



# Guild Place Ltd

No. 4  
Nov '05 **Newsletter**



A big thank you to all who attended our Halloween Party last month, it was a great night - Beryl, Linda, Lorna & Claire x

## Christmas Pantomime

This year's visit to the Belgrade Theatre's Christmas Pantomime "Jack and the Beanstalk" is on Friday 16th December 2005 at 7pm. The full price per person, per ticket is £11.50 but as a resident of this estate we are offering you a discounted price of £4 per person (including transport) which will leave the Community House at 6.15pm. We have 68 tickets on offer so please hurry and book your seats at the Community House. **The deadline is Friday 11th November 2005.**



## Thank You

A big thank you from Beryl, Linda, Lorna and Claire to our volunteers for supporting us this month.

Hello Everyone,

### WE NEED YOUR HELP....

We are planning a Christmas Fair on Saturday 3rd December 2005 at St Pauls Church Hall, Foleshill to raise funds for the area to be able to put on more activities for you to enjoy during 2006. If you are able to make any crafts/knit any items at home and donate them to us we would be extremely grateful as we realise that not everyone is able to attend the knitting and craft club on a Friday morning. We are also looking for good condition toys/games/brick-a-brac. If you feel you can help us then please deliver your donations to the Community House by Friday 25th November 2005.

I hope you all have now received and returned the community questionnaire that was delivered to you during October. We will be looking through your suggestions this month and will inform you of forthcoming activities. Thank you for taking part.

The "Healthy Cooking Courses" has been well attended with the waft of good food filling the community house. Claire Bennett has supplied us with a tasty recipe for us all to enjoy on the back of the newsletter. If you haven't attended yet please come along, dates and times are also on the reverse of this newsletter.

Don't forget to keep your eyes on the Community House Notice Board.

Beryl, Linda, Lorna and Claire x



**Guild Place Ltd presents**



## Boots and Laces

A weekly football programme starting Thursday 3rd November at Kingfield Road "Cash's Park". All ages welcome - Boys and Girls and then every Thursday 5pm - 7pm

COACHING TRAINING AVAILABLE

Free to Local Residents. Just turn up!!

(Consent forms available from the Community House)



**Need to get rid of any household/garden rubbish? We have arranged with Whitefriars and Orbit for skips to be placed in strategic positions in the area on Tuesday 22nd November.**

**The skips will be available for one day only.**

## COMMUNITY HOUSE OPENING TIMES

9.45am - 12 Noon & 1pm - 4.45pm Monday - Friday

Pop in and talk to Lorna, Beryl, Linda or Claire or phone us on 024 7668 6534. Everyone welcome.

# December Christmas Events Timetable

We have arranged the following programme of events for us all to enjoy over the Christmas period:

|                       |         |   |
|-----------------------|---------|---|
| Saturday 3rd December | 2pm-4pm | Christmas Fair, St Pauls Church Hall, Foleshill   |
| TBA                   | TBA     | "Christmas Carols" The Salvation Army on Guild Road with mulled wine and mincepies at the community house |
| Friday 16th December  | 6.15pm  | "Jack and the Beanstalk" Pantomime at the Belgrade Theatre  |



## Healthy Cooking Course

Do you want to learn how to cook healthy, family meals on a budget? Do you want some new ideas for meals and food?

Come along and learn to how cook healthy, cheap meals for you/your family. Each week we will be cooking foods from each food group & providing advice on healthy eating.

Advice also given on weight loss or weight gain.

**SESSIONS ARE CONTINUING ON THE FOLLOWING DATES:**

Tuesday 1st November

Wednesday 9th November

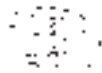
Wednesday 16th November

Wednesday 23rd November

at the Community House, Guild Road, 1pm - 2.30pm

**RECIPE OF THE MONTH - Leek & Potato Soup (Serves 2-3 people)** (Total price of recipe= 53p) Recipe: 1 leek, washed & sliced, 1 onion, chopped, 1 large can of potatoes (or 2 medium), chopped, ½ pint of vegetable or chicken stock, ¼ pint of skimmed or semi-skimmed milk, Seasoning. **Method 1.** Put onion and leek and 2 tablespoons of water into microwave proof bowl, cover and cook on high for 3 minutes. **2.** Add the potatoes, stock & seasoning, cover and cook on high for 3 to 4 minutes. **3.** Puree or mash the soup with potato masher or blender. **4.** Add milk and reheat for 2 minutes. **5.** Serve with a little grated cheese (if you want).

(Claire Bennett, Community Nutritionist, Coventry City Council).



## Web Site Designer(s)

Thank you to those of you who have put your names forward to learn how to set-up/design and maintain a website for our Community House. We will be contacting you individually to inform you of course details.



## Calendars 2006

Fancy your own personalised calendar for 2006? Not sure what to buy someone one for Christmas? Have photos of family members, pets or friends displayed all year round. Linda from the Community House has volunteered to make your very own personalized calendar for only £1. Contact the Community House for more information. Any profits made will go back into funding activities/running of Guild Place Ltd.

## Need Advice?

A representative from Whitefriars Housing Group will be at the Community House every Monday

morning between 11am - 12noon. They will be available to talk to you about any housing issues i.e. repairs/complaints.



## Knitting and Craft with Lyn

Every Friday Morning. 10am - 12 noon. Beginners to Advanced. All Welcome.

Lyn Buckley has kindly volunteered to hold knitting/craft mornings at the Community House every Friday morning from 10am and 12 noon. Baby Clothes, Toys, Blankets, Table Decorations etc. All items knitted/crafted will be sold to raise funds for the local community.

FREE TO LOCAL RESIDENTS.

**Wool donations/scrap of material gladly received!**