Community Celebrations 
at Godiva

Next phase of 230 homes gets go ahead! 
Turn to page 10 now
Welcome to the summer edition of Spirit Quarterly

Firstly, my apologies as it’s been a while since our last edition which has been deliberately delayed until we had some good news to share with the community about the next phase of the scheme. As many of you know, the housing market looks very different when we were first planning the redevelopment back in 2001. As a result, plans have had to be adapted to fit with the slowdown in the housing market.

I am pleased to inform you that we have reached agreement with BKW for the next phase of the development. In this edition we will be telling you about how latest changes have affected the next phase and other changes that are taking place (page 10-11). Despite these delays it is still encouraging to see Spirit Quarters continuing, when many regeneration projects across the country are stalling. This is an exciting stage of the regeneration and we are pleased to be able to help so many people into new homes.

Before I go, I’d like to express my thanks to the Homes and Communities Agency for the funding they provided to enable the next phase to go ahead and members of the Regeneration Action Team, Moving Support Group and all four Residents Associations for their support and commitment over the years. I am confident that with this level of dedication, we will continue to overcome any future challenges and see the regeneration of the area continue.

Best wishes
Kevin Roach
Project Director for Spirit Quarters

Dear readers, since the NDC programme finished in April, Moat House Community Trust has been going through a transition period where we have adjusted to the ways of working as a small charity. The good news is that we are still based at the old NDC offices (first floor at Moat House Leisure and Neighbourhood Centre) and residents are always welcome to visit!

This summer we will be launching our long awaited Trust website – www.moathousetrust.co.uk. This will be somewhere you can go to find out more about what the charity does, our enterprises and plans for the future.

Although we are now a charity which has to ‘raise’ its own money, we are still firmly committed to our community development roots.

We continue to work with the Council and Whitefriars to help residents play a central role in the regeneration of the area, WEHM committee continue to act as a strong local voice and we are currently recruiting volunteers to be trained on social media (Facebook, Twitter etc) to further strengthen communication and engagement in our area.

If you have any questions or ideas for the Trust – or would be interested in the social media training – please contact us on 7662 2964. We will continue to keep you updated on what we are doing in the community in the next edition of Spirit Quarterly.

Best wishes
Martin Smith
Chair of Moat House Community Trust

Calling All Community Reporters!

Spirit Quarterly is a magazine which includes news from anyone who is affected by the Spirit Quarters redevelopment – this includes local residents, community groups, developers and partners, local service providers and practitioners.

For each edition, community reporters come together to form an editorial group to contribute local news and decide what to include in the magazine.

If you would like to become a community reporter or get involved with Spirit Quarterly, please contact Diana Khanom at Purple Patch (024 7662 2964) for details of the next meeting.
Spirit Quarters is being promoted as \textbf{Coventry's new place of pride} as part of a citywide campaign to promote the changing face of the neighbourhood.

During June and July adverts have been visible on large scale billboards, on the back of buses in the city centre, a mobile ad van, Citivision Magazine, Touch FM and even on the sides of a local taxi.

The campaign, which has been funded by six different partners, showcases the different amenities in the area which includes the new homes on Petitor Crescent and Moat House Leisure and Neighbourhood Centre. The campaign also ties in with the launch of the new website www.spiritquarters.co.uk.

Earlier this year there was also a Spirit Quarters advertorial in the Coventry Observer which helped promote all the new and improved facilities in the neighbourhood.

“Since the scheme kicked off 12 months ago, this has been our first opportunity to really promote the neighbourhood – something that both residents and partners have wanted to do for some time now,” said Eamonn McInerney from Keepmoat Homes.

“Since January we have seen a steady increase in footfall to our sales offices – we hope the citywide campaign and the launch of the new website will help encourage homebuyers to consider moving to the neighbourhood.”

Since the first house was completed in October last year, 19 houses have sold and 37 are currently in the pipeline. With the start of phase 1A2, 144 more new houses will be available for private sale.

For more information about Spirit Quarters and the new homes for sale visit www.spiritquarters.co.uk
Henley Green Community Centre

- Youth clubs and children’s activities
- Community cafe & of-site buffets available
- Adult education classes
- Room hire for any occasion
- Multi games area hire
- Sports and fitness
- Bingo and luncheon club
- Community chicken coop
- Community events and outings

We try to meet the needs of Henley Green & Henley Green Community Centre

Wyken Croft
Coventry, CV2 1HQ
Tel: 024 76618770
Email henleygreencc@hotmail.co.uk

Fete Festivities

Henley Green Residents Association held their third successful Summer Fete on the Village Green this June, a great day was had by all!

