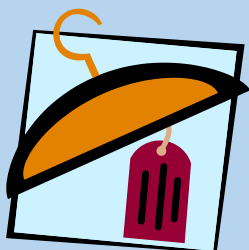


## September 2011 Newsletter

### 1. Nearly New Sale - Saturday 8th October

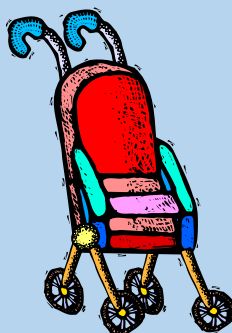


**The time** is nearly upon us again for our annual nearly new sale. This year it will be taking place in Charlton Kings Baptist Church between 10.30am and 12.30 pm, Saturday 8th October. Entrance is £1 and 50p to members.

It is the perfect time for a good pre-Christmas sort out—if you do have anything to sell please contact [Ellie Dutton](#) for a seller's pack. The seller's pack will be emailed to you but there will be some pre-printed packs that will be available for those without internet and printer access, so please ask. The pack will include instructions on what and how to prepare your sale items and some labels to print.

This year, due to the larger venue we have agreed to sell bulkier items such as pushchairs and car seats as well as clothes, toys and other equipment. We will also run a small café area and have some trade stalls. As always, to make this sale successful **we need plenty of volunteers**—at least 20 on the day.

The benefits of volunteering are of course getting first dibs on all the sale items, plenty of time for a good rummage and also a morning of adult conversation away from cbeebies!! If you are interested in volunteering we ask you to commit to at least one of the following:



- ◆ **Friday evening drop off and sorting (7pm-9pm)**
- ◆ **Before and during the sale (8.30am—12.30pm)**
- ◆ **During and after the sale (10.30—2.30pm)**
- ◆ **The whole event (8.30am—2.30pm)**
- ◆ **Baking cakes/biscuits for the café**

From past experience we really struggle for volunteers at the end of the day to help with the clearing away and sorting all the unsold items for collection, so if you can spare some time it would be greatly appreciated. Please contact [Terri Harvey](#) to add your name to the list. We welcome anyone, mums, dads, grandmas, friends, neighbours...anyone you think may like to help please bring them along!



### Order of Events

#### **Fri 7th October**

**7-9pm:** Drop off sale items at CKB Church. Sorting and some set-up.

#### **Sat 8th October**

**8.30—9.30am:** Some early morning drop-offs will be accepted

**8.30-10.30am:** Set up

**10.30-12.30pm:** Sale, Stalls, Café

**12.30pm -** Clear up, sort unsold items.

**1pm-2pm:** Pick up unsold items

**Within 28 days** all sellers will receive a cheque of their earnings through the post.

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# cheltenhamtwins

supporting parents and carers of twins and more



## Editor's Note:



**Welcome** to the September edition of the Cheltenham Twins Group newsletter.

I hope you've all enjoyed the holiday season and had a lovely time if you've been brave enough to venture on holiday with your families. My terrible two-some are affectionately known as the travelling tornadoes. Going to other people's houses is traumatic enough, the thought of try-

ing to tame them in a holiday apartment is too much to bear! We'll be holidaying at home until they're at least 16...

If you have anything you'd like to see included in future newsletters, please feel free to get in touch, I am always open to suggestions!

[news@cheltenhamtwins.org](mailto:news@cheltenhamtwins.org)

Don't forget for the latest news and updates, check out our [web-site](#) and join us on [Facebook](#) and [Twitter](#) @chelt\_twins.

## 2. SUMMER PARTY SUCCESS!



popular and seemed to be enjoyed by all. Well, not quite all...I think quite a few grown-ups were tempted but were too busy running in two different directions after their Houdini twins. Or was that just me?!



those of you lucky enough to have won the fantastic prizes on offer enjoy them!

**A big thanks** to all of you that came along to the summer party and made the event successful! Twenty two families came along and enjoyed the afternoon, homemade cakes, face painting and the bouncy castle. The bouncy castle and slide proved very



The good news is we raised **£270**, which will be a huge help in keeping our group alive. We hope that

For those of you that haven't seen the article in the Gloucestershire Echo [click here](#).





## Children's Centres—Have Your Say

All Cheltenham Twins Group members are invited to fill in this online questionnaire on the future of Children's Centres – so if you love them, feel excluded from them, think the staff need a pat on

the back, or think they should be doing more for twins, this is your chance to say so!

