PARISH MAGAZINE

Issue 4 May 2022 www.bishopstachbrook.com

Your magazine featuring news and views from Bishop's Tachbrook Parish.





What's in this month's magazine

Hello and welcome to this month's magazine.

It looks like we have a lot of events to go to over the next couple of months with the St Chad's Centre's 5th anniversary event, Platinum Jubilee parties, Church Fete and Tachfest looming on the horizon. Lots to enjoy.

The next edition of the magazine will be in paper and digital format, we aim to do 3 paper versions every year. If you can help deliver magazines please let us know.

There's the normal mix of essential parish news interesting articles and reflections on the soul, I hope you have an enjoyable read! If you want to contribute just send me your ideas by emailing <u>btparishmagazine@hotmail.com</u>. Church and other Parish Magazine contact details are on the last page.

Children's soft play & activities - Demos - Raffle



JOIN US TO CELEBRATE OUR 5th BIRTHDAY

Saturday 14th May 10.00-13.00

St Chad's Centre Church Hill, Bishops Tachbrook

FREE cake and refreshments Fun for the whole family

Vicar's Reflection Revd. Jonathan



'Glory to God for dappled things – '

If you are familiar with distinctive traditions of the Anglican Church year you may already know that certain colours are attributed to certain seasons and festival celebrations. If, like me, you sometimes struggle with remembering words then colours can be particularly helpful in holding onto more than one bit of information at a time. Each season when given a colour is not only a helpful way to orientate ourselves in a particular moment, but for Christians, it can help enter a pattern of worship, anchoring to time and place and enabling a celebration of the amazing creation we live in.

Just as red, (a special colour if you're an armchair Liverpool fan!) means a lot on a big match day (even from the armchair!), or white if it's your wedding day, or the mood of mourning with black worn at funeral, colours give us a canvas for our mood. So, whether we identify with 'high' or 'low' church you may notice the colours around all places of worship. Notice the white for rejoicing times at Christmas/Easter and purple during the deep thinking/waiting seasons like Advent and Lent. Then in the spring growing season, when we plant and green things emerge, we journey through what is 'ordinary time' lasting all the way up to Pentecost in early June.

Question-What is your most meaningful life colour? Perhaps you recognise it change during times and seasons of life?

My enduring and favourite colour is more a colour experience occurring specifically at this time of the year in early May. It's the colour of spring sunlight through emerging fresh leaves. A numinous beauty which interestingly doesn't have a particular adjective in English. The German poetic word 'Maeinschein' (literally May-Light) or the Japanese word Komorebi comes closest to describing that light which is specifically filtered through the tree leaves. The colour quality of the light is not achievable in Dulux paint-pot, yet it seems stable, capturing your gaze in a moment of tranquillity. This is going beyond simple colour approval.

Colour, light, hues, and tones are all over creation as they are also described throughout the Bible, from the creation Psalms to the poetry of the prophets. Poems like 'Pied Beauty' by Gerard Manley Hopkins shows us in his own masterly way that we cannot help marvel at the changing colours of creation and then what to do but give it back to God in praise and glory.

Isaiah 1:18 "Come now, let us reason together, says the Lord : though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool.

During May at St Chads, I hope I will humbly allow the Spirit to invoke an awareness of colour experiences for me afresh, the clear blue water of baptism, Christ's presence in the yellow light of the candle, the symbolic brown rugged cross, and remembering with gratitude the red wine at communion of Jesus' sacrifice. God's love for us is the colour of wine. Colours don't get more ineffable than that!

Have a blessed month - I'm off to stand under a tree!

Church Fete - advanced notice

The ever popular Church Fete will return this year on Saturday 16th July on the village green. Reserve the date in your diary. It will run from 2.00pm to 4 pm

Tachfest - advanced notice

Tachfest returns to the Meadow on 9th July. It will run from 1.00 p.m. and 6.00 p.m.



Lovely picture of Jenny and Peter Lister on the occasion of Jenny's retirement. Great thanks to them for all the work they carried out for the congregation during the interregnum.

We wish both of them a great deal of health and happiness.