Despite the threatening weather, residents from all over the Spirit Quarters neighbourhood joined in with festivities which included donkey rides, bouncy castles, live music from the Venny and a popular display of ex military vehicles.

Animal welfare groups like the RSPCA and the Cats Protection Society were also on hand to offer free micro chipping and neutering for pets.

“The whole event was well attended with residents coming from far and wide for community support. We are happy to say that the event was completely self funded by the residents association and local people had a great day,” said Martin Smith, Secretary of Henley Green Resident Association.
Local people got a chance to have some fun in the sun at this year’s summer fete at St Patrick’s Church.

The annual event was held in July and is a partnership between St Patrick’s Primary School and Wood End Residents Action Group. The event had live entertainment in the form of Irish dancers and local Cheerleaders. There were also cakes, burgers and a hog roast for hungry visitors.

Whitefriars Regeneration Team were on hand to answer any questions for residents about the Spirit Quarters scheme whilst developers were present to answer any questions about what the new homes would be like.

“We feel it was a real success and that people really enjoyed themselves – thank you if you were one of the ones who attended and showed your support. We look forward to planning the fete for next year,” said Sandy Smith, Wood End resident and secretary for WERAG.

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Wood End Community Centre

**MONDAY**
9-11.30am Mums and Tots Group

**TUESDAY**
8.00 – 10.00pm Bingo

**WEDNESDAY**
1.00-3.30pm Pensioners Lunch

**THURSDAY**
8.00 – 10.00pm Bingo

**FRIDAY**
Available for hire

**SATURDAY**
8.00 – 10.00pm Bingo

**SUNDAY**
Available for hire

Wood End Community Centre
Hillmorton Road
Tel: 02476602771
Community Spirit at Godiva
Local families from the Spirit Quarters neighbourhood all took part in the spectacular Carnival Procession at this year’s Godiva Festival.

Parents and children from Wood End, Henley Green, Manor Farm and Deemore dressed as rays of sunshine, whilst families from Mossdale Close in Radford dressed as fiery imps to celebrate the New Dawn theme.

The families all worked together with Imagineer Productions, Neighbourhood Action and Whitefriars Housing to prepare the costumes for the 14th Godiva Festival at War Memorial Park.

“We had costume making sessions and dance lessons over six weeks at Henley Green Community Centre, it was actually really fun and a great way to make friends and meet people from other parts of Coventry,” said Tracey Rowley from Wood End.

“I’ve been lucky enough to participate in last years procession as well, I love every second of it and will continue to keep involved” said Vanessa Mitchelle from Mossdale Close.

Carol Speed, Neighbourhood Action Community Connections Officer said: “The carnival sessions were designed to bring residents together, to learn new skills. More importantly the project encouraged communities to make links across the city.

“It’s been wonderful working with local families – some of whom have never taken part in something as big as this before and probably never dreamed they would have the courage to walk out in front of thousands of people in their costumes and dance,” said Val King, Bell Green Street Champion.

Residents now have their fingers crossed for bigger aspirations as organisers Imagineer Productions have now submitted an expression of interest to support the build up to the opening ceremony for the 2012 Olympics. If successful, local families would be invited to take part in the London street carnival next year!

For more information on how you can get involved with projects like these, please contact Angela or Sunny at Neighbourhood Action on 024 7678 5910.
Going Green

Improvement works to change the green areas in the neighbourhood continues, with work on the River Sowe scheduled to kick off this Autumn.

These works have been something that local community groups, Spirit Quarter partners, local schools and Warwickshire Wildlife Trust have been involved in from the early stages of the development.

Last year, work started on the improvement of four existing public open spaces on Monkswood Crescent (March 2010 edition Spirit Quarterly). This year, work will now begin on the redesign of the green space near the River Sowe.

“Whilst new houses are going up on one side of the neighbourhood, we have new green space being built on the other!” said Richard Moore, Land and Partnership Manager at Keepmoat Homes.

“These works will not only improve the local green space, create wildlife habitats, increase biodiversity within the River Sowe— they will also provide space for community events to bring communities together,” said Richard.

