

Starburst is coming back!

March 8th sees the return of the amazing Starburst night club experience so get your dancing shoes ready.

Tickets are £3 and can be purchased in advance or on the door. They include a free soft drink at the bar and a small buffet to fuel your evenings dancing. As always it will be held at Ashwell's Sports and Social Club, Brentwood. A full bar is available and plenty of seating for those who just want to enjoy the music and the fantastic atmosphere.

So pass the word around to all your friends and tell all the organisations that you know.

We are looking forward to seeing you all very soon!

Doug Sier - Starburst dance events team.

For more information Doug can be contacted on 07971837652 or email starburst@siermail.co.uk



Chairfit

A project hosted by Castle Point
Association of Voluntary Services

Our aim is to always promote wellbeing and active lives, the Chairfit training is aimed at older and vulnerable individuals who may benefit from the following:

- increased range of movement
- reduction in stiff joints
- improved muscle strength
- improved circulation
- improved seating posture
- improved coordination

You will be surprised at how much fun a bit of seated exercise can be!

Karen Lawrie

Tel 01268 638416

Fax 01268 638415

www.castlepointavs.org.uk



Frontline is celebrating :)

We have been accredited to the Matrix standard. In short this means that all the hard work and dedication of our team of volunteers and employees has been recognised. Our thanks to everyone who took part in the interviews and helped us achieve this award. Congratulations to everyone- you are a great team of people who deliver a fantastic serviceand that is official!!



New Faces!

Havering College students Fiona Alexander and Jackie Moreton recently joined us for a few months as part of their social work studies. We hope they both have a very enjoyable and rewarding placement with Frontline.

If you have any news that you would like us to feature on this page, please feel free to email us at...

enquiries@frontlinepartnership.org.



Tuesday Club dates for your Diary for February 2012 and March 2012

7th February 2012

Tuesday Club at Sawyers Church
7.30pm

14th February 2012

Tuesday Club at Sawyers Church
7.30pm

21st February 2012

Tuesday Club at Sawyers Church
7.30pm

28th February 2012

'On the Town'
Visit to the Golf Range or
Snooker at the Ingatestone
Community Centre

6th March 2012

Tuesday Club at Sawyers Church
7.30pm
Spirit Health Club
If you would like to go to the health
club please speak to Jo

13th March 2012

Tuesday Club at Sawyers Church
7.30pm

20th March 2012

Tuesday Club at Sawyers Church
7.30pm

27th March 2012

'On the Town'
More information to follow

If you require any further
information regarding the above please
contact the Tuesday Club team on
01277 233889

Resident DJ - Graham Norton

STARBURST

A NIGHT OF CLUB MUSIC FOR THOSE WITH AND WITHOUT A DISABILITY

8TH MARCH

19:00 - 22:00

@
Ashwells Country Club
Ashwells Road
Brentwood CM15 9SE

Tickets £3 Includes free soft drink & small buffet

Doug Sier: 07971837652
E-mail: starburst@siermail.co.uk

Age 16+
Under 18's to be accompanied by an adult