St Chad's Community Cafe

The community café will open to lovers of tea and cakes on the 5th and 19th May.

Please bring exact change, £2 for a drink and cake or bring a card to use in the card reader.

If you would like to volunteer for one or two weeks a month please contact Kate Wellsted on:

Chadstreasurer@outlook.com or ring 0771 3113464



Parish Council News By Matt Greene

When I was at primary school we used to have a "May Procession" for which the school would be filled with flowers and during which we'd sing the 'Crowning Hymn' which starts - *"Bring flowers of the rarest, bring blossoms the fairest, from garden and woodland and hillside and dale..."*.

Thinking of gardens - walking around the Parish over the last few weeks has reminded me of those days; it has been great to see the wonderful vibrant spring colours both in the fairest blossoms and springtime flowers. It made me feel really fortunate to live in an area with so much greenery and nature, and with so many people who tend to their gardens to help preserve and protect the environment.

Thinking of flowers - whilst Cllr. Martin Drew and I didn't go to school together, I sense he may have been humming the same tune as, he suggested that the streets on the Asps development should be named after Warwickshire Wildflowers. The parish council supported this and has agreed it with the planning team.

Thinking of woodland - following work carried out by our consultants the Parish Council has agreed that a footpath along Oakley Wood Road, on the edge of the field, would be the most sensible way to walk safely to Oakley Wood. The District Council is assisting with this aim which would be of great benefit to all walkers both two and 4]four legged.

Thinking of hillside - I met with the Leader of the County Council and county officers to seek clarification on the two schools which are due to be built off Oakley Wood Road shortly. At the moment the schools are expected to open in 2024 instead of 2023. We have been assured of the intention that the Year 7 2023 cohort will be able to relocate to the Bishop's Tachbrook school in 2024 - a concrete plan is expected by June. For reception class we do not believe this will be the case for a number of reasons, including that it is thought to be more difficult to resettle younger children; however, this hasn't been finalised

Thinking of dale - we continue to raise concerns about the sewage spillages near the bridge on Oakley Wood Road with Severn Trent. Hopefully a permanent solution can be found.

Hymn references over!

With the guidance of Cllr. Keith Wellsted the Council is considering every planning application against the adopted neighbourhood plan. If you are applying for planning consent please do check that your proposal complies with the NP before submitting your application; please contact the clerk if you require further information.

At our last meeting, Cllr. Leigh Carter reported that community speedwatch is back in business. They have carried out speedwatch on Harbury Lane near the school. This is a very busy area which the Parish Council believes needs traffic calming measures and talks are on-going with our County Cllr. Jan Matecki. Speedwatch also operated on Oakley Wood Road and Mallory Road. If you are able to join this team please contact the clerk.

After the last article the Parish Council was contacted regarding whether there was a need for a drop kerb on Farm Walk. We have passed this information to County Highways who are investigating.

Cllr. Martin Drew gave our last meeting an update regarding his efforts in respect of the climate emergency - details of initiatives will be available on our website.

Repairs on the youth pod, gym equipment and play area are moving forward. Play area signage has been ordered but there are delays in obtaining the materials.

Recently Cllrs. Keith Wellsted and Martin Drew, along with our clerk, undertook tree inspections in parts of the Parish. A number of trees have been identified as requiring work including the tree which has been chopped (not by the Parish or District Councils) on the walkway between the Meadow and Kingsley Road. We are currently seeking quotes.

The work to install a new water system in the Meadow allotments will be finishing shortly. This was necessary as the system was constantly leaking and the allotments were having to turn the water on only when needed. We thank the allotment holders for assisting with this process and hope these works haven't caused too much inconvenience.

At our April meeting we discussed and, as a consequence will be liaising with the Oakley Meadows Management Company regarding replacing the dead trees on this development.

Please note that the County Council has not yet adopted the roads on the new developments which means any highways issues (including overflowing bins) are

the responsibility of the developer. Your management companies might be able to help you contact the developer if you do not have the details. Alternatively please contact the clerk who will email the County Council as they have the details. We are trying to put together a list of contacts for each development. Once we have a list it will be displayed on our website. Thanks to all residents who have engaged with us on these matters

Draft accounts were circulated to councillors. A notice will be displayed shortly advising when these accounts will be available for public inspection. Please do contact the clerk if you would like further information.

