Community View

The Hesketh Bank Community Centre Newsletter

Issue 22 – September 2023

A new Chairman

Bill Hall has taken over as Chairman of Hesketh Bank Community Centre.

At his first meeting he said, "Little did I think back in January 2017, when I attended my first Trustees meeting at the instruction of Steve Kirby, that six years later I would be sat in this chair. Steve has been one of the constants in that time, in which we have endured many highs and lows, but through it all he has steered us on a clear course. A course that has always been for the benefit of the community and I am sure you will join me in thanking him for that."



One of Bill's first jobs was to acknowledge the grant funds we have received from Brentwood Trust, which is helping us to make the site safer with netting over the MUGA and other improvements specifically for Jigsaw Nursery and our Kids Party Room. In other news, all our Caretakers are now Dementia Friends as we work hard to make our centre as welcoming as possible to everyone.

And we are getting even busier!

We now have Samanta Ulybin's Art School on Tuesdays and a Dementia Carers Group on Thursdays. Starting in September, we have Dance Like A Mother, for brand new mums, and Sing Fabulous Choir on Wednesdays, a Tea Dance on the second Thursday of the month, plus Painting & Prosecco once a month on Saturdays and Manifesting & Wellbeing once a month on Sundays. We also welcome back by popular demand Rollercoaster and Jacqui's Rhyth Katz for evenings of live music - with the added fun of a disco until midnight – and Karaoke and, of course, our regular annual events: Mikron, Quiz, Lancashire Day, our Christmas Artisan Sale and Afternoon Teas. Last, but certainly not least, we also have the Community Cinema once a month on Sundays showing a range of new releases and classic favourites.



And finally, we have started a Volunteer of the Year Award, in line with national #THANKYOUDAY, recognising all those people who support not only the Centre but our wider Community.

This year's recipient was the very deserving Bob Foster who works hard every Friday at the Community Café and can be seen around the village keeping it tidy! We are grateful to all our volunteers – you are very much appreciated – and we could not do what we do without you and our wonderful community.



WHAT'S ON

see our website for the most up-to-date information: www.heskethbankcommunitycentre.org.uk

Mondays	AM	**Boxing** with CW Fitness	cwfitnessandhealth@hotmail.com
		U3A Local History (fortnightly)	www.becconsallu3a.org
		Gardening Made Easy	Call Marguerite on 01772 601376
	PM	**Tai Chi** with Freshfield Fitness	www.freshfieldfitness.co.uk
		U3A Creative Textiles (fortnightly)	www.becconsallu3a.org
		Zumba Gold with Kay B Music Fitness	kaybkayb1@gmail.com
		Jennifer Walters Theatre School (Including Adult Ballet and Tap)	Call Jennifer on 07305 284430
		U3A Book Club (last Monday of the month)	www.becconsallu3a.org
		Parish Council Meetings (second Monday of the month)	Call the Clerk on 01772 812681
Tuesdays	AM	**U3A Table Tennis**	www.becconsallu3a.org
		U3A Creative Writing	www.becconsallu3a.org
	PM	**Samanta Ulybin's School of Art**	www.samantaulybin.com
		Cognitive Stimulation Therapy Group	Call Age UK on 03003 031234
		Chair Exercises with Kay B Music Fitness	kaybkayb1@gmail.com
		Jennifer Walters Theatre School	Call Jennifer on 07305 284430
		Circuits with CW Fitness	cwfitnessandhealth@hotmail.com
		Puppy Training with Harrisons Dog Training	Call Myles on 07749 954161
Wednesdays	AM	**Slimming World**	www.slimmingworld.co.uk
		Dance Like a Mother	www.dancelikeamother.com
		Gardening Made Easy	Call Marguerite on 01772 601376
	PM	**Hatha Yoga** with Bliss Tranquillity	Call Debra on 07821 814044
		U3A Art Workshop (fortnightly)	www.becconsallu3a.org
		Foot Care Clinic (every four weeks)	Call Age UK on 03003 031234
		Jennifer Walters Theatre School	Call Jennifer on 07305 284430
		Ju Jitsu with Nippon UK	www.nipponuk.com
		Dog Ringcraft	Call Jean on 07748 785230 (day) Helen on 07795 684400 (evening)
		Sing Fabulous Choir	info@singfabulous.com
Thursdays	AM	**U3A Coffee Morning**	www.becconsallu3a.org
		Stay & Play in Jigsaw Nursery	Call Julianne on 07928 325954
	PM	**West Lancashire Classic Trains** (19th October)	Call Frank on 07906 058681
		Paracise gentle exercise to great music	Call Loren on 07808 157718
		Dog Café with Harrisons Dog Training (first Thursday of the month)	Call in for a cuppa and dog treat!
		Tea Dance (second Thursday of the month)	Call in for a cuppa and a waltz!
		Dementia Carers Group	sheilaamccoy@hotmail.com
		Small Group Training with CW Fitness	cwfitnessandhealth@hotmail.com
		Table Tennis	Call Steve on 07766 367550

