



## SCHOOL HOUSE CAFÉ

At the beginning of this latest lockdown, the decision was made for the café to remain open, having been missed by the community and the staff during the first lockdown. Since the new year the cafe has been quiet but it has been a place for good conversations when customers have come in. We are also using the time that we have to try and be even more encouraging to the people around us, including writing encouraging messages on our takeaway coffee cups,



for which we've had some good responses back on Instagram.

One of the ways we have been trying to engage more with the community is to give some of our traybakes to local schools, starting with those in closest proximity to the cafe. We've found it's a simple but much appreciated way for us to say thank you to the teachers in our community.

Another way we have been trying



to bless people is to provide our customers to nominate people in the community to win a "half traybake" by nominating them on our social media. This has helped, not only us but other customers to see all the hard work and commitment of people all around us, as well as championing and encouraging people who have been nominated.

# Fresh HOPE

We are also looking for ways we can bless parents in this time as they try to juggle homeschooling and work.



The Armoury is still having to be online only with the current restrictions, however our online classes are still gaining momentum with more members joining or rejoining each week. We've managed to keep 4 classes going on a regular basis including "The morning mums", "the 6pm", "Mens HIIT" and "Pilates."

We have found that having online classes has been a great way for people to engage with us, a few people are joining us from all parts of the country. This has really encouraged us to continue with an online platform as well as the physical gym once things get back to "normal."



It's an exciting start to the year for Fresh Hope Fitness, we have seen relationships evolving and networking is really starting to pay off!

We currently have four classes running, all of them are currently having to be done via Zoom while we are in lockdown. In addition to the four classes that are currently running, we are already looking at opportunities to expand further.

This month we have had two socials, an "Afternoon Cuppa" and a "Temple Spa Pamper evening."



These were great times for us to support new mums, listen, have a giggle and just deepen relationships within our growing community.

We have also just put the finishing touches on a new website which we can circulate to local churches and contact in the hope to advertise Fresh Hope Fitness further.



Before Christmas, Dean Close School delivered to us 55 hampers (we had asked for 32). They were beautifully assembled by different tutor groups, each individually decorated. It was clear that families had been very generous and that a lot of care and attention had gone into the project. The hampers were delivered to our families by team and we had a number of good responses that I was able to pass on to the school. The remaining hampers were given to Trinity School, Trinity Church and to the YMCA in Gloucester where they have contacts with a number of young families. So it felt as if we were able to share the blessing.



We are continuing with Fareshare but have returned to a delivery service as we don't want to ask families to come and collect because we don't want to interfere with home schooling as well as under current circumstances we don't want too many people coming in and congregating.