Our next meeting will be on 12th May at 7pm at St. Chad's Centre. This will be our **Annual Parish Meeting** which will provide updates from councillors on their portfolios. This meeting will be followed by the Annual General Meeting where we appoint a Chair and other portfolio holders for the year.



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May facts

- The month May was named for Maia, the Greek goddess of fertility.
- 2. A Roman poet by the name of Ovid had different ideas surrounding the etymology of the naming of May. He claimed that it was from the word *Maiores*, the Latin for "elders," that the month gained its name.
- May used to have a very different name in Old English. Back then, the month was referred to as the "month of three milkings." Unsurprisingly, this meant that during this month, you could milk your cows up to three times per day!
- 4. In any given year, no month ever begins or ends on the same day of the week as May does.
- 5. May's birthstone is the emerald which is emblematic of love and success.
- May was once considered a bad luck month to get married. There is a poem that says "Marry in May and you'll rue the day".
- The birthstone for May is the emerald. Emeralds are a type of stone called beryl and typically range from a deep-sea green to a lighter colour. Emeralds are symbols of fertility and rebirth.
- 8. The United Kingdom celebrates May as the National Smile Month.
- 9. On May 1, 1931, the Empire State Building was officially opened.

Poetry please

Goodnight Batman—Roger McGough

God bless all policemen and fighters of crime, May thieves go to jail for a very long time.

They've had a hard day helping clean up the town, Now they hang from the mantelpiece both upside down.

A glass of warm blood and then straight up the stairs, Batman and Robin are saying their prayers.

* * *

They've locked all the doors and they've put out the bat, Put on their batjamas (They like doing that)

They've filled their batwater-bottles made their batbeds, With two springy battresses for sleepy batheads.

They're closing red eyes and they're counting black sheep, Batman and Robin are falling asleep.

WI By Anne Allen

We welcomed back lots of old faces and 2 brand new ones to our April meeting. It was so lovely to see everyone again now life is slowly getting back to normal.

Our speaker was Mr John Dixon who, together with the help of his wife, gave us a fascinating talk, with slides , or the modern day equivalent, of Tewkesbury. Although not born there he obviously loves the town. He is a town guide and we saw places I'm sure the everyday visitors would not see or realise even what they were looking at. Some buildings have been restored, some supposedly improved, with the Abbey and the river playing a great part in the towns history. During the reign of Henry VIII the town paid him £453 for the Abbey to be saved. The only time it has been known to flood was in 1774 and is the largest Norman non cathedral in the country. The book John Halifax Gentleman was based around the town which was also known for its stocking weaving. We are hoping to visit the town over the summer

We enjoyed hot cross buns with our cup of tea, this being the meeting nearest to Easter. Any excuse for something different to enjoy. Wi has changed over the last couple of years. Every member now gets a monthly mailing from the federations telling them of the various events, outings and activities that are available to enjoy. These include a golf taster session, a talk about Menopause Madness, visits to the Shuttleworth Collection, Hay on Wye Literary Festival, and this year's Grand Day Out is to Cardiff. There is the Annual Federation Meeting , a treasure hunt, Behind the Seams and a zoom about the Queen all to look forward to too. The Federation has just started online booking and I'm hoping this doesn't deter our ladies from attending the events. It really easy system I've already managed to book myself onto the Behind the Seams. This is with Vicky Gill who creates the fabulous costumes for Strictly Come Dancing. My house has always been covered in glitter and sequins, what with a daughter like mine, so it will be great to see them used properly.

We are busy planning our afternoon tea at Hilltop Farm. Thank you to the Highway's Dept. for closing the Fosse Way when we plan to go, just need to rethink our routes now. Sam and her very overexcited sister.

