Fancy a cuppa or snack?
crownway café

We have a large varied selection of hot and cold snacks, breakfasts, lunches and drinks on offer. Everything is prepared freshly by experienced café staff.

We provide a friendly welcoming environment for everybody, so why not come along and enjoy our facilities?

Opening Times

Monday 10.00am—1.45pm
Tuesday 10.00am—1.45pm
Wednesday 10.30am—1.45pm
Thursday 10.00am—2.15pm
Friday 10.00am—12.00pm

*Times subject to change.

Contact Us

Crownway Community Centre,
Crown Street, Earlestown,
Newton-le-Willows, WA12 9DA
Tel: 01925 222907
Web: www.crownwaycommunitycentre.co.uk
Email: crownwaycommunitycentre@yahoo.co.uk
Welcome to Crownway Community Centre

Seasons greetings to everyone,

Welcome to our Christmas edition newsletter — we hope you find something useful inside this edition and enjoy completing the puzzles!

We are pleased to report that over the past year Crownway Community Centre has continued to flourish with a very busy weekly schedule of various classes, courses, social activities and contact points. It is an exciting time for all staff, volunteers and community members.

I would like to extend my deepest thanks to all volunteers who continue to contribute their time and energy to the running of the centre. Their exhaustive efforts over the past twelve months have ensured that Crownway maintains a strong foundation of support allowing us to grow and develop our popular community activities.

Stay & Play!

Come along with your little ones to the Tots Cafe & Playtime group ...

Tots Cafe

Food & Drinks served from

11.30am—12.30pm

With a menu ideal for both adults and children at great value!

Playtime!

The fun and activities start at

1.00pm—2.30pm

In our large Hall with a large variety of fun and interactive toys for all ages to enjoy!

No need to book a place, just come along to Crownway Community Centre each Wednesday throughout the year.

Tots Cafe & Stay ‘n’ Play will return in the New Year on

Wednesday 8th January 2013

Only £1.00 per child including a drink and biscuits for adults and children
Christmas Crossword

ACROSS
2 Giant socks that might get filled with presents
3 Santa gets in your house through this
7 The only reindeer whose name begins with the letter P
8 Deck the halls with boughs of this
11 The night before Christmas
15 What's in Santa's bag?
16 Reindeer with the red nose
17 Person who brings gifts to good children
18 Christmas falls in this month

DOWN
1 Where Santa lives
4 If you stand under this, you might get kissed.
5 Things you hang on a Christmas tree
6 A snack you leave out for Santa
9 December 25th
10 Yummy red and white candy
12 Eight of these pull Santa's sleigh
13 Santa says this
14 A helper who makes toys

What’s On?
Our timetable of courses, social clubs, groups, advice days and health & fitness activities

Monday
Basic Computer Skills 10.00am - 12.00pm £1.00 per session
Zumba Gold 10.45am - 11.45am £3.50 per session
Christian Fellowship 7.00pm - 9.00pm First Mon of the month

Tuesday
Slimming World 10.00am - 12.00pm £4.95 per week
Age Concern 1.15pm - 3.15pm
Slimming World 5.00pm - 6.30pm
Slimming World 7.00pm - 8.30pm
Sewing Club 7.00pm - 9.00pm

Wednesday
Fresh Start 11.00am - 12.30pm 10-week programme
Tots Café 11.30am - 12.30pm
Stay & Play for Pre-School 1.00pm - 3.00pm £1.00 per child
Urban Zone Youth Workshops 5.00pm - 6.30pm FREE
Morris Dancing 6.30pm - 8.30pm £2.00 each

Thursday
AJ Dance: Tiny Tutus (2½-4yrs) 9.45am - 10.30am £3.50 each
AJ Dance: Pre-Primary Tap (5-7yrs) 1.45pm - 2.30pm £3.50
AJ Dance: Pre-Primary Ballet (5-7yrs) 4.30pm - 5.00pm £3.00
AJ Dance: Primary Modern (7-9yrs) 5.00pm - 6.00pm £3.00
Line Dancing 6.30pm - 8.30pm £2.00 each

Friday
Adult Pilates 9.30am - 10.30am £2.00 each
Citizen's Advice Bureau (Debt advice) 10.00am - 1.00pm
Outreach Support Group 1.00pm - 3.00pm
Christian Fellowship 6.00pm - 9.00pm

Crownway closes for Christmas on Friday 20th December 2013
We open again on Monday 6th January 2014
Rooms for Hire

Small Meeting Room
This is known as the Lilac Room or small meeting room that seats 20+. It is ideal for workshops and small meetings.

Small meeting room hire from £22.50* for a half day booking, or from £7.50* per hour.

Large Meeting Room
This is known as the green room or the large meeting room. It seats 30+ and is ideal for large formal meetings, workshops, etc.

Hire from £30.00* for a half day booking, or £10.00* per hour.

Hall
The Hall has a seating capacity of 120 and is a bright, airy welcoming room. Ideal for large events, activities, functions & birthday parties.

Hire from £40.00* for a half day or £14.50* per hour.

Interview Room
The interview room is useful for one-to-one meetings, a place of confidential discussions, or a study room where you can concentrate away from the bustle of the Centre activities.

From £18.00* for a half day booking or £6.00* per hour.

