



## Our Latest Updates:

**Thank you to everyone who has donated since we re-opened**

**Thank you Shadi & Lynne**

**Welcome Debbie**

**Have you tried our new menu yet?**

**Places available in classes & groups**

**What's showing at the CF Film Club**

## Thank you to everyone who has donated since we re-opened!

We would like to take this opportunity to say a huge thank you to everyone who has kindly donated to us since we re-opened after lockdown last year. Since our doors opened again on 17th May 2021, we've had many generous donations from local individuals and organisations to support the Centre. The money received not only ensures that the day-to-day running of the Centre can continue, but that we're also able to run a number of projects to benefit our local community. These can include anything from starting new classes, groups, events and activities, to upgrading and developing our equipment and facilities. All of which ensures that we can continue to serve our community in the long-term. Thank you for playing your part in keeping Clarke Foley at the heart of Ilkley. It's wonderful to feel the support of the community around us, and it's always very humbling when someone offers to make a donation, or takes the time and effort to fundraise to support us. As a small token of our appreciation, the names of everyone who has generously donated during this time are now proudly displayed on our donations board. Thank you all.

**2021** In Memory of Dorothy Hannam  
Ilkley Moornotes Community Choir  
Mortens Hardware  
Tony & Dilys Kendall  
In Memory of Anthony Dutton  
In Loving Memory of Brian & Mary Whittam  
Ilkley Grammar School  
Anita Bulwer

**2022** Mortens Hardware

## Thank you Shadi and Lynne

We would like to say Thank You and Good Luck to two long-serving members of staff, Shadi Nezhad and Lynne Hogan.

Shadi joined us in 2013 initially as a volunteer in our café, before becoming a café assistant in 2014, and then one of our café managers in 2018.



"I have been lucky enough to meet and work with the most amazing and caring people who helped to bring me out of my shell and gain skills in talking to people and building up my confidence. Clarke Foley is such a wonderful working environment."

Lynne started at Clarke Foley in 2009, and provided our customers with delicious homemade meals for 13 years.



Both of them always worked with a smile, a desire to help others, and often went above and beyond the call of duty to provide our visitors with the best experience possible.

They will be deeply missed by all our staff, volunteers, and customers alike.

We wish Shadi all the very best for the future, and we wish Lynne a very well deserved, long and happy retirement.

## Thank you to our volunteers

There have also been some comings and goings on our volunteer team, so we would also like to take this chance to say thank you to all of our volunteers, both past and present, for their hard work, dedication, and time over the years. We appreciate everything they do. They make the Centre what it is today, and we couldn't do a lot of what we do without them.

If you are a current volunteer, please fill in one of our update forms so we can get your current, up-to-date contact details. These are available in the office. We've also updated the volunteer handbook and policy document. Please come grab a copy if you haven't seen them.

If you'd like to join us a volunteer, please contact the office

## Welcome Debbie!

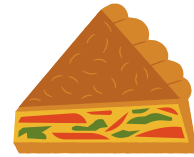
We would like to give a warm welcome to our newest member of staff, Debbie Smith, who has joined us as our new Café Manager. Debbie only joined us at the start of February but has jumped straight in at the deep end and has already settled in really well. Debbie worked previously as the supervisor of a busy staff canteen at Acorn Mobility. Make sure to say hello if you see her in the café!



# Have you tried our new menu yet?

## Home Cooked Specials

Winter root vegetable casserole served with fragrant rice.....	£5.25
Short crust homemade cheddar and leek quiche served with crunchy coleslaw & salad.....	£3.20



## Jacket Potatoes + Fillings

Homemade beef chili.....	£4.75
Homemade hearty bastons beans in a fresh tomato sauce.....	£3.00
English mature cheddar cheese with spring onion.....	£2.30

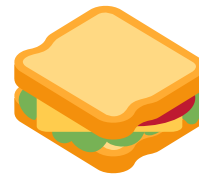


## Soup

Today's soup (with roll).....	£2.25
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## Sandwiches

Bavarian smoked ham, cheddar and mustard.....	£3.95
Free range egg mayonnaise and cress.....	£2.50
Tuna Crunch.....	£2.50
Roast beef, horseradish, rocket and tomato.....	£4.75
English mature cheddar and tomato.....	£2.50



