



**MERRY CHRISTMAS!**

The Pearson Centre for Young People



# Newsletter

2 Nuart Rd,  
Beeston, Notts  
NG9 2NH  
0115 9254112

enquiries@thepearsoncentre.org.uk



Visit our website: [www.thepearsoncentre.org.uk](http://www.thepearsoncentre.org.uk)

**December 2017**



## DATES FOR THE DIARY

### DECEMBER

December 11th	Company & Seniors last night
December 12th	Anchors & Juniors last night
December 14th	GB last night

### JANUARY

January 8th	Company & Seniors first night back
January 9th	Anchors & Juniors first night back
January 11th	GB first night back
January 25th, 26th & 27th	Pantomime—Cinderella

## MamaBabyBliss

Nurturing and pampering mums, babies and mums-to-be

**NEW! Pregnancy and baby classes**



### **Pregnancy Yoga**

Help strengthen your body, soothe away aches and pains and relax the mind so that you can enjoy your pregnancy at every stage and prepare for the birth of your beautiful baby.

### **Baby Massage**

Learn techniques to settle and soothe your newborn baby. Helpful for wind, colic and encouraging sleep. Plus classes are fun and a wonderful way to make new friends! Suitable from birth to crawling.

One-to-One sessions and Dad's Workshops also available.

### **Baby Yoga**

Fun and dynamic classes that develop your baby's neural and sensory motor skills. Gentle yoga and relaxation for parents too! Suitable for babies from 10 weeks to crawling.

**Spaces are very limited so early booking is essential!**

To find out more information or to book online visit

[www.mamababybliss.com/classes/find-a-class](http://www.mamababybliss.com/classes/find-a-class)

Contact Sharon on 07841 911 676  
or email: [enquires@mamababyblissnottingham.com](mailto:enquires@mamababyblissnottingham.com)

The Pearson Centre for Young People  
(Beeston Boys' & Girls' Brigade)  
proudly presents its  
68th Annual Pantomime



Thursday 25th -  
Saturday 27th  
January 2018

**Tickets:**  
£5 Adults  
£4 Concessions  
£14 Family

The Pearson Centre for Young People, 2 Nuart Rd, Beeston  
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For Tickets phone: 0115 9254112 or [enquiries@thepearsoncentre.org.uk](mailto:enquiries@thepearsoncentre.org.uk)



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## Girls' Brigade & Boys' Brigade



**Monday**



**7-9.30pm Boys' Brigade Company & Seniors**  
**(Age 11-14, 14+)**

**Tuesday**

**6-7.15pm Boys' Brigade Anchor Boys**  
**(Age 5-8)**

**6.30-8.15pm Boys' Brigade Junior Section**  
**(Age 8-11)**

**Thursday**

**5.45-7pm Girls' Brigade Explorers**  
**(Age 4-8)**

**6.30-8.15pm Girls' Brigade Juniors**  
**(Age 8-11)**

**7-9.30pm Girls' Brigade Seniors & Brigaders (Age 11-14, 14+)**

## Boys' Brigade Competition

Congratulations to those who took part in the Company and Seniors Boys'

Brigade Unihoc and Badminton competitions.

Well done to all of you!



## Join Boys' Brigade and Girls' Brigade!

This term we have had so much fun in our Boys' and Girls' Brigade. A great place to make new friends, have lots of fun and do different activities each week.

This term so far in Boys' Brigade we have baked minces pies, Christmas crafts and made electrical Christmas trees.

In Girls' Brigade this term we have had fun in a drumming workshop, painting, pom-pom making and baking.

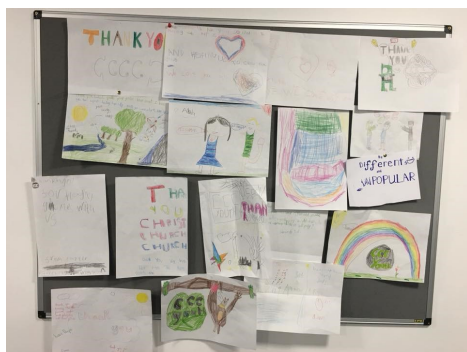
If you are interested in joining, contact The Centre for more information.



## October Holiday Club

Our most recent holiday club was a great success. Our week was focused on acts of kind, shining bright like a diamond whilst having lots of fun! Some of the activities included baking bonfire brownies, group games and a cinema trip.

We also had a competition to collect food for the food bank at Hope, worked alongside Christ Church Chilwell who came in with their youth group and also saw lots of acts of kindness from the young people.



