

## ACTIVITIES FOR CHILDREN

### **Hedgehogs Nursery**

Children 2 – 5 years.

Mon - Fri 9.30 – 12.30 during term time.

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**

Mother and Toddler Group for pre-school children.

Wednesday 1.30 - 3pm during term time

Contact Jane 453726

### **Sing + Sign**

Communicate before baby can speak.

Friday 9am - 1.30pm during term time

Contact Jane [janemarshall@singandsign.co.uk](mailto:janemarshall@singandsign.co.uk)

### **Franglophones**

Mother and toddler group for French speaking families.

Weekly Wednesday 9.30 – 12 during term-time

Contact Emilie 211338

### **Lucastes Languages**

Spanish lessons for children.

Weekly Saturday 9 – 11.30am during term time

Contact Rebecca 457147 [becks@lucasteslanguages.uk](mailto:becks@lucasteslanguages.uk)

### **Creation Station**

Art and messy play for pre-schoolers. 07789125922 [melaniejeffries@thecreationstation.co.uk](mailto:melaniejeffries@thecreationstation.co.uk)

Weekly Monday 9 – 12noon during term time

### **Turning Pointe**

Modern Ballet for Primary aged children.

Weekly Monday 3 – 7pm and Saturday 9 – 12.30pm during term time

[juliacanneaux@hotmail.co.uk](mailto:juliacanneaux@hotmail.co.uk)

## ACTIVITIES FOR ADULTS

### **Mid-Sussex Bridge Club**

All welcome.

Weekly Monday 7.15 – 11pm

Contact Suzanne 451796

### **Folkdance Club**

All welcome.

First & third Tuesday of the month 8 – 10pm

Contact Mike 482741

### **Horizon**

Women's Group with speakers and craft activities.

Second Tuesday of the month 8 – 9.30pm

Contact Barbara 440805

### **Pilates**

Pilates for beginners upwards.

Weekly Monday 6.45 - 9pm and Wednesday 6 – 8.15pm

Contact Darryl 01825 731839

### **Parkinson's UK**

Exercise class for people with Parkinson's.  
Also Conversation skills

Weekly Tuesday 1.30 - 5pm

Contact Sue 483504

First Wednesday of the month 2 – 5pm

### **Phoenix Club**

A drop-in club for adults with mental health problems.

Weekly Monday 4 – 6.30pm

Contact Gordon 417099

## ACTIVITIES FOR ADULTS continued

### **Sama Karate**

Kickboxing classes.

Weekly Tuesday 6.45 – 7.45pm & Thursday 7 – 8pm

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

**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** Monthly Second (6.30 – 8.30pm) & last Tuesday (7 – 8.30pm)  
Group for carer's of people with Mental Health Issues – Second Tuesday  
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 Jacquie 483726

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

**Back & Body Reconditioning** Weekly Tuesday 5.30 – 6.30pm  
For people with Osteoporosis by a specialist physiotherapist. Contact Bex 07970505186

**WI Art** Weekly Tuesday 10.30 – 12.30 during term-time  
WI Art workshop. Contact [janWwhite@btinternet.com](mailto:janWwhite@btinternet.com)

## **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

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

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