







## What's in this month's magazine

Start here Precis of what you'll find in the magazine are shown on this page. Click on the title (underlined) to go to the article.



Parish Council News
This month's news from the
Parish Council. Lots of
development around the
parish to report on



## <u>Bishop's Tachbrook's Neighbourhood Development</u> <u>Plan</u>

September the 30th is the date you get a chance to vote on whether our Neighbourhood Plan is adopted. There are 12 policies that can be used to assess planning applications from a parish perspective. The policies cover housing, the Country Park, infrastructure and protecting our natural environment.

We hope you vote yes because we believe it will make our Parish a better place to live and work.



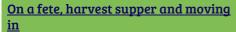
## <u>Nature Page</u>

The continuing saga of the hedgehogs and the wondrous world of Steve's nature



### <u>Green</u> fingers

Vegetable growing in September—tips and hints.



The Parochial Church Council share some good news



WI an update of the amazingly active world of the WI

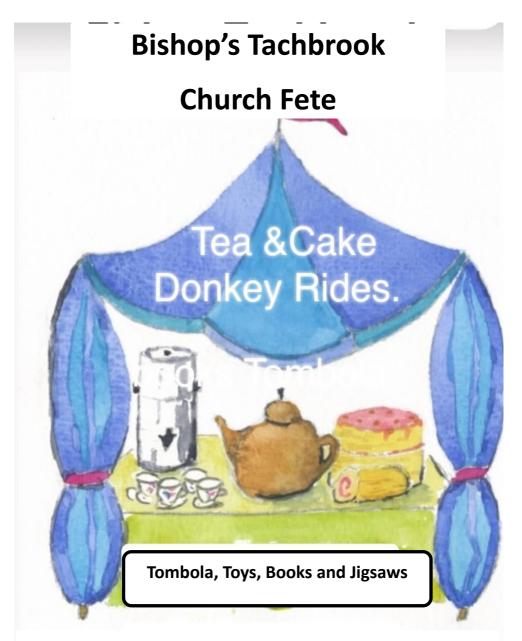


<u>Poetry please</u> A range of wonderful verse spread through the magazine



**Adverts** Many of our loyal advertisers will be going through a hard time at present, please use them in preference to those who don't advertise with us. Click on the links below to see who can provide you with a service:

Looking for a job? Ashorne Hill are recruiting



Saturday 4th September 2pm—4pm
On the village green

## The fete, a vicarage and harvest time

By Maralyn Brown, St Chad's PCC

Early in September the church will be holding its annual fete on 4th September around the church, the Church Centre and on the green. It is normally held in May but as times are certainly not normal we were not able to hold it last year or in May this year. We thought we would try to put something on for the village this year but being in early September it means we do not have the school children. participating as they are still on holiday. However we hope people will support and enjoy our effort at a fete this year - despite the problems and COVID restrictions. It starts at 2.00pm.

We hope the school will be involved with our Harvest Festival celebrations by way of decorating the church and the Harvest service is Sunday, 3rd October, at 10.00am. We are being careful about services and ask people to wear masks whilst in church but we are back to singing which is very welcome.

Some will have noticed activity around the vicarage especially with the Berlin Wall of a hedge getting a short back and sides to let you actually see the house and for the house to see the village. Reverend Jonathan Smith and family are hoping to move into the vicarage in September and we are hoping he will be with us as serving priest in October. The precise date is yet to be set by the Diocese.

So we look forward to early autumn with schools returning, our new vicar and family starting their life in the village and celebrations in church for harvest time. We hope everyone is trying to keep well and enjoying the late summer time. God Bless.

### **NEW CONTACT DETAILS**

For Marriages, Baptisms and Funerals and general enquiries please :

e-mail stchadsbt@gmail.com

Phone: 07999127260

Our Church Warden: Rod Smith can be reached on 612242

#### **CYCLE OF PRAYER**

## **Praying for our Community**

In April we are praying for those living in:

Othello Avenue Overberry Orchard Parker Drive Parsonage Close Penfold Close

If there is something or someone you would like us to pray for please let a member of the congregation know.

## **Parish Council News**

#### By Matt Greene

Back to school (or just "to school" in my house), the summer seems to have passed by really quickly. Hopefully this year will be less disrupted for the young people in our Parish.

In fact, for all our community we hope to see a gradual return to normal over the next few months. To this end, it's fantastic that, after more than two years since the last one, the Church Fete will take place on 4th September.

