



Seasons Greetings to all our residents from the Big Local Partnership!

What's on in Wargrave

MEN'S GROUP

Our popular Men's Group meets every Thursday from 10.30am at Newton Community Centre. All men are welcome to this free supportive group. Just turn up, you will be made welcome.

HEALTH WALK

Every Friday join in with the Health Walk, meeting at Newton Community Centre at 10am for an hours walk around the area. It's free and all walkers receive a piece of fruit. Led by the Healthy Living Team.

BEYOND THE SCARS

Support group for those aged 16 and over who are affected by self harm, every Monday evening from 6pm-8pm at Newton Community Centre, confidential and free to attend. Support also offered to family and friends.

YOUTH GROUP

Meets every other Tuesday at Newton Community Centre from 5pm-7pm for those aged 11-16. Dates of next sessions are 27th November and 11th December.

HERITAGE EVENT

Our next Heritage Event will be held on Tuesday 22nd January 2019 from 4pm-7pm at Newton Community Centre. This time the theme will be Wargrave in Wartime. Come along and enjoy chat and discussion about the past while you enjoy free wartime rations. Don't forget to bring along your own photos and memorabilia if you can.

Job Centre Outreach in Wargrave

Following the closure of Newton JobCentre, Big Local volunteers negotiated with the Department for Work and Pensions to provide an outreach service at Newton Community Centre.

The service operates on Mondays between 9.00 am and 12.00 pm and offers:

- Benefits advice and guidance
- Job search support
- ICT support and guidance
- Skills and training advice

To book an appointment call 01744 698129 and ask for Newton Outreach Service



Community Chest Awards

We have recently awarded the following organisations:

Vulcan Vipers Football Academy to train new Coaches

Newton & Earlestown Community Group for a WW1 Beacon Lighting Event

Friends of Sankey Canal to develop an annual community duck race event

If you would like to apply for a Community Chest Grant of up to £500 then follow the link on our website to the application form, or email Graham: wgbiglocal@outlook.com for a paper copy.

Christmas Presents for the Elderly

Wargrave Big Local working with Helena Staying Home Team and Newton Community Centre collected gifts for older people who may be isolated or have no family in the area.

We delivered gifts to Wargrave residents such as blankets, socks, slippers and gift sets to help make a difference at what can be a difficult time to be alone. Thank you to everyone in our community who donated items.



Presents into Schools

The first of what we hope will be an annual event from now on, Wargrave Big local sent every pupil in year 3 in our local schools a free stationary set as a Christmas gift.



Tips for a healthy Christmas

Turkey is quite a healthy food, it's a rich source of protein and contains less fat than many other meats.

Go easy on the chocolates, nuts and crisps and head to the fruit bowl instead.

Build time in to take some exercise even if it's a simple walk with the family. There are some lovely routes around the Wargrave area. Physical exercise reduces stress and enhances mood.

Cut back on alcohol, alternate with soft drinks and mocktails.

Christmas festive eating can add half a stone in weight over the period, but just doing some of these little things can mean you still have a great Christmas with less of a price to pay in January!

Don't Forget

Visit us on Facebook, Wargrave Big Local and share our posts on your wall, you can also keep track of what's happening via Twitter [@blwargrave](#)

Useful Numbers

NHS - 111
Free 24 hour helpline for advice on urgent but non life threatening symptoms.

Suspected Gas Leak - 0800 111 999
Crimestoppers - 0800 555 111
Trading Standards - 0845 404 0506

YOUR LOCAL.

The newsletter of Wargrave Big Local Christmas Special Edition!

Issue #14 | Winter 2018



Winter Warmers 2018 Launch Event

See page 3 inside!



Focus on Community

What Big Local has been up to. See page 2 for details!

A Note From The Chair Louise Forshaw!



As we draw to a close of 2018 what a busy year we have had with lots of events and projects across the Wargrave area. I do hope that you or your family have been able to participate in at least one of our events this year.

Back in the summer we held a Summer Party at Emmanuel Church with free ice cream and stalls to browse, more recently we were delighted to host the launch of the "Good Guys" scheme at Newton Community Centre, which is led by the police and fire service and helps to combat crime, antisocial behaviour and illegal fires during the Autumn season.

Our other events this year have included a Be Positive drop in day, where we had lots of opportunities to help people into employment, and a popular Heritage Event where we had chance to reminisce about the past of our area. So popular in fact we are holding another one in January, see below for more details.

For the younger people in Wargrave we have run a successful Multi-sports Project throughout the spring and summer over on the Vulcan Estate MUGA pitch, and our popular Youth Group is going strong with lots of activities and support for young people.

For our more mature residents we are holding our annual Winter Warmer event on Monday 10th December 10am-2pm at Newton Community Centre. Come along to collect your free winter warmer pack and enjoy some free refreshments.

Other projects throughout 2018 included Walking Football sessions, Healthy Walk, a support group for those who self harm, lots of support for employment projects, and our toddlers teeth campaign.

As we go into 2019 we will be reviewing our achievements over the last year and beginning to write our new Plan to include new ideas. Watch out for some exciting developments and new projects as we move forward on our Big Local journey.

As always we are looking for new volunteers who live in the Wargrave area to join the Partnership, we are especially looking for younger people in the 20-30 age range to join as we feel this age group is under-represented at present. Interested? Please contact Graham to find out more using the contact form on our website.

Until next time I would like to wish you a very Merry Christmas and a wonderful New Year.



