

D . W . I . C . A

Newsletter



Spring Edition 2024

Derby West Indian Community Association
Community/Cultural Centre, Carrington Street, Derby.
DE1 2ND Tel: 01332 371529
Email: info@dwica.co.uk Web: www.dwica.co.uk
Charity Reg No. 517068

Hello and welcome to the D.W.I.C.A Newsletter.



Welcome to your first Association Community Newsletter of 2024.

I hope you all had a very good festive season with best wishes for a healthy and prosperous year ahead. We also look forward to your continual support at the centre and welcome suggestions on activities you would like to see and would support and help to develop in the centre.

DWICA has written the first book on the History of the Association and the settlement of the Caribbean people in Derby to be launched in the spring of this year so watch the space, more on page 3.

We would expect as many of you as possible to attend the launch.

G MIGHTY.
CHAIRMAN



Welcome
Children & Young People's Project Officer

Hello.

I am Abbie Hodgetts, the new **Children and Young People's Project Officer** here at DWICA. I started in November 2023.

My most recent background is social work, but I have done many different jobs working with children of different ages, including childcare and also mentoring in a Derby City school.

I aim to do some fantastic things with the children and young people, to support them to foster positive emotional well-being and mental health, as well as with developing their skills for a successful future.

We currently promoting a weekly youth club and Saturday creative club for children and young people to get involved with.

So we would love to see lots of new and familiar faces attending these clubs and getting involved. Please spread the word.

What's inside



- Chairs Message
- Welcome Abbie Hodgetts
- What's The News
- DWICA Cycling/Walking Club
- Derby Carnival 2024
- DWICA- Legacy A Long Journey
- Wellness Day round-up

What's On At D.W.I.C.A.

Mondays

Tai Chi 11:30am - 12:30pm

Zumba 7:00pm - 8:00pm

Tuesdays

I.T. Classes 2:00pm - 3:30pm

Steel Pan 6:30pm - 8:00pm

Wednesday

Youth Club 4.30pm - 5.30pm

Thursdays

Warm Hub Chair Exercise

Social 10:00am - 4:00pm

Saturdays

Cycling Club 10:00am - 12:00pm

CYP Saturday Club - 10:30am - 12:00pm

for further information:

01332 371529

NEWSLETTER

What's The News!



This year we are running a children's Easter holiday club as part of the **Holiday Activities and Food (HAF)** programme - the dates for this are **Monday 8th April - Thursday 11th April 2024**. To register your interest or to check your eligibility for this then please contact Abbie on a.hodgetts@dwica.co.uk or phone the Centre on 01332 -371529

We will also be running our annual **Summer Scheme** during the school summer holidays - This will have both HAF funded places and non-HAF funded places available. The dates for this are **29th July - 23rd August 2024**. For more information or to register your interest for this, please get in touch with Abbie or the Centre. 01332 -371529

DWICA Cycling Club and Walking Group

The **DWICA Cycling Club** has resumed following a break for the winter and we are looking for new members to join the group. All ages and all abilities welcomed.



We ride every **Saturday** morning (weather permitting) between 10am and 12 noon, and at a pace and distance to suit everyone. At the end of each ride, we share a coffee, a biscuit and some chat so why not come along for some physical and mental exercise. 😊

For more information, please contact **Kenton** at the Centre on **01332 371529** or email k.black@dwica.co.uk



If you are not ready for cycling then join us for a walk. DWICA will be starting a **Walking Group** in the coming weeks. Details to follow but if you would like more information or to register an interest in joining the walks, please contact **Kenton** at the Centre on **01332 371529** or email k.black@dwica.co.uk

NEWSLETTER

Derby Carnival 2024

Date : **Sunday 21st July 2024**

Time : 1pm – 9pm

Derby Caribbean Carnival Street troupe procession from the Market Place in the city centre (leaves at 1.00pm) undertakes a 4km route to Osmaston Park to enjoy the family fun day with entertainment and refreshments for all the family.

Public viewing of troupes mas' workshop @ cathedral Green (11am – 12.30pm)

We are seeking volunteers to help deliver this year's carnival interested???

Please contact the DWICA on info@dwica.co.uk or call on 01332 371529.

Watch this space for further information !!!!!

We are recruiting NOW for Derby Carnival Troupe aged 8 to 80 yrs !!

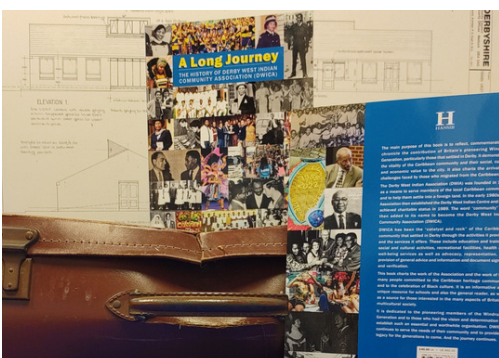
Interested?? Contact DWICA to register.



Photo credit:Chevy-Jordan Thompson (Ofilaye).

Legacy A Long Journey

The History Of Derby West Indian Community Association



DWICA have produced a book that chronicles the journey of Caribbean people in Derby and some of those who helped shape that journey. **Entitled - *The Long Journey*.**

A website was also commissioned full of DWICA's legacy

<http://www.dwicalegacy.co.uk>

We encourage you to take a look.

An official launch will be announced.

NEWSLETTER

Wellness Day

On Thursday 22nd February 2024 DWICA held a **Wellness Day** led by Simon, project officer.

Twenty nine elders braved the miserable rainy day, but spirits were high.

The day consisted of activities based on different forms of wellness for body, mind & soul.

The session started with various healthy option hot & cold drinks. A choice of either hibiscus, lemon & ginger, or peppermint teas alongside regular tea & coffee were offered.

Chair exercises with Derby County Community Trust and various solo & team games were enjoyed before being invited to have their blood pressure taken at the blood pressure station.

Healthy smoothie's consisting of beetroot, kale, lemon/lime, carrot, coconut water, an apple or banana to sweeten were also served. We thank Abbie handling 'Blenders Corner.'

In 'Singers Corner' Simon taught the elders a song from scratch which consisted of 3 parts sang in 'rows' they took instruction well and found it very enjoyable. Everyone was in great voice. "We Are Marching Over To Jerusalem"

A meat free healthy lunch was served consisting of Vegetable Lasagne with salad and for desert various fruits such as banana, grapes & apples. Free toothbrush & toothpaste were also distributed to each elder. Thanks to Pam, Leigh & Jennifer all volunteers in the kitchen.



Healthy lunch



Blenders Corner



Blood pressure station



Singers Corner

NEWSLETTER

Derby City Life Links joined us after lunch where they led a session on stress and stress management followed by a couple of practical exercises that the elders were encouraged to discuss and take part in including box breathing for relieving stress or anxiety.

Following the talk, the day was rounded off with 'Planters Corner.' Spider plants were provided that had babies ready for propagation. Thank you Beverley Lyons for help supervising planter's corner.

Each person could pot their own baby spider plant and take one or two home, everyone was happy to take home a plant.

Wellness Day ended at 3pm and I am pleased to report was a success.



DERBY CITY
LIFE LINKS

Talk on managing stress



Planters Corner



Smoothie Shots

Need help understanding your phone or laptop.

I.T. group Tuesdays 2pm - 3.30pm

Social/Lunch

Elders group/ Chair exercise Thursdays 11am - 3.00pm

Steel Pan Tuesdays 6:30pm - 8:00pm

That is all for this edition of DWICA newsletter look out for the summer edition.

Take time - walk good.