As a Parish Council, our attention in September will be focused primarily on the upcoming referendum on the Neighbourhood Plan. This is your chance to vote yes in giving our community more control over planning, development and the funding of infrastructure. Please do get involved in the campaign, and make sure you get out to support our Parish by voting yes.

It's fantastic to see the new play equipment in good working order and being used by so many; this is a real success for our community. Repairs should have been made to the swings, surfacing around the trampoline and the xylophone beater in the play area. The official opening is at 2pm on Saturday, 11th September. We also hope you will take this opportunity to pop along to the Sports and Social Club after to find out more about the Neighbourhood Plan ahead of the

referendum.

We are still waiting to hear if we have been successful in applying for a grant towards the cost of signage at the play area. Councillors are looking at different designs but would like something different to relate to the play equipment.

Many of you will have noted the completion of the works on Oakley Wood Road comprising a pedestrian refuge (allowing residents to cross the road safely) and a mini roundabout to slow traffic at the junction with Church Hill. We're really grateful to Cllr. Carter who spearheaded this project and has driven it through to completion. The scheme compliments the raised table junction already constructed at the junction of Church Hill / Savages Close. The next project will be a raised table junction at Mallory Road / Seven Acre Close with associated speed limit reduction. The design for this scheme is complete and has passed safety audit; we expect construction by AC Lloyd to commence in Spring 2022.

At our meeting in July a representative from JBM Solar attended and spoke about a potential planning application at Chesterton Fields Farm for a solar farm; whilst there may be some community benefits to this proposal (e.g. funded solar panels for community buildings) and the

environmental benefits are obvious, we do appreciate the concerns of some residents in respect of this proposal and the Parish Council will ensure that people are given a chance to feedback their thoughts at a meeting before any decisions are made. More information is available on our website.

Similarly, we know that the proposed EV charging service station would be a big change for our community and, once WDC have validated the planning application, we plan to hold a public meeting to discuss this application in detail and to give our residents a voice.

The District Council has launched a 'rediscover the bus' scheme, you will find information on our website and noticeboards. Warwickshire County Council has set up a task force to look at placing 20mph speed limits on roads suggested by the local community. If you have any suggestions please email the clerk.

The Parish Council has also written to the County Council supporting their application for Government funding towards walking and cycling connections on Harbury Lane.

Tickets are available for local people to attend the Commonwealth Games. Information should be available on the District Council website.

The BMX track repairs are complete and we understand the Working Party

is going to be busy cutting back the vegetation around the track. If you would like to help please contact Cllr. Wellsted.

The outdoor gym equipment surfacing has been laid and we're really grateful to Cllr. Deely for arranging this.

A lot of the vegetation at the entrance to the Meadow has been cut back, we will be looking at undertaking this work earlier next year; in addition, trees have been pruned around the Meadow and on the Sports and Social Club driveway.

Councillors are keeping their fingers crossed that the District Council finally approves the money for the car park on the Meadow. This money is in lieu of incorrect precept payments over a number of years from the District Council. We have just been informed that a decision will be made at September's meeting of the District Council.

Finally, the new allotments on the Oakely Meadow site are still not available. I'm trying everything I can to get this done and I hope to have more of an update next month. I know how much so many of you want these allotments to be made available.

Our next meeting is on Thursday, 9th September at 7.30pm at the St. Chad's Centre, it would be great to see you!

# Helping to make Bishop's Tachbrook a better place to live and work

In a referendum on 30th September you will be asked to vote yes or no on the following question:

Do you want Warwick District Council to use the Neighbourhood Plan for Bishop's Tachbrook to help it decide planning applications in the neighbourhood area?

We hope you vote yes because we believe it will make our Parish **a better place** to live and work.

Below are some questions and answers which help explain what is taking place and how we've arrived at this point.

#### What is a Neighbourhood Plan?

A neighbourhood plan focuses on Bishop's Tachbrook Parish rather than the whole of Warwick District or Warwickshire. Our Neighbourhood Plan will help our community to play a stronger role in shaping the areas in which they live and work.

#### How was the Bishop's Tachbrook Neighbourhood Plan Made?

A Neighbourhood Planning Team of councillors and residents wrote the initial plan. The plan has been through two formal consultations and an examination by an independent planning inspector. The amended plan is now going to referendum.