An open day for local residents will be held in Autumn, where all three developers and Warwickshire Wildlife Trust will be available to discuss the works in more detail. This event would also start discussions around existing green space like Chippy Fields.

For more information about this event please contact Richard Moore on 01675 461661.

Public Open Space - Monkswood Crescent
Currently four public open space areas located in Monkswood Crescent
New development will link the four public open spaces (Monkswood Squares)
Two of the four are already open
Works currently underway on the remaining two

Monkswood Squares will feature:
Areas of semi mature tree planting
Wildflower meadow planting
Native hedge, shrub and bulb planting
New pathways to encourage use of green spaces
New seating areas to encourage users to enjoy the surrounding space

Green Space - River Sowe
Extensive areas of semi mature tree planting
Wildflower meadow planting
Aquatic and wetland planting
Native shrub and bulb planting
Existing footpath will be upgraded to a riverside cycle/foot path
Along the footpath there will be a community art feature, seating and information boards surrounded by pocket planting.
Two new play areas which will include timber based play equipment for all ages
A climbing boulder, a timber lookout mound and grass covered man made mounds and hollows
A new football pitch
Initial planting will be carried out between January and March 2012
Further planting is to be carried out in Spring 2012
A whole host of activities for young people is taking place this summer in the local neighbourhood.

Everything from arts and crafts, cooking, multi-sports, gardening, media and day trips to theme parks are available through youth venues like The Venny Youth Forum, Henley Green Community Centre, Navigation Centre in Bell Green and Moat House Leisure Centre.

Activities for children with disabilities and their siblings are also on offer too at the new Broad Park Centre on Logan Road – these include football, circus skills, photography and swimming.

For all details of youth activities you can contact any of the venues bellow:

**The Venny**  
(Milverton Road/Wood End)  
Tracie Coombs (618816/07939 020232)

**Henley Green CC**  
(Wyken Croft/Manor Farm)  
Dave Mills (618770/07809 720076)

**Navigation Centre**  
(Bell Green Road/Bell Green)  
Kerry Moss (584894/07726694942)

**Moat House Leisure Centre**  
(Winston Avenue/ Henley Green) Richard Marrs (76841720)

**New Broad Park Centre**  
(Logan Road/Henley Green) Michelle Roberts (02476 786087)

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Summer activity booklets can be downloaded at  
www.spiritquarters.co.uk
This map outlines the next phase of development which is due to start in September 2011 with completion programmed for November 2014.

There will be 230 homes built in total for this phase, here is a breakdown of what is being built:

- 144 being built for private sale
- 60 properties for Whitefriars
- 20 properties for shared ownership
- 6 properties for low cost home ownership

All the private sale homes will be built by Keepmoat whilst the homes for Whitefriars will be built by Westbury Partnerships. These are the same developers that have been working on the first phase of the development.

The first piece of work the developers will be doing is putting in the new roads and SWALES which will act as the drainage system for the area. The build programme is currently being put together.

Please note that this is a change to the original development programme with building work now taking place on the vacant land in 1A3 and 1A4.

As a result, this will enable residents living in 1A2 and 1A4 to be offered a new build in this phase.
In the past Whitefriars have updated residents with the anticipated timescales for re-housing which for reasons beyond their control have always slipped.

With the next phase starting in September 2011, due to be completed by November 2014, this summer Whitefriars will be writing to and visiting residents in sections 1A2 and 1A4 to inform them of the proposed dates they will be eligible to move.

Because the scheme is now so heavily reliant upon the housing market improving, Whitefriars will not be publishing any future dates for re-housing after this phase due to the difficulty in predicting timescales. Past experience has shown that by informing residents of dates which have then changed, leads to the community feeling let down and frustrated, which is certainly not the intention.

Please note that this does not mean the redevelopment will not be continuing after this phase – Whitefriars are simply being cautious not to give out information at this early stage when it could change. All partners would rather provide timescales that are as accurate as possible instead of constantly needing to change them.

**Tenure Key**

- Affordable Rent
- Shared Ownership
- Low Cost Home Ownership
- Private Sales
Questions & Answers

In each edition of Spirit Quarterly, members of the Regeneration Action Team (RATs) will be putting the latest rumours and questions about the redevelopment to Project Director Kevin Roach. In this edition residents ask about issues on finances, common rumours and the Manor Farm play area.