Quite a crowd of us are looking forward to this. As are the ladies who are going on the visit to the Cotswold Distillery. For those of you who didn't realise it, a lot of WI trips and outings are all about food and drink. We are looking forward to our Group meeting when the guest speaker is Ginny Davis with her talk From Pillory to Prison Cell.

I'm sorry there is no annual cake stall in May, what with so many events happening we have hopefully moved it to the beginning of September. That gives you plenty of time to practice making the odd cake which you could donate. All profits from this event are going to Myton Hospice. Watch this space!

Thank you for everybody for the used stamps, old bras and unwanted jewellery. I can assure you that it all goes to the appropriate charities.

In May we will be discussing and voting on the resolution which is then voted on nationally at the annual meeting and if passed, work starts on lobbying various bodies and generally anything else to put it into motion. This year the resolution is Women and Girls with ASD and ADHD under-identified, under-diagnosed, misdiagnosed, under-supported.

If you are interested and want to know more , or just able to offer an opinion please come along to the meeting on Thursday 5th May. You would be very welcome. If you want anymore information about WI please give me a call

Anne Allen 07929356701

Poetry Please

The old man in the boat by Edward Lear

There was an Old Man in a boat, Who said, 'I'm afloat, I'm afloat!' When they said, 'No! you ain't!' He was ready to faint, That unhappy Old Man in a boat.

Poetry Please

There was an old man in a tree by Edward Lear

There was an Old Man in a tree, Who was horribly bored by a Bee; When they said, 'Does it buzz?' He replied, 'Yes, it does!' 'It's a regular brute of a Bee!'

Nature Page By Steve Harvey

Now, just to say, I'm scribbling this on location in North Wales. We are tucked in a tiny white cottage with a blue door and windows not far from the top of Mount Anelog. Let's see if this comes out with a bit of a Welsh accent, 'there's lovely'.

Now up here I've seen a Peregrine Falcon dash along the cliff tops, and a Chough (chuff), a very handsome part of the Crow family with red beak and legs. By the end of the 18 hundreds they were declining fast. By 1973 the last pair in Cornwall had perished, yet miraculously, in 2001 they made a comeback. Six of then fly around this cottage calling to each other frequently.

On 11 April, flying low over our heads, were a pair of Swallow heading north. Who knows where they were going, they were fast running out of Wales.



Meanwhile, back home, the sprinkling of Hawthorn leaves in the hedgerows have joined together to form a lush leaf tapestry. The white flowers along the hedges, as I scribble this in early April, are Blackthorn. The weather won't settle until they're finished. Chiffchaff were here singing their name before the end of March about the same time as the Blackcaps started their gorgeous flutey melodies. Muntjacs have been barking in the evening and early morning. Its a little like a dog but one long note lasting a couple of seconds. There's a pair of Muntjac that cross the lane in the evening going to the grounds of the Hall then back out early every morning.

Way up in the blue sky over Moreton Morrell were five birds of prey climbing in the warm air thermal, occasionally diving at each other. I assumed they were Buzzards but no, they were five Red Kite, maybe family groups from last year or juveniles testing their strength. The very next day over the cottage flew four Buzzard and,

keeping to one side, a Red Kite. It's busy here.

The Frogspawn has hatched now with tiny Tadpoles wriggling around amongst the pond weed. I'm hoping we haven't got too many Dragonfly youngsters lurking in the depths to eat them all.

I reckon the Jackdaw Appreciation Society has only one member and that's me! They've been collecting nesting material for a couple of weeks. I've been putting out the lint (I call it fluff) from the tumble dryer and they've been eagerly collecting it. Jackdaws mate for life so it was lovely the other day, to see a couple on the outhouse roof. The male had been down to get some food from me. It flew up and approached the female who immediately began fluttering her wings and calling just as if she were a baby. The male gently fed her. Very endearing, as she pretended to be helpless he looked after her. Jackdaws doing 'role play' - the scientists call it 'pair bonding'. Bonding they certainly were.



Beat Kumin: 'Church Ales - A Contradiction in Terms?'

Beat Kumin is *Professor of Early Modern European History* at the University of Warwick, and has particular interest in social and secular influences on Parish life before and after the English Reformation. His talk to the History Group (5th April) was based on his own research.

