

THE

Estate

ECHO

October Edition 2023



OUR LOCAL LOST LIONESS

Many of you will know Jean Elliott (nee Breckon) who grew up in the community and remembers playing football with her brothers (when coats were used as goalposts) in the fields for hours. Jean joined the RAF but her love of football continued, and she started playing for Chiltern Valley Ladies and had a chance to play for England in Mexico in 1971, and again on her honeymoon in Italy in 1972.

As women's football started to become popular in 2019, Rachel Ramsey and James Erkin started looking into the group of ladies who played in the unofficial world cup for England (now named the Lost Lionesses) and made a documentary called COPA 71. This is a documentary, told by the pioneering women, which premiered at the London Film Festival

2023, where some of the ladies attended for the opening night, including Jean. This is the untold story, buried for 52 years, of the 1971 Women's World Cup held in Mexico some 20 years before FIFA was established. Jean has written to the England Ladies football team, as she would really love to get a Lioness to come and visit Greatwood School to inspire girls starting out in football and to give a short talk - and maybe even bring a signed shirt to keep in school or be raffled for local funds.

After chatting to Jean, a lovely humble lady, she really wants to get the message across to girls and boys, that sport should be for all. It is hoped a blue plaque can be put up in town to commemorate our link with women's football history, thanks to Jean.

**SEE PAGES 6 & 7 FOR SOME
FANTASTIC VOLUNTEERING OPPORTUNITIES**

VOLUNTEERING? THAT'S JUST WORKING FOR FREE ISN'T IT?

While volunteering is something you do by giving up some of your time, which you don't get paid for, volunteering is used to help and enhance the place you live in and help the people who live there. It is not used to replace peoples' jobs.

It should be about giving back to others, gaining experience and, ultimately, enjoyable to do. It should always be your choice to offer your time, skills and experience for free, but it does provide a whole host of benefits to anyone who does choose to volunteer.

What are some of the benefits of volunteering? Not only can you spend your time helping others and the community we live in, volunteering can help your own wellbeing and health.

Volunteering gives people a sense of purpose. Without purpose, people can sometimes feel hopeless and lost. This can lead to feeling down or even make feelings of depression worse. Volunteers often say how contributing to a worthwhile cause and helping others helps them feel better about themselves.

Volunteering can help develop social connections

Many people can feel isolated, especially after the pandemic, and volunteering can give you an opportunity to be alongside others and potentially develop friendships outside the volunteering opportunity.

Volunteering can provide opportunities to grow. We grow by learning new things. If we don't learn anything new, we can remain unchallenged and unmotivated. Volunteering provides new learning opportunities where you can face challenges and overcome them, with support as needed, and this can lead to a sense of fulfilment. It can help to grow your confidence, create a feeling of positive wellbeing, as well as building and learning new skills that can lead to other exciting new opportunities!

Volunteering can help prepare people for work. If someone is unemployed, this can contribute to their self-esteem plummeting. If left unchecked, depression can easily set in. By volunteering, you get to do meaningful tasks and this, in itself, can create a sense of hope that there is a way forward. It can help provide references, increase skills, learn new ones, improve your confidence or see employment areas you'd never thought of before!

Volunteering that involves physical activity can promote positive mental health. Studies have shown that physical activity can help guard against depression and can improve the quality of life for those who already struggle with their mental health. Many volunteering opportunities actually involve physical activity without having to play a sport, undertake an exercise class or be a Joe Wicks devotee! Just walking from your house to a volunteering role at the community centre helps get your steps in, as well as some of the volunteering roles on offer such as gardening or sorting equipment.

The Greatwood & Horseclose Community Centre is fully run via the help of volunteers. It is run by the community, for the community. Any activity that is put on here is planned, organised and run by local volunteers.

There are lots of reasons why people might want to volunteer, and whatever your reason, Greatwood and Horseclose Community Centre will have a volunteering opportunity for you. We are always looking for some new volunteers to join our team!

- If there is an activity you would like to see, come and have a chat with us!
- If you have a specific skill you could offer us, come and have a chat with us!
- If you aren't sure where to start, but want to get involved, come and have a chat with us!

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WELCOME SPACE SUPPORT HUB

Come drop into the Community Centre to find out about local services with free, confidential support and information available.

The hub can support with:

- ✳ Making doctors appointments
- ✳ Job applications
- ✳ Money-saving tips, budgeting and online banking
- ✳ Claiming benefits
- ✳ Getting online and developing your digital skills

We have –
Free computer, WIFI and phone access
Free refreshments

For more information, please contact:
Karen.McIntyre@YorkshireHousing.co.uk

Or call the community centre on
01756 228120



You don't have to volunteer all day, every day. You may only have an hour spare, once a week. That's okay!