## What does the Neighbourhood Plan contain?

The document contains a vision for the parish and 12 policies specifically created for Bishop's Tachbrook.

Policy BT1 seeks to identify and protect key features in the parish's landscape. .

Policy BT2 seeks to protect and enlarge the Country Park

Policy BT3 seeks to protect Green Infrastructure - the network of paths, fields, woodlands and watercourses within the parish. It also seeks to add new links to this network

Policy BT4 and BT5 identify key transport improvements to help reduce reliance on private cars and, therefore, reduce the amount of traffic, ease congestion and improve safety.

Policy BT6 designates four areas in the parish as Local Green Spaces. Under national planning policy such spaces have a level of protection akin to Green Belt.

Under Policy BT7 a number of other open spaces in the parish are also protected, but not to the same degree as the designated Local Green Spaces.

Policy BT8 identifies and protects the parish's key community facilities.

Policies BT9 and BT10 set planning policy for Bishop's Tachbrook Conservation Area and heritage assets that have no statutory protection.

Policy BT11 seeks to influence the mix and type of new homes built in the parish by seeking to ensure that this reflects up to date information on housing needs in the parish.

Finally, Policy BT12 sets out a range of measures that should be considered to reduce energy use and carbon emissions.

#### What does a Neighbourhood Plan do?

If adopted, it will form part of the local development plan for Warwick District. It will have significant weight in making decisions on planning applications.

#### Will it stop further large scale housing development in the parish?

If, as a review of the Local Plan, or the development of a new Local Plan in cooperation with Stratford District Council, it was decided that our parish should have another major housing development our Neighbourhood Plan would help us fight this. At the very least it would give us more influence about where the housing should be placed - it increases our power.

#### Will it secure the future of the Country Park

Yes and it seeks to extend the Country Park giving us a larger area to enjoy

#### Do I have to vote?

Whether you vote or not is entirely your decision.

# What happens if the Neighbourhood Plan is rejected at referendum? Basically we lose the ability to influence our future as effectively.

#### What is the referendum?

It is a legally binding vote of parish residents to choose if they want to adopt the Neighbourhood Plan. **The day to vote is 30th September.** You should shortly receive a voting card or postal vote if you are registered to vote.

#### What happens after the vote?

The votes are officially counted. The decision is a simple majority of votes for either Yes or No

"Yes" means the Neighbourhood Plan is adopted as a legal document "No" means the neighbourhood plan is not adopted and will not be used to support planning decisions in our parish

#### Who should I contact if I want to know more?

There will be two events to enable you to discuss the plan:

Saturday September 11th from 2.00 - 4.00 at Bishop's Tachbrook Sports and Social Club

Saturday 25th September from 2.00 - 4.00 at Heathcote Primary School

#### Where can I find further information?

Further information is available on the Parish council website:

Neighbourhood Plan - Bishop's Tachbrook (bishopstachbrook.com)

### **VOTE YES FOR A BETTER PLACE TO LIVE AND WORK**



## **Poetry please**

# **The man in the jar** by Irwin Mercer

I once knew a man who lived in a jar,

for a stranger sight you'd have to go far.

I asked him once, why he lived in a jar,

he grimaced and said, how bizarre you are.

My jar's so cosy, warm and bright,

even in the full moonlight. The only drawback is you see, is getting out quickly when I have to pee.

## **Poetry please**

## Now we are six by A.A. Milne

When I was one,
I had just begun.
When I was two,
I was nearly new.
When I was three,
I was hardly me.
When I was four,
I was not much more.
When I was five,
I was just alive.
But now I am six,
I'm as clever as clever.
So I think I'll be six
now and forever.

## **Poetry Please**

### Sick by Shel Silversteinn

"I cannot go to school today," Said little Peggy Ann McKay. "I have the measles and the mumps, A gash, a rash and purple bumps. My mouth is wet, my throat is dry, I'm going blind in my right eye. My tonsils are as big as rocks, I've counted sixteen chicken pox And there's one more--that's seventeen. And don't you think my face looks green? My leg is cut--my eyes are blue--It might be instamatic flu. I cough and sneeze and gasp and choke, I'm sure that my left leg is broke--My hip hurts when I move my chin, My belly button's caving in, My back is wrenched, my ankle's sprained.