Those of us who like their ale may be familiar with the Trappist beers, brewed in Normandy and then Belgium from the middle of the seventeenth century. Apparently the monks were greatly concerned to protect a way of life in which the making of bread, cheese, and beer kept them healthy and also allowed them to be hospitable to pilgrims. Professor Kumin was rather sceptical of this view. His thesis was that the main purpose of brewing, in churches and in the wider world, was to make money. The sums involved were substantial. The income from Church Ale could easily be more than 50% of the income of a parish, and sometimes as much as 80%.

Apparently, the term 'Church Ale' did not refer to a kind of ale but to a kind of institution (including Saint's Days, festivals, and revels). In a circulation to History Group members, prior to his talk, we were told that:

On customary feasts, female parishioners brewed beer which was sold to locals and visitors for fundraising purposes. To maximize attendance, many churchwardens hired itinerant actors and musicians, thus generating substantial revenues for the communal purse, particularly in rural environments. The 'golden age' of church ales subsided in the sixteenth century, when godly reformers strove to ban all forms of exuberant conviviality from sacred space.

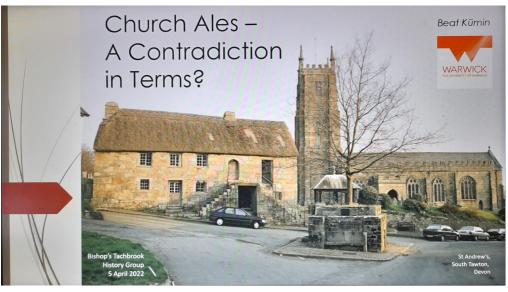
This turned out to be an excellent summary of his talk, although there were many asides about the growth of parishes, about the politics involved in agreeing parish boundaries, about the development of church architecture, and much more.

In the Middle Ages beer was predominantly produced by women, starting with somewhat 'idiosyncratic concoctions'. But the best brews conferred a social status on the brewers and the best women brewers, known as *Brewsters*, became responsible for producing the ale for special church events, defined by local concerns (such as particular Saint's Days) rather than by an overarching ecclesiastical calendar.

The role of churchwardens was one illustration of the influence of the laity of on church life in the Middle Ages. Not only did they keep records of parish expenditures but they were able to direct how funds from Church Ales (and other activities) were to be disbursed: to hire clergy, say, or to embellish the church, or even to build a 'Church House'.

Before the advent of Church Houses the nave of the church was used as a secular meeting room, as well as a religious one. However, the primary purpose of a Church House was to house Church Ales. Churchwardens were trustees of Church Houses.

The English Reformation changed everything. Church Ales were suppressed or banned (by Oliver Cromwell) as unseemly or irreligious, and redundant Church Houses were converted to other uses (some becoming ordinary alehouses). One consequence was that women lost their privileged status as Brewsters, and



brewing, like other areas of economic significance, became dominated by men, especially in urban areas.

It is the influence of the Reformation that makes us think that the term Church Ale is an oxymoron (Hence the title the talk). His audio and visual presentation showed how religious and secular concerns were melded into the life of a parish, and influenced the development of parishes themselves. St. Chad's Centre may be seen as a post-Reformation development of a Church House. It fulfils some of the social functions of a Church House, but without the 'unseemly' temptations of strong ale being brewed (or served) on the premises.







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What's on

Bishops Tachbrook Sports & Social Club Entertainments

<u>May</u> 7th May – Rena & the Renegades.

Rena and the Renegades are a 4 piece band "Rockin through the decades", be prepared for a fab night of music to 'Rock your socks off' Starting at 9pm

14th May – Cash Bingo. (Over 18s Only)

Do you like a game of Bingo? You do then come on down and join us for an evening of bingo with the Lingo £1.50/book of 10 games Books go on sale from 7.30pm Eyes down at 8.00pm

21st May – The Smashed Vinyls.

The Smashed Vinyls are a 4-piece covers band from Coventry bringing you the smash hits you know and love! playing songs from Oasis, The Clash, Buzzcocks, The 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

28th May – Room 17.