The Pearson Centre  
for Young People

**JANUARY HOLIDAY CLUB**

2018

**BOOK NOW** @01159254112  
OR EMAIL DEVELOPMENTWORKER@THEPEARSONCENTRE.ORG.UK

9.00am - 4.30pm  
Extended hours:  
8.00am-9.00am  
4.30pm-5.30pm

**JAN 2ND - 5TH**

Age 6-Year 8

£15 PER DAY  
£20 THURSDAY  
£2.50 Per Extended Hours

AT THE PEARSON CENTRE FOR YOUNG PEOPLE  
2 NUART ROAD  
BEESTON NG92NH

Charity Number: 522177

# HOLIDAY CLUB

At  
The Pearson Centre for  
Young People  
2 Nuart Road  
Beeston  
NG92NH

**BOOK NOW**  
**@01159254112**  
**OR EMAIL**

**DEVELOPMENTWORKER@THEPEARSONCENTRE.ORG.UK**

**AGE**  
**6-YEAR 8**

# LOVE BEESTON

THE PEARSON CENTRE FOR YOUNG PEOPLE

Baking Games Sports Craft Cinema

**FEBRUARY 19TH-23RD**

**9.00AM-4.30PM**  
**EXTENDED HOURS:**  
**8.00AM-9.00AM**  
**4.30PM-5.30PM**

£15 Per Day  
£20 Thursday  
£2.50 Per Extended Hours

Charity number: 522177

# PCYP CAMP 2018

This year's camp will be to The Albert Wilson Memorial Field in Prestatyn, Wales. Everybody will be sleeping in tents and there are hot showers and flushing toilets. It is open to all BB and GB members in year six and above and will run from 28th July to 4th August 2018.

**The cost of camp will be £160 which includes all transport, food and activities.**

Planned activities include swimming, team-building games, quizzes, Ten Pin Bowling, kayaking, sailing, beach games, water games, ten pin bowling, beach BBQ, cycling.

**A non-returnable deposit of £30** to secure a place needs to be paid as soon as possible. If you would like any more information please speak to your section leader.

Thank you, Karen Jowett - GB Team Leader



## Remembrance Service

Earlier this month we had a celebration service to remember the great work of our Founder Stephen Hetley Pearson who died 100 years ago on the 1st December.

Many thanks to all those who attended.



**YOUTH GYM**

Thursday 28th September

Come along with your water bottle, trainers and sportswear and use our gym equipment taking part in a fun and active programme!

Then every Thursday (during term time)

**4.30PM-5.30PM**    **£3.50**

Staff Trained by a National Academy of Sports Medicine (NASM) Certified Personal Trainer, Performance Enhancement Specialist and Corrective Exercise Specialist.

The Pearson Centre for Young People  
2 Nuart Road, Beeston  
Nottingham NG92MH  
0115 925 4112

developmentworker@thepearsoncentre.org.uk  
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**AGED 11-16**

**Dodgeball club**

LEARN HOW TO DODGE DUCK DIP AND DIVE AT THE PEARSON CENTRE FOR YOUNG PEOPLE'S VERY OWN DODGEBALL CLUB!

EVERY WEDNESDAY DURING TERM TIME  
4PM - 5PM  
PRIMARY SCHOOL CHILDREN AGED 5 - 11  
£3.50 PER SESSION

The Pearson Centre for Young People, 2 Nuart Road, Beeston, Nottingham NG9 2MH    Charity Number: 522177

The Pearson Centre for Young People

**FIND YOUR ART!**

EVERY THURSDAY DURING TERM TIME!  
PRIMARY SCHOOL CHILDREN AGED 5-11

4pm - 5pm  
£3.50 PER SESSION!

HAVE A GO AT OUR DIVERSE ARTS PROGRAMME INCLUDING, DANCE, MUSIC, CRAFT, TEXTILES AND ART!

The Pearson Centre for Young People, 2 Nuart Road, Beeston, NG9 2MH    Charity No. 522177



# little snowflakes

Family-centered and family run support service

“Here is a place for girls and boys  
Who don't yet speak or who make lots of noise  
When 'typical' playgroups just don't feel right  
When the thought of them gives Mummy a fright  
So go ahead and give them a try  
They listen and help and do not pry  
Two days a week even in the Summer break  
Because each child is different like a...”

**“Beautiful Snowflake”**  
By Helen Brown – Mother of a Little Snowflake



First session free

Speech, language and behaviour support  
Makaton and PECS coaching  
Sensory, messy and heuristic play  
Singing, music and movement  
All child-led and family focused

**Wendy Prowing (and family)**  
25 years of professional and personal experience in child development and behaviour, autism and sensory processing disorders.

07960322291  
wendyprowing@googlemail.com  
@littlesnowflakesplayandsupport



Get in touch or find your nearest **play session** on our Facebook page.

