

Leisure and Culture Guide 2007/08



Newcastle-under-Lyme

**NEWCASTLE
UNDER-LYME**
LEISURE AND CULTURE



Activ8

*Sport & Community
Development*

CASTLE
gym

North Staffs Heart Committee

Founded 1979

(www.northstaffsheart.org.uk/charity)

Registered Charity 508743

THE LEADING LOCAL HEART CHARITY

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& Bequests welcomed
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LOCALLY

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Chairman: A. J. G. (Tony) Berry MBE, Sneyd Cottage, 5 Herm Close, Seabridge, Newcastle, Staffs., ST5 3LL Tel: (01782) 622463

Treasurer: F. W. (Peter) Carder MBE, 'Cleveland House', Whitmore Heath, Newcastle, ST5 5HB

Secretary: J. H. (Judy) Ledward
5 Hulland Close, Silverdale
Newcastle, Staffs ST5 6RZ

Liaison Officer: R. T. (Ron) Prime
23 Southlowe Road, Werrington
Stoke-on-Trent, ST9 0HR

Assistant Secretary: P. M. (Pat) Smitten
3 The Grove, Westlands
Newcastle, Staffs ST5 2HD

The North Staffs Heart Committee is an independent charity serving the interests of cardiac patients residing or receiving treatment in North Staffordshire.
IT IS NOT ASSOCIATED WITH ANY OTHER NATIONAL OR LOCAL CHARITY OF SIMILAR NAME

9



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Gift Vouchers available.

**GIVE THE KIDS SOMETHING
TO REALLY RAVE ABOUT.**



A handy reference guide to activities and services provided
by Newcastle-under-Lyme Borough Council,
Leisure and Cultural Division of Community Services



Discover Secrets in the Landscape in the Shropshire Hills

*Fly across the Shropshire Hills
with your feet firmly on the ground!*

Walk where the grass grows above your head!

Come and have fun while finding out about our countryside at the award winning grass roofed - **Shropshire Hills Discovery Centre**. See the hills from the air, meet the Shropshire mammoth and find out different ways to explore this Area of Outstanding Natural Beauty. Enjoy family entertainment whatever the weather including unique satellite safaris into the hills.

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To find out more including special events and family activity programmes every school holiday call Shropshire Hills Discovery Centre 01588 676000 or Acton Scott 01694 781306.

Meet these two country cousins
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besides in the Shropshire Hills!



what to do, what to see, where to stay:
Family fun at the

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www.shropshirehillsdiscoverycentre.co.uk
exhibition • café • art gallery • shop • walks

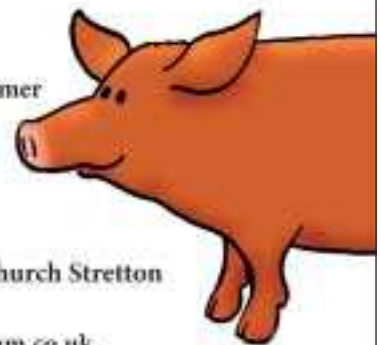
see the animals
hands-on activities
special events all summer



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www.actonscottmuseum.co.uk



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And don't worry if you're not already a member, you can join up and play straight away, and our friendly staff will help you learn the rules of the game and how to play!!

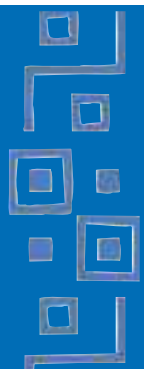
PLUS, cut out the coupon on this page, bring it along on your next visit, and we'll give you £3 off your main session bingo books!!

Call us on 01782 264664 to find out more!

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HELP US TO CONQUER CANCER



Gifts 'In Memoriam' and other donations may be sent to:

Hon. Treasurer Mr D. J. Dudley,
8 Churston Close,
Westbury Park, Newcastle ST5 4LP

Tel: 01782 626503

'Fighting Cancer On All Fronts'
Reg Charity No. 225838

CANCER RESEARCH UK



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Sports College

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Welcome



Dear Reader

Hello and welcome to this handy reference guide to activities and services provided by Newcastle-under-Lyme Borough Council, Leisure and Cultural Division of Community Services.

The services provided include:

- Four Leisure Centres
- Fifteen Community Centres
 - Sports Development and Community Recreational Service
- Community Recreation Service Football Development Programme
- Museum and Art Gallery

The centres will be of particular interest to those wishing to maintain a healthy lifestyle and visitors will be able, at a moderate fee, to pay for a swim, relax and detox in the health suite or enjoy an exercise regime within the castle gym facilities. Combinations of the units can be purchased at a concessionary rate.

The Council's sports halls cater for over 52 different sporting activities which range from football to martial arts.

Facilities may be hired for group/family bookings or instructional classes are available for those wishing to learn an activity.

The Sports Development and Community Recreational Service aims to develop and strengthen the opportunity for lifelong sport and leisure across the Borough.

The Football Development programme offers a range of opportunities from grass roots through to excellence for young people to take part in football.

Take a trip to the Borough's Museum and Art Gallery and enjoy the vast range of permanent and visiting displays and exhibitions. Admission free of charge.

The Leisure and Cultural Division is working towards the Council's Priorities for Improvement 2006-2007 that include:

- Community Safety
- Economic Regeneration
- Stronger communities
- Environment

I do hope that you will visit our facilities soon and enjoy the health and fitness that can be provided therein.

Should you have any further enquires regarding the activities available please do not hesitate to contact the local centre whose telephone numbers will be in this booklet or log onto our website at www.newcastle-staffs.gov.uk/leisure.

A handwritten signature in black ink, reading "Mary E. Maxfield".

16/01/2007

*Councillor Mrs Mary Maxfield
Portfolio Holder*

- Quality of Life and Social Inclusion





Castle Gyms are situated at Chesterton Community Sports Centre, Jubilee Pool (Newcastle), Kidsgrove Sports Centre and Knutton Recreation Centre. All four of our Castle Gyms are supervised by our friendly and professional staff that will be happy to book you a FREE induction as well as providing tailored fitness programmes for those individuals who feel that they need that extra push to achieve their desired goals.



Equipment

Each centre has wide selection of state-of-the-art fitness and resistance equipment including an assortment of free weights and core stability equipment to ensure that you obtain a full body workout. The fully air conditioned fitness suites ensure that the time you spend in our facilities are comfortable and pleasurable allowing your objectives to be achieved at ease.

Membership

We offer a wide range of memberships that include our "Pay & Play" casual membership to direct debit packages, which are administered on a month to month basis so that you are not tied into an annual contract.

Unlike other gyms we do not charge joining or administration fees.

If you are a full time student, 16-18 yrs, retired or in receipt of state benefits you may be entitled to join on our Activ8 scheme which offers further discounts. Please refer to the section on Activ8 for further details.

Castle gyms operate a Corporate and Trade Union Membership Scheme which enables local employers and organisations to offer their employees or members' discounts on gym memberships.

There are **monthly offers** available please view our website or contact one of our Castle Gyms for more details.

Opening Times

The opening times at each site are:

Castle Gym, Chesterton Community Sports Centre*

9am – 10pm Monday to Friday
9am – 4pm Saturday and Sunday

Castle Gym, Jubilee Pool

7.30am – 9.30pm Monday to Friday
8.30am – 5.30pm Saturday and Sunday

Castle Gym, Kidsgrove Sports Centre*

9am – 10pm Monday and Wednesdays
7.30am – 11.30am then 1.15pm – 10.00pm Tuesdays
7.30am – 11.30am then 3.30pm – 10pm Thursdays
9am – 5pm Saturday and Sunday

Castle Gym, Knutton Recreation Centre

9am – 10pm Monday to Friday
9am – 5.30pm Saturday and Sunday

** Chesterton Community Sports Centre and Kidsgrove Sports Centre are shared sites. As a result there may be times when the gym is closed for use by the school children during the day. Please call the centre for further details, as these times may alter with school term times.*

Prices

Price lists are available at all of our sites and the civic offices in Newcastle town centre. Alternatively you can phone, log onto our website or visit the gyms for information.



