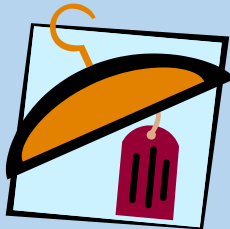


## October 2011 Newsletter

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



**We have just a few days until** this year's Nearly New Sale which is 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's not too late to request a seller's pack—please contact Ellie if you would like one. Any unsold items that are not collected at the end of the sale will be donated this year to County Community Projects—who will distribute the items to the underprivileged. More volunteers would be very welcome, so far we only have 13 and really need 20—please contact [Terri](#) if you, or anyone you know would be willing to spare a few hours on the day of the sale.

We will be hosting a small number of trade stalls for small, local businesses. The stalls booked are Crafty Little Gems (handcrafted, bespoke baby items), Phoenix Cards (greetings cards, wrapping paper and stationary) and the Body Shop (cosmetics). The Body Shop representative has kindly promised to donate £100 to our group if she sells £300 of goods.

Please come along and support us in any way you can—whether selling, buying, volunteering or telling your friend's about it. We hope to see you there!

### 2. Christmas Party

Yes, it's getting round to that time of year again! The Christmas Party this year will be held at Charlton Kings Baptist Church on Saturday 10th December from 2.30pm-4.30pm.

Activities are kindly going to be provided by the Play Rangers and will include a staffed bouncy castle and Christmas crafts. Of course, there will also be a special visit from Mr S. Clause who will come equipped with small gifts for all the good boys and girls...

Refreshments for the children will be provided.

The party will be free to all CTG members and £5 per family for non-members. Please email [Paula Howard](#) if you intend to be there as we need to know how many to cater for.

Although the snow of last year was indeed a beautiful sight, we do hope it doesn't come on the day of the party this time and prevent most people from getting there!

### Order of Events

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

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

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

**8.00—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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## 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



## Editor's Note:



Welcome to the October edition of the Cheltenham Twins Group Newsletter!

It is with some trepidation that I acknowledge the arrival of autumn, knowing the long winter months are stretching ahead. I am just beginning to experience the destruction that two toddlers can do to the house (and each other!) when confined indoors for any length of time. This month we have a lovely black and blue biro mural on our living room wall, toothpaste smeared all over our bedroom, have found dinner in my new slippers...I even found

a twin wedged in the second shelf up on the bookcase, screaming to be rescued. I'm afraid, very afraid. I think, for my sanity, I'm going to have to invest in some decent waterproofs and reins and weather the weather!

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 [website](#) and join us on [Facebook](#) and [Twitter](#) @chelt\_twins.

## 3. Photographer

On Friday 4th November there will be an experienced professional photographer at the morning group to take some photo's of the children and also some family shots.

Photo's taken will be for sale—so come along in your finery and get snapped for Christmas!

## 4. Play Rangers

Following a visit from a Play Ranger representative last week, they have kindly agreed to come along to the Twins Group once every six weeks to provide activities for both babies and toddlers.

We are also waiting for news about possible free access for CTG members to soft play equipment at Leisure@ Cheltenham and other exciting activities!

Watch this space for further updates!



## 5. County Community Project

CTG's new link with the CCP is already proving very valuable after another successful volunteer referral. If you feel you would like an extra pair of hands for a few hours a week then please contact Ellie at [twinsfamilysupport@chelt.com](mailto:twinsfamilysupport@chelt.com) who will refer you to CCP. All information will be kept in the strictest confidence.

Speaking from personal experience, a helping hand from a volunteer can make all the difference, ours helped us to keep some normality to life after one of my twins had a big hip operation and enabled us to continue to access a local playgroup. From a helping hand in the early days to going to the park with troublesome toddlers—help is on hand. Don't be proud—ask!

## 6. New Multiple Birth Guidelines—NICE

The National Institute for Clinical Excellence has recently issued new guidelines regarding the antenatal care of women expecting twins and triplets. Cheltenham Twins Group have welcomed the guidelines which have been created as a result of a

campaign by TAMBA and The Twins and Multiple Birth's Association. The group hopes to work closely with TAMBA to ensure these guidelines are implemented across Gloucestershire. Click [here](#) for more information and to read the press release.

## 7. The Great South Run!

Claire Harrison the secretary and buddy coordinator of CTG is currently preparing herself for The Great South Run on 30th October. She is running in aid of TAMBA and would welcome any

sponsors. If you would like to sponsor Claire and raise money for this wonderful charity please visit her [Just Giving page](#). Good luck Claire—we wish you a happy 10 miles!!

## 8. 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](#).

## 9. Wheelie Bin Allocation

**Is this possibly the best kept secret in Cheltenham?!**

**Cheltenham Borough Council have confirmed that it is possible to get two green landfill waste bins in Cheltenham if your household meets all of the following criteria:**

- ◆ **Five or more people live at the address**
- ◆ **Including two under 5's**
- ◆ **Everyone is listed on the council tax form.**

**So, if your bin is overflowing, and your house is full, you should be able to get another wheelie bin. A real saviour for those struggling with fortnightly collections!**

**Call the waste team on: 01242 264 244**





## 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

## Just For Fun: Rainy Day Biscuits

### Oat Crunchies

This is a really simple recipe that I've made with my two on a few occasions. It takes minimal preparation and time, but keeps them entertained for a good 10 minutes...

#### Ingredients:

- 12oz porridge oats
- 4oz demerara sugar
- 4oz melted butter or margarine

#### Method:

1. Pre-heat oven to 180°C / Gas mark 4
2. Grease a shallow baking tray
3. Melt butter/margarine in microwave
4. Divide into two small cups and allow to cool a little
5. Divide sugar into two small containers
6. Divide oats into two small containers
7. Give each child a mixing bowl and allow to pour their own set of ingredients in.
8. Give the mixture a good mix either with hands or spoon
9. Spread into the baking tin and pat down
10. Bake for 15-20mins until pale golden brown
11. Divide into sections while still warm and soft
12. Enjoy!

