

# Aveley Update

Welcome to the first edition of the Aveley Update for 2011. The last twelve months since the last issue has been exceedingly busy for us but the year has culminated in a fine new Youth and Community Centre for Aveley. Legal complications meant we were not able to take over the building as quickly as we would have liked but we were able to start the conversion work in August last year. There was a complete make-over to the old Thurrock Workshop building. We put in new walls to make more rooms, new flooring, storage cupboards and fitted out the Youth Centre with equipment and an IT Centre. Every wall and door was repainted and the heating upgraded.

Although we opened the Youth Centre in September the whole building was officially opened in October. We thought that it might take a bit of time to set up groups and get people to use the centre. But we were wrong. We have already got a pretty full diary of events in the Community Centre and the Youth Centre has over 80 members.

So read on and see what we have been doing.



## Youth Centre? Community Centre? Which is it?

Well actually it's both. During the evenings it is mostly a Youth Centre but during the day it's mostly a Community Centre. But all day every day it is there for villagers to use. The Youth Centre is at the back of the building and has its own door. The rest of the building is normally accessed from the front door.

There are three main parts to the Centre in addition to the Office and Kitchen. We call these three parts the Youth Centre, the Community Room and the Information Centre. But we have made sure that all of the building can be used by as many people as possible and in as many ways as possible.

That's why you could find a toddler group in the Community Room in the morning and the Girl's Night or Movie Night in the same room in the evening. To make this possible we have made sure that all the furniture and equipment is as mobile as possible. Each of the rooms can be closed off from the others so more than one group can use the Centre at any time.

This has seen the Community Room hosting the Toy Library and the toddler group, Work Club members using the computers in the Youth Centre to look for vacancies, The Information Centre busy giving help to visitors and the kitchen being used to teach Healthy Eating. Of course the staff are busy in the office sorting out the admin.

So you see more than just a Youth Centre, more than a Community Centre but a real venue for Aveley, its clubs and groups and, of course, for you.

But we still have a question. Is there any service or activity that you think is really needed in Aveley? Is there any way we can help? We still have gaps and spaces in our Centre and if you think it will be of benefit to the Village, why not pop in and tell us and we will see what we can do.

## Aveley Village Community Forum

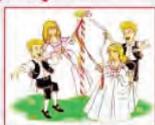
Cordially Invite You to

OUR ANNUAL

# St George's Day Fair



Incorporating  
**MAY DAY**



and

**Celebrating the Royal Wedding**

**Sunday 1st May**

**12 - 4pm**

**Aveley High Street**



Street Entertainers  
Hog Roast  
Entertainers Workshops  
Giants  
Punch & Judy



and a lot more fun and entertainment

Its your day so why not come along

and join in the fun!!



## Who's Who at The Forum

Our Staff Team is headed up by our Project Manager, Ray Munro-Crump, who is responsible for the day-to-day running of the Centre. Part of Ray's job is to listen to you and see what you would like in the Centre and then see if he can set up these projects or events. He works with residents, staff and Forum Members to design and plan what is needed. He then has to find the money to pay for it. Ray also has to keep all the administration up to date.

Next in line is our Youth & Community Worker, Victor George. Victor heads up our Youth Activities and has a small team of Support Workers. This includes Bal Nadish (special responsibility Healthy Living) and James Odeku (often known as Rio with special responsibility for Sport) and Jade Morrison (special responsibility for Dance) But even with this team it would be impossible to do all that we do without our volunteers. In the Youth Centre we have a small team of regular volunteers including Holly, Steve, Gemma, Emma and Denise. We are also building a team of volunteers who help out in the Community Centre (Beryl & Brenda take a bow).

## What's On at The Centre

### Mondays

- 10.00 – 12.00 The Little Pyramid Toy Library
- 10.00 – 12.00 Little Adventurers Toddler Club
- 10.00 – 1.00 Work Club Personal Sessions
- 1.00 – 3.30 Work Club Open Session
- 3.30 SAFE Sport Activities For Everyone
- 3.30 - 6.00 Open Night Juniors  
(Movie Night 1st Monday Monthly)
- 6.30- 9.00 Open Night Seniors  
(Movie Night 1st Monday Monthly)

### Tuesdays

- 10.00 – 12.00 Community Mums & Dads
- 10.00 – 12.00 Vitality
- 5.30 Youth Forum Fortnightly
- 7.30 3rd Tuesday each Month Forum Meeting

### Wednesdays

- 2.00-3.00 Tai Chi
- 3.30 - 5.30 Play Rangers,  
Arts & Crafts for 8-11 year olds
- 3.30 SAFE Sport Activities For Everyone
- 3.30 - 6.00 Open Night all age
- 6.30 – 9.00 Girls Night Seniors

### Thursdays

- 10.00 – 4.30 Training Day: Events will be announced
- 3.30 – 6.00 Open Night Juniors
- 6.30 – 9.00 Open Night Seniors Skills Night

