



POSTCODE LOTTERY: Community Family Care's manager Sasha Brown (centre) with support workers Rae Edwards and Kate Beacham.

Family care charity wins lottery grant

THE Community Family Care charity from Staunton, near Newent, has won a £4,000 grant from the People's Postcode Lottery.

The money will go towards IT equipment such as laptops and mobile phones for case workers and cover training and recruitment costs for five new family support workers.

The charity helps families, children and young people in need of support.

"Getting essential IT equipment and keeping it up-to-date is a big cost for an organisation like ours which has three staff and relies on public funding," said manager Sasha Brown.

"So getting the support of the People's Postcode Trust is invaluable."

The charity seeks to improve parents' confidence, help with routines to get children to school, or more complex support dealing with challenging behaviours at

home.

People's Postcode Lottery is a charity lottery. Players play with their postcodes to win cash prizes whilst raising money for good causes. A minimum of 30 per cent goes directly to charities.

Since 2009, People's Postcode Trust has awarded more than £11 million to more than 1,600 charity projects across Great Britain. This funding is only made possible through the support of players of People's Postcode Lottery.

Wake and shake for school pupils

PULSES were definitely racing at Yorkley Primary School as the pupils 'went the extra mile' to take part in National Fitness Day.

All children and parents were invited to start the day with an energetic 'Wake and Shake' session of dance routines put to music.

During the day, the youngsters enjoyed yoga and taekwondo sessions and the children took particular delight in kicking out at pads which were held by their teachers.

School teaching assistant Kate Fyffe said: "We took the opportunity to introduce a new initiative for our school - The Daily Mile.

"This is something the school has adopted and every class will be taking 15 minutes out of each school day to run or walk around the playground in a timed session.

"The children benefit from being outside in the fresh air, running with their friends in a non-competitive way.

"It supports classroom learning and improves children's confidence, concentration and behaviour."

SHAKE: A taekwondo session underway at Yorkley Primary.



WAKEY WAKEY: Pupils run a mile around the school's playground.



Tina Tipps the scales in her favour



BEFORE: Tina as her size 20 previous self.

SUPER slender Tina Tippias has been named Mitcheldean Slimmer of the Year, after shedding more than five stones and dropping from a size 20 to a 12.

Tina joined the Slimming World group at Mitcheldean Community Centre in June last year.

Tina said: "Food optimising is eating everyday foods, the whole family can enjoy with quick, easy recipes.

"I have encouraged my husband and family to improve their eating habits and can now enjoy walking and swimming with them, this has improved my confidence to wearing a bikini on holiday, the first time in ages.

Group leader Pauline Bent said: "Tina now enjoys shopping for clothes size 12, not size 20, her health has improved and she has more energy.

"We are all very proud of Tina, she is an inspiration and is always ready to help and support other members during Image Therapy.

"Her plan for the future is to keep coming to group, its the only way to maintain weight loss."



SLIMMER OF THE YEAR: Tina Tippias is the Mitcheldean Slimmer of the Year, after shedding more than five stones and is pictured with group leader Pauline Bent.



WELCOME HOME: Forest MP Mark Harper hands over the keys of the new property to Marina Tolhurst, watched by David Powell, chairman of the Board for Two Rivers Housing, and Garry King, chief executive.

Flexible living for the future

EXCITED tenants of Two Rivers Housing received their keys last week to six brand new homes in Lydney.

This development of four one-bedroom 'flexi-flats' and two two-bedroom houses were developed in response to the Forest of Dean District Council local housing needs survey.

One delighted tenant, Marina Tolhurst, was welcomed to her new flexi-flat in Orchard Road by the Forest of Dean MP Mark Harper, the chief executive of Two Rivers Housing, Garry King and the chairman of the board, David Powell.

Marina registered on Homeseeker Plus and was delighted to find that her housing needs met the housing association's requirements.

She said: "The flat is beautiful. I was brought up in Lydney, all my children and grandchildren are here, so it is wonderful to be back. I have missed cooking for my family and having them around me. I am very excited."

Mr Harper was keen to find out more about

the flexi-flat's innovative design that can easily be adapted to suit people's changing lifestyle needs.

It is a unique concept, developed in response to the high demand for one-bedroom homes to rent at affordable prices. The flexi-flat offers a larger-than-average living space which can be comfortably divided up to achieve a second bedroom if required, and all with minimal disruption.

They are high quality energy efficient homes, built by J Harper and Sons (Leominster) Ltd, are economical to run, with solar panels on the roofs, additional insulation and low energy lighting throughout.

Mr Harper said: "Orchard Road is an impressive development in Lydney. The flexi-flats allow for adaptations to be completed easily and with minimal disruption.

"It was a pleasure to officially hand over the keys to Mrs Tolhurst and I would like to wish her all the very best as she moves into her new home."