

FOCUS

September/October 2012

ARE YOU SITTING COMFORTABLY?...



The Village Hall Trustees are pleased to announce the arrival of some lovely padded, very comfortable new chairs for use in the Deben Hall. We think they are a real improvement on the old ones and an asset for the hall. *Let us know what you think.*

Also you will notice a great difference in the appearance of the main hall floor. We have had it sanded down to clean it and re-sealed to protect it for, we hope, a further few years.

These two jobs alone have cost several thousands of pounds, but the Committee are striving to look after the fabric of the hall and its contents for the enjoyment of all users.

Trisha Eaton - Secretary VHS Trustees

VOLUNTEERS WANTED!

The Village Hall Committee is looking for volunteers to help out in the VH gardens. All ages and abilities welcome - **enthusiasm is more important than experience!**

Volunteers will be allocated a section of the garden and given directions. But if you do have suggestions about what you'd like to see on 'your' patch, the committee is open to ideas.

Max Pemberton: maxpemberton2@gmail.com



COMMUNITY MEALS

To raise money for Waldringfield's new composting scheme, we are organising shared meals. Minimum £6 per person, to include main course and pudding. (£4 for children)
Bring your own drinks
or tea/coffee for 50p.

Friday 28th September at 7pm
Monday 22nd October at 12

Betsy Reid 736506

PILATES IN THE VILLAGE HALL

The next series of Pilates classes will start again on Friday 7th September. Now that the summer holiday season is over, there will be two classes to choose from on Friday afternoons, 2 - 3pm or 3.15 - 4.15pm (we can move them a little bit to a slightly earlier or later time, if need be).

The classes are a lot of fun and **everyone is welcome**, whatever your level of experience or fitness.

This term, we are going to focus on the "core" - on releasing tension in the spine, back, neck and shoulders and strengthening pelvic floor and abdominal muscles - so a great time to start if you haven't done any Pilates before.

Set of 5 classes booked and paid in advance £30
or £8.50 drop-in per class. Please contact Kat for more information
or to book your place on 01728 638604 kat@rhythmofofife.org.uk

HARVEST SUPPER

Saturday 13th October

“CAPTAIN HOOK AND THE PIRATES OF THE CARIBBEAN”
A rip-roaring, fun-filled adventure featuring Indians, crocodiles and fairies

DON'T FORGET TO PUT THIS DATE IN YOUR DIARY!
Look out for more details to follow soon in a separate flyer...

PRODUCE SHOW

Sun 16th September 2.00 – 5.00

Plus, Photograph Competition
and Table Top Sale

For classes for flowers, fruit,
veg and produce see separate
leaflet.

Auction of produce 4.30

ORGANIC PEST AND DISEASE CONTROL

Talk by Marina O'Connell (The Apricot Centre)
Thurs 18th Oct 7.45 p.m.

WALGA

APPLE PRESSING

Saturday 20th October

2.00p.m onwards

Bring your fruit to turn
it into juice or cider.

WALDRINGFIELD WILDLIFE GROUP

Saturday 13th October, 10.00-12.30

10.00: Business meeting and AGM for members

11.00: Talk on Mammals of Suffolk by Simone

Bullion, Suffolk Wildlife Trust

The talk is open to everyone.

No fee but donations please

Sally Redfern 736683

UPCOMING EVENTS

CLASSICAL CONCERT

Sunday 4th November at 3pm

More details later.

Please book the date and tell your friends.

Liz Kennedy

WALDRINGFIELD WILDLIFE GROUP

Saturday 8th December 10.00-12.30

Talk (topic tbc, all welcome) and Christmas lunch
(members only) *Sally Redfern 736683*

WINTER QUIZ

Saturday 8th December – watch this space!

GREEN DAY

Feb 2013 tbc

Please get in touch if you have ideas on how to reduce
Waldringfield's environmental impact *Libby 736523*

DATES FOR YOUR DIARY

Sep – Oct 2012

16 th Sep	Produce Show
28 th Sep	Community Meal
13 th Oct	Mammals of Suffolk Talk
13 th Oct	Harvest Supper
18 th Oct	Organic Pest Control Talk
20 th Oct	Apple Pressing Day
22 nd Oct	Community Meal

POST OFFICE Mon, Wed, Fri 11.00-1.00

VILLAGE SHOP Wed 11.00-1.00

CONTACTS

BRIDGE

Norman Rea 736577

CHIROPODIST

Catherine Taylor, Foot Health Professional 690155

DOCTORS SURGERY: 2-5PM

Please telephone the surgery first 01394 615500

HISTORY GROUP

Joe Clark 736670

PARISH COUNCIL MEETINGS

(second Tues of each month at 7.30pm) - Ian Kay 73638
or Parish Clerk Jean Potter 723409

PILATES

Kat 01728 638604

TUESDAY SOCIAL EVENINGS

John 736228 or Vicky 736324

WALGA

Betsy Reid 736506

WILDLIFE GROUP

Sally Redfern 736683

WINE CLUB

David Eaton 736754

YOGA

Di Taylor 07748 61173

VILLAGE HALL BOOKINGS

Contact Donna for booking enquiries
or a copy of the Village Hall
information sheet 736724

FOCUS on NEWS FROM WALDRINGFIELD VILLAGE HALL

For booking enquiries, call Donna Morgan on 736724