My 'pendix pains each time it rains.
My nose is cold, my toes are numb.
I have a sliver in my thumb.
My neck is stiff, my voice is weak,
I hardly whisper when I speak.
My tongue is filling up my mouth,
I think my hair is falling out.
My elbow's bent, my spine ain't straight,
My temperature is one-o-eight.
My brain is shrunk, I cannot hear,
There is a hole inside my ear.
I have a hangnail, and my heart is--what?
What's that? What's that you say?
You say today is. . .Saturday?



## WI

#### By Anne Allen

August meeting was presumed to be at the school after the July picnic but it turned out not to be convenient so after a quick panic it was agreed we'd hold the meeting in my garden. Yes it is big enough plus I have plenty of seating and mugs. I had even persuaded Ray to be on tea duty. If you think back to the first Thursday in August you may remember we were having rather inclement weather so at 3:30 it was a lot of phone calls telling members that the meeting was to be on zoom. This had been the right

decision because at 7:00 the heavens opened and it chucked it down.

The speaker Jane Neary with her canine assistant, Harry Potter, explained the work of Therapy Dogs Nationwide. Many of you may remember the PAT dogs, this became Therapy Dogs in 2016. Any breed of dog can be used as long as it passes all the appropriate tests. Harry Potter is a lovely Chihuahua. Jane told us about some of the people he has helped and things he has got up to.



He and Jane climbed Snowdon in the 2018 heatwave, she got extremely sunburnt but they raised £1,600 for charity She said Harry had kept her going . He's also visited Parliament where amongst others he met Boris, been on Midlands Today. His usual work is helping people, whether with a phobia or just needing a bit of fuss and a cuddle. We're looking forward to him visiting us at a later date.

We were able to hold our cake stall at last. Thank you to those who supported us by either buying or baking. It was lovely to see you again. I hope you enjoyed your purchases. We had started at 9:00am and were very surprised by the lack of footfall around the village green, where was everybody? . I know I talked to lots of you about the WI but please give us a try. You might be very surprised by what we get up to.

Lots of county events are happening, After the success of the recent Windsor trip we are off to London in October, lunching with both Revd Richard Coles and Patricia Carswell, zooming with Lynne Stubbings on the Highs and Lows of being the National Chair and Sue Robertson on Women in the Magistracy and learning about Indian Block Printing plus lots of other things. As I keep saying, something for

everyone.

A big thank you for all the stamps and bras you keep recycling. We recently took a black bin bag of bras into Bravissimo. The weight was unbelievable. Talk about park as close as possible. (\*\*)

Our next meeting, September, is also on zoom. Our Federation Chair, Ann Bufton McCoy is going to tell us about her time as a school teacher/ headmistress. Ann's an excellent speaker with a dry sense of humour so should be an excellent evening. If you would like to join us please let me know. If you don't do zoom yourself maybe I can buddy you up with someone. 7:30 kick off.

October is our annual meeting where we elect a new committee and officers. This will hopefully be back in the school. I have yet to organise the speaker for November but am looking forward to the December Christmas Party.

If you would like more information about anything mentioned above please give me a call Anne Allen 4244135 or 07929 356701



Calling all dog lovers who walk their dogs in the churchyard. Please pick up after your dog and deposit the bag in the bin on the Green. It would be greatly appreciated, as we have had a few complaints regarding mess left by the graves, and it is also unpleasant when gardening.

Thank you all for helping to look after our lovely, quiet and restful churchyard.

St. Chads P.C.C.

## **Bishop's Tachbrook Walking Netball Club**

The walking netball group had its first match booked last year and then Covid took over. We are at long last ready to get back to training. Unfortunately, a few of the group have dropped out, so we need more people.

We meet on a Monday morning at 9.30am for an hour at Warwickshire College. It is quite gentle exercise, no running or jumping allowed. We have quite varied fitness levels and ages and are all very friendly.

If you are interested or need more information, please contact Kate Wellsted on 07713113464 or kate.wellsted@btconnect.com

## **Nature Page**

#### By Steve Harvey

Just started to scribble then two foxes started to squabble in front of the cottage. Had to stop and have a look at them, their red coats lit by the porch light - beautiful!

Ok. I've been watching Robins around the bird table. There's a brave, very hungry Robin that lands on the table almost before I take my hand away. Most species love sunflower hearts. The youngsters have been plain clothed but one is developing the signature red breast. With male Robins being so aggressive towards other Robins its best not to look like a Robin when your young and vulnerable in case adults attack you as you try to learn the ropes.