Maree Collins: I hear that two developers have left the scheme because it’s a failure. Is this true?

Kevin: No - none of the developers have left the scheme. Bovis Homes are simply taking a step back from building on the next phase because the company is being cautious of all its housing developments across the country (not just this scheme).

And so, rather than the development be held up Bovis, all partners have decided to allow Keepmoat Homes and Westbury Partnerships to move ahead with the next phase. Bovis then plan to be involved in later phases.

Janet Barrett: I hear the scheme has stopped because there is no cash for it to continue!

Kevin: No, the scheme hasn’t stopped and in an environment where many regeneration projects are stalling, this one hasn’t even paused! All building work for phase 1A1 is due to be completed early at the start of 2012, by which point homes will already have started to be built for the next phase.

It is true that there are many financial challenges for us and we are going to have to deal with it one section at a time but I am confident that this project will continue.

Ray Maher: There has been some confusion around what rents will be charged on the new properties with the Government talking about new affordable rents. Can you make this clear for us?

Kevin: Affordable rent is a new scheme being introduced by the Government which will enable Housing Associations to charge rent at 80% of market rents to fund the building of new homes.

However as this is a regeneration scheme that involves re-housing existing tenants, Whitefriars will not be charging affordable rent levels.
Mandy Pearce: The brand new play park that was built on Manor Farm now has a sign to say it may be moved and I hear the empty blocks of flats are coming down in Corinthian Place - does this mean development is going to start on Manor Farm soon?

Kevin: The sign you refer to should have gone up when the play area was first constructed. There is a possibility that when the housing development gets to Manor Farm the play area may need to be moved slightly but it would not be taken away.

It is true that we will shortly be demolishing the two empty blocks in Corinthian Place and the old Advice Centre on Hillmorton Road. Demolition work is planned for September and is part of our commitment to improve the environment for the Community.

Unfortunately, this does not mean that we will be starting the redevelopment in Manor Farm any time soon. The current economic climate and lack of available funding has meant that we are having to carry out the redevelopment at a slower pace than we would like but we are moving forward.

Sheila Black: I understand that Whitefriars have purchased some more houses on the phase 1A1 development – is this true and why?

Kevin: Yes - we are purchasing some more homes on the 1A1 development. When we were negotiating the deal for 1A1 the housing market was at its lowest and BKW were concerned that they would build homes they could not sell. So, instead of us delaying the project, Whitefriars and the Homes and Communities Agency jointly agreed to buy any BKW properties which developers had difficulty selling.

These new homes will be let out on an Intermediate Market Rented basis which sets a rent at 80% (or less) of the private market rent. They will be Let on an ‘assured shorthold tenancy’ and are aimed at those individuals or families that are finding it difficult to get a foot on the housing ladder through a mortgage or may not have sufficient priority to be allocated a tenancy with a Registered Social Landlord.

For further details on these properties please contact my team on 02476 587065 or go to www.propertyfinder.wmhousing.co.uk

If you have any rumours or questions for the next edition of Spirit Quarterly please come to the next RATs meeting on Thursday 15th September, 6.30pm at the Whitefriars Office on Hillmorton Road.
Here to help…

“Have you heard of the Moving Support Group?

We’re a small team of dedicated volunteers who give our time to help provide support to fellow residents who are moving (decanting) as a result of the Spirit Quarters development.

We work with the Whitefriars Regeneration team to provide a valuable insight from a resident perspective, as well as offering support and guidance to local people throughout the decanting process. Recently our group has increased its numbers in preparation for the next phase of the regeneration scheme!

Many people will recognise us locally and often approach us for advice or information. We’re always happy to sit down and talk about any issues local residents might feel worried about. We always try our best to make sure residents are fully supported throughout the re-housing process and, if needed, can also provide aftercare once a resident has moved to their new home.

Recently we have been working with Whitefriars to produce a clear and updated Resident Charter, together with a Moving Information Pack which will be given to all households directly affected within the next stage of the housing redevelopment.

If you wanted to get in touch with any of us you can usually find us at the weekly Tea and Talk sessions at Moat House Leisure Centre between 2pm -3.30pm on Tuesday. Alternatively you can call members – our numbers can be found on the advert.”

Article by Janet Barratt
Moving Support Group Volunteer
Over the last 18 months the West Midlands Community Payback team have been busy in the local neighbourhood carrying out environmental improvement tasks.