For more information please contact:

Chesterton Community Sports Centre
Castle Gym: 01782 563549

Jubilee Pool
Castle Gym: 01782 636607

Knutton Recreation Centre
Castle Gym: 01782 628622

Kidsgrove Sports Centre
Castle Gym: 01782 773081

Email: leisure@newcastle-staffs.gov.uk www.newcastle-staffs.gov.uk/leisure

NEW CASTLE-UNDER-LYME BOROUGH COUNCIL PARKS

We have nine major parks with sporting facilities in Newcastle-under-Lyme, these are listed below:



Wolstanton Park Tennis Courts and Bowling Green

WESTLANDS SPORTS GROUND

Wedgwood Avenue, Westlands, Newcastle, Staffs
Facilities include 10 tennis courts and 2 bowling greens

WOLSTANTON PARK

Moreton Parade, Wolstanton, Newcastle, Staffs
Facilities include 4 tennis courts, 2 bowling greens and 1 play area

SILVERDALE PARK

Newcastle Street, Silverdale, Newcastle, Staffs
Facilities include 1 tennis court, 1 bowling green, a ball court and a skateboard ramp

QUEEN ELIZABETH PARK

Pool Dam, Newcastle, Staffs
Facilities include 1 bowling green

BRADWELL PARK

Bradwell Lane, Bradwell, Newcastle, Staffs
1 tennis court, 1 bowling green, a play area, five a side football area, skateboard park and basketball park

CHESTERTON PARK

London Road, Chesterton, Newcastle, Staffs
3 tennis courts, 1 bowling green, play area, five a side football, skateboard park and basketball park

CLOUGH HALL PARK

Park Road, Kidsgrove, Newcastle, Staffs
2 tennis courts, 2 bowling greens, play area, kick about area, skateboard park and basketball park, this park also has a café serving hot and cold refreshments

BIRCHENWOOD COUNTRY PARK

Mount Road, Kidsgrove, Newcastle, Staffs
2 tennis courts, 1 bowling green, play area and skateboard park

BRAMPTON PARK

Brampton Road, Newcastle, Staffs
Putting Green, Miniature Steam Railway, Play Area, Rose Garden, Sensory Garden, Aviary Nature Corner, Toilets available in the Museum including baby change and disabled facilities. Also available at the Brampton is Cheeky Monkeys Fun Jungle a childrens indoor play and play area for children aged 1 – 10. This park also has a café serving hot and cold refreshments.



Birchenwood Country Park, Kidsgrove



Westlands Park, Wedgwood Avenue



The go5 referral programme aims to help you become more active more often which will improve your health and general well being. The go5 programme relates to the Chief Medical Officers Report on Physical Activity

'At least five times a week'* To join the programme you have to visit your GP, Practice Nurse or Health Care Professional. If you are eligible you will be able to start a 10 week exercise programme that enables the user to attend a gym or swim session for a maximum of 5 times per week for only £10.

For further information, or to find out if your GP Practice or Health Care Professional is involved in the programme, please contact your local Exercise and Lifestyle Advisor on 01782 744444. Once you have been enrolled onto the scheme please contact any of

our Castle Gyms to book your initial consultation with one of our qualified fitness instructors.

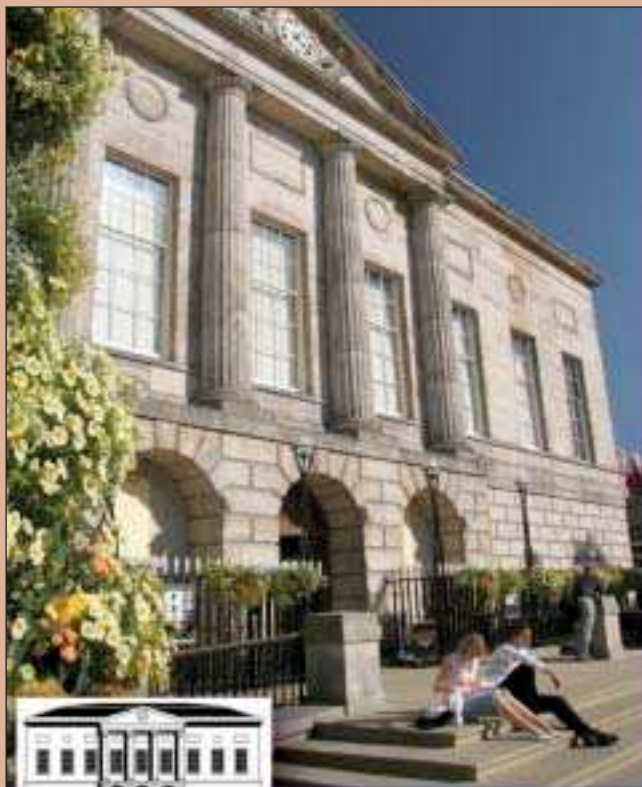
The Condition Management Programme helps you to understand and manage your health condition or disability, improve your quality of life, regain control, achieve ambitions and to help individuals return to work now or in the future.

The programme is run in conjunction with the NHS, Job Centre Plus and Newcastle Borough Council. There is a range of programmes available that are delivered by experts and Newcastle Borough Council will be offering various physical exercise programmes.

For further information on joining the programme please contact your local Jobcentre Plus Personal Advisor.

****At least five times a week, evidence on the impact of Physical Activity and its relationship to health. A Report from the Chief Medical Officer. Department of Health; April 2004. Web Link: www.dh.gov.uk/publications***





The SHIRE HALL GALLERY

Free entry to contemporary exhibitions, historic courtroom and multi-sensory room. Craft shop on the National register of craft shops and galleries, stocking work by British makers. The Balcony Coffee Bar serves speciality teas and coffee.

OPENING TIMES

Monday • 9.30 am - 5.00 pm

Tuesday • 10.00 am - 5.00 pm

Wednesday - Saturday • 9.30 am - 5.00 pm

Sunday • 1.00 pm - 4.00 pm

The SHIRE HALL GALLERY, MARKET SQUARE, STAFFORD

Telephone 01785 278345 www.staffordshire.gov.uk/sams

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TEMPORARY EXHIBITIONS &
PERMANENT DISPLAYS
OPEN 7 days

*Admission free
School groups welcome*

Mon - Sat 10.00 - 5.30

Sun 2.00 - 5.30

nulmuseum@newcastle-staffs.gov.uk

01782 619705

Brampton Park, Newcastle

44

tarpey barrett associates



ARCHITECTS

- architects
- interior designers
- planning supervisors
- project managers
- building surveying

10 king street newcastle

01782 632680

WIGWAM

Are you thinking of going back to work - back to learning?

Need child care?



- BREAKFAST CLUB
- FULL DAY CARE FOR CHILDREN 2 - 5 YRS OLD
- AFTER SCHOOL CLUB
- NEG FUNDING AVAILABLE FOR CHILDREN AGED 3 YEARS PLUS



For more information 01782 563272

Chesterton Primary Newcastle

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Samaritans

No matter what age you are
if you are going through a distressing time
contact us 24 / 7
all calls are confidential

01782 213555

or email jo@samaritans.org

3 Shelton New Road, Shelton, Stoke on Trent

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The Borough Museum and Art Gallery



Newcastle Borough Museum is situated around half a mile from the town centre in eight acres of beautiful parkland making it an ideal location for a day out. It features over 800 years of Borough history housing a wonderful collection of items from clocks to teapots, paintings to clay pipes.

Local History

Newcastle's long history can be traced through the Roman period, its medieval castle, Royal Charters and industries. All of these and more are represented in the permanent displays. The museum also holds many Borough archival records dating back to the 14th century. These can be consulted by prior appointment.

Newcastle at War

The exhibits, combined with fascinating stories of local heroes, offer an insight into the two world wars including life on the home front. The medal display includes an 1857 Victoria Cross.



Newcastle Borough Museum and Art Gallery
Brampton Park, Newcastle-under-Lyme
Staffordshire, ST5 0QP

Tel: 01782 619705 Fax: 01782 626857
Email: nulmuseum@newcastle-staffs.gov.uk
www.newcastle-staffs.gov.uk/leisure



Pottery

Displays include a wide range of 19th century figures as well as unique examples of excavated wares from the 18th century pottery factory of Samuel Bell in Lower Street, and clay tobacco pipes from the local pipe-making industry.

Art Gallery

Local artists, travelling exhibitions, or pictures from the permanent collection: a frequently changing and varied programme of exhibitions means that there is always something to suit all tastes in both the Main Gallery and the Hall Gallery.



