



# Spring Newsletter – February 2024

**Volunteers needed** – if you find you can spare a few hours a week to volunteer at The Spring – we'd love to hear from you. Our current areas of need are working with our Washing Up team on Friday Afternoons from 2-4pm and **new for 2024** we are looking for any **gardeners** out there who would be interested in maintaining our outdoor areas from Easter onwards – probably one morning a week would do it !! I am always happy to chat through with you the various roles on offer or if you know someone who is currently a volunteer perhaps ask them !!! We really are a very friendly bunch and time and time again our team say what an amazing place to serve in – but don't take our word for it come and down and give it a go !!

## Whats On .....

On Shrove Tuesday, 13<sup>th</sup> February from 10am – 3.45pm we will be serving freshly made pancakes with a variety of toppings – an easy win for the families enjoying Half Term



## Lent Lunches @ The Spring Café

From Ash Wednesday, 14<sup>th</sup> February until Wednesday 27<sup>th</sup> March we will be supporting the humanitarian aid work being done by The Amos Trust in Gaza by selling our Soup & Sandwich Lunch. Your donation of £6 will all go to the charity and in return you get to enjoy a bowl of our homemade soup and a choice of sandwich from Egg Mayo, Cheese, Tuna Mayo or Ham – we look forward to serving you

## CAP Money Course @ The Spring

Beginning on Thursday 22<sup>nd</sup> February and running for a further two weeks Viv and I will be running a Cap Money Course – an informative and interactive way to help you get your finances in better shape. We will be gathering from 6.45 for Coffee and Cake before starting promptly at 7pm, aiming to close around 8.30pm. The Course is free and we have 10 places available on a first come first served basis – you can reserve your place now by going to [www.capmoney.org](http://www.capmoney.org) and finding your nearest course.



## Passover Supper

On Thursday 28<sup>th</sup> March from 6.30pm @ The Spring, we will be hosting a Passover Supper led by Reverend Hannah. It promises to be an enlightening evening once again as we journey together through the Ceremony and rituals of this ancient custom. There will be a 3 Course Supper provided on the night, on a “pay as you are able” basis with all surplus funds being donated to the Community Awareness Project in Wakefield . Please note : that part of the Ceremony does involve drinking Red Wine so please do bring your own bottle or an alternative .

To book call in and book in person or call us on 01924 242593. We do expect this event to sell out so please don't leave it until the last minute – and to ensure as many as possible can take part you will be sharing tables upto a maximum of 8 people per table

**Knit & Knatter** – held in the Spring Café every Thursday from 2pm-4pm – come and join Liz and the gang and enjoy a couple of hours of fellowship with like minded folk – who knows you may learn a new skill and be exhibiting at the Craft Fayre in 2024

## Community Notices

### Yoga Classes with Margaret Clegg

**Wednesday 7.30 – 9pm**

If you are interested in joining this class please call Margaret on 01924 370673 & Mobile 07787175432 and she will be happy to talk you through any questions you may have – all levels catered for from beginners to the more advanced



### Slimming World with Vicky

Every Tuesday 5pm and 6.30pm – a warm welcome extended to all whether your new, existing or returning – contact Vicky on 07966 202826 if you want any further information