By the 12th August the singing began. That's a few days later than normal. Whenever the Robins start singing after their breeding and moulting to me its the beginning of the end of Summer. It means the Robins are now declaring territory and so spacing each other out to get more food through the Winter. Any Robin that wins our garden and luxury food flowing bird table has hit the jackpot.

House Martins seem low again with some old nest sites unused. Swallows seemed ok and Swift's have already left these shores. Butterflies have been making the most of the warm weather. Not seen so many Tortoiseshells this year.

I'm hearing only adult Tawny Owls now. I hope that means the three babies have grown well and are ok.

The Frogs are taking advantage of the pond during warm spells, then leaping around the garden each evening. I'm so glad the small pond is successful. Two years ago it was only a lawn.

Squirrels are spending a lot of time in the old Walnut tree, every now and then you can hear the snap and tumble as they drop a nut.

Now, the brilliant thing around the cottage at the moment is the second release of Hedgehogs! Two years ago 19 were set free. I'm hoping most of them are still with us! So far this year 14 have been set free with more to come. There's a great team of Sally and Ken who nurtured these little creatures back to health before bringing them to the cottage. Some of them have been orphans, captive reared so we hope their natural instincts will see them through. They do have food and water provided each day but they are totally free to roam so who knows!

There was an incident the night before

I wrote this when a particularly large Hedgehog made its way down the garden and beyond the Cedar tree at the front of the cottage.

Now it was a bit late and I'd just got to bed when the screaming started! If you've never heard a Hedgehog scream then think yourself lucky. I've heard it described as sounding like a Duck but its more like a loud baby cry. It goes right through you and its full of fear. I dashed downstairs grabbing a dressing gown and torch. Outside I heard footsteps moving away through the spinney. Most certainly a Fox. The screaming had stopped. There was nothing I could do so I went back to bed.

Minutes later the screaming began again. Out of bed I shot and outside I dashed. The same footsteps of the Fox disappearing into the spinney. But where was the Hedgehog? I found it, curled up in a large ball breathing heavily. As I approached it began to

snort; that's normal defense. I had to go and grab my gloves for protection against the sharp spines. I returned and gently picked up the ball of Hedgehog. It immediately started screaming. Now I'd say you would hear it a field away and it was right in front of my ears! I just hoped there were no serious injuries as I carried the screaming ball back to the garden. I waited with it for a good twenty minutes as it calmed down. A shooting star sped straight down to earth in front of me.

The Hedgehog's breathing slowed. I gently touched it and it didn't flinch. This want good. The Hog was either in total shock or dying. I managed to place a box partially over it so it could get out if it survived.

In the morning I crept down the garden, not really wanting to look. To my surprise it was gone. The box had hardly been moved so I'm presuming a predator hadn't taken it. The

Hedgehog had made it!
Brilliant! I think it had
screamed so much in fear
the Fox had done no more
than scare the Hedgehog
almost to death. A horrible
experience for the
Hedgehog and totally
alarming for me. You have
to hear that scream to
believe it, and I hope you
never do.



## **Growing tips**

#### By greenfingers

Autumn sowing, even for novice gardeners, is a great way to extend the growing season in your vegetable patch or allotment.

Greenhouses and cold frames can be a great help to get things started in September, as the days cool down from the peak temperatures of Summer.

Broad beans and peas can be fantastic! Broad beans sown in late October are likely to be the first Spring crop you can harvest next year and will be a real treat added raw to the first salads you enjoy as the weather warms up again.

- 1. Peas and pea shoots
- 2. Spinach
- 3. Pak Choi
- 4. Garlic
- 5. Winter lettuce
- 6. Radishes
- 7. Sugarsnap peas
- 8. Asparagus
- 9. Onions, spring onions and shallots
- 10. Broad beans
- 11. Lambs lettuce
- 12. Spring cabbage

If you don't have the time or any inclination to plant any vegetables this Autumn and Winter then you can sow green manure on your plot to enrich the soil ready for your Spring growing activity



## List of advertisers

Bishop's Tachbrook Sports and Social Club

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C Pullin and Sons - Monumental Masons

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# Bishops Tachbrook Sports & Social Club Entertainments

## <u>September</u>

## 3<sup>rd</sup> September (Fri) – An Evening of Clairvoyance.

Anji Wylde is an international spiritualist clairvoyant medium.

