
Help keep it green!



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## Come and Get Involved this March...

**Housing Surgery With David Higgins:** Every  
Thursday, 11am to 1pm.

**Benefits Surgery (Drop-In Confidential Advice and  
Support):**

First Thursday of every month, 11am to 1pm

**Family Worker Drop In:** Every Monday 10am to  
12pm

**Social Club for 50+:** Monday 21st, 7-9pm

**Community Club (8-12 years) UPDATE:** Now  
running every Monday (Term-Time Only) from 4.30-  
6pm at the Community Flat

**Mice Bus ( Frensham Green):** Every 1st Monday of  
the month 1.15-4pm

## Update on London Trip– Easter Holidays

Thanks to those of you who have shown interest in the trip,  
I am pleased to confirm it will be going ahead as planned!

When: Wednesday 6th April 2016

Pick up from Shinfield Rise (next to Frensham Green) at  
9am. We are sharing the trip with a community group from  
Finchampstead but will still arrive in London by 11am.

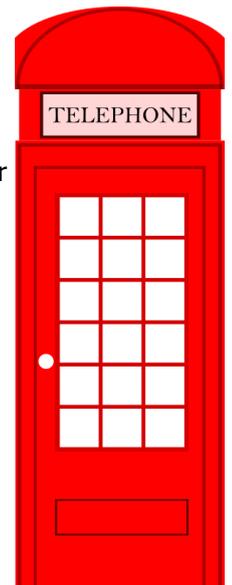
Return: We will be leaving London at  
4pm to return home for 6pm.

The coach will drop us in Kensington  
(near to the Natural History Museum),  
and as ever you will be free to enjoy your  
day in the capital!

You will be able to leave things on the  
coach (car seats etc.) so won't have to  
worry about carrying it around all day!

**Cost for this trip will be £5 per  
person. Please get this to Cherish  
asap to secure your place!**

Any questions let Cherish know...



## Mindfulness Workshop

Come and learn more about  
this new de-stress technique  
that everyone is talking about!



This course will introduce you  
to mindfulness and how we can use it as a tool to  
manage our stress and enhance wellbeing. Through  
practical exercises you will learn strategies that with  
regular practice will enable you to reduce anxiety and  
improve mental and physical health.

The tutor will be able to help you create a Mindfulness  
Action Plan and much more..

Workshop held at the Community Flat on Thursday  
10th and 17th March from 1-2.30pm.

If you are interested please call Cherish on–  
07885983396 to book a place!



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What's new with YOUR local Councillors?

**Councillor Parry Batth / current Mayor for Wokingham Borough**

**Contact Details:**

- Tel: 07969 683595
- Email: parry.batth@wokingham.gov.uk
- Come and see me at the Community Flat

**Some of Parry's Priorities for the area:**

- Congestion on Shinfield Road– I will continue to put pressure on Reading Borough Council to alleviate the congestion, as the traffic lights belong to them
- Speeding on some of the roads in the ward
- Carry on supporting the Community Flat to provide valued services to the local community
- Look into Civil Enforcement of Parking to resolve parking issues
- Look into alleviating anti-social behaviour and dog fouling issues in certain parts of the ward

Parry is often out and about talking to local residents on their door steps, not only at Election time but throughout the year, as and when the need arises.

*If you would like to make an appointment to meet Parry at the Community Flat, or to discuss any issues, please contact him using the details above.*

**Parish Councillor Ian Montgomery**

**Contact Details:**

- Tel: 0118 987 4288
- Email: ian.montgomery@shinfieldparish.gov.uk
- Come and see me at the Community Flat



Since moving from Scotland to take up a post at the Dairy Research laboratories in Shinfield, 36 years ago, my family and I have been involved in various groups such as WI, Brownies, Guides and now the Parish Council. I am currently Vice Chairman and as a member representing Shinfield North ( i.e. over the M4 ) I take a keen interest in what goes on in this area. I am particularly involved with Cherish over the finance and running of the Community Flat.

*If you would like to make an appointment to meet Ian at the Community Flat, or to discuss any issues, please contact him using the details above.*

## What's Going Well at the Community Flat?



Our Youth Group is very popular, thanks to the support from the Community Wardens and Shinfield Parish Council. We do lots of fun activities and it's a great way to meet other young people in the area, come and join us!



The new Garden at the Flat is a great new space and we are really enjoying the (few) sunny moments we can spend outside!

*Please tell us your good news so we can feature it in the newsletter!*

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**Do you have the passion and commitment to work with young people?  
Could you make a difference?**

**We have exciting opportunities for Youth Support Workers and Volunteers. The role is based at Pavilion Youth Club, Spencers Wood, Shinfield every Friday night, 6.45-9.45pm. To apply and for more details please contact Joanna Haskins on- 07931329646**

**The club is affiliated with:**



**Cherish Risi-Elford, Community Development Worker / Facebook Page- Shinfield Rise Community Flat  
Mobile Number- 07885 983 396 or E-mail me: cherish.risi-elford@wokingham.gov.uk**