Community Payback is one of a range of community sentences imposed by courts where offenders are ordered to perform work under the supervision of the Probation Trust for the benefit of the local community to ‘payback’ for their offences.

“Offenders can receive orders from 40 to 300 hours in length and must report between one to three days each week until the order is complete, explains Charlotte Hughes from the Probation Services Team.

“Offenders that receive a Community Payback order must be 16 or over, but there is no maximum age limit. They must wear an orange vest while undertaking supervised work to make the activity visible to the community”.

Works in the local neighbourhood include painting fencing for residents front gardens, clearing overgrowth on Watcombe Green and providing bird boxes for Moat House Park.

In the past the Probation Trust has worked closely with Whitefriars and Wood End Residents Action Group to complete local projects. With summer round the corner, Whitefriars is now encouraging other residents to get in touch too.

Tony Greenwood, Whitefriars Regeneration Team manager said: “We are very pleased to provide support for these projects, which would not have been carried out otherwise. The Probation Trust is keen to carry out further environmental works throughout the local area so we would welcome further applications from residents groups”.

If you would like to discuss or nominate a community payback project for your area, please contact Tony Greenwood at the Whitefriars Regeneration team on 02476 587065.

Alternatively you can contact your local residents association (details on the back page).
Local residents are teaming up to put on their own version of the Olympics to join in with celebrations next year for London 2012.

Residents from Deedmore, Henley Green, Manor Farm and Wood End are working together to submit a bid for the Coventry Community Games Fund after they attended a special event at the Ricoh Arena inviting communities to put on their own community games.

Community Games is an initiative which invites local people to organise their own version of sporting and cultural activities inspired by the London 2012 Olympics and Paralympics Games.

“We have all put our heads together to have a think about how our community games would operate. There are lots of ideas around how we could make it fun and we even have to put on an opening and closing ceremony - just like they do in the Olympics,” said Vicky Scott, Chair of Deedmore Residents Association.

If successful local people could see old fashioned sports like tug of war, its a knockout and the egg and spoon race taking place in the neighbourhood during the Olympics.

The Community Games Fund is funded by the Big Lottery Fund and is being supported by Coventry City Council (Neighbourhood Action) and Whitefriars Housing.

“Community Games will help local communities to celebrate London 2012 at grass roots level and bring families and communities together in a fun filled and positive way,” said Jonathan Hunt, Community Games organiser.

Once the bid is submitted residents will find out before the end of the year whether they have been successful or not. For more information about the Community Games Fund contact Jonathan Hunt on 024 7683 2637.
Since last August up to 90 Whitefriars homes have had exterior improvement work as part of a programme to improve retained or longer-term properties in the Spirit Quarters area.

Homes on Deedmore Rd, Eccles Close, Dering Close, Petitor Crescent, Winston Avenue and parts of Henley Road have all had energy saving insulated exterior rendering as well as new soffits, facias and drainage pipes.

“This work will not only enhance the appearance of the area but more importantly, it will improve the energy efficiency of the home and cut energy bills by up to 30%,” explained Whitefriars Property Investment Manager Joe Malone.

“Although there’s been positive feedback on the completed works we recognise the issues some residents have faced around customer care. I’d like to thank Deedmore Residents Group for raising these concerns so that we can continue to improve our service to residents,” said Joe.

If you wish to discuss any matters regarding further improvement works please give Joe Malone a call on 02476 767110.

Saving You Energy

Spirit Quarterly readers will remember that this time last year Sir Bob Kerslake, the former Chief Executive of the Homes and Communities Agency visited the Spirit Quarters scheme to celebrate building work kicking off in phase 1A1.

During this visit Sir Bob helped residents and young people to create a time capsule which was due to be buried in the heart of the development. The capsule contains everything from the cost of milk and petrol to photos of the area and will give future generations an insight into what life was like before the redevelopment took place.

“The capsule is a really cool way for people to find out what life was like when the new houses were being built, I hope it isn’t discovered until hundreds of years later!” said Lorraine Sietambi, a local young person who contributed to the build of the capsule.

The time has now come for the time capsule to be buried and a suitable location has been identified in the new green space that will be created on Henley Road, in front of the new houses. Scaffolding around the new homes will be removed in October/November this year which is when the capsule will be buried.