We can create a role at the Centre based on what you would like to do, what the Centre may need help with and your time commitment.

We can help develop your ideas, as the Centre is for what you, the community, wants but we need the help of the community to do that!

We are currently looking for volunteers to join our trustee board to help with overseeing how the Centre is run and help protect it for the future. We need general trustees who care about the local area and developing the Centre and someone who is really good with admin to be our secretary and help writing notes and planning meetings.

We are also looking for volunteers that can help with the following:

- **Coffee Morning drop-in volunteer**
Monday's 8.45am till 1pm
Help to set up tea, coffees, biscuits for the drop-in session, help with top ups then clear away after the session has finished.
- **Welcome Hub Volunteer**
Monday 1pm – 3pm
This is to be a welcoming friendly face in our hub, for the community. Our hub supports

FRIDAY NIGHT BINGO GROUP

One of the longest standing groups on the Estate, run purely by volunteers over many years, so please support if you can so we can keep it going.

Starts 7pm at Greatwood & Horseclose Community Centre.
Everyone welcome.

people who need help with 'life admin' tasks, like making a doctors appointment, paying bills online, applying for jobs. We can provide free training for volunteers if they would like to give people advice and guidance, but we also need people to just welcome and chat to others.

- **Planter volunteers**
Any day and times to suit the volunteer
We have our really lovely planters in the car park that were previously maintained by volunteers, but they are currently lacking a bit of love and attention. Could you help bring these to life, ready for the spring?
- **Tool Store Sorter**
Any day and times to suit the volunteer
We have previously had a tool hire scheme, and our store could do with a good organise and an inventory doing of everything we have. So if you like sorting and arranging, this could be the role for you!

If you volunteer with us , we will cover your travel expenses if needed, so you will not be out of pocket. We will provide you any relevant training, support and lots of tea and biscuits!

For more information, please contact:
Karen.McIntyre@YorkshireHousing.co.uk or
call the community centre on 01756 228120





WELLBEING CAFÉ KITCHEN VOLUNTEER NEEDED

We are looking for a volunteer who can help to make light snacks and refreshments for our wellbeing café at Greatwood & Horseclose Community Centre.

Volunteers are needed on the first Wednesday of every month,
12.30pm - 3.30pm

If you want more information, please email
volunteering@yorkshirehousing.co.uk or call 07881261300
for a full role description.





WELLBEING CAFÉ WELCOME VOLUNTEERS NEEDED

We are looking for volunteers who can welcome people to our wellbeing café, get them set up and settled in. Volunteers will help people feel comfortable and support them in any activities they would like to do. Including making sure refreshments are topped up and everyone has a brew!

Volunteers are needed on the first Wednesday of every month,
12.45pm - 3.15pm

If you want more information, please email
volunteering@yorkshirehousing.co.uk or call 07881261300
for a full role description.

VOLUNTEERS WANTED!

Enjoy the satisfaction of giving back to others and helping your community.

We're always looking for volunteers and there's lots of things you could turn your hand at.

- Coffee Morning drop-in volunteer
- Welcome Hub Volunteer
- Wellbeing Cafe Kitchen Volunteer
- Wellbeing Cafe Welcome Volunteer
- Planter volunteers
- Tool Store Sorter

CHAIR'S REPORT 12TH OCTOBER 2023

Firstly many thanks to past and present members for their hard work and dedication over the past twelve months.

We have had a busy year, arranging the Shaping our Community Survey. This provided us with information about many things that residents are not happy with on the estate.

With everyone's help we hope to confront some of these items to improve the living standards on the estate. But the emphasis is that we need help to achieve this.

Everyone living in our community has something to offer. We all have something to share, whether that is skills, passion on subjects, enthusiasm, compassion for others or the love of wildlife or sport. Your knowledge could help someone.

We are going to be looking into the history of the estate following Dan Baker's book *Then There Were Three*. Karen has found some old photos of Queen Elizabeth II Coronation of children on the estate. Also documents, dated 1953, of the Residents Association meeting. I am sure some of you may have other photos you may want to share of family or friends.

The new Estate Echo will have reports from the groups using the community centre, and championing two new groups Drop Off Drop In aimed at parents or guardians taking children to school. The other addition is the Community Hub.

We have purchased a laptop and mobile phone to help residents without Wi-Fi or who may have difficulties accessing services such as gas and electricity suppliers, filling in documents online, paying bills etc.

These groups started on the 16th October 2023.

Talks are taking place regarding the Cadet Hut being brought back into ownership for general use for the whole community. This hopefully will be early 2024.

We now have a Well Being Support Worker paid through the National Health Service, available 18 hours per week for the next three years. So please watch out for dates available.

