Churches Together in Harborough

Newsletter August 2025

Please pass on this information to your church in any appropriate way. Please check our website for any updates.

THE FARM COMES TO HARBOROUGH. Free Event.
MARKET HARBOROUGH TOWN SQUARE SATURDAY 9TH AUGUST 10AM-4PM.
Discover new ways of climate-friendly farming. Good for food, soils, farmers, bees & trees.
www. sustainableharboroughcommunity.co.uk

Cube Youth Club Summer Newsletter.
Free activities for 11-16 year olds 5th August - Cooking, 12th August- Water one, 19th August- BBQ. All sessions run from 1-4. For more details see attachment.

St Mary's Church Husbands Bosworth.
SUMMER FETE AT BOSWORTH HALL GARDENS
Sunday 17th August 11.30am - 2.30pm.
FOOD, COFFEE AND TEA,SOFT DRINKS, BAR, CHILDREN'S ACTIVITIES, STALLS.

Torch Trust

Dear Friends,

*You are invited to our monthly coffee morning every third Thursday of each month, at Torch House from **10:30am – 12:30pm.***

Our next coffee morning will be on **Thursday 21st August 2025.**

Do come along for tea, coffee and cake. At around 11:30 we'll have a time of worship and prayer.
There's no need to book, just turn up, please invite your friends and you will be assured of a very warm welcome!
We do hope that you will be able to join us on **21st August.**

Market Harborough Congregation Church

Praise & Praise Sunday August 31st 6.30pm. Everyone welcome.

Harborough Christian Counselling Service (The Bower House) would really like to hear from you if... you would like to volunteer as a support worker you are a professional counsellor or clinical supervisor you have an interest in fundraising or have other skills you'd like to offer. Build your CV, use your skills to help others and be part of a supportive community!
Find out more at: bowerhousecounselling.org (O1858) 469257 We look forward to hearing from you!

Jubilee Foodbank Market Harborough

Dear Friends,
Can I please repeat my request to the Churches of Harborough. Jubilee are running out of regular donors of food especially on our most needed list and if any Church feels that they can help with a special appeal or offer any advice for future donors we would be very grateful.
Also, we have a need of food for our emergency homeless bags. During the summer months more itinerant people do come into Harborough and they often need light goods, food that can be eaten cold or easily heated and some light, small easy to carry hygiene products – deodorant, toothpaste ,shower gel etc. If any Churches feel that they would be able to collect any of these goods we would be very grateful.
I know that many of you hold us and the people we serve in your prayers and we are very grateful for this,
Yours
Sharron Brannen Jubilee Foodbank Trustee.

Volunteers needed to help in store. Please contact Liz Mills jubileefoodbankmh@gmail.com

Homelessness Information. Please let me know if you would like an emergency homeless food parcel at your church (or if your current parcel is out of date).

If you need our most up-to-date information about referring to Jubilee Foodbank, please email jubileefoodbankmh@gmail.com

Harborough District Council and Homelessness

Emergency out of hours

Contact number outside office hours is **01858 828282**

- after the announcement it will ask you to hold-on the call and you will be automatically transferred to our out of hours service.

Streetlink

Raise an alert with Streetlink whenever you are aware of a homeless person. (Call 999 if the person is in immediate danger, needs medical assistance, is under 18 or is with someone who is under 18.) https://thestreetlink.org.uk/start

Help for rough sleepers in the district I Homelessness I Harborough District Council

Homelessness I Homelessness I Harborough District Council

We are grateful for your donations. Thank you for your support.

To support our store team, please ensure donated food is in date and unopened.

Thank you, Liz Mills
@jubileefoodbankmh
www.jubileefoodbankmh.uk
Registered Charity Number: 1202589

The next newsletter will be issued in September. Please send any information to Maureen Douglas at maureen.e.douglas@btinternet.com Please note that your contribution may be reduced or edited according to the space available. We are unable to reproduce posters.

THE FARM COMES TO HARBOROUGH



Discover new ways of **climate-friendly** farming.
Good for **food, soils, farmers, bees and trees.**

Sustainable Harborough Community
www.sustainableharboroughcommunity.co.uk

FREE EVENT

Market Harborough
Town Square LE16 7PA

Saturday
9th August 2025
10am - 4pm

Scan the QR code to find out more

Sustainable Harborough Community

Proudly supported by

IZZIKA DESIGN ★ PRINT

Friends of the Earth

THE FARM COMES TO HARBOROUGH

Nine things to think about on the farm and discuss in the town and villages

Fields, farms, animals, crops, trees, hedgerows, woodland, streams and ponds. The agriculture and natural world surrounds us in the Harborough area. Farming is a significant part of the economy and cultural landscape, there are numerous farm shops and farmers markets, showcasing locally grown produce and products. And it's crucial for all our futures.