[http://  
ww5.gloucestershire.gov.uk/  
surveys/ecscconsultation/](http://ww5.gloucestershire.gov.uk/surveys/ecscconsultation/)

## Storage Space Needed October—The New Year

Does anybody have some spare storage space to keep our metal clothes rails for the Nearly New Sales? We are in desperate need of a storage solution straight after the nearly new sale, until the New Year when Alex's house is built!

We have about 14 collapsible rails in total—approximately a large car-boot load. If you think you could help please could you contact [Rachel Chicken](#).

## A Kind Request

Please could everyone attending our Friday group help with tidying the toys and equipment away at the end of the session?

It would really help if we could all start tidying at 11.30am after snack time,

just putting toys into boxes.

It would be greatly appreciated by the one or two individuals currently locking up, and their poor hungry offspring who aren't getting their lunch until 2pm!

Thank you

## Welcome Pack—Share Your Stories

We would love to hear your experiences regarding your multiple pregnancy, birth stories and experience of life in the early days for our new welcome pack. Please email [Rachel Reid](#) with your stories or for further information. We also have a new section on our website to [share your stories](#).

### FOR SALE

(Click on links for further details)

#### Twin Girls Clothes

Various sizes up to 18 months  
Prices vary and discounts will be given to bulk buys

#### Vintage Silver Cross Pram — £550 ono

Contact: Jaine  
Tel: 07706 599 171

#### 2x Car Seats: Graco Logico 1st stage £60 each.

#### 2x Babydan Highchairs £65 for the pair.

Contact Ana Billingham [anabillingham@btinternet.com](mailto:anabillingham@btinternet.com)

#### Kuster beech high chair and cushions—Designer beech highchair £40.

#### Wetsuits age 1-2 years. Black/Grey and Black/Blue £3.50 each

#### Floatation Ring £3

Contact Chantal:  
[chantal@divaarts.com](mailto:chantal@divaarts.com)

### FREE!

#### Moses Basket and Stand

FREE to a good home. Contact Siobhan: 07866 506 689  
Email: [siobl@yahoo.com](mailto:siobl@yahoo.com)



## Contacts

In order to make contacting the current committee of CTG that little bit easier we now have a new email address system which can be accessed via our website:

[www.cheltenhamtwins.org](http://www.cheltenhamtwins.org)

If all goes to plan it should mean enquiries are dealt with faster as they will end up in the right person's inbox!

So, they are as follows:

- Info
  - Admin
  - Membership
  - PayPal
  - President
  - PR
  - News
  - Committee
- [@cheltenhamtwins.org](mailto:@cheltenhamtwins.org)

## 8. Just For Fun: Pizza Making!

After doing this activity with my then 16 month old twins at a playgroup, I was amazed just how much they could actually engage in this activity! I've done this with them at home since then and it's been such a great method of familiarising my fussiest eater with different varieties of foods in a non-threatening (I've just spent 30 minutes slaving over a hot stove \*you will eat this\*) manner.



It does take a little time to prepare everything, but I usually keep a few chopped veg back from the previous night's dinner, which works well for us. The bonus is, all being well, you won't have to cook tea after doing this!

### Ingredients:

Pack of 4 mini pizza bases (pitta bread or English Muffins work well for the very little ones)  
Small jar pasta sauce  
Small tin pineapple chunks  
Small tin sweet corn  
Variety of chopped veg  
Mini Mozzarella balls  
Chopped olives  
Grated cheddar  
Ham or chicken  
Oregano and thyme to sprinkle (they LOVE sprinkling!)

### Method:

Prepare all ingredients into small plastic tubs and lay on table. Tailor the level of involvement according to the stage of the children. Babies that are confidently eating finger-foods should engage well in touching the variety of vegetables and maybe tasting them—although the majority of the "making" will be done by parent!

## 9. Twins Family Support

Ellie has been working hard over past months to establish links with local organisations that can offer support to families of multiples. If you haven't already seen our update on our website we now have an established link with County Community Projects (CCP).

If you are a parent or carer for twins or more, and need an extra pair of hands, Cheltenham Twins Group can put you in touch with CCP, a charity that helps to improve the lives of children, young people, families and vulnerable adults, with multiple and complex needs. You can

request that a volunteer comes to give you a hand, a couple of hours a week. Please email CTG Chair, Ellie Bolton, at [twinsfamilysupport@chelt.com](mailto:twinsfamilysupport@chelt.com), if you would like further details. All information received is treated confidentially.