

Hub News



This month's hub newsletter is short and sweet. We hope you enjoy.

Support for families

These are challenging times for many people. If your family is in need of additional support, the following local organisations might be able to help:

- **FoodCycle**

Collect a free cooked meal every Friday between 7 and 8.30pm from Oasis Ryelands:

<https://www.foodcycle.org.uk/location/foodcycle-norwood-ijunction/>

- **South Norwood Community Kitchen**

Free hot meals delivered to your home - contact hello@southnorwoodcommunitykitchen.co.uk with your name, address and the number of people in the household.

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

- **Financial support from Croydon Council**

This link provides useful information including financial support to help with rent, council tax and energy bills:

<https://new.croydon.gov.uk/coronavirus-information-and-service-updates/get-help-your-council-tax-and-benefits>

- **Digital life skills**

Guiding Hands can help you get online:

<https://www.guidinghands.org.uk/go-online-mummy>

- **Free online workouts**

The NHS has produced a range of free online workouts from yoga to aerobics:

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

October Half Term Hangouts

We had an amazing time, at Shirley Park Primary, working in partnership with Reaching higher, who ran a week-long media project, football project and drama project. This was all free of charge, with meals included, for local children in school years 6 - 8.

The feedback from the sessions was super positive! 100% of young people marked the hangouts 9 or above out of 10 in relation to how enjoyable the sessions were.



Here are some quotes from children:

“It was fun and I made new friends”
“The RH sessions were not long enough”
“That it was fun and they didn’t shout or give detentions”

We will be back with more holiday hangouts in February half term, 2021. Do get in touch if you would like to book your child a space.

Coming up:

Soul Space



For those new to Soul Space:

'Food for mind & soul' (not for the spiritually certain).

An evening of hope and fresh imagination with film clips, poems, music videos, art, (unconventional) prayers, and a bit of room to breathe – all gathered around themes and ideas for positive living in today's world.

Led by Dave Tomlinson - regular 'Pause for Thought' contributor on Zoe Ball's Radio 2 breakfast show".

For more the zoom link go to the Facebook group below or email:

pjcampbell21@hotmail.com

<https://www.facebook.com/Oasis-Church-Social-Group-Croydon-262555270425008>

Absolutely everyone is welcome to join, wherever you are, via Zoom.

FOLLOW US:

On social media:

Insta: @oasishubashburton

Facebook: @oasishubashburtonpark

If you are interested in finding out more about the hub, or if you would like to get involved in anyway, please get in touch with Dave.jones@oasisuk.org