Climate-friendly farming strategies help farmers to be more resilient, adaptable and profitable in the face of changing weather patterns.

1. Trees & Woodland
Plant and maintain trees and hedgerows to deliver multiple benefits, integrating them with farming through Agroforestry.

2. Farm Resources
Reduce waste, recycle and use resources more effectively, enhance farm productivity.

3. Energy
Produce your own renewable energies, export to the national grid, bioenergy crops, use energy wisely.

4. Soil Health
Build and maintain healthy soils for productivity, biodiversity, water quality, flood risk management and carbon sequestration.

5. Livestock
Diversification, new ideas for rotational grazing, more diverse grazing with herbs, trees for shelter, housing, watering and nutrition, improved animal health and resilience.

6. Biodiversity
Encourage diverse crop rotations, plant trees and wildflowers for pollinators, pest predators and other wildlife.

7. Water Management
Manage water resources carefully, be aware of drought and flood, keeping it clean and unpolluted. Use trees and healthy soils for natural flood management.

8. The Farms & Countryside
Want resilient and productive businesses with good Government support, good wages, mental and physical health, jobs and careers.

9. The Town and Village
Want good quality, nutritious and delicious local food, fibre and fuel and food security.

A Sustainable Harborough Community Initiative

LOVE WHERE YOU LIVE

The Cube

Summer Newsletter 2025

JUST A NOTE



by Ceriann Kelly (Charity Manager)

Summer is here! At the Cube we love to enjoy the longer days and hopefully better weather with the community of Market Harborough. We are fortunate to have a lovely building and beautiful grounds and try to use them to their full potential for the benefit of local young people Read on to learn about what we have been doing and upcoming events and activities to celebrate the holiday season.

www.thecubeyouth.org.uk

TOP HEADLINES



SUMMER EVENTS AT THE CUBE

Free activities for 11-16 year olds in July and August

Read page 2



YOUTH WORK UPDATE

Find out what the young people have been recently, and an interview with a young person

Read pages 3 and 4



FANTASTIC FUNDRAISING

Amazing energetic efforts by pupils at Robert Smyth Academy!

Read page 5

HELLO SUMMER EVENTS

the cube
Young people thriving

hello SUMMER

@The Cube on Symingtons

free activities for 11-16 year olds

22nd July - Escape room

29th July - Arts and Crafts

5th August - Cooking (let us know any allergies etc)

12th August – Water one (bring a towel!)

19th August - BBQ (bring your family too!)

all sessions run 1-4pm

email to book a space:
youthwork@thecubeyouth.uk

scan qr code for consent form ->

Parent/Guardian Consent Form

OASIS

At Oasis we have been spending more time in The Cube garden enjoying the sunshine. We have been cooking, making cheese straws, enjoyed pizzas and scones with jam and cream, and we've looked at self-esteem and made affirmation jars during mental health awareness month.
We've also made fidget toys out of bracelets and of course enjoyed getting competitive with board games and spending time chatting to each other.
We're looking forward to our end of term BBQ before our summer events begin.

Oasis meet on a Wednesday during term time *5 - 6.30pm.* It is an open youth group for young people in year groups *7-9*, to explore who they are, their world and how they relate to others. These are fun sessions which include organised activities, food and time to explore The Cube and talk to our youth workers.

For more information please email our Youth work team

SCHOOLS WORK

At our school groups in Robert Smyth Academy and Welland Park Academy we have been looking at the topics of diversity and inclusion, wellbeing, and managing exam anxiety.
We have explored diversity by looking at movies and TV shows and discussing just how well different groups are being represented and where inclusion can be done better.
With end of term exams happening for all students, we looked at identifying what it is that makes the young people feel pressure and anxiety, how to manage those feelings and expectations whilst preparing for exams and during the exams, and how different things work for different people.
We also looked at general wellbeing, making sure that the young people are aware of how to manage their time and rest and relax and look after themselves so that they don't get overwhelmed during a busy term as the school year is coming to an end.

