



PARKSIDE NEWSLETTER

Spring—Summer 2024
www.parksidealdershot.co.uk

Tel: 01252 313103

Charity reg: 154756

Always There, Rain or Shine!

In March, we were lucky to hold an amazing volunteer day with **Farnborough Airport**, organised by the ever-helpful Rachel from **CMPP**. Despite the pouring rain, this great team of volunteers built three large raised beds and managed to smile through almost all of it!



Acquiring the beds was made possible by the successful grant application to Farnborough Airport, along with new garden tools, a compost, and lots of topsoil for the planters!



Also our thanks to a very generous donation of plants from **Sodexo Aldershot** and our Thursday garden group, who included lots of their strawberry plants. All the beds are now coming along but sadly some

plants became a meal for the local wildlife, many have survived and are thriving. Do pop in and take a look.



Since the Thursday garden group moved from their old site, the outside areas of Parkside have been attracting a lot of attention. Despite weekly weather challenges since January, they have made significant progress in setting up the garden. The rear garden now features a selection of raised beds and pots that are starting to fill up. Along with new storage to house their equipment, the group is making a real impression on the outside space and offering other service users the chance to join in with garden projects. Thank you for all the kind comments; we can see at the front that the beds are attracting a lot of attention.

Keep an eye out for our popular pop-up produce stand, hopefully coming later this summer!



A Parkside Crossbar Challenge Star

Our thanks to **Aldershot football club** and Chris Benson who won £100 for Parkside at one of the Shots home games in April.

Chris who attends Parkside on a number of services chose us to donate to for his challenge. We were thrilled that he won an amazing £100 for Parkside at the crossbar challenge!

Jamie from Aldershot football club Shots Foundation said "It was a fantastic event, we are so pleased to be able to donate to a great cause"



Thank you!



Indoor Sports Champions!

We were very lucky to be able to purchase a Nintendo Switch with funds kindly donated from the **Not Forgotten Club**.

This fantastic equipment is perfect for all to use and they are really enjoying the array of games on offer.

Celebrating Special Days and Festivals

This year the PIP group have been looking at different festivals and days celebrated in and outside the UK. For Burns night they tried Haggis with a mixed reaction, though most everyone enjoyed it! They did a very British Fish and Chips lunch for St Georges day. As Chinese New Year was the year of the dragon the PIP group made a fantastic model dragon and we all watched a super performance from them.

The Life project and PIP enjoyed Eid Ul Fitr, celebrated as 'Meethi Eid', this marks the end of Ramadan. The groups sampled a variety of spicy dishes. For St Patricks day the Life project treated us to a celebration of Irish dancing. Everyone really enjoyed trying different things and learning about different cultures with more planned over the rest of the year.

Yoga for All

Yoga has been a popular activity that both PIP and The Life Project have been enjoying. The PIP group managed both sitting and floor Yoga.



Sensory Chair Music and Movement

We have been very fortunate to have secured a 10 week programme with Hampshire Learns our thanks to Rachael at HCC for her fun delivery of this inclusive course with brilliant sensory props to inspire music for all.



Its been a great way for the group to enjoy and engage with the power of dance for wellbeing, be it seated or standing in Kevins case!



The Annual Easter Bonnet Parade

Once again, the Parkside Easter Bonnet parade was a huge success. The array of hats and designs were truly wonderful making it hard to choose a winner. Our judges for this event Suzanne and Chris said that everyone had done really well, and they could not choose one winner, so chose three instead! Nicola, Julia and Brandon modelled their designs brilliantly winning over the judges!

Our thanks also to **Sodexo Aldershot** who donated all the eggs for this event, making sure everyone who attended the parade received something. Our thanks also to Bett and the team at the **One Stop shop** Lower Farnham Road for their egg donations shared out with all the groups, just brilliant!



Raising Money with Joy

Once again, Parkside groups enthusiastically raised money for Comic Relief. The return of the most requested fundraiser activity, 'The Splat,' brought massive fun as participants threw wet sponges at brave souls popping their heads through homemade stocks. The event was filled with laughter and lots of splattering! Balancing chocolate activities added to the merriment.

The Life Project also joined the effort by hosting a delightful afternoon tea. Participants shopped for all the food items, made sandwiches, and decorated fairy cakes themselves. They truly enjoyed the afternoon and took great pride in their beautiful cake stands. Together, they raised an impressive £135 for Comic Relief!



