

# ASHENGROUND COMMUNITY CENTRE

Southdown Close,  
Haywards Heath,  
RH16 4JR



8<sup>TH</sup> ISSUE – SUMMER 2016

## NEWSLETTER

You will be aware the Community Centre belongs to us all, is run by local people and is here to be used by all sections of our community. The inside of this newsletter lists all the current regular activities taking place in the Centre. Contact/telephone numbers are included, should you wish to join one of them. For more information, or to hire the Centre for any type of function, please do not hesitate to contact the Centre Manager, whose details can be found on the back page.

In June the Ascension Church celebrated their 50<sup>th</sup> Anniversary by hosting a week of activities showing how the Church engages and serves the local community. The picture shows the Tuesday Club enjoying a cream tea after their usual time of playing board games. The week culminated in a picnic on the grass adjoining the Centre which we hired from Mid Sussex District Council. The Church plans to host more events of this type to bring the Community around the Church together.



Our next **Open Afternoon** is on **Monday 25<sup>th</sup> July** at 1pm. This year we have the Climbing Wall and Crazy Golf as our main attractions. Various user groups will have displays and activities for you to try. There will be demonstrations by Lindfield Folkdance and Swoove. The ice cream van will be here and refreshments will be served 'café style' in our back room. We'll be making small charges for refreshments and some events this year and all proceeds will go towards the much awaited café project which we hope will come together later this year.

Have you attended one of our Community Films yet? In response to previous community requests we have started **Ashenground Community Films**. We have held two so far and the next date for your diary is **Saturday 3<sup>rd</sup> September** when we will be screening Star Wars at 7pm. It's a PG rating so all the family can come. We provide refreshments, a licensed bar and raffle, and of course, popcorn! Details of how to book your tickets can be found on our Website and on the noticeboards.



### DETAILS OF PHOTOCOPYING FACILITY

The office at the Centre offers a comprehensive photocopying and printing service. To find out the hours of availability and the schedule of rates, please contact the Centre Manager.

**Remember, this is YOUR Community Centre. We have space for more activities and we would like your ideas. The Centre can also be hired for meetings, parties and events, but please be aware that the Main Hall is extremely popular, so the advice is to book early.**

## ACTIVITIES FOR CHILDREN

**Hedgehogs Nursery** Mon - Fri 9.30 – 12.30 during term time.  
Children 2 – 5 years. Contact Selina 457307

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

**Tiddlers** Wednesday 1.30 - 3pm during term time  
Mother and Toddler Group for pre-school children. Contact Jane 453726

**Youth Can Dance Sussex** Mon/ Fri afternoon and Saturday morning during term time  
ISTD Modern, Ballet and Movement for primary children. Contact [Joannacane@yahoo.co.uk](mailto:Joannacane@yahoo.co.uk)

**Sing + Sign** Friday 9am - 1.30pm during term time  
Communicate before baby can speak. Contact Jane [janemarshall@singandsign.co.uk](mailto:janemarshall@singandsign.co.uk)

**Franglophones** Weekly Wednesday 9.30 – 12 during term-time  
Mother and toddler group for French speaking families. Contact Emilie 211338

**Ponderosa** Weekly Saturday 9 – 11am during term time  
Spanish lessons for children. Contact [becksmiller@outlook.com](mailto:becksmiller@outlook.com)

**Mid-Sussex NCT** Third Saturday of the month 10 – 11.30am  
Baby and Toddler group for Dads. Open to all.

**Swoove Jam (10-15 year olds)** Weekly Friday 6 – 7pm term time  
Sing and dance to the latest hits. Contact Esther 07764801167 [info@swoovefitness.com](mailto:info@swoovefitness.com)

## 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 Mike 482741

**Horizon** Second Tuesday of the month 8 – 9.30pm  
Women's Group with speakers and craft activities. Contact Barbara 440805

**Pilates** Weekly Monday 6.45 - 9pm and Wednesday 6 – 8.15pm  
Pilates for beginners upwards. Contact Darryl 01825 731839

**Parkinson's UK** Weekly Tuesday 1.30 - 5pm  
Exercise class for people with Parkinson's. Contact Sue 483504  
Also Conversation skills First Wednesday of the month 2 – 5pm

## ACTIVITIES FOR ADULTS continued

**Phoenix Club** Weekly Monday 4 – 6.30pm  
A drop-in club for adults with mental health problems. Contact Gordon 417099

**Sama Karate** Weekly Tuesday 6.45 – 7.45pm & Thursday 7 – 8pm  
Kickboxing classes. Contact Ben 07929 056674

**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

**Pilates** Weekly Wednesday 6.30 – 7.30pm  
All welcome. Contact Kristina 07779 203897 [Kristinamoney@outlook.com](mailto:Kristinamoney@outlook.com)