The Main Gallery

Toys

Teddy bears, toy trains, dolls and lots more can be found upstairs in the museum, tracing 150 years of children's playthings.

Victorian Shops

Step back in time as you wander through this delightful Victorian Street where you will discover the wares of Mellard's the ironmongers, the treasures of the pawnbroker's shop, the clockmaker's, the fascinating cures of the pharmacist and the gruesome collection of doctor's surgical instruments.



Val Hunt



Education

The museum offers a range of educational activities for primary schools including hands-on workshops on National Curriculum topics such as Toys, Homes Then and Now, On the Home Front, The Roman and Victorian Schooldays. Loan boxes of artefacts and educational materials are also available. Bookings can be made either in person or over the telephone.



Events

The Museum holds a range of events throughout the year including holiday art workshops for children, talks and history and art courses for adults. The Museum also offers two meeting rooms for hire for events and meetings.

Admission Free. Free Coach & Car Parking

Wheelchair access is possible on both floors

The Museum welcomes school groups and other organised parties. Groups are advised to book visits in advance. For opening hours and any other queries please contact the Borough Museum and Art Gallery.

Friends of the Museum and Art Gallery

The Museum has recently formulated a Friends of the Museum and Art Gallery organisation to support. The Friends organise a number of events for Museum visitors. If you would like to become a member of our organisation please contact the Museum for further details.

Nature Corner

Frogs, newts and all things slimy can be found in the wildlife pond and you can see a variety of beautiful, exotic birds in the aviary beside the Museum. A new sensory garden is now open to the public.

Model Railway and Playground

Every Sunday afternoon between May and September young and old alike can enjoy FREE rides on a large gauge steam railway in Brampton Park run by the North Staffordshire Model Society. A children's play area is open all year round. Refreshments available all year at the park café.

Museum Shop

Visit our small shop and pick up unusual presents for children, local history books and DVD's. The shop also contains a selection of crafts which are made by our local artists.





Activ8

The Activ8 Leisure Link Scheme will enable eligible users to access a wide range of sports and leisure activities at a concessionary rate.

For a small annual registration Activ8 members can benefit from discounts on a whole range of activities including:

Swimming
Bowls
Badminton
Castle Gyms
Health Suite
Exercise Classes

Children under
16 are
automatically
members of the
Activ8 scheme
free of charge.



To apply for an Activ8 membership you need to show proof that you are in one of the following groups:

- Student
- Retired person
- Receiving certain state benefits, including job seekers allowance, income support and housing benefit, disability working allowance income support.
- Aged 16-18 years
- Modern Work Based Training Programme

- 55+ years (gym membership only)

- Referred Clients

The Essential Guide to Leisure Activities and Prices gives further details about the scheme and includes a short application form.

This brochure is available at all Newcastle Borough Council leisure centres, civic offices and Newcastle Museum and Art Gallery. It is also available to download from our website at www.newcastle-staffs.gov.uk/leisure



JETS▶

junior exercise training sessions

New for 2007

**Goodie bag plus the first two visits FREE
upon registration (subject to availability)**

A scheme to encourage young people to take exercise has now been permanently introduced in the Borough.

The JETS (junior exercise training sessions) initiative is available to 8 to 16-year-olds following a successful six-month trial. Anyone aged 8 to 16 years can take advantage of cut-price swimming sessions at the Borough's three pools, while young people aged 12 to 16 can enjoy bargain gym sessions.

All JETS sessions cost just £1, compared to the usual price of £1.55 for swimming and £2.90 for the gym. Swimming and gym sessions take place at Jubilee Pool, Newcastle; Chesterton Community Sports Centre and Kidsgrove Sports Centre. Gym sessions will also take place at Knutton Recreation Centre – all gym training will take place from 3.30pm to 6pm.



"We are committed to encouraging young people to get involved in healthy exercise" said senior leisure officer Andrew Arnott.

It is envisaged that the JETS programme will also include instructions in sport, admission to arts and crafts, outdoor activities and much more.



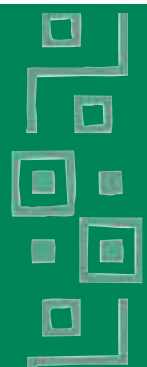
For further information contact one of our leisure centres listed below:

Chesterton Community Sports Centre
Reception: 01782 563716
Castle Gym: 01782 563549

Jubilee Pool
Reception: 01782 616606
Castle Gym: 01782 636607

Knutton Recreation Centre
Reception: 01782 717583
Castle Gym: 01782 628622

Kidsgrove Sports Centre
Reception: 01782 786162
Castle Gym: 01782 773081



Edenhurst Preparatory School in The Westlands is a warm, friendly and caring day school catering for your children. Boys and girls from 4 years to 13 years are housed in the main school. Your children are taught by **specialist subject teachers** from seven years upwards and this provides a thorough grounding for later schooling. The school has an **excellent record in Entrance examinations and many scholarship awards** to a variety of independent secondary schools are achieved each year. As parents, you are advised as to the **best choice for future schooling** for your children. Music and drama are exceptionally strong and children regularly perform in local theatres and in Music Festivals.

After-school care and **holiday clubs** are popular facilities on offer.

Traditional values in terms of **good behaviour and politeness** are upheld and a system of rewards is in place for this as well as for academic excellence, progress and endeavour.

Edenhurst Day Nursery in the Westlands takes children from 3 months to 4 years and is open for 50 weeks per year. Part-time and full-time attendance is available providing flexibility to meet your needs. An experienced Nursery Manager runs a team of fully qualified staff to ensure that you may leave your child in our Nursery with confidence.

Your child's education

- are you satisfied?

Edenhurst Nursery in the Westlands and Edenhurst Preparatory School educates

your child from 3 months to 13 years and prepares your child for entry to a variety of independent senior schools

Edenhurst Nursery in the Westlands and Edenhurst Preparatory School offers

Choice – Individual attention – Proven record of success
The prospect of a happy and successful future for your child

Call today for a copy of our Prospectus 01782 619348



Westlands Avenue Newcastle-under-Lyme Staffs ST5 2PU

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Don't let this happen to young drivers in your family

www.dontbealoser.org.uk



Leisure Centres / Swimming Pools

Chesterton Community Sports Centre

The sports centre was built in 1978 and is a facility which is shared with Chesterton Community High School. Situated in Castle Street it offers a diverse range of activities for all ages and abilities.



The 20m x 8m pool is available for public swimming in the evening and at weekends and is also home to local sub-aqua clubs and the junior section of Newcastle Swimming Club. Childrens swimming lessons are available at the pool and cover a range of abilities.

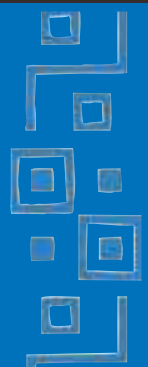
The sports hall houses activities such as 5-a-side football, netball, volleyball, badminton, basketball, gymnastics, cricket, volleyball and tennis.

There are also classes held at the sports centre, these include trampolining, aqua-fit, spinning and circuit training.

The Castle Gym fitness suite provides a wide selection of state-of-the-art fitness and resistance equipment including the new and exciting Grappler which works every major muscle group in the upper body in a uniform manner.



For more information please contact
Chesterton Community Sports Centre 01782 563716
Email: chestertoncommunitysportscentre@newcastle-staffs.gov.uk
www.newcastle-staffs.gov.uk/leisure





Kidsgrove Sports Centre

The sports centre was opened in 1976 and is a facility which is shared with Clough Hall Technology School.

The swimming pools consist of a small pool that is 12.3m x 11m and the main pool which is 25m x 12.75m. The main pool is open for early morning, lunchtime, evening and weekend swimming. Both the small and main

pool offer a range of lessons for both adults and children.

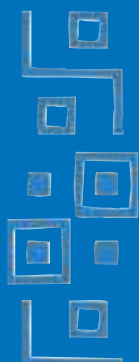
The Health Suite boasts both dry and wet cabins (Sauna Cabin & Eucalyptus Steam), a relaxation area and hot/cold showers. Apart from being relaxing it has been reported that eucalyptus has increased soothing properties as well as being antibacterial.

