

COMMUNITY

Portsmouth community news

YOUR PAST PICTURES OF PORTSMOUTH



This picture of the Total filling station in Highland Road in 1977 was shared on to our Portsmouth nostalgia group by Philip Pyke. He wrote: 'I calculate that 4-star petrol at 80p a gallon equates to 17.5p per litre.'

TO JOIN OUR PICTURES FROM THE PAST GROUP SIMPLY SEARCH 'PORTSMOUTH NOSTALGIA' ON FACEBOOK

We want to see your family snaps from the past few decades. Did you get dressed up and parade in your local carnival? Or did you pose at a local landmark which has now changed beyond all recognition? If so, we want to publish it here as it might bring back

some fond memories for our readers. ■ Email your picture to paul.foster@jpress.co.uk, remembering to include details of what year it was taken, the location and any other relevant information. ■ Or tweet a picture to @ Paul_A_Foster

COMMUNITY VIEWS

'New year and a new look for our centre'

Ann Eves, from Eastney Community Centre, tells readers about the changes that have been made

EASTNEY COMMUNITY CENTRE

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IT'S a new year so there's a fresh look at Eastney Community Centre. The centre has undergone some refurbishment over the Christmas and New Year break and is now open for business again. There is a new entrance to the cafe. The new cafe doors can be seen from Eastney Road and make access much easier. Come in, relax and enjoy a tasty bite. We have had new flooring laid in the Small Hall which will make it much smoother for dancing and fitness activities. Art of Dance has a new pre-school class for ages two and over on Thursdays at 4.30pm.

Other classes include disco/freestyle and street dance, for the over fives, 'rock and roll', for those aged over eight, and commercial for 11-plus. The first class is free and you can pay as you go, or book in advance for discounts. Call Sam on 07837117783. Following the success of the BMX Flatland taster sessions in November, former world Flatland champion, Ephraim Catlow, is back from this Sunday for a six-week course, from 5.30pm to 7.30pm. The sessions are just £4 and must be booked in advance.

Helmets must be worn. To book call Ephraim on (023) 9229 5360. Endeavour Twirl Team, a newly-formed baton twirling group, are learning to strut their stuff on Sundays, 10am-1pm. Some of the group have been twirling for more than 10 years while group leader and trainer, Kelly Dacombe, has been baton twirling for 25 years and teaching for 18 years. New members are welcome and can start from four years old. If you want to come along and have a go, the first session is free. It is just £5 and

you can pay on the door. For more information call Kelly 07817 729146. We are delighted to have a health trainer based here in the centre every Tuesday who will be available to support people who want to make positive changes to their health for free. Portsmouth health trainers are qualified to support people who want to make changes to their lifestyle in a wide variety of ways including weight management, healthy eating, increasing physical activity, improving emotional wellbeing, stress management, stopping smoking and recovery from substance abuse. If you would like to book a free session with a health trainer please call (023) 9229 4001 or visit pompeyhealth-trainers.com for more information. You can also follow them on twitter @healthypompeyHT

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AT OUR January meeting, members of Portsmouth speaking club, Spinnaker Speakers took time out to reflect upon the recent atrocities in France. As club president, Keith Oliver, I reminded members that in an increasingly dangerous world the need to be able to communicate, listen and understand each other has never been greater.

Keith Oliver, president of public speaking club, Spinnaker Speakers, gives his thoughts on the recent Paris atrocities

Using the skills they have gained, members of Spinnaker Speakers are in a better position to help others to address the issues recent events have again highlighted. Spinnaker Speakers, as part of Toastmasters International, exists to enable members to improve their leadership and communications skills to better converse with others, both to explain themselves as well as to understand others point

of view. It is when dialogue breaks down, or misunderstandings arise, that violence often arises. Spinnaker Speakers meets on the second and fourth Monday each month at 7.30pm at St Luke's, Gresham Street, in Southsea. Guests of all ages and backgrounds are always welcome to attend.

GET IN TOUCH WITH THE NEWS



The News has always prided itself in giving readers unrivalled local coverage. But we want to increase the amount of community news we supply you - and that's where you come in. We want to hear about anything that's happening in your community. So if you belong to a club, group or

society then please get in touch and we will put you in the paper. You could be involved in the scouts, a community centre, or a singing group. If it's something happening in the community we want to spread the word about it. To feature in the Community News

section email Community Editor Paul Foster paul.foster@jpress.co.uk or call him on 02392 62229. You can send in a report about past or future events/activities at your club or organisation. And remember, we want to see pictures too. We're looking forward to hearing from you.