



Community Defibs

We would like to say a huge thank you to everyone who took part in the community fundraising effort to raise money to install 24/7 access defibrillators in our community. We raised a massive £7075.28 and currently have 4 defibs in our community at the Centre, DMC Service Centre, Miller & Carter and Nelley Gormley. Thank you to everyone who bought raffle tickets or simply donated to the fund. Thank you to all the local businesses who either donated a prize to the raffle or donated.

DMC Service Centre, Somals, John Foley & Son, Miller & Carter Gosforth, West Moor Bakery, Photography For You, Emily's Treats, Kerryogi, Pottery Experience, Forest Hall Chiropractic Clinic, Morrisons, Arnold Clark, South Gosforth Fisheries, West Moor Barber Shop, LBB Boogie Bounce, Davey Brown Art, Flicker Candle Co, West Moor Slimming World, Juicy Fitness, Dan Frazier Strength Conditioning, The Hairdressers, Tales as Old as Time, The Will Guys, Wilko Killingworth, Proctor & Gamble, Achilles & MJB Service Centre. If you are thinking of having Fish & Chips or a steak, would like to try your hand at pottery or need a haircut, please remember to support local businesses that have supported us and please shop local.

Defib Training

We will be holding several defib awareness sessions on the evening of **Thursday 24th March** at 6pm, 6.30pm, 7pm, 7.30pm, 8pm & 8.30pm. They are drop-in sessions where you can watch a demonstration of how to use a defibrillator or try it out yourself. The defibs we have installed around the community are easy to use and talk you through the procedure, but we understand that you may have questions, or you simply may want to familiarise yourself with it.

Cocktail Making Evening

We are holding our first ever cocktail making evening on Thursday 7th April at 7pm. As well as demos on making several cocktails, you can also have a go at making a cocktail yourself and of course, drinking some! There will be nibbles on offer should you feel the need!
Tickets cost £7.50 (cash please) and go on sale at 6pm on 1st March.

Gentle Pilates

We are trying to encourage people to try something new. We are holding several Gentle Pilates sessions at the Centre. The first 3 sessions will take place on a Tuesday evening with Rachel Ferguson starting **8th March** 7.45pm to 8.30pm with each of these three sessions costing £3. For more information or to book a place on one or all three classes, please pop into the Centre or give us a call on 0191 216 1005.

Bingo

Thanks to funding we have received from the Greggs Foundation, we are holding afternoon bingo sessions on the first Tuesday of the month, 1.30pm to 3.30pm with the next bingo session is taking place on **1st March**. As well as 6 games and a flyer, we will also give you a cup of tea and a slice of cake!
It's a fun afternoon with money to win!!!

Flower Arranging

Why not book a place for you and someone special at our flower arranging activity on **Saturday 26th March** from 2pm. Jaqueline will be giving a demonstration and then we will be making teacup posy arrangements. Refreshments are also included. Tickets cost £8 per person and are available from the Centre.

Buggy Bootcamp

Buggy Bootcamp West Moor is an ideal exercise class for new mums/parents to exercise with their baby. The sessions, starting on **Wednesday 9th March** at 11am and running for 8 weeks, provides opportunity to socialise and meet new friends. This is a great workout designed for new mums/parents with specific exercises to tone muscle groups and target post weight gain, You can start after your 6 weeks check after a natural birth or 8-12 weeks after a caesarean delivery. No need for a special buggy, your usual buggy will be fine. Each class costs £3.

Pilates with Stef

There are 3 new **Pilates with Stef** classes taking place at the Centre. These are on Wednesdays at 9.30am, Thursdays at 9.30am and Saturdays at 9am. To book a session, please check out Stef's Facebook page or call her on 07833940501

Bobby Robson Foundation Coffee Morning

This year's coffee morning will take place a little earlier in the year than normal on **Saturday 14th May** 10.30am to 12.30pm.

Come along and raise funds for this fantastic charity. Donations for the raffle and tombola can be dropped off at the Centre if you have anything.

Shop Local

With Mother's Day approaching, we thought we would remind you of some of the businesses in West Moor so that you can "Shop Local."

Ann & Susans Florist (0191 268 1003) can now be found behind Somals for your Mother's Day Flowers or why not order a special Mother's Day Afternoon Tea in a box from **West Moor Bakery** (0191 268 3796).

Thank You!

We'd like to thank all at Alexander Hudsons Estates for their donation of £100 from their Christmas Selfie fundraising campaign. Thank you to all those who shared their selfies!

Bunny Run

This year's Bunny Run is taking place on **Friday 15th April** at 10am. We will leave the Centre and call at houses around the village for chocolate treats before returning to the Centre for hot cross buns and cups of tea. Tickets are on sale from the Centre at £5 per family.

Well Done!

Congratulations to West Moor Over 40's football team who won their league with matches to spare! If you are looking to get back into football and are looking for a team, why not come and join a winning squad. Contact the Centre for more information.

Gardening Group

The Gardening Group's plant sale will take place on **Thursday 5th May** (Voting Day).

They are also planning to hold an Allotment Open Day on **Saturday 16th July**. Mark your calendar for both!

They are putting out a call for small hand tools and secateurs. Have you cleared out a shed or garage and found tools you didn't know you had? If they are in good order, please drop them off at the Centre.

Gambia

You may recall that residents, Phil & Diane Forster have supported a school in the Gambia for some years. They will be holding a coffee morning at the Centre on **Saturday 9th April** 10.15am to 12pm to raise much needed funds. They are also visiting the Gambia in March and are looking to take some items with them. Do you have any new packs of pencils, crayons, rubbers, staplers (inc staples), junior exercise books? Please drop off at the Centre if you do.

Coffee Morning

Just a reminder that our weekly coffee morning takes place on a Thursday morning 10am to 12pm with coffee/tea and a scone costing just £2. Why not meet up with a friend and support the Centre at the same time.

West Moor & Jesmond AFC

We are looking for volunteers to help create and sustain an U23/Development Squad at West Moor & Jesmond AFC. We need a manager and/or coach to take control of the teams' weekly operations. We are looking for someone who shares the clubs' values and will be committed to making the team a success. We have a large pool of players to work with, with lads coming up from the u17s and u18s as well as other senior players associated with the club. Home games will be played at the Centre and we are hoping to get the team into a competitive league for the 2022/23 season. Previous football experience is desirable and we will assist you with personal development ie. Coaching badges. If you are interested, contact James on 07702014302.

Sewn on the Tyne

A fantastic new sewing group have come to the Centre, meeting on Wednesday afternoons and some Sundays. Contact Tamlyn via her Instagram page or email her at sewnonthetyne@gmail.com for more information and dates of the next classes.