



# NEWSLETTER

September 2019

Hello! You may not realise it, but your Community Centre is a charity, which relies on the commitment of a Board of Trustees and many other volunteers. These people devote a lot of time and energy ensuring that The Heene provides the best possible experience for the local community. We do not receive any council funding and are reliant on generating our own income from the membership fees and the hire of rooms. Occasionally we may receive a grant from an outside organisation, however, this has become harder as more charities now look to grants to provide their funding. Despite this, we have continued to improve the facilities at the Centre for your benefit.

**PLEASE SIGN UP TO BECOME A MEMBER AND SUPPORT THE CENTRE.**

## Annual General Meeting

Wednesday 25<sup>th</sup> September 2019 at 4pm

**2019  
Annual  
General  
Meeting**

As a registered charity, by law, we have to adhere to the particular rules and regulations provided by the Charities Commission. At our AGM, **all the members** of our Association are **invited** to attend a short meeting whereby, the standing Trustees are voted onto the board for another year. For this vote to be effective, we need a specific number of members to contribute their votes.

**This is where your vital support is required!** All we ask is would you attend our AGM where you will receive an update on the progress made during the year. **Refreshments and biscuits** will follow this, where you will have an opportunity to have an informal chat with the Trustees and the Centre Manager. With one voice, your Board of Trustees asks you to seriously consider supporting this important annual event.

## Improvements around the Centre



The upstairs Ladies and Gent's toilets have now been refurbished.

The gardens have never looked so good. There is new play equipment in the garden for children to enjoy, while being supervised.

## In the Spotlight - Kundalini Yoga



**Thursdays classes**  
6pm & 7.25pm  
**Saturdays classes**  
9am & 11am

In a kundalini yoga class you will learn about yogic techniques called kriyas. The yoga we practice involves a range of physical exercises, working with our breathing, the use of sound through mantras and meditations. Kundalini yoga strengthens the nervous system and balances the glandular system, increasing physical and mental health. [www.kundalinirealm.com](http://www.kundalinirealm.com)

## The Chat Room

A new weekly group, part of the Heene Club, is starting Wednesday 11<sup>th</sup> September, between 10am and 12noon. It is an opportunity to meet new people and make new friends. If you know of a family member or perhaps a neighbour who is lonely, please mention this group to them and tell them to come along.



## MacMillan Coffee Week

Not just on the Friday morning, but all week, from Monday 23<sup>rd</sup> to Saturday 28<sup>th</sup> September, we will be supporting MacMillan Coffee Morning, enticing you with



Café one22 delicious cakes. We will be selling raffle tickets all week and there are some fabulous prizes. We will be drawing the lucky tickets on Monday 30<sup>th</sup> September at 10am. Please support us by

buying raffle tickets and cakes, with 50% of all cake sales during the week, donated to MacMillan Cancer Support. Thank you in advance for your support.

*At the Heart of the community since 1986*