If you would like to contribute to the time capsule before it is buried please contact Sarah Palmer on 024 7658 7065.

Time Capsule Ready To Go
Creatures of habit…

One of our five cats does the same thing every morning. I come down every morning and go into the kitchen for breakfast. Afterwards I sit back and have a cup of tea and a fag, when my cat Pippa hears the click of the lighter she comes by the side of my wheelchair and starts meowing just so she can have five minutes tickle time on my lap – the trouble is she does not stop until she gets it. She is there until I eventually move away – sometimes five to ten minutes!

Through the day the other cats – 2 tomcats and 2 female cats – all get a tickle. One of the cats look like a Tiger cub. He’s that big! We feed them normal food, people ask ‘what do you feed him on?’. They lead a normal cats life, in and out of the door when they want.

One of our cats Meg is 19 years old whilst the youngest is 4 years old. The younger of the two ginger cat Scoobie sits on the kitchen cupboard and paws the wife on her shoulder to get a tickle or to be fed.

Tango the big ginger and white cat will only drink from a tap, slow running water, he will not use the water bowls like the others!

During the day they all have their own resting areas and at meal times they all have their own coloured dish. If their dish is empty, they will not touch the other ones. When it comes to their late afternoon meal, you will know the time if you are upstairs or the garden as they start meowing to let you know its their meal time.

To finish this story, the evening is just as active! After their meal they go to their rest area and relax. One goes and sleeps on top of the stairs, another lies on the big sofa, another lies on the cushion on the small sofa, one in a cardboard box and the other one anywhere it can find. I have five cats in total. Throughout the evening the cats come and go, when they come in at the end of the day they come to the living room to settle for the night.

All the cats were donated to us and we do know they do a great job catching rodents too!

Submitted by Dave Denny
Wood End Resident

Sheila's Recipe

Pommes Clarise
Serves 4-6

1kg potatoes
125g butter
Salt and freshly ground black pepper
Freshly grated nutmeg
650ml double cream

1. Peel and slice your potatoes to the thickness of a 10p piece. Wash well in several changes of cold water to remove starch and pat dry

2. Butter an ovenproof dish and put in a layer of potatoes. Season with salt, pepper and nutmeg then dot with butter. Continue to add layers of potatoes, seasoning and butter until the dish is half full then pour on half the cream

3. Continue the process then pour over the last of the cream. Put into a medium oven and cook for 60-90 minutes, depending on the heat of the oven.

OVER 60’S
FISH & CHIPS
FRIDAY

Get fish, chips, peas/beans, bread ‘n’ butter, tea / coffee and pudding for just

£3.00

From noon on Friday if your over 60!
Moat House Leisure & Neighbourhood Centre, Winston Avenue, Coventry, CV2 1EA

Tel: 02476 619711 to book a table!

Colour Me

At Moat House Leisure and Neighbourhood Centre
Sponsored by Moat House Community Trust and Whitefriars

every tuesday
2:00pm - 3:30pm

Would you like to meet other residents?
Would you like to meet agencies like the police, Whitefriars and the wardens?
Would you like to find out what’s happening in your area?
Creatures of habit...

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Submitted by Dave Denny
Wood End Resident
Dates for your diary

Deedmore RA
Thursday 18th August @ 12.30
(generally 3rd Thursday of every month)
Moat House Leisure & Neighbourhood Centre

Henley Green RA
Thursday 18th August @ 6.30pm
(generally 3rd Thursday of every month)
Henley Green CC or Watcombe Resource Centre

Family Fun Day
Thursday 1st September
12-3pm @ Chippy Fields
Call Sunny on 024 7678 5910 for more details

Deedmore Party in the Garden
Saturday 3rd September
12 – 4pm @ the Summer Garden
Refreshments, entertainment and stalls

Herbert Art Gallery – FREE exhibition
Wild Worlds Summer Exhibition for under 8s
Until the 11th September
No booking required

Luscombe Fields clean-up
Saturday 30th September
Join Warwickshire Wildlife Trust for clean up
Call John Marriott for more info 7661 8770

The next edition of Spirit Quarterly will be coming out at the end of the year. If you would like to contribute or get involved please contact the Regeneration Action Team (024 7658 7065) or Diana Khanom at Purple Patch (024 7662 2964).

Find us on Facebook and Twitter – just search for SpiritQuarters.