



## NEWSLETTER March 2014

Welcome to our first newsletter! We plan to keep our friends and supporters updated on a regular basis and would love your feedback and suggestions on both this newsletter and anything else.

Frimhurst Enterprises CIC came into existence in December 2012 with our first main event being a fundraising disco in January 2013. We started running in March 2013 with four team members three days a week, who had to work hard to prepare the house for our official launch day on a windy, grey Saturday in May. Our team now includes eight adults with learning difficulties, three paid staff, five free-lancers and five volunteers (one of whom is about to join us as a paid member of staff). We work closely with our partner organisation ATD Fourth World, taking care of the house to enable them to focus on working closely with families in poverty.

### What have we been up to this year so far?

## HOUSEKEEPING

On Mondays, Tuesdays and Fridays, we begin the day with a team meeting – a cup of tea and a chat about what jobs we need to do that day. The day involves a mixture of housekeeping, gardening and catering, depending on what needs to be done in the house and grounds. We normally split up into three or four teams with different teams for each job, although in a week we all get to work in each area.

The housekeeping team are responsible for keeping the house clean and tidy, including regularly cleaning all the toilets (which recently got quite competitive over who was doing the best job!). We also have to make the beds with our lovely purple bedding and vacuum the floors which seem to attract dirt like magnets. Most popular of all, though, is the ironing, which regularly causes arguments over whose turn it is to use our roller press. The housekeeping team also have the job of cleaning up after the gardening crew, who regularly manage to get dirty footprints all over our just-washed floors!

## CATERING DEPARTMENT

The most important job of the day has to be making our lunch! Every day we plan out a healthy lunch before heading out to buy our ingredients (and resisting the temptation to pop down the pub instead). The kitchen team have to meet rigorous food hygiene standards and have become very good at cleaning up the kitchen after the chef has yet again dropped potatoes all over the floor. Soup has proved to be a particular favourite in the kitchen this term, from butternut squash with chilli and crème fraiche to tomato or leek and potato. Best of all, the Monday kitchen team get to make and decorate the cakes for our café on Tuesday! (That is when we manage to stop them singing and dancing around the kitchen, much to the amusement of anyone walking past the kitchen door.) A recent challenge has led to us nominating Friday as 'international day', where we are aiming to prepare a dish from a different country every week. This began with jacket potatoes with chilli con carne for Mexico and we have a long list of countries we want to try out, from France to Thailand and even Australia (although the barbeque may have to wait for the summer!).



# FRIMHURST ENTERPRISES



## CAFÉ

Our café began with a trial on some (brave) guests and supporters from the Toy Library in Frimley Green and has now become a regular feature of our working week. We now run a café most weeks on a Tuesday afternoon, with a mix of guests from local schools, care homes and the general public and can cater for any dietary requirements. Due to demand, we are now expanding our cafes to cater for more people and are booking up quickly! We currently have limited availability in March and April, with more spaces free in the summer months. Please contact us on [frimhurstenterprises@gmail.com](mailto:frimhurstenterprises@gmail.com) to find out our current availability and to book your space.

On the 11<sup>th</sup> March, we are hosting a very special café to officially open our new gazebo (generously funded by Surrey County Council) and to celebrate Frimhurst's vibrant community garden. The mayor of Surrey Heath, the chair of Surrey County Council and representatives from the Frimley Fuel Allotments and Community Foundation for Surrey are among our invited guests and one of our favourite cakes is on the menu (mmm... carrot cake...).



## GROUNDS AND GARDENING

As the days become warmer and (hopefully) drier, our list of gardening jobs is growing. The year began with a big effort to try to clear up some of the many leaves around the grounds but now that spring is on its way our polytunnel is starting to fill up with plants for the summer. Frimhurst's garden is a community project and we work as part of this joint effort to make the garden a beautiful and productive area. We have been given grants to improve the infrastructure and have purchased a polytunnel, shed and greenhouse. January saw a lot of work being done to clear ground for a new gazebo, with one very long and busy Saturday being spent digging out the groundworks at the front of the house. We were delighted to be joined by three local volunteers – a big thank you to Caroline, Stuart and Amy! Mark was also a vital part of the day, controlling the digger and enabling us to shift over 20 tonnes of topsoil round to the kitchen garden. The day also involved preparing the ground for our greenhouse, which is when things took an unfortunate turn... The digger turned from a help into a menace as Mark managed to go through a water mains, followed shortly after by a drenching from a mini-typhoon! The team rose (soggily) to the challenge and, after a very long day, the groundworks were finished.