As Chair, I am hopeful that we can get more people to give their time to start new groups or join existing groups at our fabulous Centre. We are very fortunate to have this Centre, and I was informed by Yorkshire Housing that this is the only one their books, so let's make the most of it in the coming twelve months.

Ray Marfell



Are you someone that can just 'get stuff done'?

Do you want a chance to help influence and shape what happens in our community?



We are looking for people from our area, with passion and enthusiasm to come join our team of trustees, helping to support, maintain and protect our centres future development.



THEN WE NEED YOU!

You don't need any specialist experience, or have been a trustee before, as we can provide all the training you need. We just need people that care.

However you must be over 18.

To have a chat about this role or for more information, please contact:
Karen.McIntyre@YorkshireHousing.co.uk

Or call the community centre on
01756 228120



GREATWOOD & HORSECLOSE WELLBEING CAFE

**Drop in for a warm welcome!
Grab a cuppa, have a chat,
some cake and a dash of
creativity!**

Here to support you
Greatwood and Horseclose
Community Centre
BD23 2SR
**First Wednesday of the month,
1pm - 3pm**

For more info contact:
office@pioneerprojects.org.uk








SCOFF'S CAFE UPDATE

Hi everyone!

An update on what is happening at Scoff. It has been a funny and testing time for Scoff Cafe, but we continue. Two of our great volunteers, Janet and Steph, have moved on to new employment and are unable to help us anymore. They were great assets to our group and are welcome back anytime. I have had a few health problems but am improving each week.

We had to change our meal offer it is now home-made soup with sandwich followed by one of Diana's fabulous puddings all for just £4.50. Hats off to our volunteers Linda, Jeff, John, and Steve who, without their help, Scoff would not exist.

We finished last year by being able to support local charities and groups by donating £2,550 to help them with the great jobs they do. This year we have sponsored Skipton Juniors Girls Under 13 team and wish them a successful season. Our aim is to help other groups again this

year and hope we can match last year's total. So, a massive THANK YOU to all of you who support Scoff Cafe every Tuesday at 12.30 at the Greatwood & Horseclose Community Centre.

KEEP SCOFFING...

Ray

**WE ARE
OPEN!**



Ladies Social Group

Every Thursday 9.30am-12pm
at Greatwood & Horseclose Community Centre

£1 weekly subs
**Tea & Biscuits
Only 20p**



Little Feet Crèche gets more than a little help!

Little Feet Crèche is a community crèche providing low cost childcare.

OPEN FOUR SESSIONS A WEEK

**Monday, Wednesday and Friday, 9am-11am
Thursday, 12.45pm-2.45pm.**

**£12.50 a session
That's only £6.25 an hour!**

Sessions include a number of activities, hot and cold snacks, unlimited refreshments, free play and even messy play. All staff and volunteers are DBS checked and there is always a first aider on shift. Ages range between 6 months and school age, who all mix together.

We take pride in our learning journey for each child, providing them with their own 'Settling In' book and make a huge fuss on celebration days such as Mother's Day, making sure something special is always made and sent home. We hold a number of events throughout the year to help with our fundraising.

Do you need to go shopping, do some cleaning, hit the gym, walk the dog? Have a brew or eat in peace? Help your child to socialise before starting nursery or school? Whatever the reason we have places available.

We have a number of events coming up very soon, so visit our Facebook page for more details.

Save the Date!

Little Feet Crèche UPCOMING EVENTS

Santa Fun Run

Sunday 26th November

Christmas Bingo Night

Saturday 16th December

Food & Festive Fun

With Santa and his helpers.

Sunday 17th December



Elite Karate Centre

Beginners New Offer

Great wood Community Centre Skipton BD23 2SR

First two lessons Free Ages 5 Years and Up

Learn Karate in Friendly and Family Oriented Club

Win Trophies and Competitions

Lessons Take Place On

Monday & Thursday 17:45 Till 18:45

Please call for Further Information On 07983 725956

Check us out on www.facebook.com/Elitekaratecentre or www.shukokai-karate.org.



CHRISTMAS

Word Search Puzzle



P R E S E N T S G Y K U Z X M Y D
O H M F W M D C M W B Q R W L G E
Z R W N V I F S C M V W L L K S C
R G N C A R D S A A F A O G K N E
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CANDY CANE

CARDS

CAROLERS

CHIMNEY

COOKIES

DECEMBER

ELVES

GARLAND

GIFTS

HOLLY

LIGHTS

MANGER

MISTLETOE

ORNAMENTS

PRESENTS

REINDEER

RUDOLPH

SANTA

SLEIGH

SNOWMAN

STOCKING

TINSEL

TREE

WREATH

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