



# ForthWrite

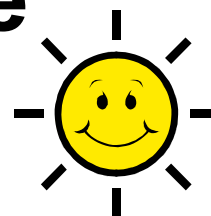
THE EYE OF THE COMMUNITY



unsung heroes  
The Queen's Award for  
Voluntary Service 2007

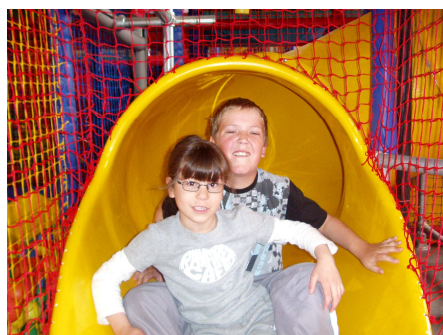


## Lots of Fun in the Sun



Throughout all the school holidays, including the half terms Foresight are organising and managing holiday activity programmes for disabled children aged 5yrs—17 yrs inclusive residing in North East Lincolnshire and the surrounding areas

A pilot project highlighted the need for this



resource within our area with over 80 disabled children attending the scheme and benefited from learning new skills, enhancing existing skills and feeling socially included. With funding in place Foresight

is now able to offer activities for disabled children at all holiday times with the exception of Christmas. Throughout the life of the project the benefits to the children will be enormous as they undertake new experiences and participate in activities that have previously never been available to them because of their disability.

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Foresight

60 Newmarket Street, Grimsby, North East Lincolnshire, DN32 7SF



**The activities programme delivered at Foresight has been developed through the evaluation process and consultation with parents and children and as with the adult sessions Foresight works with various organisations and clubs throughout the area. Qualified instructors / coaches facilitate at all the activities and where necessary the event or equipment used has been adapted to accommodate a**



**specific disability. All activities have been risk assessed and there is a choice of activities on a daily basis to ensure there is an activity to suit every child who wishes to participate. Foresights Sports Development Officer is responsible for the day to day management of the children’s holiday scheme with Foresight volunteers available at all activities to assist the children. All volunteers have had training in child protection, first aid, visual impairment awareness and have a CRB check before working with the children.**

**Quotes from children accessing the holiday scheme—**

**”My brother used to come home and tell me about all the things he had done that day, now I go home and tell him what I’ve done at Foresight and it makes me happy”.**

**“ I enjoy coming to Foresight because I am with other children like me and nobody takes the micky”.**

**It’s really good here and I’ve made lots of new friends. Tony makes me laugh”.**



**All students wishing to enrol on courses need to do so before the start date. Foresights enrolment week commences 8th September 2008. Priority will be given to students who have completed their enrolment forms. Please do not assume that because you have been attending previously that a place will be available.**

## **I.T Courses**

### **Beginners Computing Tuesday 1-3pm**

**Absolute beginners course for students who have no computer experience.**

### **Next Step computing Wednesday 9.30-11.30a.m. & 11.45-1.45p.m.**

**This course is available for students with basic IT knowledge and students who wish to progress from beginners computing.**

### **Move on computing Wednesday 2-4p.m.**

**This course is available for students who have progressed from Next Step computing and new students who wish to brush up on their IT skills.**

### **Web Cams & Skype Tuesday 10-12p.m. (subject to change)**

**This is a ten week course covering the use of web cams and accessing Skype software that makes communicating with people around the world easy and fun. And if both of you are on Skype, it's free.**

### **Web Design & Blogging Thursday 1-3p.m.(subject to change)**

**Starting at beginners level this course cover a range of skills from how to build a website to blogging, a personal online publishing systems which allowed individuals to quickly and simply write, publish and distribute their own opinions via the internet .**



**Ceramics Monday 1 - 3p.m.**

This course offers various opportunities to work with clay offering practical tuition in sculpture and hand-building in our well-equipped studio.

**Discover Watercolour Painting Wednesday 2 - 4p.m.**

Learn how to select the correct equipment and materials for painting and create your first masterpiece.

**Tactile Art Friday 10 - 12p.m.**

Design and create collages using tactile materials for exhibiting at the Grimsby Fishing Heritage Centre

**Drama Tuesday 10 - 12p.m.**

With further Heritage Lottery funding we are continuing to work on dramas based around the history of Cleethorpes sea front.

**Active Courses**

**Tai Chi Thursday 1 - 3p.m.**

This slow and relaxed Chinese form of exercise is suitable for people of all ages. It will help develop a healthy body and an alert mind.

**Line Dancing Friday 10.30 - 12p.m.**

This ongoing course is not suitable for beginners but anyone with some line dancing experience will be welcome to attend.

**Ballroom Dancing Friday 1.30 - 3p.m.**

You've seen the show 'Strictly Come Dancing', now you too can learn Ballroom dancing . Come on your own or with a partner and learn to be confident with dances such as the Waltz, Quickstep and the Cha Cha.

**New Age Kurling Tuesday 11-12p.m.**

Based on the game of Kurling, New Age Kurling is a sport that requires participants to deliver stones from one end of a court to the other, this is to a target which has red, white and blue concentric circles. Scoring is determined by the amount of stones closest to the centre of the target and a game consists of 7 ends. It can be played by non-disabled as well as disabled participants so bring along a carer, family member or friend.

**Gentle Keep Fit to Music Wednesday 1-2p.m.**

This ongoing course is designed to exercise your whole body. Some of the exercises can be done whilst sitting down.