## Toastie melts

Roasted vegetables, pesto and brie.....	£3.95
Bavarian smoked ham and cheddar.....	£3.95
Tuna and cheddar melt.....	£2.50
English cheddar, tomato and red onion.....	£2.50



## Homemade Sweet Treats

Freshly baked scone with butter.....	£1.00
Fruit tealoaf with butter.....	£1.00
Fruity flapjack.....	85p
Cake of the day.....	£2.00
Bakewell tart.....	£2.70
Toasted Yorkshire teacake.....	£1.25
KitKat.....	70p



## Hot Drinks

Cup of tea.....	£1.00
Pot of tea x1.....	£1.25
Pot of tea x2.....	£2.00
Herbal tea.....	£1.25
Hot chocolate.....	£2.00
Cappuccino.....	£2.00
Flat white.....	£2.00
Latte.....	£2.20
Mug of coffee.....	£2.00
Cup of coffee.....	£1.50
Cafetiere.....	£2.50



## Cold Drinks

Diet coke.....	£1.00
San Pellegrino.....	£1.50
Elderflower Presse.....	£2.35
Glass of apple or orange fruit juice.....	£1.00





## Places available in classes & groups

Now that restrictions have lifted and we're getting back to normal, why not try something new? We have places available in the following classes and groups:

### **Tai Chi Mondays 9:00 - 10:00 & 11:00 - 12:00, Thursdays 19:00 - 20:00**

Tai Chi is a Chinese Exercise System involving a series of rhythmic body movements that arouse the flow of internal energy (called Chi) around your body.

Its medically proven benefits include increased stability, lower blood pressure & reduced stress levels. Weekly classes take place within a friendly atmosphere where the fun of getting healthy is at the heart of each session. Please contact John Bonnett on 07976 282561 for more information.

### **CF Keep Me Moving Wednesdays 15:30 - 16:30**

Exercise Classes for older adults. Friendly all inclusive classes that any level of fitness can engage with; seated, standing with support or standing unaided. Physiotherapy team led.

Designed to aid, Flexibility, Aerobic fitness, Balance & Strength. Contact the office on 01943 607016.

### **Seated Exercise Mondays 14:00 - 15:00, Tuesdays 10:15 - 11:15**

Seated Exercise is designed to improve posture, mobility, co-ordination and flexibility, and is designed for those of us who can't manage more 'full on' strenuous forms of exercise. It's gentle but effective, fun, and sociable, and is safe for all. Your physical restrictions need not stop you from exercising!

Chair based exercise for people over 60 and less able people of any age.

Please contact Liz Chapman on 07505 145153 for more details.

### **CF Board Games Club Saturdays 10:30 - 12:00**

Come in on Saturday mornings to play a selection of classic board games. Simply purchase a CF ticket in our café to attend. Only £3 each if you're a Friend of Clarke Foley!

### **CF Indoor Bowling Wednesdays 10:00 - 11:45**

Indoor bowls on artificial green mats. All abilities welcome. Simply purchase a CF ticket in our café to attend. Only £3 each if you're a Friend of Clarke Foley!

### **CF Worth Connecting Mondays 10:30 - 12:00 & 13:30 - 15:00**

A 6 week course on how to use a tablet device. We have a Beginner's course to cover the basics of using a tablet, as well as an Improver's class which looks at the more advanced ways that you can get the most out of your tablet.

You can bring your own device from home, or we can provide tablets for the duration of the course.

Ask for a registration form from the office to join our waiting list for the next class. First come, first served.

Each course is £18 if you are a Friend of Clarke Foley.

### **CF Film Club Saturdays 13:30 - 15:30**

Each week we show a classic film at our Film Club. All you need to do is buy a ticket in our café on the day, take a seat, sit back and enjoy! Tickets are only £3 each if you're a Friend of Clarke Foley! Here are all the films showing at our film club between now and Easter:

**5th March - The French Connection**

**12th March - The Railway Children**

**19th March - MASH**

**26th March - Dr Strangelove**

**2nd April - Guys & Dolls**

**9th April - Planet of the Apes**

**16th April - No Film - Easter break**