We are lucky to have two enthusiastic gardeners working with us – Chris joins us on a Friday and Lyn has recently started volunteering with us. The last two weeks have seen us begin to work on the kitchen garden, with the building of some new raised beds as well as planting onions, garlic and lettuce and digging over the garden ready for some more plants soon.

# FRIMHURST ENTERPRISES

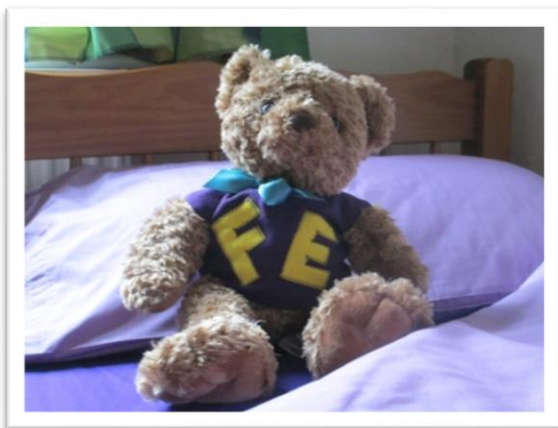


## WEDNESDAYS @ FRIMHURST

September 2013 saw the launch of Wednesdays @ Frimhurst. Wednesday is a different day for us, with the pressure of work being taken off for a day to unleash our creative sides! The day starts with a cup of tea and a chat with our drama teacher Sue before getting on with working on either our current production or creative, improvisation sessions. Last term saw us perform our very own version of A Christmas Carol to a selection of guests and this term our focus is on a production of A Midsummer Night's Dream to be performed in July. We have also had a series of sessions looking at the senses, which led to one memorable morning spent pretending to be a cinema audience making annoying noises and trying not to laugh too much!

After drama, we have a quick break before Royston from Shuffles Dance School appears and is enthusiastically welcomed. Royston has taught us a wide variety of dances, from the tango and waltz to street dance and rock 'n' roll although the firm favourite is definitely Big Fish, Little Fish! Last week, he set us the challenge of revisiting all the dances we have learnt which came to a massive 22 different dances. Watch out for us at our next disco!

After our exertions in the dance studio, we grab our lunch quickly before heading over to the art studio for some more fun. Our afternoons are divided into two sessions – art and sewing. Art is led by talented artist Suzy, who has helped us to make a wide variety of products from menus for our café, vegetable tea towels and colourful flower pots. We are also have an ongoing project producing visual teaching aids for Mustard Seed Autism Trust to use in their occupational therapy sessions. The team really worked hard to produce these and are proud to help support this local charity.



Sewing is run by Beverley from Beverley's Makerys who always finds something challenging and fun for us to produce. So far we have made hand-stitched love hearts for Valentine's Day, beaded eye masks and wheat-stuffed cat pillows. A recent appeal for teddy bears has given us a fantastic project – we are making T-shirts for each bear to wear and will place these on the beds in the house to be taken care of by any visitors.



# FRIMHURST ENTERPRISES



## FUTURE EVENTS

### DISCO

Can you out-dance us?

Our next disco is on Saturday, 22<sup>nd</sup> March with music and lights provided by Pete and his E Dreamz disco. The action starts at 7.30pm and will finish at 11.00pm.

The price is £10 on the door with carers free and there will be a licensed bar.

### FRIMHURST COMMUNITY OPEN AFTERNOON

On Saturday 17<sup>th</sup> May, Frimhurst is throwing open its doors to the local community. Entry is free and it's an ideal opportunity to have a nose around the house and grounds and find out about everything that goes on. Frimhurst Enterprises will be there, as will ATD Fourth World, Mustard Seed Autism Trust and Beverley's Makerys. Not only will there be the chance to find out about Frimhurst, there will also be cake! We will be selling a selection of our cakes, as well as tea, coffee and soft drinks. There will also be a beer tent for the real ale drinkers amongst us and a selection of stalls including a tombola and raffle. We are also going to be joined by Bagshot Concert Band for some live music. There will also be a chance to purchase plants and hanging baskets lovingly grown by us.

The open afternoon will be from 2pm to 5pm with free entry.

After a hopefully sunny afternoon of exploring Frimhurst, join us in the evening for a post-open day party! E Dreamz will be working their normal magic and we will be up dancing all evening. The disco will be 7.30pm to 11pm, with entry £10 on the door (carers free) and (as long as we don't sell out of TEA before then!) the licenced bar will be up and running.

We would love any donations of items for our tombola and raffle.

**We hope to see you soon at our café or other events.**

