



Longhill  
Link Up  
Trust

# Link-Up Now

ISSUE 01: WELCOME!

JULY 2013

# Family fun day

**Saturday 20 July 11am – 2pm**



LONGHILL LINK-UP

**Come and join us for our grand Family Fun Day** – there will be something for everyone!! Activities will be taking place at Longhill Link-Up (near the shops) and also along the parade of shops on Shannon Road. So, pop along and have fun with:

- ★ Tombola
- ★ Punch & Judy
- ★ Cake Stall
- ★ Raffle
- ★ Hook-a-Duck
- ★ Face Painting
- ★ Information Stands
- ★ Bouncy Castle...

**...and much, much more!**

We would like to thank the Longhill Children's Centre, Child Dynamix and other partners who are supporting this fun event.

## Welcome!

A warm welcome to the first edition of our newsletter, we hope you like it. This newsletter will help to keep you informed of what goes on at Longhill Link-Up so that you can join in the activities that you, our local residents, have asked us to organise.



We will be sending out newsletters regularly throughout the year because it is important to us to make sure you know what is happening on the estate. We are working in partnership with other organisations to ensure our residents are given the best opportunities.

**Rob**

**Leader, Longhill Link-Up Trust**

# There's ALWAYS lots to do at Longhill Link-Up:

## Community Garden

We have been working hard to turn an overgrown area of land to the rear of the Church into a community garden for all our residents to enjoy. Estelle, our Volunteers and some children are growing lots of fruit and vegetables which we would like to pass on to residents when fully grown. Volunteers for this project would be most welcome.

## Job Club (Tuesday 10 – 11 am)

If you are looking for work we have a list of current vacancies from Job Centre Plus that you can apply for. Estelle is on hand to help you fill in job application forms and offer advice and support.

We also provide a computer in the Reception area which is available all day every day when Longhill Link-Up is open. The computer is free for residents to use to help in their job search.

## Employability (Tuesday 11– 12 noon)

If you need more help with your job search, such as putting together a CV (a summary of your work experience/ qualifications etc.), or you would like some hints and tips on interview techniques, please contact Lauren on 707680 for more information.

## Ladies Boxing for Fitness (Tuesday 6.30 – 7.30pm)

Would you like to try a different activity to help you get fitter? Then come and give boxing a whirl, it's fun, energetic and a great way to keep fit!

## Lunch Club

(Wednesday 12 – 1.30pm approx)

Alison has recently started a Lunch Club in the Main Hall for residents to come and enjoy home cooked food. There is a main course, pudding and lots of cups of tea or coffee for £4.50. There will be time after the lunch to socialise and maybe play a game of bingo or dominoes.

Transport can be arranged if you have difficulty getting to Longhill Link-Up on your own, so please call 707680 to find out more and book a place.



## Genealogy (Thursday 10 – 12 noon)

On Thursday mornings Elsie is helping a group of residents who are finding out more information about their families so if you are interested in finding out the history of your own family roots why not pop in? Most of the group stay and have a home cooked lunch in the café after the session and socialise.

A BIG THANK YOU TO OUR VOLUNTEERS WHO HELP IN A VARIETY OF ROLES!

## Church Service

(Thursday 11 – 12 noon)

Revd. Maggie Jeavons holds a Church Service every Thursday in the small Chapel.

All residents are welcome to attend the service and enjoy a calm and peaceful atmosphere. There is also chance to stay for a delicious home cooked lunch after the service where there is also the opportunity to make new friends.



## Phoenix Women's Craft Group (Thursday 1 – 3pm)

This friendly group of women get together each week to socialise, have fun and make beautiful craft items such as greeting cards. Marion is always around to lend a hand, so if you would like to meet new friends and try your hand at craft, then please come along and join in.



## Line Dancing (Thursday 1 – 3pm)

If you fancy a bit of toe-tapping and dancing along with the music as gently as you like, then come along for a mixture of friendship, laughs and dancing. The group runs on Thursday afternoons in the main hall and Pat will show you the steps.



## Well-being Course for Women (Thursday 1 – 3pm)

This course is about managing stress, confidence building and relaxation exercises. Please contact Adele to find out more and to book a place.

## Computer Sessions

(Friday 10 – 11am)

Would you like to learn more about using computers?

It could be a basic introduction or you might want to



learn how to use the internet, set up your own email address and keep in touch with friends and family. Lauren will be available to help and give you guidance at whichever level you need. Please ring to find out more and to book a place.



# Sue's News

Hi I'm Sue Nicholson, the new Community Development Worker with Longhill Link-Up and I will be out and about in the community getting involved in lots of projects for you to enjoy. The first event will be the Family Fun Day on Saturday 20 July.



I will also be working with Alison Wilson and we will be talking to residents on Longhill Estate to find out if they have any memories of Link-Up and which types of activities they would like us to organise. It might be an activity to improve your health, such as gentle exercise, or you might want to improve your educational skills or even help you get a job - so whatever ideas you have let us know.

We have had lots of suggestions from residents so far from Zumba to Singing and we have already got some classes up and running!! So if you have always wanted to try your hand at something then now is your chance.

**So feel free to pop in to see me, or ring me on 707680 with any activity ideas of what you or your family would like to take part in.**

# Come in for a cuppa!!!



Did you know we have a super cafe which is open Monday to Friday from 10 – 2pm? Emma serves up delicious food from home cooked meals to snacks and fantastic cakes and scones!! So please call in to our cafe to enjoy a lovely meal, snack or cuppa and slice of cake!!

# Children's activities

And not to forget the children – we also have lots of activities running such as:



**Children's Session (6 – 11 years)** Monday, Tuesday & Thursday 3.15 – 4.30pm

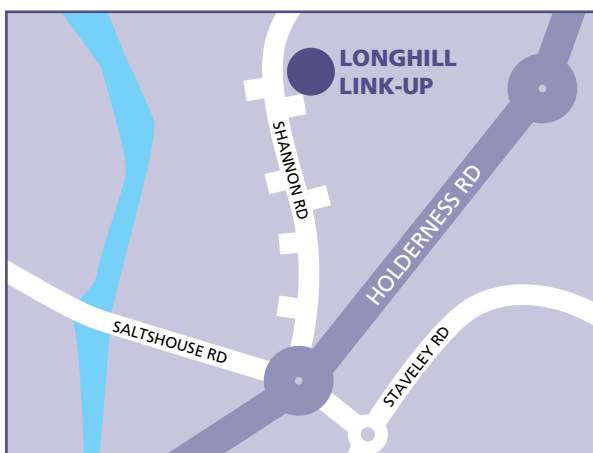
**Tot Spot (under 5's)** with Parent/Guardian on Tuesday 1- 3.30 pm

**Youth Session (12 – 19 years)** Monday, Wednesday & Friday 5 – 8pm

**Stepping Stones (10 – 12 years)** Wednesday 3.30 – 4.30pm (invitation only)



# Where are we?



The Community Development Project is funded by The Joseph Rank and Esmee Fairbairn Foundations

ST MARGARET'S CHURCH | SHANNON ROAD | HULL | HU8 9PD

01482 707680

OPEN 9AM – 4.30PM MONDAY TO FRIDAY