Room 17 are a female fronted Pop/Rock band Playing covers of Adele, Blondie, Abba, Stereophonics, Queen, Guns 'n' Roses, Pink and many more Starting at 9.00pm

Free Entry for Members £3.00 for non-Members

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.



What's On at the St Chad's Centre

St Chad's Centre Schedule

Monday	Activity	Contact
12.30-14.30	Tachbrook Tinies 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.	Contact on facebook
16.30-17.45	Martial Arts Class. Children/ Beginners up to age 11	Andy Shaw – <u>andy@linkcube.co.u</u> <u>k</u>
17.45-19.00	Martial Arts Class. Over 12 years and adults	Andy Shaw – <u>andy@linkcube.co.u</u> <u>k</u>

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@adventureba bies.co.uk
	Mini Adventurers (0-18 months) 9.15am - 10.00am	or visit:
9.15-12.30	Diddy Adventurers (0-12 months) 10.30am - 11.15am	www.adventurebabie s.co.uk/
	Mini Adventurers (0-18 months) 11.45am - 12.30am	warwickshireandcove ntry
	Booking essential please visit www.adventurebabies.co.uk/ warwickshireandcoventry to secure your place or contact lindsey@adventurebabies.co.uk	
14.30 -16.00	HISTORY GROUP Folksongs of Worcestershire	
Tuesday 10th May	and Warwickshire Dr Richard Churchley will talk about the rich folklore contained in the songs passed down from generation to generation.	All most welcome.

	ATOMIC DANCE	
	Acrobatic Arts 1	
	4.30pm-5.15pm - Ages 5+	
	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
16.45-18.30	£18 per month.	07392 348155 or ellie@atomicdance.c
	Acrobatic Arts 2	<u>o.uk</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	
	Supporting Health & Wellbeing	
	Yoga classes with Amanda	
19.00-20.00	Specialising in yoga for beginners. Sedentary workers, and mums.	<u>www.lifewithamanda</u> j.com
	£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.	

What's On at the St Chad's Centre

Wednesday	Activity	Contact
18.00-19.00	 YOGA CLASS Supporting Health & Wellbeing 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. 	<u>www.lifewithamanda</u> j.com
19.30-21.30	Salsa @ St Chads Learn and practice Salsa Cross Body / Cuban / Rueda Every Wednesday, New and experienced dancers welcome. New Dancers Come early.	Enquiries – <u>stchadssalsa@outloo</u> <u>k.com</u>

What's On at the St Chad's Centre

Thursday	Activity	Contact
10.15-11.45 5th and 19th May	ST CHAD'S COMMUNITY CAFÉ Serving Drinks and Cake for you to enjoy If you would like to volunteer for one or two weeks per month please contact Kate Wellsted on: Chadstreasurer@outlook.com or ring 07713113464	<u>Chadstreasurer@</u> outlook.com
13.20-14.00	Glo-Babies Glo-Babies will be at St Chad's Centre Bishops Tachbrook from Thursday 30th September 1.20 -2pm. Glo-Babies offer weekly musical sessions for 0-3 year olds in low level lighting with illuminated props and instruments. Term time only	For further information visit the website at <u>www.glo- babies.co.uk</u> and to book a space follow the link at <u>Bookwhen.com/glo- babies</u>
	ATOMIC DANCE Little Stars Ballet and Musical Theatre (combined class) 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	Contact Ellie Rowe 07392 348155 or <u>ellie@atomicdance.c</u> <u>o.uk</u>

Thursday	Activity	Contact
16.00-17.45	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 <u>el-</u> <u>lie@atomicdance.co.</u> <u>uk</u>
Friday	Activity	Contact
10.00-12.00	Tai Chi - All Classes are for beginners but are suitable for anyone. Classes have a maxi- mum 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
	Chair Yoga Minds and Dreams will be starting Chair Yoga on the first Friday of every month, start- ing Friday 6th May. Minds and Dreams are a chari- ty that provide support to car- ers as well as people affected by long term illness	Contact Fay 07355 036209

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