Fridays	AM	**Circuits** with CW Fitness	cwfitnessandhealth@hotmail.com
		Diabetes Prevention Programme (once a month)	Jessica.Day@reedwellbeing.com
	PM	**Community Café**	www.facebook.com/HBTHelpers
		Active West Lancs Weight Management	craig.baxter@serco.com
		Ju Jitsu with Nippon UK	www.nipponuk.com
		Kickboxing with Nippon UK	www.nipponuk.com
Saturdays	AM	**Jennifer Walters Theatre School**	Call Jennifer on 07305 284430
	PM	**Jennifer Walters Theatre School**	Call Jennifer on 07305 284430
		Painting & Prosecco (once a month)	www.samantaulybin.com
Sundays	AM	**Manifesting & Wellbeing Workshop** (once a month)	holisticandwellnesscoach@gmail.com
	PM	**Community Cinema** (once a month)	peterhalls147@gmail.com
		Dog Scent Training (once a month)	superspring1@icloud.com
		Sound Bath	Text Steve on 07926 700453

Hesketh Bank Community Cinema Presents...



10th September - The Phantom of The Open
8th October - Mrs Harris goes to Paris
12th November - Elvis
10th December - Holiday Inn

All showings start at 3pm, £4 per person, Refreshments available

Dates for your diary:

24th September – Mikron Theatre presents A Force to be Reckoned With -
about pioneering women in the police force.
Performance starts at 2pm.
£15 (£13 concessions) or £45 for Family Ticket (2 adults and 2 children)

30th September – Rollercoaster - BACK BY POPULAR DEMAND!
4-piece band playing songs from the 50s, 60s, 70s and 80s.
Bar opens at 7:30pm, performance 8-10pm and disco until midnight. £10 per person.

14th October – Quiz Night - BACK BY POPULAR DEMAND!
Bar opens at 7pm, prompt start 7:30pm until late. £5 per person.

21st October – Jacqui's Rhythm Katz - BACK BY POPULAR DEMAND!
Bar opens at 7:30pm, performance 8-10pm and disco until midnight. £10 per person.

11th November – Karaoke Night
Free entry. Bar opens at 7:30pm.

27th November - Lancashire Day
Songs, stories and poems with Sid Calderbank & Friends
plus Southport Swords Long Sword Dancers
Bar opens at 12:30pm and lunch served at 1pm, £15 per person.

3rd December – Artisan Market - BACK BY POPULAR DEMAND!
£10 per stall, book before 27th November with the Centre
10am – 2pm, free entry and light snacks available to purchase.

7th and 14th December – Christmas Afternoon Tea - BACK BY POPULAR DEMAND!
Our famous Christmas Afternoon Teas return 3:30pm-5pm. £12 per person.

TICKETS AVAILABLE FROM THE CENTRE NOW

*****PLEASE GET YOURS EARLY TO AVOID DISAPPOINTMENT*****

We have three halls available for functions:
Our **Kids Party Room** holds up to 20 children under 4 years,
The **Baldwin Room** holds up to 40 people and
Our **Ellis Suite** holds up to 120 people,
with hire costs inclusive of kitchen, bar, crockery, cutlery and tablecloths
PLUS
a **Multi-Use Games Area** for outdoor sports and team-building,
and a **Pool Table, Football Table and Table Tennis Table** -
included in function fees or available for private hire.

07784 942127
info@heskethbankcommunitycentre.org.uk
Hesketh Bank Community Centre, Station Road, Hesketh Bank, Preston PR4 6SR
Registered Charity Number: 1180178
Facebook.com/heskethbankcommunitycentre Instagram.com/heskethbankcommunitycentre