### Fridays

- 4.00 – 9.00 Kings Family Centre Youth Club

### Saturdays

- 10.00 - 11.30 2nd Saturday monthly.  
Community Breakfast Club  
Tea, Coffee a Roll & a chat
- 10.00 - 12.00 Monthly Local Councillor Surgery
- 12.00 - 1.00 2nd Saturday Monthly  
Learning IT skills, open to all
- 1.00 - 3.00 Streetdance
- 3.30 - 6.00 Open Night Juniors
- 6.30- 9.00 Open Night Seniors

### Sundays

- 10.30 - 2.30 Kings Family Centre Sunday School

For further details about these or any other activity please ring 01708 862001

# It's Not Just Pool & Table Tennis

Although we do have that as well. It's about helping young people to be the best they want to be. So we have the Youth Centre which provides a safe base for young people to meet and socialise. But we do much, much more. During the last Summer Holidays we ran a whole month of events and although there was a lot of fun, there was a serious side as well. People were taught some of the basic skills needed to storyboard, shoot, direct and act in a film and then the IT skills to make soundtracks and put the film on DVD. The Smile Group also helped us out with teambuilding and leadership skills training.



Another half term holiday and the Youth Centre is busy yet again. In October we celebrated Black History Month with a week of activities. Learning new skills played a strong part in what we did. There was some more film making, some DJing but by far the most popular was the training in African Drumming.

We try to help our young people live healthier life styles so we have regular Healthy Eating Courses where our young people can make their own healthy food. Then they have to eat it a task you can see just how keen they were to try out their own cooking.



We also run SAFE (Sports Activities For Everyone). The dark nights stopped no-one playing sport in the Rec. Thanks to a couple of generators and some floodlights. Talk about keen!!



Mind you, our outdoor activities aren't restricted to the Rec. Our footballers have been out and about playing other teams. We won the first match (Sorry South Ockendon). We've also played Barking (at Ilford) and Dagenham here at Aveley.

So if you think we are just another youth club, sorry but we are much more! We are the Aveley Youth Centre, a place where things can happen!

## Aveley Village Community Forum

### Meeting Information

Forum meetings are held at 7.30 on the third Tuesday of each month in the Youth & Community Centre. The meetings are open to all including residents and local businesses. Everyone is welcome to join in, ask questions or make comments and suggestions. However, unless otherwise stated, voting is only by full members of the Forum.

Further information is on our website at [www.aveleycf.org.uk](http://www.aveleycf.org.uk)



## Your Village Needs YOU!

We want our Youth & Community Centre to be the best it could be. But we can't do it all on our own. We need your help to man the Centre. If you can offer even a couple of hours a week you can help make big changes to our village. We need people who can work in reception and answer the phone. We need people to help with the young people (especially if you can make a cheese toastie). We have a whole range of ways you could help. To find out more ring Ray at the Centre on 01708 862001 and see what you could do.



**AVELEY  
VILLAGE  
COMMUNITY  
FORUM**



Every Wednesday 2-3pm

*First 10 Weeks FREE to Aveley Residents*

**INTRODUCTION TO TAI CHI**

GET FIT AND IMPROVE YOUR QUALITY OF LIFE

# HEALTH EDUCATION; THE AFFECT OF AGEING & EFFECTS OF EXERCISE #

# EXERCISES TO IMPROVE POSTURE, BALANCE & JOINT MOBILITY #

# BASICS OF TAI CHI MOVEMENT & MEDITATION #

# BASICS OF QI GONG RELAXATION & ENERGY WORK #

# BASIC TECHNIQUES TO HELP CONTROL STRESS & PAIN #

Suitable for most abilities, ages and fitness levels



The Centre is at  
108 High Street  
Aveley  
RM15 4BX

To book your place call Ray at  
Aveley Community Forum on  
01708 862001 or

LOTTERY FUNDED

For any questions or information email: [tc4hessex@gmail.com](mailto:tc4hessex@gmail.com)

# Aveley Work Club

Mondays 1-3pm

Aveley Youth & Community Centre  
108 High Street, Aveley, RM15 4BX

**Aveley Work Club Offers**

**FREE**

**Information & Advice**

**IT Training**

**Help with Interviews**

**CV Writing**

**Internet Access**

**Printing**

We are very informal, you can pop in for a chat and a coffee, meet other people also looking for work, speak with specialist advisors.

We will try to help you find the best job you can and if you need training then we will try and find it for you.

To find out more, ring us on 01708 862001

Now at  
Aveley Youth Centre  
is.....

## STREETDANCE!



**FREE STREETDANCE CLASSES**

Every Saturday

Anyone welcome ages 8-19 years old

8-12yrs 1pm-2pm

13-19yrs 2pm-3pm

**COME AND ENJOY, MAKE NEW FRIENDS  
AND DANCE AWAY!**

Contact Jade for details: 01708 862001

# Little Adventurers Toddler Group

Every Monday

10am -12noon

For 0-4 year olds and parents

or carers

Meet new friends

Have Fun & Play



No Charge

Free Tea & Coffee



Aveley Youth & Community Centre

108 High Street, Aveley

Ring 01708 862001 for more information