The sports hall caters for activities such as 5-a-side football, netball, volleyball, badminton, basketball, gymnastics, cricket and volleyball. Outside there is an Astroturf pitch which is used for rugby, football and hockey training and can be booked at very reasonable rates.

The centre holds classes including aqua fit, spinning, step aerobics,

aerobics, ASA level one & two Teachers Certificate and lifesaving so there are bound to be something to suit everyone.

The Castle Gym fitness suite provides the user with a wide selection of fitness and resistance equipment in a friendly and pleasurable environment.



Jubilee Pool

Whatever your health and fitness requirements the combination of our facilities and our friendly and helpful staff will make you want to return again and again.

Jubilee Pool has been a Newcastle landmark for over a century. The original building was opened in 1906 and boasted the finest "Turkish sauna in the area". To date our Turkish sauna area is one of only twelve Turkish baths within the country that offer individuals the opportunity to sample the delights of our ancestors by using the three dry rooms.

After refurbishment in the 1970's the pool was reopened to the public and a gym was added. There have been several improvements to the centre over the years but throughout it has remained a popular leisure venue for Newcastle residents.

Jubilee Pool is situated in Newcastle town centre and the building retains its traditional charm while offering state-of-the-art health and fitness facilities.

The two pools offer the chance of leisure swimming, aqua-fit classes and a wide range of lessons for children and adults at all levels.

The large pool is 30m x 10m and also has a 45-metre water flume, popular with adults and children alike. The smaller training pool is used for lessons and thousands of children attend swimming lessons at Jubilee Pool every year. Both pools are used by a variety of clubs including Newcastle Swimming

Club, Splash, Octopush (underwater hockey), Beth Johnson Swimming Club and the Ladies Club.

The Health Suite boasts both dry and wet rooms (sauna cabin & steam), the Victorian Turkish Baths, hot/cold showers, cold plunge, along with the relaxation area, is the perfect way to unwind.

There is also a Castle Gym fitness suite which has recently undergone refurbishments which includes new state-of-the-art fitness and residence equipment.



For more information please call
Jubilee Pool on 01782 616606
Email: jubileepool@newcastle-staffs.gov.uk
www.newcastle-staffs.gov.uk/leisure



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Senior School and Sixth Form
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Newcastle School is a registered Charity dedicated to education Reg No 5305911

Two new scholarships

Governors at Newcastle-under-Lyme School have made available two new Scholarships for boys and girls entering the junior section of the School in Year 3. This addition to the already long list of Scholarships available to children joining the School at all levels signals yet another exciting development of the Preparatory Department, Orme House.

Class sizes have been significantly reduced in recent years with boys and girls taught in mixed classes of 26 students or less.

With the opening of Orme House Nursery and Pre-Preparatory Departments, some three years ago, Newcastle-under-Lyme School can now accommodate children for their entire school career from Nursery to Sixth form!

The new purpose-built Nursery and Pre-Preparatory – including eight classrooms, a play area, dining room, computer suite and music room – now caters for youngsters aged from three to seven, providing 32 nursery places

and 120 places for children in Reception, Pre-Prep 1 and Pre-Prep 2.

Principal of Newcastle School Nick Rugg said: "This new development is in response to parental demand in Newcastle and beyond. Our intake is mainly from Newcastle Borough, but we take pupils from Uttoxeter, Cheadle, Market Drayton, Congleton, Leek, Nantwich, and Stafford. We believe we are doing a good job and we want to give more children the chance to benefit from what Newcastle-under-Lyme School has to offer."

Orme House has grown considerably since its opening in September 1985 as a small prep department within Newcastle-under-Lyme School. Today, catering for some 330 children from 3 to 11 with its Nursery, Pre-prep and Prep Departments, Orme House has established an identity all of its own.

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email a.j.dale@kfm.keele.ac.uk www.keelefm.co.uk

Are you aware of the extensive leisure facilities available to YOU at Keele University? If not, then read on.

Based at the heart of Keele University campus, just west of Newcastle-under-Lyme, Keele's leisure centre provides the ideal for many sports activities. Our extensive fitness suite includes a free weights room, a vast range of cardiovascular equipment and has also been recently refurbished with new Technogym fitness stations using the latest biomechanics' to aid functional ability, designed for a comfortable, safe and effective workout.

It also houses the Kinesis room - new way to work out, through which it is possible to perform an infinite variety of exercises and movements, ensuring strength, stability and flexibility. Kinesis allows infinite variety of exercise and movements to strengthen core muscles and create sport specific programmes or to tailor to specific needs.

Keele leisure centre also runs a wide variety of exercise classes to suit everyone; including Pilates, Hatha Yoga, indoor cycling, aerobics, kickboxing, line dancing, CHI Yoga and Kinesis classes. Standard cost of a class is £3 (as of April 2007) and discounted rates can be sought by use of loyalty card.

Interested? - Bring this advert with you and receive a free Induction and Taster session at the fitness Studio and Kinesis centre to experience the sense of wellbeing for yourself.

We look forward to seeing you.

Telephone: 01782 583368 or email a.j.dale@kfm.keele.ac.uk
website www.keelefm.co.uk <<http://www.keelefm.co.uk/>>

Knutton Recreation Centre

Knutton Recreation Centre was originally a school named Knutton County Secondary Modern. It was renamed Trinity Church of England High School until it was transformed and re-opened as a new recreation centre on 25th January 1990.



The centre is situated a mile from Newcastle town centre and offers numerous activities for recreational needs. Along with the well equipped, recently updated Castle Gym facilities there is an opportunity to play 5-a-side football, basketball, netball, badminton, volleyball or take part in martial arts.

A variety of courses and classes are held in the Studio, including judo, kickboxing, aerobic spinning, Pilates and children's dance classes.

Outdoor facilities are also available with a bowling green for the summer season of April to October. The tarmac courts also cater for

tennis, netball and have practice basketball rings. Or, experience the 'Third Generation Astroturf', which is as close to grass as it gets! The pitch can be kept as one or converted into two 5-a-side pitches that can be hired for rugby, football and many other sporting activities.

There is also a large, airy

Castle Gym fitness suite that has recently undergone refurbishments which includes new state-of-the-art fitness and residence equipment such as the fluid upper body ergometer that offers similar benefits to a cycle. There is also more new equipment to come for 2007.



Further information please call
Knutton Recreation Centre on 01782 717583
Email: knuttonrecreationcentre@newcastle-staffs.gov.uk
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Mon, Tues, Fri 10-2



Your CAB needs YOU!

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Kidsgrove CAB, Claire House
(behind the Town Hall)

Tues and Fri 10-12 noon

24 hr Information Line 0844 499 4115

To volunteer - please write to 25 - 27 Well Street, Newcastle under Lyme, ST5 1BP

The CAB needs your help

The CAB is a local service for local people and as such needs the help and support of local people

You can help the CAB:

- Volunteer to train as an adviser
- Volunteer to help with admin.
- Become a member of the charity
- Volunteer your expertise
- Make a donation to local funds
- Offer help-in-kind – such as professional expertise, local knowledge, a free or reduced rate venue for training events, IT support and equipment
- Help with fund raising

If you are interested in finding out more about how you can help your local CAB write to:

Marie Baskeyfield, District Manager
at the address above.

5

Courses for organisations and individuals



studio 1



studio 2



studio 3

The Leisure section runs a range of course accredited by the Royal Lifesaving Society and the Institute of Sports and Recreation Management.

RLSS UK Nationals Pool Lifeguard Qualification.

This seven day course includes lifesaving skills; cardio-pulmonary resuscitation, basis first aid and rescuing casualties from the water.

Other courses available include:

FA Level 1 and 2 Coaching Courses

First Aid for your Workplace

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Fast Track for Lifeguards

ISRM Child Protection Course

ISRM Sport and Recreation Operations Certificate

ASA Swimming Teachers Certificates

Tailored courses are available for organisations.

For more information on the range of accredited courses offered please contact anyone from our leisure centres.

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FA Chartered
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for 5 to 9 year olds**



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Sports Development, Community Recreation Service and Football Development

Within the Sports Development team at Newcastle-under-Lyme we work to develop and strengthen the opportunity for life long sport across the Borough. Our team recognises the importance of sport and enables clear pathways to be formed from grass roots to excellence.