"Through clairvoyance I am able to make a link to communicate with the Spirit World"
Starting at 7.15pm Tickets available from behind the bar £8.50

## 4<sup>th</sup> September (Sat) – The Smashed Vinyls.

The Smashed Vinyls are new to the club, they are a 4-piece covers band from Coventry bringing you the smash hits you know and love! playing songs from Oasis, The Clash, Buzzcocks, Beatles, Undertones, The Jam, Police, The Specials, Soft Cell, The Stereophonics, The Who, Rolling Stones, Sex Pistols and The Kinks to name but a few. Starting at 9.00pm

## 11<sup>th</sup> September (Sat) – Piggy Racing.

Its Piggy Racing with a difference "Oink Oink" Family fun and laughter The first race starts at 8.00pm Don't be late!!

## 12th September (Sun) – Craft Fair & Funday.

We have Charity Stalls, Skittles, Face Painting, Arts & Crafts, Hand Made Gifts, Tattoos, Peppa Pig & George pay us a visit, Tombola's, Food, Hook a Duck, plus many more. Free Entry 1pm – 5pm come on down and have a great afternoon.

## 25<sup>th</sup> September (Sat) – Quiz Night.

Our Saturday night Quiz starring the "Judge" combining a multitude of challenging questions for the quizzically minded folks of Tachbrook and the surrounding shires. Starting at 7.30pm

## **Tuesday Night Bingo Is Back**

Starting  $7^{\text{th}}$  September

Books on sale from 7.30pm Eyes down at 8.00pm Over 18s Only

## Saturday 9<sup>th</sup> October Skabucks

A fantastic evening of Top Two Tone Tunes from Britain's premier Ska band. Tickets are £10 available from behind the Bar.

#### Function Room Available To Hire (T's & C's apply)

Bishops Tachbrook Sports & Social Club Function room is available for all sorts of activities:

 Dance Classes, Keep Fit, Martial Arts, Band Practice, Group Meetings, Car and Motorcycle Clubs, Children's Clubs. Parties, Christenings, Weddings and Funerals.

We offer a personal service and buffets can be provided if required.

#### **Contact Us**



www.bishopstachbrookclub.co.uk



01926 421621/07855709051



enquiries@bishopstachbrookclub.co.uk



bishopstachbrookclub



## St Chad's Centre Schedule

Monday	Activity	Contact
10.00- 11.00	Tai Chi – All Classes are for beginners but are suitable for anyone. Classes have a maximum of 10 Students to ensure social distancing and are COVID Compliant. First class is free, so no reason not to find if Tai Chi is right for "you"	Peter Fletcher 07487 685679
	Tachbrook Tinies-	
12.30- 14.30	returns in September	Contact on facebook
	We are a friendly playgroup for children aged 0-4 years and their carers.	
	Hot drinks and snacks, toys, craft activities and singing.	
	All welcome.	
	Term time only.	
16.30- 17.45	Martial Arts Class. Children/Beginners up to age 11	Andy Shaw – andy@linkcube.co.uk
17.45- 19.00	Martial Arts Class. Over 12 years and adults	Andy Shaw – andy@linkcube.co.uk
19.30- 20.30	Tai Chi details as above.	Peter Fletcher 07487 685679

Tuesday	Activity	Contact
	ADVENTURE BABIES	
	Take your little ones on a Sensory Story- telling Adventure every Tuesday at St Chad's Centre, as we bring brilliant books to life with puppets, props, bubbles and sensory activities.	lindsey@adventure babies.co.uk
	Mini Adventurers (0-18 months) 9.15am - 10.00am	or visit:
0.15.13.20	Diddy Adventurers (0-12 months) 10.30am - 11.15am	www.adventureba
9.15-12.30	Mini Adventurers (0-18 months) 11.45am - 12.30am	bies.co.uk/ warwickshireandco ventry
	Booking essential please visit www.adventurebabies.co.uk/ warwickshireandcoventry to secure your place or contact lindsey@adventurebabies.co.uk	
	ATOMIC DANCE	
	Back in September	
	Acrobatic Arts 1	
	4.30pm-5.15pm - Ages 5+	
16.45-18.30	Learn the foundations of dance technique and acro movement. In this beginner class, students will develop skills such as forwards and backward rolls, cartwheels and bridges in a fun, friendly environment.	Contact Ellie Rowe 07392 348155 or ellie@atomicdance. co.uk
	£18 per month.	
	Acrobatic Arts 2	<u>co.ak</u>
	5.20pm-6.20pm - Ages 7+	
	A more challenging acro class for children who have previous acro or dance experience. Learn how to safely execute skills such as handstands, backbends and walkovers alongside improving dance technique.	
	£21.50 per month	

