

COMMUNITY HOUSE NEWS

December 2023



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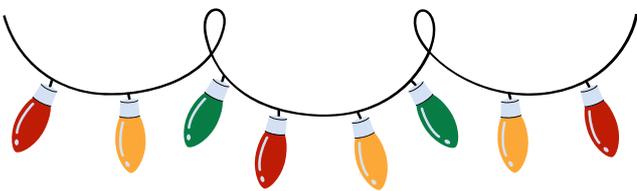
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Welcome from our Chair Peter Ayres

Welcome to our newsletter. As we approach the end of 2023, I'd like to wish you all a peaceful and restful festive season. I look forward to working with, and for you, in the new year. 2023 has been a difficult year both for the building and for our staff. We are pleased to welcome our Business Manger Aastha Kamboj back after a long and stressful absence following the sudden death of her husband. I'd also like to extend my sincere thanks to our staff David and Kerry, and to our volunteer receptionists who have stepped up and ensured that we maintained the building and support for our tenants and hirers .

As I write this, we await the outcome of London Borough of Bromley's decision to sell the Freehold of Community House. We should know the result in early December and I will inform all stakeholders as soon as we do. We still have two years left on our original lease and have a legal right to negotiate a new one with the new owners. We have many exciting plans for the future if we are successful. Watch this space.



FESTIVE SEASON CLOSURE **CLOSED**

22nd December , 1 PM to 1st January 2024

REOPENS

Tuesday, 2nd January 2024

During this period you will be able to gain access to the building using your own front door key. There will be no BVST staff present. Please inform us in advance if you are planning to come in when we are closed. We will keep a sign in and out sheet at front reception, so if you are the last one to leave the building, please lock the front door.





CONGRATULATIONS TO JANE KNIGHT AND HER TEAM AT SUCCESSFUL MUMS!

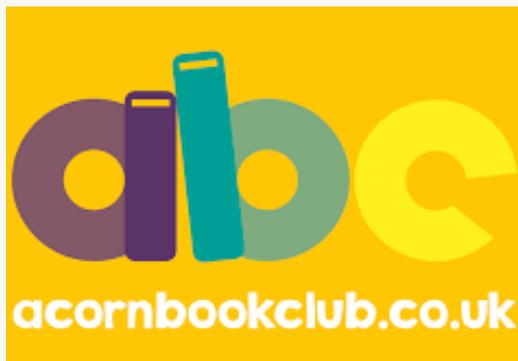


Successful Mums were finalists in the recent Mayor of Lewisham’s Business Awards 2023. They also won two awards at the ABBBAs (Above and Beyond Bromley Business Awards) Jane Knight FIEP scooped the Community Hero award, while Successful Mums won Best Social Impact Company.

Led by Jane Knight, Successful Mums are a training organisation for Mums. They offer online, flexible and interactive training to help mums find work, start or develop a business.

Please contact Successful Mums for more information or visit them in room G2 on the ground floor. website - <https://successfulmums.co.uk/>

Acorn Book Club



Acorn Book Club is a charity run by the Acorn Group since 2018. Acorn Group actively work with the local community to collect donations of pre-loved children’s books, suitable for ages 3 - 11 years. This initiative helps them to create unique reading spaces and allow easy access to books for the younger generations!

We have placed a box outside G8. Please drop any books in a good condition for Acorn to collect and distribute.

<https://www.abcbookclub.co.uk/>



FOODBANK COLLECTION

Community House are pleased to support the local foodbank operated from the United Reform Church. We have started collecting food with long shelf life, e.g. tinned food and meats, UHT milk, dried pasta, rice, lentils and other items you wish to donate. You can drop off your donations at the main reception

We deliver them weekly to the Foodbank.



Connecting Community at the Connections Cafe

Radfield Home Care recognise the importance of social interaction, and , have partnered with Quest Soul Theatre C.I.C to host a unique event called the Connections Café at Community House Bromley.

The Connections Café is held on the last Tuesday each month at Community House, from 10.30 am to 12.30 pm. Designed to be dementia-friendly, the event is free of charge and includes tea and cake!

The sessions launched on 26th September 2023 and have become a highlight for many in our community. Their special artwork has been displayed in the main hallway.

The Radfield team often incorporate creative activities such as painting, drawing or writing into their sessions to help individuals process emotions and find solace in their creativity. These activities provide an opportunity for self-expression and the possibility to form supportive relationships. The theme changes each month.

Sessions will continue to run from the Café space at Community House until 19th December 2023.



CHARITY CHRISTMAS CARDS SALE

Back by popular demand, Community House hosted the annual Charity Christmas Cards sale. They were well stocked with well priced cards. Cards were on sale in the main reception area until December 1st. Charities supported included:

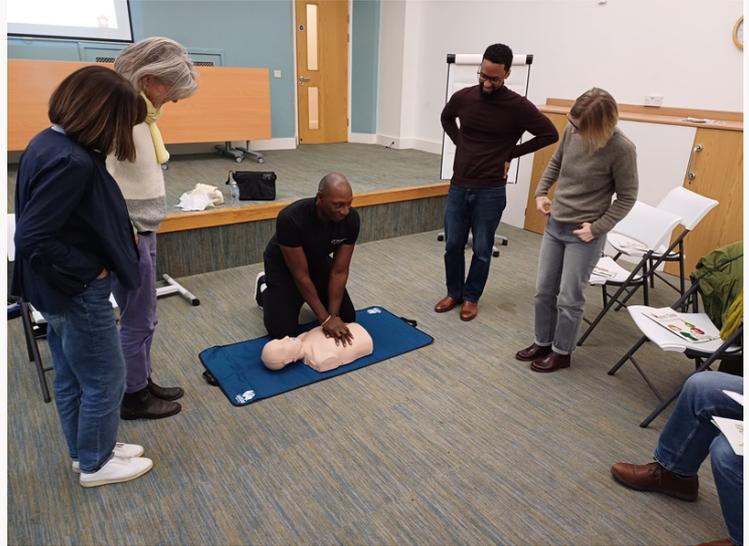
Magpie Dance, St. Christopher's Hospice
The Children's Society, Child Aid
Kent Association for the Blind



FIRST AID AT WORK TRAINING

On Monday 13th November 2023, we organised a training course for the users of our building. This course teaches people to become first aiders within the work place. It's vital to gain first aid skills in order to know how to respond in an emergency at work, including the following events:

- CPR and Heart attack
- Choking
- Bleeds both serious and minor
- Bandages
- Defib Training
- Head injuries
- Burns
- Minor cuts and bruises, stings
- Crush injuries
- Accident reporting
- Bleeds



Delivered by Kingsley Ogedengbe, from Primrose First Aid Training the course was attended by staff from a number of Community House tenants. Our Chair Peter Ayres also attended. "It was the best First Aid course that I have attended and I feel much more confident that I would know what to do in an emergency"

BVST staff will be pleased to organise another course. If you are interested please drop an email expressing your interest to : Admin@communityhousebromley.org.uk



TENANT'S FORUM

Communication is vital to the successful running of any business. We at BVST would like to hear from you about your needs and ideas to make Community House a better place. Look out in the new year for an invitation to join a Tenant's Forum. We would like representatives from our tenants and regular hirers to meet and discuss improvements to our building and facilities.

REPAIRS

Over the past few months we have managed to get LBB to repair some windows and a door. We have also had the boiler controls replaced and. Next we are looking at improving our alarm system Please let us know if there are any defects in your offices. Hopefully our new landlords will be more proactive.