The main objective of the Sports Development Team is to increase the opportunities for all and to ensure that all activities are sustainable. This is done by:

Working in Partnership –

Partnerships are formed with a variety of organisations such as schools, sports clubs, national agencies, governing bodies and the private sector with the aim to promote opportunities at every level.

Grass roots through to excellence – By working with the County Sports Partnership Sport Across Staffordshire and by putting on our own grass roots activities all borough residents have the opportunity to play sport, have fun, improve their game and if they desire move towards excellence in their chosen sport.

Advice on funding opportunities and promotion – The Sports Development team is at hand to help a wide variety of individuals,

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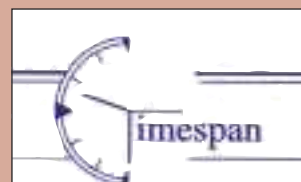
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sports clubs and schools with any funding queries they may have. They have a wide and varied knowledge of funding opportunities available and are more than willing to help. Also, help with the promotion of your activity can be arranged, enabling residents of the borough to access information about activities they would like to take part in.

Competition – Competition takes place in a wide variety of forms throughout in borough and in many different sports. Primary School TAG Rugby Festivals, Open Tennis Tournaments, Kwik Cricket Festivals and Girls Cricket Tournaments are examples of some of the annual events which provide good quality fun competition.

Coach and Club Development – For the benefit of both the public and sports clubs we publish an annual Sports Club Directory which contains contact details for all sports clubs in the Newcastle area as well as useful information on activities and facilities available in the area. The Sports Across Staffordshire Partnership helps provide coach and club development courses in areas such as Child Protection, Equity, A Club For All and First Aid. Courses such as these help sports clubs to achieve the Sport England Clubmark accreditation.



Community Recreation Service



The Community Recreation Service (CRS) is part of the leisure division and provides sport and leisure opportunities to the community. The main aim of the CRS is to encourage socially excluded groups to participate in recreational and sporting activities.

CRS target groups include women, the unemployed, young people, over 50's, people with disabilities and ethnic minorities.

The service provides information and advice to help develop and run community groups. Groups that have received support recently include keep fit, tea dances and bowling.

The CRS also provide assistance to Community Centres and can help with:

- Setting up management committees
- Obtaining grant applications
- Administration



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so can you!*

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'At my third reassessment I have lost a stone and 19 inches, I can now get into size 12 jeans! Thank you so much! Caryn member 15114



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lost 25lbs and 30" in 8 wks
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lost 20lbs and 23" in 8 weeks
Sam T from Hartshill
lost 15lbs and 27" in 10 wks

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Football Development

The Football Development Programme has gained the Football Association Charter Standard Award for its Holiday Coaching Course and Soccer Fun Week Programmes.



The programme offers opportunities at all levels from grass roots to excellence and the programme includes:

- FA Approved Mini Soccer Centres at Kidsgrove, Madeley and Roe Lane for boys and girls aged between 5 and 12 years.
- Holiday Coaching Courses at various venues throughout the borough offering a variety of activities including
 - Coaching Fun Days
 - Football Fun Weeks
 - Soccer Star Award Schemes
 - Mini World Cup

Player Development Centre which runs on a weekly basis providing a coaching programme for boys and girls aged 5 to 12 years old at Kidsgrove during the winter months.

Football coaching has been taking place in primary schools during curricular and extra curricular time. Football tournaments are arranged each year for primary schools to enter.

A football development group has been formed in partnership with Staffordshire FA, and local football clubs. The aim of this group is to look at the development of the sport throughout the Borough and how new development ideas can be developed.

Coach Education Programme in partnership with the Staffordshire Football Association offering coaches the opportunity to gain coaching qualifications in football.

Junior Youth Inclusion Programme

Youth Activity Programme (YipYap)

The YIP YAP programme is a partnership with the Children's fund and Newcastle Borough Council; working together to develop and engage young people aged 8 to 18 years in positive activities. The YIPYAP team is also strongly linked with the Council's Sport Development and Community Recreation Service.

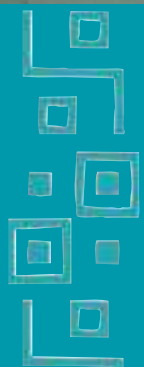
The YIP YAP programme includes the following activities:-

- 1) Drop-ins at many local community centres
- 2) Leisure and Cultural activities
- 3) Arts projects including mural paintings
- 4) Visits to outdoor centres
- 5) Offers support and advice for young people

An inclusion programme, aiming to reduce Crime and Anti-Social Behaviour and improve quality of life, for young people.



For further information please contact
the YIPYAP team on 01782 742257
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www.newcastle-staffs.gov.uk/leisure




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Reginald Mitchell Primary School, Congleton Rd, Butt Lane, Kidsgrove ST7 1NA
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tennis tournament

Sports & Culture for All Forum

Aims – The forum aims to widen access, increase opportunities and promote awareness and understanding for people with disabilities with reference to sport, physical activity and participation.



Objectives

- Work with identified key partners using a co-ordinated approach, (transport, local facilities and provisions, Newcastle Borough Council Sports Development).
- To develop & enhance the inclusion of disabled people in community based sport and physical activity opportunities.
- To identify the needs of the disabled and work together with agencies to meet these needs.

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66

Fit for living

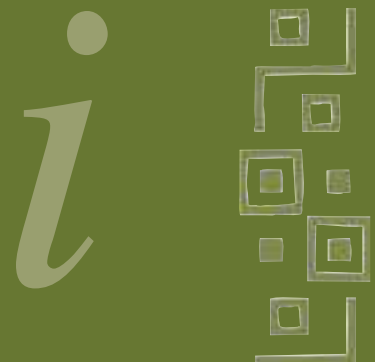


The Fit for Living is a programme of healthy activities for anyone aged 16 and over. The activities include walking, gentle exercise classes, bowls, badminton, dance, Pilates and swimming and much more.

Each programme is run over a 12 week period and the activities are held in sport centres and community centres within the Borough. The walking programme is led by a qualified member of staff and walks vary in length dependant on ability.

Members of the programme can take part in as many activities as they like and it is a great opportunity to make new friends whilst keeping fit and healthy.

For more information please contact
the Community Recreation Service on 01782 742615
Email: sportsdevelopment@newcastle-staffs.gov.uk
www.newcastle-staffs.gov.uk/leisure



Great theatre since 1911



Crowe's Lyceum Theatre is one of those places that, once you've visited, you just can't help going back. Based on Heath Street in the heart of Crowe, the theatre is housed in a stunning grade II listed building which overlooks the main market square. Originally built in 1911, the Lyceum was extensively refurbished in 1994, allowing the building to retain its unique Edwardian charm, whilst making it a spectacular modern venue for the best in comedy, dance, drama and music.

Nowhere displays the Education splendour better than the inevitable design of the auditorium itself. Astonishingly lit and uniquely designed, the surroundings are a perfect match for the quality of the productions.

If you enjoy good food and drink with your entertainment, you can choose from three bars and a variety of different menu options, ranging from light snacks to four course meals, all of which are available from the Restaurant during the day or whenever there's a production on.

Call us on 01270 537333 for a brochure, or visit www.lyceumtheatre.net

The Lyceum has easy disabled access, and assistance is available whenever required.

www.lyceumtheatre.net



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Slater's COUNTRY HOTEL craft & shopping village

Among items on offer are Canadian and American art and Navajo jewellery, New England, Oriental and Italian ornaments. New and antique furniture pieces; hand crafted figurines; and original artwork from local artist Derek Shapiro and a Staffordshire based figurine sculptor.

There are designer women's clothes and leather handbags, outdoor wear and garden furniture, nursery and baby goods, toys, wedding accessories outdoor clothing and much more. Craft workshops are held regularly at Sunflower and there you will be able to source all the equipment that you will need to pursue the craft that you have learned. Handmade fudge and truffles made right here in Staffordshire.

There is even a hairdressing salon and beauty shop. Karen and Denis Slater and their family offer a warm welcome to all of their guests. With eldest daughter Amy now Operations Manager, Mum (Beryl) ensuring that the functions are beautifully set up, Holly (youngest) helping in the Café and the boys, Nick and Billy involved in the building works, Slater's has a home from home atmosphere, yet prides itself on professionalism, aimed at making your visit an enjoyable experience leaving you wanting to return again and again.

