



## COVID19 Bulletin No 7.

### Introduction

Welcome to our latest update on **The Coddenham Centre**. While leading on how we continue to handle the impact of COVID19, we also include an update on coming events and the progress of *your* Centre.

As usual, the latest government guidance and changes with regards to responding to COVID-19 and keeping us COVIDSecure have presented challenges for all.

We continue to liaise with Community Action Suffolk, ACRE and the responsible professional bodies for the various activities that we host on behalf of the community.

A large indoor space with high ceilings helps us ensure a safe environment and we are indebted to our team and users, who have been working hard to maintain our high standards.

All customers of the Centre are registered for track and trace purposes, sanitizers are available, social distancing/one way systems maintained and facilities are cleaned following use.

We will continue to rely on manual registration for completeness, but NHS track and trace barcodes will be introduced as an additional means of recording casual entrance, for example to pick up leaflets or use toilets during outdoor events.

We will also be occasionally introducing random contactless temperature checks, using thermometers kindly sponsored by Active Suffolk.

We hope these efforts will continue to provide you reassurance when hiring or making use of the Centre.

### Activities and Events

Most of our activities and events are currently continuing. Carpet bowls are now limited to six persons, but spectators may use the lobby and refreshment area, subject to social distancing.

Badminton is continuing but again, with limited numbers in the main hall area.

Social distancing is being maintained for static Pilates and Yoga classes.

We are lucky to have the space!

Following on from our **Tasters** in August and September to introduce you to the opportunities to improve community (and beyond) health and wellbeing, we have launched our **October Programme** with five more FREE introductions.

Never was there a better time to improve your fitness through opportunities for local exercise in safe surroundings or the open air.

Download a poster [Here](#)

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**Nordic Walking** - Saturday 3<sup>rd</sup> October 11.30- 12.30pm. The gentle exercise that's great for health, well-being and weight loss. You must have seen some of the growing numbers of fans on our lovely local paths with Jane. Join in, its not as strange as it might look. More details; [The Suffolk School of Nordic Walking@theCoddendamCentre](#)

**Tennis** – Saturday 10<sup>th</sup> October 12.30pm -1.30pm. Meet Chris our Tennis Coach, for an introduction to tennis, improve existing skills or just dust off the old racket you found in that lockdown clear out. [Tennis@theCoddendamCentre](#)

**Dru Yoga** – Thursday 15<sup>th</sup> October 1.45pm - 3pm. Help your mind, body and energy levels with Carole. [Dru Yoga@theCoddendamCentre](#)

**Hatha Yoga Flow** – Saturday 17<sup>th</sup> October 11.30am -12.15pm. An introduction with Lucy, to developing core strength, breathing and relaxation. [Hatha Yoga Flow @theCoddendamCentre](#)

**Pilates** – Thursday 22<sup>nd</sup> 11.30am - 12.15pm. An introduction with Tracey to basic ideas or improvement of maybe forgotten skills. [Pilates @theCoddendamCentre](#)

Open to all from Coddendam and the surrounding areas. Over 16's please, except for tennis. Follow the latest government guidelines to help keep us COVIDSecure.

Plus, don't forget other Activities, including **Ballroom Dancing, Badminton, the Outdoor Gym, Carpet+ Outdoor Bowls** are available. See [Activities @theCoddendamCentre](#) Look out for **Tae Bo** in November too!

Coddendam Athletic Football Club have also resumed their new season, despite the current challenges of changing room limits and ongoing safety. Go to [Your CAFC](#) for fixtures.

We welcomed the return of Certsure and PlugTest for their training programmes at the Centre, Jesse continued to produce her delicious kids meals from our professional kitchen and we even managed to host our first wedding reception very successfully. We remain **OPEN FOR HIRE**, subject to government restrictions.

If you can't get along to our activities, do please share these details by forwarding links, using social media (you can Facebook or Tweet an item on our website by clicking the button) or just tell your friends! If you are a supplier, please do mention the **Coddendam Centre** on your own website.

## **Funding – An Update**

Like many organisations, COVID-19 has had a severe impact, not least as this has been our first year of operation of your community centre, under a charitable status.

When we established the charity and agreed to take on the challenge for Coddendam Parish Council, we volunteered a commitment to reduce the dependency on the community by at least 50% over four years and move to a better managed, more sustainable model for the facility.

We are pleased to report, that despite being closed for several weeks and the inevitable impact on numbers and cessation of larger scale events, we are still reporting for next years budget, a reduction of 14% in overall support requirements. In real terms, when you take into consideration a number of understated and unidentified liabilities, we are managing down the cost of the Centre by some 27%.

These numbers have yet to be finalised, but we hope you will agree, while its early (and fragile) days, it's a very positive start. It has been with the help of you, the community and neighbours, customers, our volunteers, Trustees, benefactors, staff and supporters that this has been achieved. So, Thank-you.

**We think that for less than the price of a monthly cup of coffee for each member of our Parish, The Coddendam Centre along with it's lovely recreation ground and play-area, remains very much worth it, whatever the challenges!**

Do please contact us with any comments, ideas or support by emailing [enquiries@thecoddendamcentre.co.uk](mailto:enquiries@thecoddendamcentre.co.uk) or going to [www.thecoddendamcentre.co.uk](http://www.thecoddendamcentre.co.uk), where you can use our [Contact](#) link or learn more. Don't forget [www.coddendam-parish.uk](http://www.coddendam-parish.uk) for community comments too.

ADM/30<sup>th</sup> September 2020