COUNSELLOR PROFILE

Hello, my name is Jasmine and I am a new counsellor at The Cube.
I have been a children and young people's counsellor since 2021 and have worked at The Cube since March 2025.
I hold a Masters in Person-Centred Counselling. Before coming to The Cube, I worked in the NHS (CAMHS) and prior to that I worked in different mainstream and special schools.
I decided I wanted to work as a counsellor, and since I can remember I have always wanted to help other people.
My favourite parts of being a counsellor is meeting new people and being with them as they develop themselves through the counselling process.
A fun fact about me is that I love animals (I have 2 little dogs) and I can play the saxophone.



GETTING TO KNOW OUR YOUNG PEOPLE

In each of our newsletters we will introduce one of our young people, some of them will be under a pseudonym. It gives them a chance to share what is important to them but also how The Cube best supports them individually.

Self Portrait:



Name: ***AM***

How long have you been coming to a group run by The Cube?
2 years

Which group(s) do you attend?
Tuesday lunchtime club at Robert Smyth Academy

What do you like about the group?
It helps you learn about yourself

What would you tell someone new coming to the group?
That you should be kind and have patience

Best thing about you?
I have a lot of patience

Self Portrait:



Name: ***CH***

How long have you been coming to a group run by The Cube?
2 months

Which group(s) do you attend?
Tuesday lunchtime club at Robert Smyth Academy

What do you like about the group?
People are kind

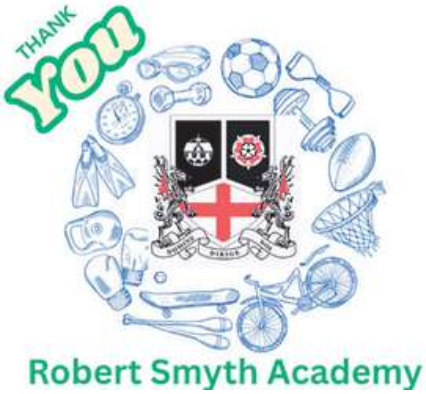
What would you tell someone new coming to the group?
Be yourself

Best thing about you?
My music taste is goated (greatest of all time!)

SUPPORT FROM THE COMMUNITY

A huge thank you to pupils at the Robert Smyth Academy

Each year Robert Smyth Academy hold their annual sports lock-in event to raise money for a local charity and this year we were incredibly thankful to have been chosen!
The amazing PE staff and pupils from year 10 and upwards stayed at school for 24 hours and tackled a number of different sporting activities throughout the day and night. Their spectacular efforts raised an incredible £2,400 for The Cube!



WELCOME TO NEW WORKERS

We are pleased to announce two new members of staff.



Simon Bentley joins us as our Charity Administrator.
He will be working closely with the staff team and trustees to ensure the smooth running of our day to day operations.
Simon has lots of experience with charities and non-profit organisations.



Charlotte Powys-Smith is our new Youth Support Worker.
She will support Sarah in the delivery of our schools based youth work.
Charlotte has a long standing relationship with The Cube having previously been a volunteer.

We are really pleased to be working alongside them both.

REGULAR EXTERNAL GROUPS

ADULT GROUPS

Young Adult Autism Group (external)

This group runs on the second and fourth week of the month and is aimed at young adults with autism. It's a safe and quiet space where friendships can be formed, and support given. If you would like more information, then please get in touch.

Wellbeing and Befriending Group (external)

Once a month the charity VASL run a wellbeing session for adults, this is run on the first Monday of the month from 9.30am until 12.30pm. They accept referrals from individuals, families, carers and professionals. If you would like support or to refer someone else and would like a chat first, then give them a call on 01858 456042.

FAMILY GROUPS

Family Stop (external group)

These groups are run by Living Rock Church and are aimed at families. They have groups which run every Friday morning during term time and once a month a group aimed at men and their children on a Saturday morning. There is soft play and other fun activities for the children to do. For more information please click here.

Let's Play (external group)

This is an outdoors parent/carer and preschool group that runs in all weathers and all year round apart from during January and February. Victoria runs the group and has an amazing imagination with creating fantastic play zones for children. Sessions run on Mondays to Wednesdays, 10.30 – 11.30am. To attend you need to book as she has a limited number of spaces, for more information please click here.

YOUTH GROUPS

Young Carers (external group)

This group is run by the charity HCYC and is aimed at young people who are carers within their family homes, whether that is a parent, sibling or another family member. The group gives them the chance to meet with other young people who are having similar experiences to them and to do fun activities within a caring environment. The group runs every two weeks on a Tuesday evening, 6.30 – 8.30pm. If you would like more information, then please call: 07502 365379. Attendance is by referral only.

Market Harborough

Congregational Church

Praise & Prayer

August 31st

6.30pm

Everyone

Welcome

