



Welcome to a new feature for the Frontline Newsletter. Each edition will introduce you to one of our team.

Hi, I am Jo and I have the privilege of being the current lead of the Frontline team.

I have worked for Frontline for over 15 years and started my journey volunteering in the art group.

It has been an amazing journey and I have met many wonderful people along the way. Some highlights have been working on the TIDES project, which connected with hundreds of primary school pupils, enabling participants of the HoursWorth project to sustain paid employment, visiting the Mersea Island Festival and many many visits to our local pubs after the Tuesday Club walks.

We begin an exciting new chapter later this year when we move back into Sawyers Church! Watch this space ☺



Crown Cafe only runs during school term time. Therefore it will be closed on 15th February (half term) and on 5th and 12th April (Easter holidays).

Foodie Friday

ITALIAN

Join us for a fun and friendly cooking experience:

The Gates, London Road Cemetery, London Road, Brentwood. CM14 4QW

31st March 6.30pm – 9.30pm

'Prepare together, cook together, dine together'

Our chefs will take you through a step-by-step evening of cookery and dining.

The class is a sociable event designed for both the experienced cook and someone wishing to develop new skills and menu ideas.

You will be provided with all the food to prepare and cook before dining together.

Equipment, supplies, soft drinks, teas, and coffee will be provided
(You may wish to bring a bottle of something to enjoy with your dinner)

Places are very limited. To reserve your place, call:

Mary: 07887 742622

Cost: £60



'THE SWINGING GATES'

Rock & pop favourites from over 50 Years

LIVE MUSIC EVENT

For Frontline's staff, participants, volunteers and friends.....

17 March 2023

Time 7:30 pm

VENUE AND PARKING:

Bentley District Village Club, Ongar Road, Pilgrims Hatch, Brentwood, CM15 9RZ

SUBSIDISED BAR AND NIBBLES AVAILABLE

Free Entry

SPORT FOR CONFIDENCE



BOCCIA
GROUND FLOOR STUDIO
Wednesday 11.30am-12.15pm



LOVE TO MOVE
GROUND FLOOR STUDIO
Aimed at older adults and people living with dementia
Wednesday 12.30-1.30pm



SUPPORTED GYM
BOOKING REQUIRED
Contact Nikki to discuss availability of spaces
Thursday 10-11am

ALL SPORTS
£3.50
PER SESSION



KURLING
GROUND FLOOR STUDIO
Thursday 11.30am-12.15pm



MULTI-SPORTS
SPORTS HALL
Thursday 1-2pm

Where: The Brentwood Centre, Dodinghurst Road,
Brentwood, Essex CM15 9NN
FREE PARKING

THE BRENTWOOD
CENTRE IS A
CASHLESS
VENUE

Come along and try something different, meet new friends and learn new skills.
This programme is developed in partnership with an allied health professional and coaching team, who aim to break down barriers to participation and improve individuals health and wellbeing through inclusive sport.
FOR INDIVIDUALS AGED 16+. CARERS GO FREE.

For further information, please contact **Nikki West**
on **07874 878273** or email **info@sportforconfidence.com**

SPORT
FOR CONFIDENCE

everyone
ACTIVE

Play Your Part™
sportforconfidence.com



Tuesday Club dates
February—March

Tuesday Club dates for your diary

For further information please call
Tuesday Club Team on 07511 824170

7th February 2023 Tuesday Club at Sion
Centre, Sawyers Hall Lane 7pm-8.30pm

14th February—no Tuesday Club

21st February 2023 Tuesday Club at Sion
Centre, 7pm

28th February 2023 Tuesday Club at
Sion Centre, 7pm

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7th March 2023 Tuesday Club at Sion
Centre, 7pm

14th March 2023 Tuesday Club at Sion
Centre, 7pm

21st March 2023 Tuesday Club at Sion
Centre, 7pm

28th March 2023 Tuesday Club at Sion
Centre, 7pm

This is the last Tuesday Club before the
Easter Holidays.



Social & Support Group For Adults With Autism And ADHD

Come along for a chat in a safe and understanding
environment – no official diagnosis required!

Wednesdays from 11.30 – 12.30
Shop 2, The Keys, Great Warley, CM13 3BP

Email: reception@tbmind.org.uk
Web: www.tbmind.org.uk
Tel: 01375 391411 or 01277 503219

Registration No. 5256793 Charity No. 1106452

mind
Thurrock
and Brentwood



Café Art will be visiting Van Gogh: The Immersive Experience on 15th February. The exhibition shows large digital copies of the paintings along with music and narration. Visiting exhibitions gives our artists inspiration for our next exhibition.