## Easy Fundraising

Consider The Pearson Centre when you are enjoying the January sales or doing last minute Christmas shopping!

With easy fundraising you are able to donate a percentage of your shopping to The Centre which will help towards the activities that we offer here.

Here is our link:  
[www.easyfundraising.org.uk/invite/3L627M/6H71WO](http://www.easyfundraising.org.uk/invite/3L627M/6H71WO)



easy fundraising .org.uk  
feel good shopping

## Community Groups at The Pearson Centre for Young People

<p><b><u>Mondays</u></b> 10-11am U3A Beeston - Table Tennis 10:30-12:30pm - U3A Psychology (fourth Monday of every month) 11-12md U3A Beeston -Table Tennis 4:30-5:30pm Athletics 5-11 years 4:30-7pm DTA Dance 6-6:50pm Sculpted Fitness, Women's box fit class</p> <p><b><u>Tuesdays</u></b> 10-12md Lace Makers Group 10-12md Broxtowe Keep Fit (Keep fit class for the mature person) 12:10-1:10pm Pilates 4-5pm Cookery Club 5-11 years</p>	<p><b><u>Wednesday</u></b> 10-12md U3A Writing for Pleasure (first Wednesday of every month) 10:30-11:30pm U3A Badminton 12:30-3pm The Speech, Sign &amp; Song Club 12:30-1.30pm Pilates with Amy 2 -3pm Liberty Sport (seated Exercise) 4-6pm Sprouts (Term Time only) Drama group for children 4-5pm Dodgeball 5-11 years 6-7pm Freya Cole Dance 7-8:15pm Beeston Fitness - Yoga 8-9:30pm Beeston Biz Badminton</p> <p><b><u>Thursday</u></b> 9:30-12md Lace Makers Group 9:30-10:30 Little Snowflakes 10-11am U3A Beeston Table Tennis 10:30-11:30am Ladies' Probus (First</p>	<p>Thursday of every month) 11 -12md Dixon Dynamics Respiratory Exercise class 4-5pm Find Your Art 5-11 years 4:30-5:30pm Youth gym (11-16 years)</p> <p><b><u>Friday</u></b> 9:45 am &amp; 10:45 am Early Years Music Group 4-7pm Sprouts (Term Time only)</p> <p><b><u>Sunday</u></b> 4:30-8:30pm Harvest Chapel</p>
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# DEVELOPMENT WORK

**Our development programme operates during school term time only**

## **Athletics**

If you would love to be fast like Usain Bolt, multi event like Jessica Ennis, be a champ like Laura Muir or jump like Greg Rutherford, whilst having lots of fun, then come along to the Athletics session on Mondays 4.30pm-5.30pm at The Centre! You'll be taught the fundamentals of throwing, jumping and sprinting and, if you're 8 years old and over, there'll be an opportunity to join Notts Athletic Club! The session is for primary school children aged 5-11 years.

## **Cookery Club**

Do you want to learn to cook some new meals in a fun atmosphere? If so, then this is the club for you. It's an excellent way for children to develop important life skills and teach them the responsibility of not only enjoying food... but clearing up afterwards!

We've had show stopper challenges and techniques competitions such as scone sculptures, bread making, rice crispy cakes and pasta. If you're interested in joining in, contact the Pearson Centre and book a place prior to the session to make sure there'll be enough ingredients to go around. It runs every Tuesday 4pm-5pm for ages 5-11.

## **Dodgeball**

Run by Nottingham University Dodgeball Society, you will learn four vital skills for Dodgeball mastery: Duck, Dodge, Dip and Dive! It runs every Wednesday 4-5 pm for primary school children aged 5-11. So if you fancy coming along to get the chance to throw a ball at your friends (because it's so much fun), then just drop down to The Pearson Centre and join in.

## **Find Your Art**

Love being creative but not sure what you like best? At 'Find your Art' you will have the opportunity to explore and have fun with a variety of Arts and Crafts, including textiles, dance, music and art. If you're interested in joining in, contact The Centre and book a place prior to the session to make sure there'll be enough materials. It runs every Thursday 4pm-5pm for ages 5-11.

## **Youth Gym**

Would you like to keep fit but too young to join the local gym? Come along to The Pearson Centre Youth gym! We have a brand new, specialised gym for young people between the ages of 11-16 so why not come down and have some fun at our sessions! The session runs on Thursdays 4:30pm-5:30pm

For further information on any of these activities can be obtained by either phoning the office on 0115 9254112 or by emailing:

[developmentworker@thepearsoncentre.org.uk](mailto:developmentworker@thepearsoncentre.org.uk)