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

**Carer's Support** Second (6.30 – 8.30pm) & last Tuesday (7 – 8.30pm)  
Monthly group for carer's of people with Mental Health Issues – Second Tuesday  
Monthly group for carer's of people with Eating Disorders – last Tuesday  
Contact 01293 657043 [info@carerssupport.org.uk](mailto:info@carerssupport.org.uk)

**Whyweight** Weekly Thursday 5.30 – 7pm  
Bariatric exercise class. Contact [www.4healthyweight.com](http://www.4healthyweight.com)

**Rebecca** Weekly Wednesday 7.30 – 8.30pm  
Adult Jazz dance group. Contact Rebecca 454369

**Pilates** Weekly Friday 7.15 – 8.15pm term time  
Pilates for all. Contact Jackie 483726

**Reaching Families (Umbrellas)** 2<sup>nd</sup> Tuesday of the month 9.30 – 11am  
For carers of children with additional needs in Mainstream Schools.  
Contact Michelle 07470005734 [Michelle@reachingfamilies.org.uk](mailto:Michelle@reachingfamilies.org.uk)

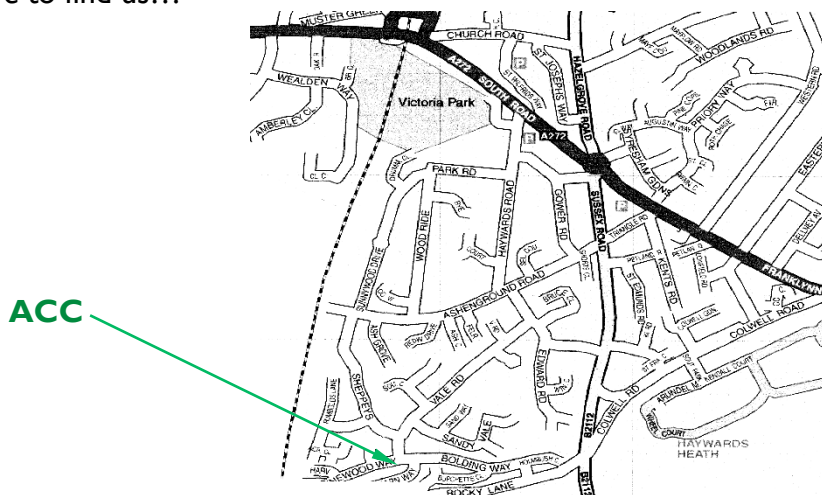
**Up & Amble** 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month 10 – 12noon  
Level 1 walk in Ashenground Woods followed by coffee. Contact Tina 455760

### **ACTIVITIES FOR RETIRED PEOPLE**

**Lunch Club** Second Monday in the month 12.30 – 2pm  
A simple lunch of soup or ploughman's Contact Ursula 451861

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

Where to find us...



### Debbie Tuesley BSc ACA – self-employed Chartered Accountant

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Telephone 0791 330 7722 or e-mail [dtuesley@gmail.com](mailto:dtuesley@gmail.com) for further information

#### Useful Numbers

Ascension Church - Rev. Neil Tipple 416262 - [www.ascensionchurch.co.uk](http://www.ascensionchurch.co.uk)

Non-emergency Police - 101

Crimestoppers 0800 555111

MSDC Help point - 458166 - [helppoint@midsussex.gov.uk](mailto:helppoint@midsussex.gov.uk)

Citizens Advice Bureau 08444 771171 - [www.adviceguide.org.uk](http://www.adviceguide.org.uk)

Youth Matters - 243922 - [www.yourspacewestsussex.co.uk](http://www.yourspacewestsussex.co.uk)

Town Councilors - Anne Boutrup 07912 112484 [anne.boutrup@haywardsheath.gov.uk](mailto:anne.boutrup@haywardsheath.gov.uk)

Sujan Wickremaratchi 07968 179083 [sujan@haywardsheath.gov.uk](mailto:sujan@haywardsheath.gov.uk)

Howard Mundin 07802 603446 [howard.mundin@haywardsheath.gov.uk](mailto:howard.mundin@haywardsheath.gov.uk)



Your Centre's Management Committee is seeking further members from the community. If you can spare one evening approx. every 5-6 weeks, then please contact Sue, via the details below, to find out more.

#### CONTACT DETAILS:

Centre Manager:

E-mail:

Website:

Sue Neatherway 01444 447050

[AshengroundCC@talktalk.net](mailto:AshengroundCC@talktalk.net)

[www.ashengroundcc.org](http://www.ashengroundcc.org)

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

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