* Price applies to Community & Voluntary organisations. Hourly rates also available. All prices subject to change without prior notice.
Christmas Treats Recipes

Coconut and Almond Macaroons

**Preparation**

Prep: 20 mins | Cook: 25 mins

1) Preheat the oven to 150 degrees C (Gas 2). Grease two baking trays.
2) Use an electric beater to whisk the egg whites until stiff but moist. Sift in the icing sugar and gently fold into the egg whites.
3) Gently fold in the almonds, vanilla extract and desiccated coconut until the mixture is combined, forming a sticky dough.
4) Spoon walnut-sized pieces of the mixture onto the baking trays.
5) Bake in the oven for 20-25 minutes, until the macaroons are crisp and golden on the outside.
6) Transfer to a cooling rack.

**Ingredients**

Serves: 18

2 egg whites
115g (4 oz) icing sugar
115g (4 oz) ground almonds
1/4 teaspoon vanilla extract
115g (4 oz) desiccated coconut

Most Marvellous Mince Pies

with a shortbread pastry and crumble topping

**Preparation**

Prep: 20 mins | Cook: 15 mins

1) For the pastry cases, mix flour and sugar in a bowl, rub in butter. Knead well to form a smooth paste. Roll out thinly and cut into circles using a large cutter to line about 24 patty tins. Fill with mincemeat.
2) For the crumble topping, rub butter into flour until it resembles breadcrumbs. Add sugar and mix thoroughly. Top the mincemeat with the crumble mix.
3) Bake in a hot oven, 220 C / Gas 7 for 10-15 minutes until the bases are golden. Cool on a wire rack and serve warm.

**Ingredients**

Serves: 24

Pastry:
260g (9 oz) plain flour
170g (6 oz) soft butter
80g (3 oz) caster sugar

Filling:
Mincemeat

Crumble topping:
225g (8 oz) self raising flour
80g (3 oz) butter
80g (3 oz) caster sugar

Health & Fitness

Exercise sessions to keep you in shape and burn off those Christmas calories for the New Year!

Fresh Start is a **FREE 10 week** diet and exercise programme to help you get healthy and lose weight. Sessions last 1 ½ hours and include education, gentle exercise and cooking demonstrations. Dieticians are available to offer specialist support to those that need it. The course is open to adults of every age and ability at a variety of different local venues across St Helens, Widnes and Runcorn. Before the course you will be given a FREE health check.

Gemma Burke from Runcorn lost 1 stone 9 lbs

“I just wanted to set a better example for the kids. It was great to understand just what we were eating and get it under control. Plus the course was free!”

Pilates is ideal for trimming & toning your body the gentle way. Relieve stress and tension, improve your physical fitness, posture and flexibility and re-balance your sense of well-being. A great opportunity to meet new friends in a relaxing environment. Runs weekly at Crownway, we have mats available if you cannot bring your own.

To enrol on these programmes, call the Health Improvement Team on 0300 300 0103

**Fresh Start:** Wednesdays 11.00am - 12.30pm (FREE)

**Adult Pilates:** Fridays 9.30pm - 10.30pm (£2.00 each)
**Key Achievements This Year**

Some of our key successes here at Crownway Community Centre in 2013

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**Volunteers**

Crownway wouldn’t be the place it is without our dedicated volunteers, who contribute an incredible amount of time, effort and skill to the centre all year round. In May, twelve volunteers successfully gained a qualification in First Aid at Work; and in November, refreshed their training in Food Hygiene Awareness. We are proud to have maintained our five-rating in the community cafe and all volunteers deserve a huge thank you on behalf of everybody at the Centre!!

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**New Staff**

Carol (Centre Manager) was successful in her two year funding bid for Craig’s (Admin Assistant) salary costs. This freed up Crownway funds to employ Gordon as a part-time evening Caretaker; this also allowed the building to remain open for evening bookings. We also welcomed Lynn as our a new Cleaning Operative who started with us in September.

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**Centre Activities**

Lifeline Screening, a private healthcare company, held two well-attended sessions at the Centre in February and October.

Carers Together held several monthly meetings providing support and advice.

Results Consortium & Liverpool College delivered two government-funded employability skills courses to young adults.

St Helens Mind launched a new weekly outreach support group.

AJ Dance School extended their children’s activities on a Thursday

Making Space provided tenants meetings

Newton Children’s Centre offered a weekly children’s playgroup

Liberty Pregnancy Crisis Centre used our facilities to deliver a counselling service

Six children’s birthday parties were held during the Summer

Other bookings included: Family photography sessions, St Helens Council activities, Healthwatch drop-in sessions, Centre Manager’s network meetings, an Early Years Support conference, private sales events and table tennis games.

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**Funding**

This year we finished year one of the Children in Need funding and commenced year two. We are well on our way to meeting our targets and look forward to providing additional activities in the New Year.

Lloyds Funding was awarded in April of this year to cover the Admin-Assistant’s salary for two years.

We entered year four of the Big Lottery funding in July, and Carol will commence research into securing a new application in the New Year.

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**Food Bank**

This year we entered into partnership with Newton & Earlestown Food Bank, a community group covering the WA12 area who provide food parcels to families/individuals in short-term financial crisis. The service relies on collecting donations of long-life and dried foods. Crownway is a referral and drop-off point and appreciates all contributions made.

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**Other Successes**

♦ Our Children in Need funded activities were well attended and popular with local children and young people. This year 40 children were registered and participated in a variety of fun, creative and focused workshops.

A survey conducted showed that children demonstrated increases in sociability, confidence, fitness and focus which is what these activities are all about encouraging. Stay tuned for further activities next year!

♦ This year, volunteers invested more than 2700 hours of their time at Crownway, saving the Centre an equivalent cost of over £17,000 at national minimum wage. As a charitable organisation, we wouldn’t be able to operate without the dedication of volunteers and we want to say a huge thank you to each and every one of them!