Whilst in the Craft Village, why not have a drink and something to eat in the delightful licensed Café Bar? Located within Slater's Craft Village and adjacent to the Inn - housed in the former Milking Parlour - the Café Bar boasts a magnificent inglenook fireplace



with a roaring log fire and is full of the Old World charm consistent throughout Slater's. The Café bar was a second place winner in the "Taste of Staffordshire" awards in 2006. The atmosphere is relaxed and the food, which is all home cooked, includes breakfasts, light lunches, afternoon teas, sandwiches, paninis, snacks and home-made cakes; a home-cooked carvery on Sundays. There is also a wide range of teas, coffees, soft drinks, wines and beverages.

Why not visit the delightful Slaters Country Inn to refresh yourself during your visit? The Inn has a high reputation for quality food with all meals being freshly prepared and cooked on the premises. Bar meals are available all day till 9:30pm Monday to Saturday and until 9pm on Sundays.

Designed to resemble a Victorian Village, the craft village is open seven days a week and boasts 15 individual and exclusive shops which you won't find on the high street – each created to give the appearance of an individual village store - along with a delightful Café Bar.

Not only is the Victorian Village a marvel to see, but as they are all under one roof the vagaries of the British weather is never a problem. You can browse around the shops at your leisure. On offer are a host of gift and interior design ideas which would make ideal gifts and are a world away from the usual gifts you can find on the high street.

For a more formal evening or a romantic night out you need look no further than the Granary restaurant. Located above the bar, it is open Wednesday to Saturday evening and offers exclusive country dining with full a la carte menu created by Executive Chef Mike Spink. Sunday sees a special Sunday lunch with two or three course options.

Wedding functions are a speciality of Slater's and their dedicated events organizer Julie Bray ensures that each couple is treated individually and does her best to make their day truly special.

And for an overnight stay – or longer – where better than Slater's Country Hotel. The latest addition to the development is 12 luxury en-suite bedrooms, syndicate room and impressive reception area. The first floor houses 6 double bedded rooms all with queen sized beds whilst the ground floor rooms are twin bedded and all furnished to a high standard. There are also three family rooms situated in their own courtyard.

For further details and to view photographs please visit our website.

**Slater's (A51), Stone Road,
Baldwins Gate,
Newcastle-under-Lyme
Staffordshire ST5 5ED
Tel: 01782 680052
www.slaterscountryinn.co.uk**

Attractions around Newcastle-under-Lyme

Newcastle-under-Lyme is a busy market town in Staffordshire England, with a population of over 122,000. It sits west of the neighbouring city Stoke-on-Trent and north of Stafford.



The town grew up around a castle which was built in the 12th century, and was named Newcastle-under-Lyme due to its former proximity to the former Lyme forest.

Like neighbouring Stoke-on-Trent, Newcastle's economy was based around traditional industries of pottery and also coal mining, both of which have declined in recent decades.

Traditional Market

Dating back to 1173, Newcastle's market is the heart of the town. Open six-days a week, there are over 80 stalls on this open-air market. Mondays, Wednesdays, Fridays and Saturdays see an attractive general market; Tuesdays see a very popular antiques market and Thursdays are dedicated to bric-a-brac.



New Vic Theatre

Europe's first purpose-built 'theatre in the round' is just outside the town centre and offers a full programme of entertainment, whether modern or classic plays or impressive concert performances.

Website: www.newvictheatre.org.uk



Borough Museum and Art Gallery

Set in eight acres of parkland, the Museum houses a wonderful collection of items. It has superb displays depicting the civic history of the Borough of Newcastle-under-Lyme and an authentic, life size Victorian street-scene.

The Art Gallery hosts work by local and national artists as well as 'travelling' exhibitions.

Nightlife

Newcastle has the added value of a vibrant night-time atmosphere. Its many restaurants and variety of clubs and bars offer something for everyone. You can also see the latest releases at the VUE Cinema complex, accessed conveniently from the High Street or its own integral multi-storey car park.



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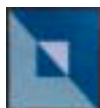
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Parks and Gardens

Newcastle excels in the national "Britain in Bloom" competition, and has several beautiful parks in and around the town centre.

Queen's Gardens, at the bottom of Ironmarket, was awarded the Britain in Bloom 'Judges' Award for Horticultural Excellence' in 2003 and is a magnet for shoppers as an ideal place to sit and relax. Grosvenor Gardens, a 'sunken treasure', is an oasis in the centre of one of the town's roundabouts, hidden away below road level. The Queen Elizabeth Garden, on the outskirts of the town is a peaceful garden with a beautifully maintained bowling green. A perfect location to 'get away from it all'.



Chesterton Stadium - Stoke Speedway

Chesterton Stadium (also known as Chesterton Greyhound Stadium), Loomer Road, Chesterton, Newcastle-under-Lyme, Staffordshire, ST5 7LB

Telephone: 01782 566779 Hotline: 09066-555921 (All calls charged at 60p/minute)

Race Night: Wednesdays (Spitfires) / Saturdays (Potters)

Further information about the Stoke Speedway Club is available on the [Speedway Great Britain website](#).

Newchapel Observatory

Ideal for an exciting outing for all the family. Come and see the planetarium, observatory, alternative energy displays, a large conservation area and dinosaur bones!

Tel 01782 785205 [Website: www.alsager.com/tour/area/science.htm](http://www.alsager.com/tour/area/science.htm)

Apedale Heritage Centre

Mine Manager Russell Amos invites all visitors to join him or one of his experienced mine guides in a visit down our coal mine, once a thriving working iron and coal producing colliery.

The Apedale mine experience starts when you collect your helmet and lamp from the lamproom. Along with an experienced miner you will be guided through authentic mine workings with real coal on show not mock coal seams which are evident in many other museums.

During your visit your safety and comfort are our prime consideration. Warm clothing and sensible shoes are recommended.

Mine tours take approximately 1 hour, weekday appointments down the mine are by appointment only. For more information please call 07940 192718,

[Website: www.apedale.heritage.cwc.net](http://www.apedale.heritage.cwc.net)





Whatever you want

Visit Trentham Shopping Village at The Trentham Estate for a truly unique shopping experience.

As well as the UK's largest indoor and outdoor garden centre, there is an eclectic mix of over 60 retail units in individual log cabin style shops, with everything from crafts to cookware, toys to tents and clothes to ice cream. There is also a choice of cafés & restaurants, and while you're enjoying a bit of retail therapy, they can go wild in the 750 acre woodland & lakeside estate, Gardens and Adventure Play, including the spectacular Italian Gardens, Monkey Forest or on the Aerial Extreme tree top adventure.

It's a great family day out in the heart of the country, and a unique shopping experience that is out of this world.

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Harecastle Tunnels

The two Harecastle Tunnels by James Brindley and Thomas Telford are on the Trent and Mersey Canal at Kidsgrove. Telford's later tunnel is still in use and this stretch of canal forms part of the Cheshire Ring Canal Walk, popular with boaters, walkers and cyclists.

Website: www.joe.shakespeare.btinternet.co.uk/harecastle.htm

Whitmore Hall

In Whitmore Village, five miles outside Newcastle town centre and mentioned in the Domesday Book, you will find Whitmore Hall. This impressive 16th century hall is set in a delightful feudal village which also has a 16th century coaching inn, beautiful church and brasserie.

Website: www.information-britain.co.uk/showPlace.cfm?Place_ID=6072

Dorothy Clive Garden

This gem of an eight-acre garden presents a breathtaking display of changing colours from spring through to autumn. Take a refreshing stroll through the marvellous grounds and enjoy homemade snacks and cakes in the tea room, which overlooks three counties.

Website: www.dorothyclivegarden.co.uk

Alton Towers

The world-famous Alton Towers theme park is a few minutes drive away. With gravity-defying rides such as Oblivion, Nemesis and Rita the Queen of Speed, coupled with magnificent gardens, it is no wonder that the theme park is one of Britain's biggest tourist attractions.

Alton Towers also consists of a water park which includes a huge indoor tropical lagoon, or escape from it all and relax and unwind in the luxury spa.

Website: www.alton-towers.co.uk



Trentham Gardens

Trentham has recently undergone a £100 million regeneration project aimed at creating a unique visitor destination of national significance.

