



*Roots in the Community,  
Branching out to all...*

**Welcome**, to the latest edition of the Parkside newsletter, I hope you enjoy the following articles about events and news from Parkside. We have all enjoyed a glorious summer and this meant the summer schemes had little rain interrupting the fun. The montage on page two shows a selection of fabulous activities that the different groups enjoyed. We were able to offer some really exciting trips as a result of an extremely kind donation. We should also

acknowledge the fantastic contribution our young volunteers made and the staff at Parkside who made the events both safe and fun. The newsletter also includes dates for your diary and other useful information. We welcome your feedback and suggestions so please get in touch with us if you would like to contribute to Parkside news.

**Jackie**  
**Parkside Development Manager**

### Rushmoor Blooms for Parkside

It was smiles all round for the Thursday Garden club members who scooped 4 awards at the recent Rushmoor in Bloom ceremony. The result came on the back of months of preparation as the group designed and created various items for the competition. The year started with the group planting a variety of seeds to be used for the annual competition, and also for the garden. Val Waldock who leads the group said "Looking after seeds is a labour of love, they have to be protected from heat, so lots of watering but it's all worth it. We were very lucky this year with lots of seedlings to transplant and many went into our pots and baskets for visitors to the garden and Rushmoor in Bloom to enjoy. We have also

planted potatoes, carrots and tomato's so the group have been able to take produce home to cook and eat what they have grown".

#### The group won the following awards:

- ◆ Silver Award - Best Floral Display using Baskets/ Containers
- ◆ Silver Gilt Award for Most Unusual Planted Container
- ◆ 2nd Place- most improved in the Wildlife Patch category
- ◆ Joint 4th- Best Garden for Birds in the Wildlife Patch category



#### A PIP win too!

Parkside also won an award with the troughs planted and looked after by the PIP group based at Parkside.

Well done Emma, Nicky and Kirsty, so all round it was a brilliant achievement for everyone.



## Be a Superhero for Parkside!

We have just launched the Parkside Challenges this scheme has been created as a way of Parkside reaching out to the community it works in. If you know anyone friends, family, colleagues that would like to take a challenge then pick up a leaflet. If you want a poster to put up where you work then let me know.

**Email Jackie:** [parksidefundraising@live.co.uk](mailto:parksidefundraising@live.co.uk) or call 01252 313103 or collect one from the admin office.





## Dates for your diary!



**Christmas Fair-** Come along and support our Christmas Fair **Saturday 6<sup>th</sup> December 1.30pm-3.30pm**. Pick up some bits for Christmas, enjoy a selection of home-made cakes. Father Christmas and his helper will be welcoming visitors to Santa's grotto.

If any parents would like to run a stall at the event please get in touch:

Call 01252 313103 (ask for Jackie) or email:

[parksidefundraising@live.co.uk](mailto:parksidefundraising@live.co.uk)



### Cake and Coffee Morning

**Pinewood Quilters** are kindly organising a Cake and Coffee morning to raise funds for **Parkside**. They will be selling a range of Fair-trade products along with the opportunity to view a display of quilts.

**When: Wednesday 19th November**

**Where:** 12 Trefoil Close, Hartley Witney, Hants

**To find out more call:** Carol Johnson—01252 842859

## The NCS Challenge at Parkside

Thirteen willing 16 year olds who have signed up for the NCS (National Citizen Service). The group visited Parkside in Aldershot as part of their Citizen programme. NCS brings young people together from all different backgrounds in a common purpose and by offering new experiences, gives them the chance to learn new skills and meet new people.



This helps young people discover their talents and realise their potential whilst having fun. The group agreed to spend a day painting fences at the Garden project which was a very useful job that needed completing before the winter.

The group had made a previous visit to the charity to find out what Parkside does, and how they could help. The first visit offered them an opportunity to visit the garden project followed by a visit to the main Parkside Centre. They were shown the impressive Sensory Suite and they also visited the Parkside Café and met some clients from the PIP+ group. This was set up to meet the needs of older adults with learning difficulties who now have dementia. All this gave them much to think about as part of their challenge is to create and implement a fundraising campaign. We look forward to seeing how much they managed to raise for Parkside.



