

Welcome Back

This is our first edition of 2023 and there is a lot to catch up on! The Centre has been busy in January with Frodsham Panto rehearsals and a fantastic show week.

Looking forward, in the last 2 weeks of March we have the Zodiacs with 'Dirty Rotten Scoundrels' and Frodsham Players with 'Great Expectations'.

Last year, over the Summer, when we were less busy, we undertook some maintenance work. You may have noticed the new windows in the Main Hall. The Lounge has had a new carpet installed and the back stairwell has been re-painted.

To improve the safety of the Community Centre and Youth Club visitors we fitted a speed bump in the roadway to the Community Field. Slowing vehicles down to a walking pace as they approach the car park makes it safer for adults and children to cross out of the building to their waiting cars.

The FCA Committee have been looking into eco projects such as rainwater harvesting to be used for flushing the toilets, but it appears that we could not recover the costs in a reasonable timescale. The next projects we will embark upon will be the general refurbishment of the main Ladies and Gents toilets, car park surface repairs and improvements to the decor in the Lounge Bar.

Recently, several regular groups have started at the Centre: EVOLVE, Baby Bloom, Beeweighed and the Frodsham Photographic group. We also saw the Accordion group move from an evening to a Thursday afternoon slot and the Frodsham Literature group began sessions once more.

For more details please see our Facebook page:
www.facebook.com/frodcomm

200 Club Winners - December 22

No 091 B Dobson	£300
No 071 C Richards	£50
No 045 B Williams	£25
No 061 G Jones	£15
No 028 M Parker	£15

French for Fun classes - Kathryn Pape (Thursdays 12.45pm to 2.45pm)

Our French for Fun classes are conversation classes for adults. We start the class with some chat in French and move to some structured learning (vocabulary and grammar) building to a conversation around a theme or topic, where we incorporate new language and idiomatic expressions.

There is always a relaxed atmosphere with an emphasis on everyday spoken or familiar French and having fun! Any questions please get in touch with Kathryn on 07875 219076 or for other classes near you or online, see our website



Chester, Frodsham & online

Kathryn 07875 219076 kathryn@languageforfun.uk

Centre Quiz Nights

For many years the Centretainments team have organised two Quiz Nights each year, the Spring Quiz just before Easter and the Christmas Quiz early in December.

Our Question Master and the person setting the questions was Jack White who sadly passed away just before Christmas. Today questions are set and presented by previous winning teams so are varied and enjoyed by all.

Included is a sandwich and cake supper. Special dietary needs can be catered for if you mention them when booking.

Next is the Spring Quiz on Tuesday, 4th April 2023. Tables of 6 can be booked at the Centre or by email to events@frodcomm.org.uk.

Entry is £8.00 per person payable on the night.

Date for your diary: 25th March
Spring Wreath Making Workshop
Details available in the Centre

Emergency First Aid

We now have 4 qualified Emergency First Aid persons at the Community Centre. Greg Jones (Day time Caretaker), Brian Schofield (Evening Caretaker), Sarah Coleman (Bookings Manager), and Graham Reeves (FCA Chair).

They undertook the 'FAA Level 3 award in Emergency First Aid at work' which was delivered and assessed by an instructor on behalf of NUCO Training Ltd.

Recovery position was practised as was CPR on an ANNIE (CPR doll). The team were also taught how to use a Defibrillator, an example of which is in the entrance of the Centre. The day ended with advice on burns, breaks and bandaging.

If anyone thinks they needs emergency first aid assistance in the Centre please contact the Caretaker on duty or one of the above using our Emergency number on 0845 5577469 or dial 999.

200 Club Winners - January 23

No 045 B Williams	£50
No 057 R Tunstall	£25
No 075 M Hastings	£15
No 058 S Williams	£15