**Boccia Tuesday 10a.m.-11a.m.**

Boccia pronounced (Bot-cha) is similar to bowls where the aim of the game is to score as many points as possible by one competitor / pair or team getting their balls closer to the jack ball than their opponents. It can be played by non-disabled as well as disabled participants so bring along a carer, family member or friend.

**Digital Photography****Beginners Digital Cameras Thursday 10-12p.m.**

Learn how to access and edit your photographs on the computer. This course is available for all students with basic IT knowledge.

**Next Step Digital Camera Monday 1 - 3p.m.**

A progression course for students from the beginners level and new students with some basic knowledge of digital photography.



**Advanced Digital Cameras Monday 10 - 12p.m.**

A course for the students with knowledge of digital photography. May include some field trips.

**Other Courses**

**Card Designing Monday & Thursday 10 - 12p.m.**

Create your own personal greetings cards with help and assistance from tutor Janet Lea. This is again a very popular course and places need to be booked early.

**Aromatherapy Thursday 10 - 12p.m.**

Learn how to use essential aromatic oils to create a range of blends which can be used in massage, for bathing and inhaling.

**Local History Course Friday 10 - 12p.m.**

An introduction to the history of Grimsby and the surrounding area, through the ages up to present day. This term our tutor Keith Harrison will be concentrating on the history of Cleethorpes sea front This is a very interesting and popular course so book early.

**Understanding Words Monday 10 - 12p.m.**

If you struggle with words or just simply want to improve your existing english skills then this basic literacy course is for you.

**Everyday Maths Monday 1 - 3p.m.**

This is a new basic numeracy course for students needing to brush up on their maths skills. If you struggle with numbers or just want to improve your existing skills then this course is for you

**Managing Budgets Wednesday 1 - 3p.m.**

You don't need any previous qualifications, just a desire to learn and have an interest in managing your money .

**Accounting using Spreadsheets Friday 10 - 12p.m.**

The course is essentially practical in nature using computer spreadsheets (Excel)

**Volunteer Skills Tuesday 10 - 12 p.m.**

This course will provide you with a set of core skills that will be invaluable in the future. Practically all volunteer work requires you to develop the central skills of team-working, communication and relationship-building.

**Video Shooting & Editing Wednesday 10-12p.m.**

Tutor Sean Atkinson will train you in the art of filming and editing skills to a high professional level. This is a progressional course starting at beginners level.

**Lip Reading Thursday 10 - 12p.m. & 1 - 3p.m.**

Tackle your problem and help your self-esteem. Join this course to find out what lip reading is and how it may help you. Explore how to improve your communication skills.

**Hearing Aid Battery Exchange**

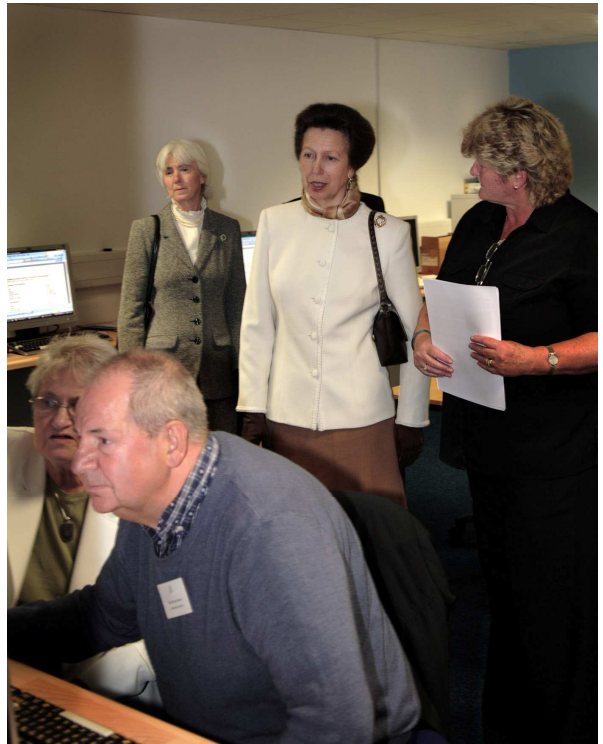
Working with Paul Catlow of the audiology department Foresight now offer a battery exchange service at the centre. This is a drop in service with complimentary coffee mornings on Tuesdays and Thursdays. For more information please contact Sue Bell at the centre.

**Well Done Everyone**

**I should like to congratulate everyone for their part in making the royal visit such a success. Paul for his original organisation of the visit, Sue for all her hard work organising, following up and liaising with Robert Bell and Kathy for her part in the final preparations while Sue was on leave. Thanks to Bev who co-ordinated everything on the day despite only returning to work that week following surgery and to all other members of staff who played their part in making the day go so well.**

**Special thanks to all the tutors, students and volunteers who gave their time to take part in and assist in the activities to show what goes on in our centre, you impressed our royal visitor with your skills despite whatever disabilities you may have.**

**To fellow trustees who were so patient and welcoming in the activities room where the plaque unveiling took place and a**



**special mention for Lindsey Donner and Debbie Pleasants who carried out their presentations superbly.**

**Thanks also to Geoff Miller (our digital photography tutor) who was our official photographer on the day for some great photos and last but not least to John Cremen the new chair of Foresight who accompanied The Princess Royal on her tour of our new centre you did great.**

**WELL DONE EVERYONE WE HAD A WONDERFUL TIME  
Penny Jackson.**