ALL our Volunteers!

Accessible Boating
A Tyas
Aldershot Football Club
Aldershot Cambridge General Practice
C. McKenzie
Cllr Bill Withers
Chris Benson
David Gilliam
Farnborough Airport
Gateway Club fundraisers
HCC Whole Systems Approach
Hart Lottery
H. Payne
JK
Jim Goodman
M. Lawrence
Membership renewal donations
Mr S Mellor
One Stop Shop
Pinewood Quilters
RJ
Roll of Honour
Rushmoor Lottery
Rushmoor Rotary
Sodexo Aldershot
Webber family

Canal Boating Experience

Our thanks to Accessible Boating for a wonderful canal trip earlier in June. Luckily the weather held and the Life Project group had a really interesting session on the charities Dawn boat. Our thanks to Andy Blake our skipper for the journey. Everyone had a great day Amy said "I liked spotting the different wildlife" and Brandon said how much he enjoyed steering the boat.

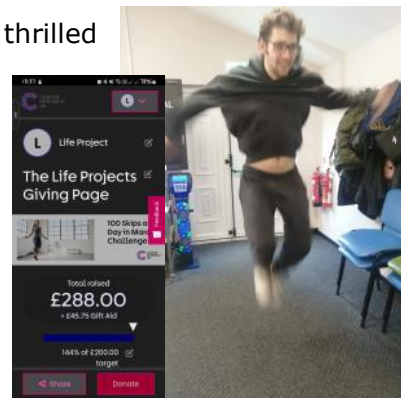


Skipping Challenge for Charity

The Life Project group as part of their 'helping others' target chose to fund raise for Cancer Research. Between themselves and staff they completed 100 skips a day for the whole month of March.

The group were thrilled with the total amount they raised, all for such a worthy cause.

Well done all!



Theme Park Fun!

Thanks to their fundraising efforts and a generous grant from Rushmoor Lottery, The Life Project has been enjoying their Merlin Passes this year. The groups have had fantastic trips to Thorpe Park, Chessington, and Legoland, with more exciting adventures planned.

These outings provide unique experiences and numerous social opportunities, which everyone has absolutely loved so far!





More to see at Parkside....



Message from Chairman

Welcome to our Summer Newsletter. I hope you are all well and enjoying 'flaming June' which of course is a joke! I'm pleased to say that Parkside is in good heart and is functioning well at all levels to the benefit of our service users. The newly refurbished building continues to attract very positive comments and has created a much better working environment. I hope everyone likes the completed façade and new signage.

The Life Project has settled in following the move from Farnborough and it is good to see its service users interacting with PIP. The Garden Group has also settled in well after their move from Gillian Avenue. As time goes by, the garden will certainly benefit from their presence. It is definitely an advantage having all services based at Parkside which makes the management of our excellent staff and volunteers so much easier.

The Annual General Meeting was held on the 9th April, it was good to see an increase in attendance, our thanks to the Life Project for entertaining the attendees. As to future developments, the roof has leaked periodically for a number of years and Trustees have agreed it is time something was done about it, which could also include the installation of solar panels. Please be assured that when this work is carried out it will not impact on the delivery of our services. **Chris Harris, Trustee, Chairman**



Zumba with Smiley Jo

Parkside have been very lucky to secure Jo Fitton (known as Smiley Jo) a local dance teacher for our twice weekly Zumba sessions. The group really enjoy her visits and the hall is buzzing with singing and dancing. Our thanks to the WSA project for supporting us with a grant towards this project.



The Friday drop-in session 2pm—3pm includes a Zumba class, entry is £4. Contact Parkside to find out more.

Health & Wellbeing Month

The Life Project groups enthusiastically participated in Health and Wellbeing Month. Each day featured various activities focused on health, such as shopping for fruit and making fruit kebabs, and using outdoor gyms in the community.



The groups loved using the new kitchen at Parkside, where they learned to make soup and healthy lunches from scratch.

They also enjoyed yoga and meditation sessions, with many expressing a desire to continue these practices.

Art For Wellbeing

We have been fortunate to secure art sessions with Jacky from Hampshire Learns.

Over 5 weeks she delivered some amazing practical art activities with the PIP group. Everyone really enjoyed all the sessions. The bubble art was a particular favourite!

