

WEDDING BELLS AT TABOR

On Saturday 14th November 2009 two



Tabor Centre members, Angela and Colin married at the Braintree Registry Office.

The couple met at the Tabor Centre and

their romance blossomed. Everyone wishes them all the very best for their future.

BAY TREE GARDEN CENTRE GIFT

Bay Tree Garden Centre donated and delivered a magnificent Christmas tree to the centre, as you can see from the photograph, it looked wonderful when decorated.

MANY GRATEFUL THANKS and OUR VERY BEST WISHES to all at BAY TREE GARDEN CENTRE.



***** Anthea's Corner *****

What's On

It is 20 years ago this month that saw the start of the Tabor Centre. We are going to celebrate with an OPEN DAY on Friday 14th May.

12th March—Friday TABOR CENTRE QUIZ to be held at the centre 7.00pm for 7.30pm start. £4.00. per head. Teams of up to 6. Bring your own drinks and nibbles

Past Events

9th December the member's Panto took place, this was called CHRISTMAS CRACKER and was very well attended and raised £90.00 in donations on the day

18th December - the GRAND DRAW took place, there were many prizes donated by local shops and businesses and £550.00 was raised.

29th December - the STAFF PANTO took place, this was called CINDERFELLA, lots of the staff were well dressed up in fancy clothes and makeup.

30th December - Tabor held their own X FACTOR, lots of the day centre members were involved with singing and there were guest appearances from Tino Simon Cowell, Ray Louis Walsh-Turner, Dannielle Lynn Mino-gue, Cheryl Cathy Cole.

The Tabor Centre email address is now:- thetaborcentre@btconnect.com

News

TABOR CENTRE - 20TH ANNIVERSARY

This year sees the Tabor Centre celebrating its 20th Anniversary.

The late Jean Stock and a social worker visited local clubs and groups then the idea for a centre for disabled people was formed.

An open meeting took place at Causeway House and a steering group was put in place.

The Day Centre was to be independently run and only part-funded by Social Services, with the rest of the money required coming from grants and fund raising.

The centre was opened in February 1990 at Bocking Place in what was a small High School outbuilding.

We were at Bocking Place for two years before being allocated a building at the rear of the Tabor School in Panfield Lane. Space was confined but it served our purpose and we remained there until the school closed in August 2000.



From the building in Panfield Lane we moved temporarily (as it was due to be sold) to what once was Crittall's old social club on the Springwood Estate. This building was too large for us, but one advantage was being able to use the hall for fund raising activities.

After this building was sold in April 2001, we moved to Warner's Old Silk Mill, off South Street, again a temporary measure. All of these moves were costing money and making a lot of work for the staff and volunteers, so a permanent home was sought.

The opportunity to move back to Bocking Place arose and after lots of work with Essex County Council and Braintree District Council and a large grant from the Lottery Fund we were able to draw up plans for a purpose built day centre.

Work started on 1st September 2002 and we were able to move in March 2003.



News



SUSAN BUSBY 1949-2009

Susan joined us at the centre in July 2003. She had a great sense of humour and although she endured great physical pain, never complained and carried on as best she could, always with a smile. One of her memorable sayings was “You only have one life.” Sue was always good company and liked to look immaculate, keeping up with fashion, enjoying trips out, especially to Matalan with Jackie, buying clothes and jewellery for herself and her grand-daughters. She will be greatly missed by her family, her friends and all who knew her.

EDITORIAL NOTE:

Welcome to the latest edition of your newsletter. Please remember this is your newsletter so any comments or suggestions about this centre will be gratefully received and guaranteed, if sensible, to be published.

With spring on its way very shortly, let’s hope we can get out on some more away days with the centre very shortly.

Let Linda know if you have any ideas of where you would like to go.

DEREK HELLERY AND ANDREW BARRETT

Computers for Rural People

If you live in a rural area, whether on a farm miles from anywhere, or even in a country town, you have to spend time travelling about to get things done or find things out. That is in addition to commuting of course.

Email and Internet provide enormous opportunities when you can’t just pop round the corner to the shop or library etc. Yet computers are usually expensive, and few people want to buy one “just to see if it might be useful”.

The Arthur Rank Centre is committed to supporting the rural community, and has set up the “Computers for Rural People” scheme to provide computers at very low cost to encourage people to take the first step.

So if you think a computer might be useful, but can’t afford several hundred pounds just to try, we can help you. At a really low price we can provide a computer of your own, pre-loaded with Microsoft software, and delivered to your door with 3 months warranty, to get you started. A fully functioning computer costs as little as £109.

Community Projects.

If you need more than one computer; e.g. for a drop-in centre, school etc. the prices are even lower!

How to order.

Telephone call, email or write to us at:-
02476 853066

info@arthurrankcentre.org.uk

Computers for Rural People,
The Arthur Rank Centre,
Stoneleigh Park,
Warwickshire. CV8 2LG

more info:- www.arthurrankcentre.org.uk/projects

Bits & Pieces

SAINT VALENTINE'S DAY

Celebrated on 14th February each year is when we are all supposed to choose or try to win our true love. A 17th century poet, Alexander Brome wrote:



"Something there is moves me to love, and I do know I love, but know not how or why."

Recipe—Melting Moments

- 4ozs—unsalted butter
- 4ozs—cornflour
- 4ozs— icing sugar
- 1oz—plain flour
- 4ozs—melted chocolate

Soften the butter and cream it with the sugar until the mixture is white and smooth. Sift the cornflour and flour into the butter and sugar. Work together, Adding a few drops of milk if the mixture is very stiff.

Pipe through an icing bag into heart shapes and bake them in a moderate oven (180c, Gas 4) for about 15 minutes. Remove from the tin when cold and dip the tip of each heart in to the melted chocolate.

To serve: arrange on a flat plate in whatever shape (initial?) you feel best suits the moment.

FREE COURSES

Caroline Burrows-Wren is once again running free courses at the Tabor Centre, including Basic IT, introducing People to the Internet and Building CV's. These courses are run to encourage people back into work and are open to anyone who is unemployed.

Jokes of The Day

VISITING a psychiatric ward, a man asks a nurse how it's decided whether to admit a patient. "Well," she says, "we fill a bath, then offer a spoon or a bucket to the patient and ask him to empty."

"I get it," the visitor says. "A normal person would use the bucket because it's biggest."

"No," the nurse replies. "A normal person would pull the plug. I'll go and prepare your room."

Why do black widow spiders kill their partners after mating?
To stop the snoring before it starts.

HEALTH YOUR WAY

'Your health your way' website sets out the support that patients and the public should expect from the NHS if they choose to self care. www.dh.gov.uk/yourhealth/ A new addition is the patient information leaflet 'Help and advice for living well with a long term condition', which aims to raise awareness of the self care support available to people living with long term conditions. Please visit: www.dh.gov.uk/yourhealth/ for more information. Source: Brentwood CVS Newslink, Nov '09

Thank you to everyone who contributed to this edition of the Tabor News. Don't forget to get in your contributions for the next issue.

- Closing date 31st March 2010