

# Community

## Money raised for STEPS

RESIDENTS at Neville Sadler Court, Beeston, presented a cheque for £400 to diet and fitness guru Rosemary Conley for the charity STEPS just before Christmas.

Rosemary Conley has been a patron of STEPS (the Shepshed Conductive Education Centre) for 13 years. The centre provides facilities for children from all over the East Midlands with cerebral palsy and

Downs syndrome.

Mrs Conley said: "I've been familiar with working to help young people for a long time, and my work at STEPS is a continuation of that wish to be of assistance. Children aged between 0 and 5 years old attend and are supported by the centre. After they reach the age of five, they carry on attending for school, gym clubs, etc."

The Neville Sadler Court residents raised money by

putting their 'shrapnel' (the small change from their pockets and purses) into a tin. Once they had decided upon a specific charity, the money just flowed in.

Rosemary said: "I am thrilled by the amount of money that the residents here at Neville Sadler Court have collected. They have been incredibly generous, and it will all go towards paying the salaries of those who work at the centre."

## The Helpful Bureau

THE Helpful Bureau – previously known as Stapleford Bureau – exists to help people remain independent at home. It is based at the Care Centre on Church Street, Stapleford, although many of its services and clubs are run elsewhere throughout Broxtowe.

To achieve their aim of helping people remain independent, the Helpful Bureau (THB) provides a Community Transport service and lots of practical help, such as gardening, decorating, cleaning, ironing and doing odd jobs.

A Community Outreach Adviser is available to visit people at home to find out what help and support they need. Sometimes, this may mean being referred to the Helpful Bureau for services or transport, or sometimes advice on benefits or housing issues.

THB also has a Resource Centre, which operates from St Helen's Church Hall, Stapleford, every Thursday. There you will find a warm and friendly welcome as

well as tea, coffee, biscuits, daily newspapers, advice, a chiropodist, Red Cross therapeutic massage, Movement to Music classes and a hot two-course lunch. You can also find out what trips or outings are planned and join the Christmas Savings Club at the same time. The Resource Centre is also hoping to host a social club and Wii Fit Club in 2010.

In addition, THB runs a lunch club at the Maycliffe Hall, Stapleford, on Wednesdays (now an offshoot of the Resource Centre), and a lunch club in Beeston on Mondays. Beeston is also the place for Tuesday sessions of Movement to Music.

If you need some company during the week, our Befriending Co-ordinator will find a suitable volunteer to visit you at home for a friendly chat and a cuppa. Or if you are feeling you want to join a club or activity but have no-one to go with, she will try and find someone like-minded to accompany you.

On top of all this, THB employs a Health Trainer to offer support and encouragement to people who want to have a healthier lifestyle, be it taking more exercise, eating healthily, stopping smoking or drinking less alcohol. The Health Trainer has been specifically trained to signpost people, giving them the tools they need to change.

So, whatever problem or need you have or advice you are seeking, ring The Helpful Bureau on (0115) 949 1175. Alternatively, email [manager@thehelpfulbureau.org.uk](mailto:manager@thehelpfulbureau.org.uk)

If they can't help, they will know a man or woman who can. For more information, go to [www.thehelpfulbureau.org.uk](http://www.thehelpfulbureau.org.uk)

All the staff and volunteers who work closely with vulnerable adults are CRB checked.

The Helpful Bureau is a registered charity. Registered Charity No. 1085498

## Broxtowe Schools in the swim!

THE first Broxtowe and District Secondary Schools Gala took place at Beechdale Pool recently. Each of the swimming teams had junior, intermediate and senior sections battling for top honours in 31 races.

Kimberley won the junior section, Fernwood took the intermediate title and Chilwell School dominated the senior section.

Kimberley School won

on gala points, but George Spencer School took the top spot when 'participation points' were added. The George Spencer team comprised 24 swimmers - eight more than any other team!

Gala points result: Kimberley 125pts, Fernwood 119pts, George Spencer 109pts, Chilwell 105pts, Eastwood 99pts, White Hills Park (WHP) Federation 57pts.

## Serving God for 50 years

RICHARD Skinner celebrated 50 years of being an altar server when his dedication and devotion to the service of God were acknowledged at the 10am family Eucharist at Beeston Parish Church on December 13.

Locally born, Richard (62) was a 12-year-old boy in the Scouts when he first learnt of altar servers – and decided he would like to become one. He said nothing to his family, but got himself trained as a server (acolyte) under the guidance of Mr Fred Tarry. Many older Beeston parish churchgoers will remember Mr Paul Smith, who served as sacristan and acolyte at the church for many years – Fred

Tarry was Paul Smith's uncle.

Once the young Richard Skinner was trained, he was invited to walk at the head of the Palm Sunday parade, the Sunday before Easter when Christians re-enact the procession of Christ into Jerusalem.

Richard's sister, Christine Knight, was watching the parade – and was startled to her brother, in his altar robes, at the head of it.

She said: "Can you imagine how surprised I was to see him there?! Richard hadn't breathed a word to anyone in the family about becoming an altar server and

yet there he was, at the front of the procession! I'll always remember that day, never suspecting that 50 years later I would still be taking communion bread and wine from him here at the parish church in Beeston."

Richard married and lived in Sherwood for a number of years, serving at St John the Evangelist at Carrington between 1959 and 1979 before moving to Newark. He returned to Beeston in 2009, and now regularly serves at the parish church of St John the Baptist.

He said: "I've enjoyed every minute of serving God, wherever I've been serving

as the years have passed.

"And here's a little snippet that not many of the congregation here at the parish church will know. One of the regular servers here, Andrew Brazener, was a boat boy at Carrington when he was a young lad. (The highly visible role of a boat boy, usually a junior acolyte, is to carry the boat, a small metal container which holds the incense during services when incense is used. Boat boys can usually be seen to be very nervous).