Winter Warmers 2018 Free to Wargrave Residents

For the third year running we have worked in partnership with staff from the St Helens Council Affordable Warmth Team to bring Winter Warmer packs to Wargrave.

This year the packs contain:

- A calendar
- Gloves
- A hydration bottle
- Tea bags
- Hand cleaner and tissues
- A pen and pad
- A radiator and meter box key
- A handy booklet full of tips on keeping warm and other useful information

Come and get yours from Newton Community Centre on Monday 10th December between 10.00 am and 2.00 pm. Free hot drink and a mince pie provided, and you can get advice from our partner organisations on keeping warm and safe.

Can't make the date? Look out for us out and about in Wargrave on 10th January 2019!

Operation Good Guy

Wargrave Big Local working in partnership with St Helens Council were proud to host the launch of this years "Operation Good Guy", a scheme that helps residents to feel safer and works to combat antisocial behaviour during the Autumnal season. The event at Newton Community Centre hosted stalls including Safer Communities, Police and the Fire Service, plus free crafts for the kids and free hot pot! Following on from this in early November, Wargrave Big Local provided part of the funding for several skips to be placed around the Trees Estate for local residents to fill, making the Wargrave area look cleaner and tidier and reducing the chances for illegal fires.

Beyond the Scars

Beyond the Scars is a peer support service that aims to offer help to anyone who may be affected by self-harm, either directly or indirectly. Group meetings are held in Newton Community Centre on Monday evenings, 6.00 pm to 8.00 pm. The sessions offer individuals the chance to discuss and learn about their self-harm in a safe, secure and confidential setting. For more information contact Viki at vguy@beyondthescars.co.uk

Men's Group – The Wargrave Boys

Our popular free-to-attend men's group – the Wargrave Boys – goes from strength to strength. Meetings are held in Newton Community Centre every Thursday morning, 10.30 am to 12.30 pm. Fellowship and friendship in a non-judgemental environment. For more information contact Chris Charles on 07970 861062

Aromatherapy

Wargrave residents recently enjoyed learning about aromatherapy on a free course funded by Big Local.

Focus on Employability

Be Positive

In October 2018, Big Local joined forces with the Department for Work and Pensions and several other organisations to host an event that helped local people looking to get back into work. Participants were able to find out about assistance with travelling costs and other support and get advice from Citizens Advice St Helens.

Job Club

TUESDAYS 1-3 PM AT NEWTON COMMUNITY CENTRE

The Job Club is run by Helena Partnerships offering employment support and practical advice to remove barriers preventing local people getting a job – paying for training and work-related equipment, helping with travel costs and interview techniques.

YouthFed

We welcome representatives from YouthFed to our Employability Sub-Group. YouthFed is a North-West based charity that offers a range of services to support young people in realising their potential.

Thinking about starting a business?

If you've got a brilliant idea for a business and think you have what it takes to be your own boss, book your free place at our Understanding Enterprise course, delivered at Newton Community Centre.

Over seven days, this course will help you develop the skills and knowledge needed to become your own boss; perfect for anyone who has recently started or is thinking of starting a business.

This amazing course covers:

- Business Planning
- Basic Marketing and how to incorporate Digital Marketing
- Managing Money
- Business IT
- Health & Safety

So book your place today by contacting Margaret Mullin on 01744 698800 / 07824 311681 or via email at margaret.mullin@sthelenschamber.com and let St Helens Chamber's Business Advisers help you become your own boss.

Career Coach

Are you unemployed and looking for training or work? Are you employed looking for a career change?

Why not speak to your National Career Service Career Coach, Margaret Mullin who is on hand to offer you 1-1 Information, advice and guidance sessions, help you identify the right training course for you, create and develop your CV, perfect your interview skills, support with finding suitable employment and much more.

Some of the courses on offer include:

- Digital Skills for Job Seekers
- Basic Construction
- Digital Essentials
- Warehouse and Storage
- Digital Marketing
- Customer Service
- Business Start Up
- Hair and Beauty
- Health and Social Care
- Food Safety

If you are interested in gaining qualifications in any of these areas or just want some advice and guidance, Marg will be at the Newton Community Centre, Tuesdays 1-4pm for drop in or contact her on 07824 311681 or email margaret.mullin@thestartingpoint.org to make an appointment.

Focus on Community

Multi-sports Scheme

Throughout the Summer months of 2018 Wargrave Big Local funded a scheme to deter antisocial behaviour that involved youngsters taking part in Multi-sports. The scheme ran on the new Vulcan estate MUGA pitch on Wednesday evenings for age groups up to 18 years and was a great success. Look out for similar schemes coming soon!

Heritage Event

Did you attend our wonderful Heritage Event in October? We looked at lots of old photos and memorabilia and shared lots of laughs and memories about our rich heritage in Wargrave. We will be holding another Heritage Event at Newton Community Centre on 22nd January 2019 from 4pm-7pm and you're invited! This time the theme is Wargrave in Wartime, so please bring along any items of interest you may have and enjoy a good chat and some free "wartime" refreshments.

Environmental Awareness

Members of the Wargrave Big Local Partnership have been undergoing training about Environmental Awareness. We are concerned about our planet and will be looking to introduce some schemes to help Wargrave reduce its carbon footprint as we move through 2019. Look out for some local initiatives in our area soon!

Wargrave Warriors

Also a great success is our Wargrave Youth Group, meeting every other Tuesday from 5pm-7pm at Newton Community Centre. Lots of free activities and make new friends in a safe environment. Just turn up, all 11-16 year olds are welcome.