The Village offers a wide selection of the finest outlets, ranging from luxury homeware to distinctive arts and crafts, or visit the Trentham Garden Centre which was inspired from the adjacent Italian Garden.

The Italian Garden is the most beautiful in the UK with breathtaking panoramic views that create a calming and tranquil atmosphere to let your mind relax. Young

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children can enjoy the Adventure Playground and all the family can benefit from a variety of hot and cold food at the Garden Tea Room.

The Monkey Forest gives the whole family a unique opportunity to get up close to the monkeys and watch as they climb the trees and chase each other through the branches.



Enjoy the vast array of wildlife by exploring over 400 acres of woodland with walks to suite all levels and abilities. The mile long lake is at the heart of Trentham and offers trips on a 42 seat electrically driven ecologically friendly catamaran or take to the lake on a rowing boat which can be hired from the Northern Jetty.

Choose to travel by steam and experience the miniature railway named the 'Trentham Fern' and chug along the side of the lake and back.

New to Trentham are the Trentham Active and Ariel Extreme which include a 100 metre high speed zip wire, 20 different obstacles and much more.

For more details please contact the visitor information centre on 01782 646646 or website

www.trenthamleisure.co.uk

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Other attractions in the surrounding areas

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Reminders of the area's strong industrial heritage are to be found at the **Gladstone Working Pottery Museum** in Longton, while the area's traditional pottery skills can be seen at the **Wedgwood Visitor Centre**, Barlaston, and at the world-famous **Spode** factory in Stoke, the oldest English Pottery still operating on the same site since 1770.

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children just have to try their best and not be the best!

Our weekly classes are divided into three primary categories, beginning with parent/child for infants and toddlers; pre-school classes for children aged 3 to 6 years and progressing on to grade school gymnastics for children of all abilities including advanced classes.

Birthday Parties

We offer fabulous children's birthday parties for 1 – 10 year olds. Our instructor led private parties are filled with games, obstacle courses, music and FUN!

Holiday Camps

During school holidays we offer 3-hour camps for 3 – 10 year olds that combine gymnastics and physical activity with arts and crafts. You can choose between morning and afternoon sessions. Camps are open to members and non-members.

**For more information please contact
 The Little Gym team on 01782 214452,
 email us on stokeontrent@thelittlegym.co.uk
 or visit our website www.thelittlegym.co.uk**

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Healthy Eating

Tips for Weight Loss and Maintenance

Have you decided to start eating healthier and become more physically active? Have you realised that healthy choices have a positive impact on not only yourself, but also those around you?

If your goal is to lose weight or maintain your current healthy weight, here are some tips to help you achieve that goal. Remember, to maintain weight, you must balance calories with the energy you burn through physical activity. If you eat more than you expend, you gain weight. If you eat less (reduce calories) than you expend, you lose weight!

Make healthy choices a habit

This leads to a healthy lifestyle! Make a commitment to eat well, move more, and get support from family and friends. Even better, start eating healthier and being active together!

Remember to be realistic about your goals. If you try to reduce the calories, fat, saturated fat, and sugar in your diet AND promise to make a change in your physical activity level, you may be setting yourself up for failure. Instead of trying to make many changes at once, set smaller, more realistic goals for yourself and add a new challenge each week.

Conduct an inventory of your meal/snack and physical activity patterns. Keep a food and activity journal. Write down not only what you ate, but where, when, and what you were feeling at the time. You will see what triggers your hunger and what satisfies your appetite. What foods do you routinely shop for? What snacks do you keep in the pantry?





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The Wheatsheaf Inn, Onneley, Cheshire, CW3 9QF
Tel: 01782 751581 Fax: 01782 751499
email: pub@wheatsheafpub.co.uk
www.wheatsheafpub.co.uk

This traditional 18th century former coaching house has welcomed guests since 1769. Still with original features, the Inn has recently undergone refurbishment, re-opening in May 2006 by its new family ownership, with the intent to provide great value, quality traditional local food and drink to families from all walks of life.

Pleasantly situated amongst the countryside, close to surrounding towns and villages, the Wheatsheaf Inn is in prime location, not too far away. With its 60 seat capacity function room, 5 luxury Inn rooms, restaurant, beer garden, children's play area, pool table, live sports, ample

parking, local golf and cricket club, there is plenty to do for everyone.

The Wheatsheaf welcomes you to come and join us, relax in a friendly atmosphere and enjoy our traditional local food and guest ales. All our food is home reared produce and is cooked freshly on the very same day. Also feel free to come and try out our new carvery!

The Wheatsheaf now has a civil marriage licence and caters for civil wedding parties it also has the facilities for live entertainment including bands/disco's.

**The Wheatsheaf Inn,
Onneley, Cheshire, CW3 9QF**

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Fax: 01782 751499**

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Eat at least 5 servings of vegetables and fruits per day. If you're adding fruits and vegetables to your diet, try substituting them for higher calorie, less nutritious foods.

Eat foods that are high in fibre to help you feel full. Whole grain cereals, legumes (lentils and beans), vegetables, and fruits are good sources of fibre that may help you feel full with fewer calories.

Prepare and eat meals and snacks at home. This is a great way to save money, eat healthy, and spend time with your family. When preparing meals, choose low-fat/low-calorie versions of your favorite ingredients and learn how easy it is to substitute. For example:

- Switch to 1% or nonfat milk and low-fat cheeses.
- Use a cooking spray instead of oil or butter to decrease the amount of fat when you cook.
- Prepare baked potatoes with low-fat blue cheese dressing or low-fat plain yogurt instead of butter or sour cream.

Start by using a scale and measuring cup to serve your food. Read food labels to determine serving sizes. One bowl of cereal may actually be two 3/4 cup servings. A small frozen pizza may contain up to three servings (check the nutrition information label). This could add up to more calories than you think you're getting. Being aware of serving sizes may make it easier to avoid those extra calories.

Choose snacks that are nutritious and filling. A piece of fresh fruit, cut raw vegetables, or a container of low-fat yoghurt are excellent (and portable) choices to tide you over until mealtimes. Take these snacks with you for a healthy alternative to chips, cookies, or sweets.



Ready for a Holiday Break?

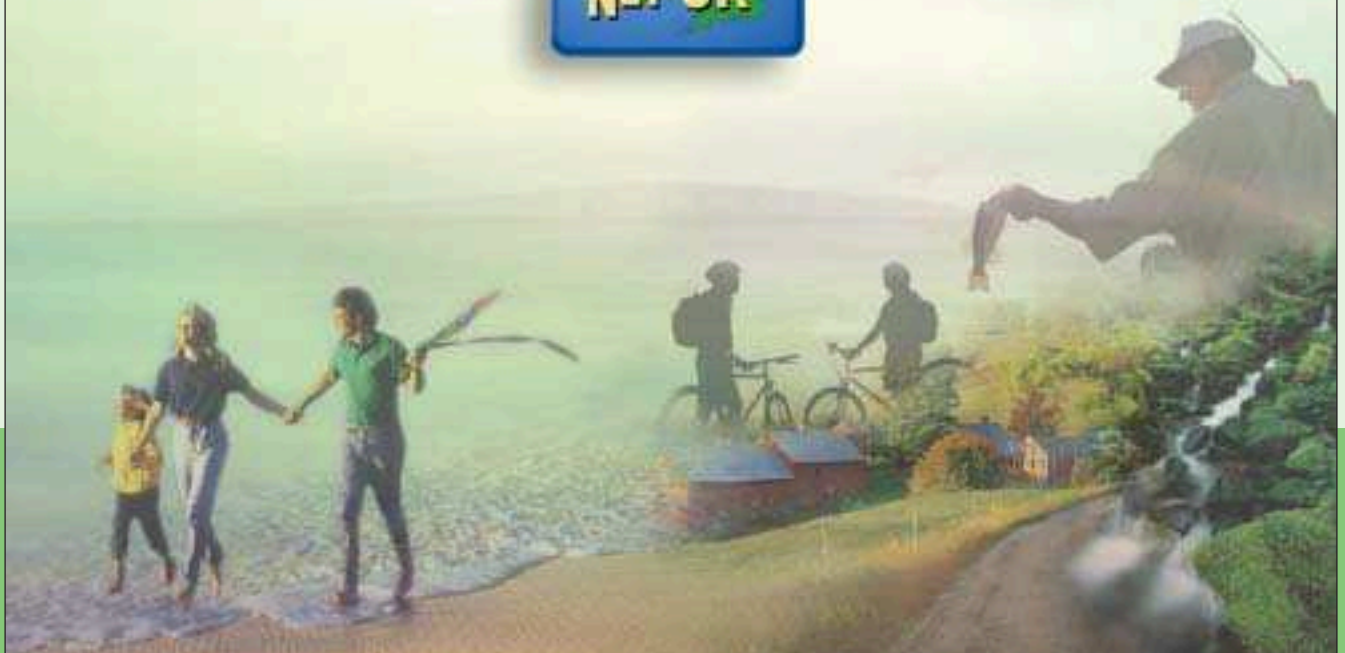
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Take your time!

