

FOCUS

EVENTS AND NEWS FROM WALDRINGFIELD VILLAGE HALL

Sep/Oct 2020

We have missed you, welcome back!

In early August the Committee reopened the Village Hall on a limited basis. In making our risk assessment and drafting supplementary conditions of hire we have been following the national guidance for rural community buildings. Only low risk events for local residents, where social distancing can be applied, are allowed at this stage. So for the moment no social events or performances are permitted and only the Deben Hall, with a one-way system in place, is in use. For the time being the Kennedy Room, kitchen, and office are not available. The Hall is having additional cleans under contract and hirers are required to clean touched surfaces before and after events. The full set of supplementary conditions is posted on the Village Hall section of the village website. These conditions will be revised from time to time in the light of experience and of changing government regulations and guidance. We shall announce these changes on waldringfielders.

We hope that the steps we have taken are giving hirers and users more confidence. It has been good in recent weeks to see the Village Hall starting to come back into use and we look forward to it again playing a full role in community life in due course.

Colin Reid (Chair of the Village Hall Trustees)

We now have Karate classes running for all ages on Tuesday and Wednesday evenings! Why not take up a new hobby - and all the family can join.

Obviously at the moment there is no contact during the lessons and social distancing is maintained.

Evolution Karate Academy

A happy, fun and friendly karate club for all the family.

For further details or a FREE trial lesson, please email

evolutionkarateacademy@hotmail.co.uk or

visit our website

www.evolutionkarateacademy.co.uk

PILATES: Tony Boardman of Tone Pilates will be running Pilates classes on Tuesdays at 9:30 am at the Village Hall. Move your body, free your spine, breathe, and build those longer, leaner muscles!

£10 for a single drop-in class, and discounts for half terms (£8.50 per class).

These classes are limited in numbers to allow safe Covid 19 distancing and all small props are sanitised between classes. You will need to bring your own mats however. There will be a few used and cleansed mats for sale if needed.

Tony has 10 years' experience of teaching the Joy of Movement and is a STOTT Pilates certified instructor

New Yoga class:

Vinyasa Yoga with YogaEve

- a one hour class of sequenced flowing yoga that moves seamlessly with the breath to promote both flexibility and core strength – own mats needed at this time
- **Begins Monday 5th October, 6.30-7.30pm**
- Cost of class: £8 (booking essential as social distancing is required)

Please contact Eve for more information or to book: 07928896144 email: yogaeve25@gmail.com

The **Tuesday night badminton** is closed for the foreseeable future due the virus, government guidelines would mean that we are only able to play singles. If the situation changes we will reconsider.

However the village hall does have two table tennis tables and it may be possible to use them for playing singles table tennis. Also there is equipment to play short mat bowling in the hall. If anyone is interested please could they let me know and we may be able to arrange some sessions **John Nayler 736228**

History Group Book Launch.

This momentous event for the village will take place on:

Tuesday September 29th 11am to 4pm.

Further details will be posted on *Waldringfielders*; if you are not in this group do contact **Marian on 736126** who will pass on your enquiry to the History Group

WALDRINGFIELD VILLAGE HALL TRUST - LOTTERY

The Village Hall Lottery makes a valued contribution to the finances of our hall. This year you will all know that much in our lives has been turned upside down. The hall has lost its income from lettings but the lottery continues. It has of course been a difficult time collecting in subscriptions during the lock down period.

I would like to thank the Collectors who have delivered my letter, requesting subscriptions and inviting new players, to every household in the village. I now wish to thank all of you who responded by paying up with cash or cheque and the large number of you who have completed the standing order form. I can now say to all of you who have forgotten to pay - it's never too late! Just pop an envelope addressed to me, Nigel King, in the hall letterbox with the payment and clearly state your name and address - job done!

To anyone who would like to join in from the September draw, just pop £10 in an envelope addressed to me, Nigel King, in the hall letterbox with the payment and clearly state your name and address by September 11th and I'll take of the rest. If you would like a standing order form or would prefer to pay by BACS please do contact me.

I am looking forward to when the monthly draw can take place at the Coffee Mornings but there is no knowing when they can begin again. I shall continue to advise the results in 'Waldringfielders' but if you would like a personal email with results, just let me know.

Any other questions, please do get in contact. Stay Safe

Nigel King - Promoter, WVHT Lottery. 01473 736060 - 07703 569364 - ngking@btinternet.com

REGULAR EVENTS

- Monday** Post Office Van 11am-12.30
Yoga (from 5th October) Eve 07928 896144
- Tuesday** Pilates 9.30am *Tone Pilates* 07964 325783 www.tonepilates.co.uk
Social Club/Badminton *John Nayler 736228 (See earlier message)*
Parish Council Meetings *Parish Clerk 01394 271551*
Karate evolutionkarateacademy@hotmail.co.uk
- Wednesday** Post Office Van 11am - 12.30
Karate evolutionkarateacademy@hotmail.co.uk or
- Thursday** Art Group *Kit Clark 736670*
History Group *Gareth Thomas 811745*
- Friday** Post Office Van 11am-12.30
Tone & Stretch 1-2pm *Di Taylor 07748 611730*

Bookings: waldringfield.onesuffolk.net/our-village/village-hall/villagehall.bookings@btinternet.com

'Focus' headteacher@waldringfield.suffolk.sch.uk