

ASHENGROUND COMMUNITY CENTRE



Telephone: 01444 447050
E-mail: ashengroundcc@talktalk.net
website: www.ashengroundcc.org

Southdown Close
Haywards Heath
West Sussex
RH16 4JR

ACTIVITIES FOR CHILDREN

Kangaroos Saturday 1.30 - 4.30pm during term time, plus holiday schemes
Activities for children & young people with severe learning difficulties. Contact Lorna 459108

Sing + Sign Friday 9am -1.30pm during term time
Communicate before baby can speak. Contact janemarshall@singandsign.co.uk

Franglophones Weekly Wednesday 9.30 – 12 during term-time
Mother and toddler group for French speaking families. Contact Emilie 07787 784858

Lucastes Languages Weekly Saturday 9 – 12.30am during term time
Spanish classes for children. Contact Rebecca 457147 lucasteslanguages@outlook.com

Turning Pointe Weekly Monday 3.30 – 6.30pm and Saturday 9 – 12pm during term time
Modern Ballet for Primary aged children. juliacanneaux@hotmail.co.uk

Taekwan-do Weekly Sunday 4 – 8pm
Contact Fortitude Academy 01342 302192

ACTIVITIES FOR ADULTS

Mid-Sussex Bridge Club Weekly Monday 7.15 – 11pm
All welcome. Contact Suzanne 451796

Folkdance Club First & third Tuesday of the month 8 – 10pm
All welcome. Contact Max 01342 718862 / 07710 243956

Pilates Weekly Monday 6.45 - 9pm & Wednesday 6 – 7pm
Contact Darryl 01825 731839

Parkinson's UK Weekly Tuesday 1 – 6.30pm
Exercise classes for people with Parkinson's. Contact Sue 483504

Table Tennis Weekly Thursday 8 – 10pm
All welcome, equipment provided. Contact Debbie 410361

Yoga Weekly Monday and Wednesday 7 – 8.30pm
Relax and tone your body with Yoga. Contact Bill 441659

Give us a Break Third Thursday of the month 10am – 12.30pm
Daytime support group with activities for carer's. Contact Gordon 01273 831799

Up & Amble 2nd and 4th Thursday of the month 10.15 – 11.45am
Level 1 walk in Ashenground Woods followed by coffee. See MSDC Healthy Walks program

Back & Body Reconditioning Weekly Tuesday 4.30 – 5.30pm
For people with Osteoporosis by a specialist physiotherapist. Contact Bex 07970 505186

Liz Weekly Thursday 6 – 7pm
Exercise class to help maintain weight loss Contact Liz 07902 805053

Lighterlife Weekly Monday 9.30 -11.30am & Tuesday 5.30 – 6.30pm
A Slimming Club with a unique approach to weight loss.
Contact Rebecca.moore@lighterlife.com

Tuesday Club Weekly Tuesday 2 – 4pm
Social group with board games. Contact Kathy 483294

CONTACT DETAILS:

Centre Manager:

Sue Neatherway 01444 447050

E-mail:

AshengroundCC@talktalk.net

Website:

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Facebook:

Ashenground Community Centre



Registered Office: Ashenground Community Centre
Southdown Close, Haywards Heath, West Sussex RH16 4JR

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