

CHALKBOARD

THE OLD SCHOOLHOUSE NEWSLETTER

Autumn Activities

Here at the Old Schoolhouse an on-going aim of ours is to establish the building as a true community hub – somewhere visited by many and for many different reasons. Essentially we want to extend the broadest possible welcome to our local community.

However, we are aware that there are many within that local community who, to different degrees, may find themselves socially isolated and lonely. Our hope is that we can offer them some reason to visit and, ideally, the opportunity to establish new social connections with other visitors. It was to this end that, throughout November, we ran a variety of activities, hopeful of enticing in some new faces whilst also offering some different opportunities to those who already knew us well.

Our calendar of events offered at least one activity each day, often more. We continued with our established classes in Gentle Yoga, Chair Yoga and Ballroom Dancing as well as our gardening group. The November lunchtime Social was well-attended and Stevie Squeeze once again entertained us all with his fantastic accordion playing and crowd-pleasing songs. Our newer offerings included:

Chatter Boxes - an informal chat each Monday morning around a particular (non-contentious!) topic, this was followed by chess and draughts club. Christmas Craft Sessions provided a chance to make some beautiful tree decorations and learn some impressive gift wrapping techniques amongst other things.

The digital drop-in service was aimed at helping those who might lack confidence or practice in using technology and who are therefore missing out on the advantages the Internet, and computers generally, can bring.



In the Quiet Room we held a number of short, guided meditation sessions and this room was also the comfortable base for our Short Story Hour. The Urban Stroll offered a chance to enjoy some fresh air and good company, taking a walk around the local parks. The Acoustic Guitar Jam afternoons delivered the hits of the Beatles, Stones, Clapton and many more – all as you've never heard them before! We rounded things off with our Big Quiz and also a Scrabble afternoon.

With the project now finished, if you are sorry to have missed any of the activities described above, why not drop us a line, leaving your details, and we'll get in touch the next time we run something similar.

We will continue to work towards reducing social isolation within our community and hope to attract as many people as possible to our future projects. Some may perhaps feel such schemes are not aimed at them but remember, your presence could be just what another person needs to lift their spirits or enable them to feel some welcome sense connection. So, whatever your current situation, we hope the next time we run this kind of project you'll give one of our activities a try.

Tree-mendous Work!

We are frequently amazed by the hard work and commitment of our volunteer gardeners and this past summer has seen even more transformations in our outside space. We have a very long fence running the whole length of the back garden and this was, until recently lined with brambles and thick bushes which, as well as blocking out valuable light, were also something of an eye-sore and a prickly one at that! Working systematically we sawed, lopped, chopped and shredded our way along – filling four 8 tonne skips in the process. The end result sees our different borders and plots move out of the shadows and so should now allow many more plants to thrive. It also gives a greater sense of space to the garden and highlights some of our nicer trees which previously were almost hidden.

If you're visiting, why not take a look outside and see how things are developing and if you'd like to get involved in the garden let us know – we're always on the lookout for volunteers.



Sweet Success

Summer brought our first honey harvest for a number of years. Our new bees (see issue 7 of Chalkboard) were very productive and have clearly settled in well to their new home. The process of getting the honey from the hive and into jars is quite fascinating and we have a photographic account of it on our Facebook page should you wish to know more.

The key question is though - how did it taste? Well, we were not disappointed! It was light and sweet and really quite unlike your average supermarket product. We're already looking forward to next year's crop.

Chair Yoga

We had paused our chair yoga sessions during the summer months, resuming once more in September and, since then, it has been pleasing to see attendances steadily growing.

The aim of the classes is to provide an opportunity to practice yoga that is accessible to the majority of people regardless of age, fitness or mobility. As the name suggests, most of the postures are performed while seated, however, we do include a small number of standing poses too as in this way we manage to stretch the whole body whilst also including the kind of strengthening and balance work that is so important for long-term wellbeing.

Historically the purpose of the various yoga postures was to prepare the body for stillness, enabling practitioners to sit comfortably in meditation without the distraction of physical aches and pains. Appropriately, each class ends with a period of quiet stillness and meditation which can be a welcome pause from the stresses of life and a chance to reset.

Chair Yoga classes continue each Tuesday 1pm - 2pm and all are welcome.

What's On at The Old Schoolhouse

Mon	10:00am	Mindful Yoga (book your class online)
	1:00pm	Indoor Bowls
	5:30pm	Slimming World
	6:30pm	Keep Fit
Tue	9:30am	Parents & Toddlers
	1:00pm	Chair Yoga
	5:30	Mindful Yoga (book your class online)
Wed	10:00am	Knowsley Carers' Coffee Morning (every two weeks)
	2:00pm	Ballroom Dancing
	6:00pm	Gentle Yoga
Thu	1:00pm	Singing for the Brain (2 nd & 4 th Thurs.)
	2:00pm	U3A Science Group (4 th Thurs.)
	4:30pm	Jujitsu (email info@ssjika.com)
	6:30pm	Mindful Yoga (book your class online)
Fri	2:00pm	History Society (2 nd Friday)

For more information please visit our website:

oscp.co.uk