Eat only when you are hungry and enjoy the taste, texture, and smell of your meal as you eat it. Remember, it takes approximately 15 minutes for your stomach to signal your brain that you are full.

If you choose to eat out, remember these important suggestions: Watch your portions. Portion sizes at restaurants (including fast food) are usually more than one serving, which can result in overeating. Choose smaller portion sizes, order an appetizer and a leafy green salad with low-fat dressing, share an entree with a friend, or get a "doggy bag" and save half for another meal.



Forgive Yourself

If you occasionally make mistakes, don't give up! Forgive yourself for making that choice and keep working on it. Eat an extra healthy lunch and dinner if you had a high-calorie, high-fat breakfast. Add more physical activity to your day.

Remember physical activity! Aim for at least 30 minutes (adults) or 60 minutes (children) of moderate-intensity physical activity five or more days of the week. If you are just starting to be physically active, remember that even small increases provide health benefits.

Check with your doctor first, and then start with a few minutes of activity a day and gradually increase, working your way up to 30 minutes. If you already get 30 minutes of moderate-intensity physical activity a day, you can gain even more health benefits by increasing the amount of time that you are physically active or by taking part in more vigorous-intensity activities.

Cosmetic Surgery Revealed



With the emphasis on looking good and sometimes a desire to refine what nature has given us, it's good to know that cosmetic surgery is available locally and that it is provided by a highly-respected consultant plastic and reconstructive surgeon.

Mr Dan Prinsloo, a specialist in plastic and reconstructive surgery, is registered with the General Medical Council (GMC) and with the British Association of Plastic, Reconstructive and Aesthetic Surgeons (BAPRAS). Mr Prinsloo is also an NHS consultant surgeon at the University Hospital of North Staffordshire and the Royal Shrewsbury Hospital.

Dan Prinsloo has an established private practice which began nine years ago. His patients can choose to see him at his clinics in Newcastle-under-Lyme and

Shrewsbury, safe in the knowledge that they will be seeing a local surgeon with over 18 years of expertise, and that they will receive a very individual service. He has gained a reputation for his personal and professional approach and this is reflected by the number of patients who return for a second or even third procedure. This is a very reassuring message for prospective patients who are in the process of exploring cosmetic surgery. Finding the right surgeon with the relevant qualifications and experience, should be a priority for anyone considering enhancing, refining or re-shaping their body.

Many of Mr Prinsloo's patients choose him as their surgeon because they have been recommended by friends and family who have entrusted him with their care from start to finish. One of

his patients said: "It was important that I had my consultation and surgery locally. After talking to a friend who had undergone surgery with Mr Prinsloo, I knew that after seeing her results, there was no doubt in my mind about my choice of consultant. Mr Prinsloo is extremely approachable and provided me with lots of helpful information and advice. When we discussed my expectations, he was honest and realistic about the results he could achieve for me. I am thrilled with the outcome and would have no hesitation in recommending him to others."

To arrange a consultation, without obligation, please telephone 0844 800 4480 and ask for an appointment with Mr Prinsloo. For more information, please visit his website

www.prinsloo-surgery.co.uk

Cosmetic Surgery

CONSULTANT PLASTIC & RECONSTRUCTIVE SURGEON

Mr. Dan Prinsloo

MRChd, MMed(Plast)FRCR(Plast)

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- Breast Enlargements
- Eyelid Reduction
- Tummy Tuck
- Breast Reduction/Uplift
- Nose Reshaping
- Liposuction
- Face/Neck Lift
- Ear Reshaping
- Mole Removal

to book your consultation call us on
0844 800 4480
or visit our website
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Consulting Rooms

• Newcastle-under-Lyme • Shrewsbury

MRChd, MMed(Plast)FRCR(Plast)

Member of British Association of Plastic, Reconstructive and Aesthetic Surgeons



Are you feeling good today?



There are times in our lives when we feel good about ourselves – and there are other times when we don't feel so good. We may feel stressed, and overburdened by responsibilities and too many things to do, or we may feel emotionally 'flat' and uninterested in the world around us. Although it's not realistic to expect to feel good about ourselves all the time, there are many things we can do to improve our sense of wellbeing.

Eat healthy food and enjoy a walk.

When we're stressed we often feel we don't have time to worry about nutritious food and regular exercise. But it's during times of stress that these things are especially important. Regular exercise not only makes your body feel good, it improves your mood and helps you sleep better. Our physical and emotional health are closely linked, and by caring for one, we help the other.

Find time to relax.

We all need to 'switch off' for a while from the demands on our time and energy. Like food and exercise, relaxation improves both physical and emotional wellbeing. Find ways to relax that work for you and use them regularly – it could be having a long bath, for example, listening to music, cooking or sewing for pleasure, playing a sport, taking a leisurely walk around the shops, meditation, or just spending time alone with your thoughts. If you find it difficult to 'switch off' and relax, ask your local community health centre if there are any relaxation courses available in your area.

Contact Details

Newcastle Museum and Art Gallery		01782 619705	
Chesterton Community Sports centre	Reception:	01782 563716	Castle Gym :01782 563549
Jubilee Pool	Reception:	01782 616606	Castle Gym :01782 636607
Knutton Recreation Centre	Reception:	01782 717583	Castle Gym :01782 628622
Kidsgrove Sports Centre	Reception:	01782 786162	Castle Gym :01782 773081
Community Recreational Service		01782 742615	

Opening Times

For a comprehensive list of times and prices please visit www.newcastle-staffs.gov.uk/leisure or contact one of the centres listed.

The opening times at each site are:

Castle Gym, Chesterton Community Sports Centre*	9am – 10pm Monday to Friday 9am – 4pm Saturday and Sunday
Castle Gym, Jubilee Pool	7.30am – 9.30pm Monday to Friday 8.30am – 5.30pm Saturday and Sunday
Castle Gym, Kidsgrove Sports Centre*	9am – 10pm Monday and Wednesdays 7.30am – 11.30am then 1.15pm – 10.00pm Tuesdays 7.30am – 11.30am then 3.30pm – 10pm Thursdays 9am – 5pm Saturday and Sunday
Castle Gym, Knutton Recreation Centre	9am – 10pm Monday to Friday 9am – 5.30pm Saturday and Sunday

** Chesterton Community Sports Centre and Kidsgrove Sports Centre are shared sites.*

As a result there may be times when the gym is closed for use by the school children during the day.

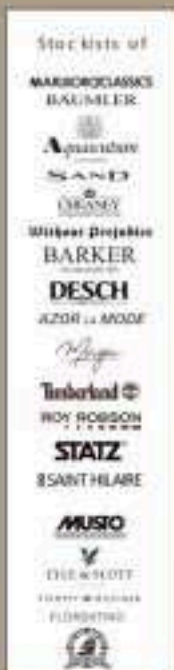
Please call the centre for further details, as these times may alter with school term times.

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An external shot of our Newcastle Store & various interior shots opposite

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Our superb new shop in Pepper Street, Newcastle, opened at the end of October 2003, replacing the outdated and somewhat cramped store in the High Street. Our Newcastle store is split over two floors with a lift to ensure access for all. We also have a cosy seating area where you can relax with a complimentary coffee. We carry a comprehensive range of evening wear for hire at both shops.

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Please contact one of the leisure centres listed for
information on activities & prices.

Contact Details:

Chesterton Sports Centre - 01782 563716

Jubilee Pool, Newcastle - 01782 616606

Kidsgrove Sports Centre - 01782 786162

Knutton Recreation Centre - 01782 717583

www.newcastle-staffs.gov.uk/leisure

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