**Spooky** things will be happening at Parkside as **Halloween** approaches. Many groups have arranged a themed session.

18/25th October -TeenZone

20th October -After School Club

25th October -Our Space

29th October -PIP (10-12.30)

29th October -Gateway

**Raise money on-line with Give as You Live** who manage a scheme that will directly help Parkside. **It doesn't cost you anything except a few minutes to set it up.** They have top

brands Sainsbury's, Amazon, M&S, Expedia and many more that will donate a percentage of your spend to us. Use

the address below to register. The **more friends** and family that you share this with the more we can raise!

[www.giveasyoulive.com/join/parksidealdershot](http://www.giveasyoulive.com/join/parksidealdershot)



**Give as you Live®**

## Volunteering in the Sunshine

Not even the sun could stop a group of willing volunteers from the Barclays Mortgage Advisory Team (4 Counties) from helping us here at Parkside. As the sun shone down with intensity the 2 groups laboured away at 2 different venues.

Group1 worked tirelessly at Parkside on outside maintenance, the fences were treated, metal poles around the front doors and signs were repainted,

weeds and leaves cleared. Andrea Harland who led the

group said "the team are always keen to volunteer in the community and we were delighted to be able to help Parkside today. We came prepared and had plenty of sun screen and water!"



Group 2 chopped up an old concrete driveway that leads up to the garden. Over the years this has cracked and become uneven, making it difficult for those with mobility problems to access the garden. The volunteers worked alongside the Tuesday Garden group clearing the site ready for the concrete. Ted Parker Chair of Trustees said "both our locations require on-going maintenance and the kindness of volunteers helps us keep maintenance costs to a minimum. It also offers our clients the opportunity to work alongside people from different industries"



## Thank you to the following people and organisations:

- ◆ Sue Hawkins
- ◆ Jean Bell
- ◆ NCS
- ◆ Barclays Bank
- ◆ Fleet Methodist Church
- ◆ Maureen Hassell
- ◆ Tilthams Garage Ash who fill up on average two collection tins a month brilliant
- ◆ To the members of the public, who use the Parkside Café and pop their change in the collection box!
- ◆ Rushmoor Borough Council for our new sign outside Parkside
- ◆ Zebra Design and Print – Farnborough for their fantastic graphics created for the Parkside flyer and Hero campaign



## Walking for Heroes

Parkside have been following a star employee who has taken on the 'Freedom Trail' challenge on behalf of Help for Heroes. Suzanne Watkins the Support Services Manager for Parkside decided, that whilst she herself works for a charity she wanted to do something for another a charity. All the clients who attend the various clubs and activities at Parkside have enjoyed helping Suzanne with her fundraising endeavours. Suzanne said "I thought very carefully about what I wanted to do and I did want the clients at Parkside to take part in fundraising activities for another cause. This helps them understand about how they can make a difference to a worthwhile cause. I have a son in the armed forces so felt that Help for Heroes was an obvious choice."

The challenge for Suzanne was 'The Freedom Trail' a four day trek that retraces one of the many WWII escape routes, used by those escaping Nazi oppression from France into Spain across the Pyrenees. The walk which takes approximately 30 hours over 4 days in mountainous conditions meant Suzanne had to put in many hours of training. Treks using the land known as



Caesars camp spanning Aldershot and Farnham and the North Downs Way which runs from Farnham to Dover were great preparation areas.

Suzanne said "It was an amazing experience but it was brutal and at times terrifying, I was shattered by the end of it. The support of four young ex-servicemen from the Band of Brothers who are themselves gaining support from Help for Heroes was brilliant, those young men literally held my hand and at times my backpack over the mountains"

Don't forget to visit our Facebook page!



Find us on  
**Facebook**

Thank you to everyone who takes the time to Like Us keep on sharing us with your friends and family to spread the Parkside message. Checkout how much water was thrown over Ted!

### **This and That**

If you would prefer to receive your correspondence by email or even pay invoices through on-line banking, contact the Admin Team for details on how they can help you. With rising postal costs we are keen to assist with any questions or concerns you might have.

### **A Message from the Trustees**

Thank you to all parents and clients who sent back questionnaires on both the Summer Play Scheme and Adult Summer Scheme. We got lots of really useful feedback which will help us plan for these schemes next year. Over 90% of respondents thought the schemes had gone really well and were enjoyed by those who participated."

### **Become a Trustee**

If you are interested in becoming a Trustee at Parkside or know someone contact us for more information.

**Call: 01252 313103**

**Email: parkside 57@btinternet.com**