

# **Leconfield Parish Newsletter – January 2021**

**Serving the communities of Leconfield, Arram and  
Scarborough**

**Funded by Leconfield Parish Council (LecPC)**

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Online address: <http://www.leconfieldparishnews.co.uk>. The e-mail address for contacting the Parish Council is [leconfieldpc@outlook.com](mailto:leconfieldpc@outlook.com) For those who use the internet the Parish Council website is the best way to keep yourself up to date with Parish events.

**Due to a problem at the printers, the December Newsletter could not be published. LecPC apologises for any inconvenience this may have caused.**

## **Thank You**

Joyce Pawson of Leconfield would like to thank everyone for the lovely sympathy cards, telephone calls and messages following the death of her husband Cyril.

## **Millenium Green - Correction**

In the October Newsletter mention was made of parish councillors Geoff Hirst and John Akester in respect of getting the Millenium Green up and running. It has been pointed out that the whole Parish Council, led at the time by Graham

Foote, were heavily involved in getting this project to fruition. Apologies for this error.

## **Update on the Leconfield Parish Council Website**

By the time that you are reading this our new Leconfield Parish council website should be up and running. When you login to our current website you will be taken automatically to the updated version.

Our website has been updated so that we can improve our communication with our communities. You will be able to contact us by e-mail and receive e-mails about the latest news (if you subscribe to this facility). Over the next few months we hope to develop the site further into a useful local resource. We will provide information regarding Parish Council meetings, local history, a list of community groups and activities, and news about events happening locally. If you have any comments you wish to make or suggestions on how we can improve the website please let us know.

There is a “What’s Going On” page on the updated website and we will start to populate the calendar month by month with events taking place in the Village Hall and Recreation Club. This will include groups who meet regularly and one-off events such as parties. Once we are sure that it is working properly we hope to add “on-line booking” to the calendar. This will then replace the current system of booking through the Recreation Cub. We are currently reviewing the terms and conditions of booking, including the introduction of a booking form and a “Frequently Asked Questions” (FAQ) section. This will make it easier to make a booking knowing what we can offer within our current facilities and what it would cost. We will let you know through the newsletter and social media

when the booking system will be going live and all current bookings will be automatically transferred to the new system.

LecPC would like to express their great appreciation to Mat Thompson who set up the original website and who has ensured its continuous running. A great effort and so thanks Mat.

## **Leconfield Recreation Hub**

### New café in village hall taking shape

Management committee members and our local youth service along with a few local volunteers have worked very hard over the last few weeks to convert the former library into a new café and meeting room area. Using the small lottery grant of £2500 and a donation of paint by Crown, we have managed to transform the space!

All the lights in the area have also been replaced, and a new hard floor will be fitted in the New Year. Tables and chairs have been purchased along with new café and play equipment. A big THANK YOU to Lisa Harris and the young volunteers who have made this transformation possible on such a small budget, and Kate Capes for purchasing all the equipment.

We are hoping to be granted further funding to provide stay and play sessions for the young, various new activities for our older residents based in the café area along with a monthly weekend Community cafe session in the village hall. Although we are still finalising our plans for when the café can open, we are now aiming for February or early March 2022. Thank you to

those of you who have already got in touch to volunteer. We will provide all the necessary training and support for volunteers and we do need more!

**If you can lend a hand then please do let us know by email [leconfieldpc@outlook.com](mailto:leconfieldpc@outlook.com) or tel:[07939290645](tel:07939290645).**

### **Our team of young volunteers**



**An introduction to wellbeing for the wiser woman– A 6 week course at Leconfield Village Hall Starting on 3<sup>rd</sup>February 2022 10:30am-12noon £75**

**Are you are a lady of leisure or over 55, and interested in understanding how to improve your overall wellbeing? If so this course is for you. This introductory course will provide you with the awareness, information and tools to start living wholeheartedly with a more well and balanced life.**

On this course you will learn ways to:

*Bring a sense of balance and wholehearted wellbeing to your life.*

*Ensure you are looking after your whole self.*

*Understand how your history has affected your wellbeing.*

*Approach life with more energy and gusto.*

*Tackle your worries and anxieties.*

*Break some habits and untether from habitual thinking.*

*Learn and practise mindful, relaxation and meditation techniques that you can apply to your daily life.*

*Have a tool kit of strategies to apply to assist you to live a more well life.*

Each session will include a combination of teaching/discussion, at least one practical tasks or tools relating to the session theme and will end with approximately half an hour of relaxation exercises. You will be led through different breathing, movement and mindful exercises which will allow you to calm your busy mind, become less anxious and more mindful and fully relax both physically and mentally. There will also be an opportunity for you to have a break and refreshments during the session.

**This course is delivered by Kate Capes a local wellbeing practitioner from Wellbeing From The Inside Out.**

**If you are interested in joining us or would like more information, please contact Kate on 07525721183, Facebook- wellbeingfromtheinsideout**

**or email [Kate@wellbeingfromtheinsideout.co.uk](mailto:Kate@wellbeingfromtheinsideout.co.uk)**

### **My Mindful Play sessions in Leconfield**

**Did you know there are play sessions for children delivered in Leconfield at the Village Hall?**

My Mindful Play develops early emotional regulation skills through fun, mindful play based activities.

My Mindful Play are play sessions delivered in 6 week blocks, where adult and child will enjoy engaging together in a series of fun mindful play-based activities, all based upon a carefully selected age appropriate story book.

The carefully planned activities will use mindful play techniques to:

- develop your child's emotional understanding and resilience,
- help your child develop greater self awareness and social skills
- teach your child easy to apply self regulation and relaxation skills
- provide your child with tools that will support their mental and physical health throughout life.

Each My Mindful Play session include a host of activities which will encompass our five key concepts:

Mindful play, exploration, and discovery  
Mindful breathing  
Mindful movement

Mindful senses

Mindful language and communication

**Leconfield Sessions**

**Babies- 3 months to walking-** Wednesday 9:30-10:20am - £36  
for a 6 week block

**Toddlers- Walking to 30 months-** Wednesday 10:30-11:30am  
- £37 for a 6 week block

**Preschool- 30 months upward-** Thursday 9:30-10:30am - £37  
for a 6 week block

**If you are interested in joining us or would like more  
information, please contact Kate on 07525721183,  
Facebook- wellbeingfromtheinsideout**

**or email [Kate@wellbeingfromtheinsideout.co.uk](mailto:Kate@wellbeingfromtheinsideout.co.uk)**

**Rabbit Cull**

The rabbit cull on the playing field will now not take place until Spring 22 since the vehicles required for the cull would cause too much damage to the playing field. Rest assured the date of the cull will be promulgated well in advance so that pet owners can ensure that their pets can be kept well away from the playing field.

**For Sale**

Classic travel cot (mamas & papas) in excellent condition, with instruction booklet. £30

**Collect only, from Leconfield tel: 01964 550637**

# **LECONFIELD RECREATION CLUB**

## **Forthcoming Events**

**21 January      Swing singer Timmy  
Booth entertains.**

Open Fridays from 6pm for family night which  
finishes at 8-30pm but the bar will remain open until  
11pm.

Sunday nights the bar is open from 8-30pm to 11pm

## **Save the date!**

The Recreation Hub Management committee  
and Recreation Club are holding their first  
joint event on Saturday 26th March 2022.  
Barn Dance in the Village Hall with Pie and  
Peas and Leconfield Recreation Club Bar.

Further information available on ticket  
purchase at the end of January on the new  
website and Leconfield Hub.