	YOGA WITH AMANDA	
19.00-20.00	Supporting Health & Wellbeing	www.lifewithaman daj.com
	Yoga classes with Amanda	
	Specialising in yoga for beginners. Sedentary workers, and mums.	
	£5.00 per person	
	Classes are limited to 11 people	
	Please bring your own mat / block	
	I ask that attendees wear masks when not on their mat.	
Wednesday	Activity	Contact
10.00-11.00	Tai Chi - All Classes are for beginners but are suitable for anyone. Classes have a maximum of 10 Students to ensure social distancing and are COVID Compliant. First class is free, so no reason not to find if Tai Chi is right for "you"	Peter Fletcher 07487 685679
	YOGA CLASS with Amanda	www.lifewithaman daj.com
	Supporting Health & Wellbeing	
	Specialising in yoga for beginners. Sedentary workers, and mums.	
18.00-19.00	£5.00 per person	
10.00 15.00	Classes are limited to 11 people	
	Please bring your own mat / block	
	I ask that attendees wear masks when not on their mat.	
19.30-20.30	Tai Chi info as above.	Peter Fletcher 07487 685679

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10.00-11.00	Tai Chi - All Classes are for beginners but are suitable for anyone. Classes have a maximum of 10 Students to ensure social distancing and are COVID Compliant. First class is free, so no reason not to find if Tai Chi is right for "you"	Peter Fletcher 07487 685679
18.00-19.00	YOGA CLASS with Amanda Supporting Health & Wellbeing Specialising in yoga for beginners. Sedentary workers, and mums. £5.00 per person Classes are limited to 11 people Please bring your own mat / block I ask that attendees wear masks when not on their mat.	www.lifewithaman daj.com
19.30-20.30	Tai Chi info as above.	Peter Fletcher 07487 685679
Thursday	Activity	Contact
9.30-10.30	Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing.  Pilates can improve posture, muscle tone, balance and joint mobility as well as relieve stress and tension. Pilates has something to offer people of all ages and levels of ability and fitness  Karren has been teaching fitness classes for 22 years and specialising in Pilates for the last 12.	Karren 07595 524124 Bodycisefitness. co.uk

Thursday	Activity	Contact
16.00- 17.45	ATOMIC DANCE Little Stars Ballet and Musical Theatre (combined class)  Back in September  4pm-4.45pm A 45 minute class exploring IDTA ballet and Musical Theatre for dancers aged 2-5. Dancers skip, gallop and twirl through the foundation's good dance technique alongside developing imagination and confidence  £14.50 per month  Junior Combo  4.45pm-5.45pm A class exploring a combination of dance styles for students aged 5+ that want to do it all! Ballet, Jazz, Street, Lyrical, Acro- gymnastics and Musical Theatre to name a few Students will get to try a variety of styles whilst improving their dance technique, strength and flexibility.  £21.50 per month	Contact Ellie Rowe 07392 348155 or ellie@atomicdance. co.uk
Friday	Activity	Contact
10.00- 11.00	Tai Chi - All Classes are for beginners but are suitable for anyone. Classes have a maximum of 10 Students to ensure social distancing and are COVID Compliant. First class is free, so no reason not to find if Tai Chi is right for "you"	Peter Fletcher 07487 685679

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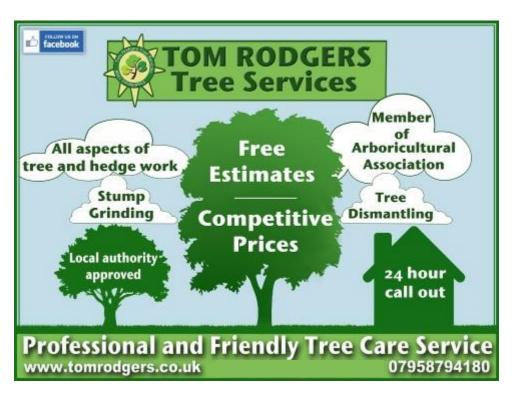
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