



Community View

The Hesketh Bank Community Centre Newsletter

Issue 23 – January 2024

Going Eco!

The Trustees of Hesketh Bank Community Centre have made great strides in their efforts to be greener by installing solar panels to their relatively new building.



Chairman of the Centre, Bill Hall, explained: "When we redeveloped the Back Hall our funding fell short of what was needed to have solar panels as planned. But, we have been very lucky to secure grants from Lancashire Environment Fund and East Lancs Chamber of Commerce to get these retrofitted just two years after opening."

He continued, "We are very grateful to both organisations for this, which will make a big difference to our environmental impact and ongoing expenses."

The monies from Lancashire Environmental Fund also covered the cost of installing solar lighting in the car park to make the site more safe and secure for users during the winter months. In addition to this, we reduced our CO2 emissions from 7.33 tonnes in 2018 to 3.34 in 2020, which is a great boost to our journey to Net Zero.

In other news, we are once again joining in the national programme of Warm Welcome Spaces and Village Halls week. This means that you can not only come and have a hot drink, biscuit and a chat with us any time we are open, as usual, but we are also offering some free activities from January to March. And, if that wasn't enough, we will be offering free Table Tennis and Pool/Snooker during Village Halls Week, which is 18th to the 24th March.

We were delighted to receive a nomination for The King's Award for Voluntary Service, but unfortunately it was not successful. However, in the letter informing us, Sir Martyn Lewis CBE, Chair of KAVS National Assessment Committee, said *"The work your group does for the community was very much admired by the National Assessment Committee and the very fact that you were nominated independently for this honour shows how highly local people think of you. This is great recognition in itself, and I hope that your volunteers will be able to take great pride in this."* He went on to say *"Our local and national assessors were impressed by your substantial achievements in supporting your local community. Please convey to your volunteers and staff our warm appreciation of all you do, and we wish you the very best in continuing your valuable work, now and in the future."*

And finally, we are pleased to advise that the kitchen has retained its five-star food hygiene rating for the Community Café. If you haven't joined us on a Friday for a three-course lunch, you are missing out!

WHAT'S ON

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

Mondays	AM	Boxing/Circuits with CW Fitness U3A Local History (fortnightly) Gardening Made Easy	cwfitnessandhealth@hotmail.com www.beconsallu3a.org Call Marguerite on 01772 601376
	PM	Tai Chi with Freshfield Fitness U3A Creative Textiles (fortnightly) Zumba Gold with Kay B Music Fitness Jennifer Walters Theatre School (Including Adult Ballet and Tap) U3A Book Group (last Monday of the month) Flow Yoga with Bliss Tranquility Parish Council Meetings (second Monday of the month)	www.freshfieldfitness.co.uk www.beconsallu3a.org kaybkayb1@gmail.com Call Jennifer on 07305 284430 www.beconsallu3a.org Call Debra on 07821 814044 Call the Clerk on 01772 812681
Tuesdays	AM	U3A Table Tennis U3A Creative Writing	www.beconsallu3a.org www.beconsallu3a.org
	PM	Cognitive Stimulation Therapy Group Buddy Play for home schooled children Chair Exercises with Kay B Music Fitness Jennifer Walters Theatre School Circuits with CW Fitness Puppy Training with Harrison's	Call Age UK on 03003 031234 judycarter27@yahoo.co.uk kaybkayb1@gmail.com Call Jennifer on 07305 284430 cwfitnessandhealth@hotmail.com Call Myles on 07749 954161
Wednesdays	AM	Slimming World Gardening Made Easy Hatha Yoga with Bliss Tranquility	Call Evette on 07847 383588 Call Marguerite on 01772 601376 Call Debra on 07821 814044
	PM	U3A Art Workshop (fortnightly) Foot Care Clinic (every four weeks) Jennifer Walters Theatre School Diabetes Prevention Programme (every other week) Ju Jitsu with Nippon UK Dog Ringcraft	www.beconsallu3a.org Call Age UK on 03003 031234 Call Jennifer on 07305 284430 Jessica.Day@reedwellbeing.com www.nipponuk.com Call Jean on 07748 785230 (day) Helen on 07795 684400 (evening)
Thursdays	AM	U3A Coffee Morning	www.beconsallu3a.org
	PM	West Lancashire Classic Trains (18 th January and 17 th April) Dementia Carers Group Small Group Training with CW Fitness Table Tennis	Call Frank on 07906 058681 dementiacarershb@gmail.com cwfitnessandhealth@hotmail.com Call Steve on 07766 367550
Fridays	AM	Circuits with CW Fitness Diabetes Prevention Programme (once a month)	cwfitnessandhealth@hotmail.com Jessica.Day@reedwellbeing.com
	PM	Community Café Autism in the Community Active West Lancs Weight Management Ju Jitsu with Nippon UK Kickboxing with Nippon UK	www.facebook.com/HBTHelpers sophie.noone@autisminitiative.org craig.baxter@westlancs.gov.uk www.nipponuk.com www.nipponuk.com

Saturdays	AM	'On Broadway'® Dance Fitness Jennifer Walters Theatre School	www.joannewu-flourishwithfitness.co.uk Call Jennifer on 07305 284430
	PM	Jennifer Walters Theatre School	Call Jennifer on 07305 284430
Sundays	AM	Crystal Workshop (7 th January)	holisticandwellnesscoach@gmail.com
	PM	Community Cinema (once a month)	peterhalls147@gmail.com
		Dog Scent Training (once a month) Sound Bath	superspring1@icloud.com Text Steve on 07926 700453

FREE SESSIONS: Something for everyone and absolutely free – just turn up!

Keep checking in to see what's on each day.

Tai Chi

Taster session

Thursday 4th January, 3-4pm

Mellow Monday hour of relaxation

Monday 8th, 15th, 22nd January and

4th, 11th, 18th March, 5-6pm

Desert Island Discs

Interviews with local people about their lives through music

Wednesday 31st January, 28th February and 27th March 3-6pm

Tea Dance with live music from Jacqui's Rhythm Katz

Join us for a cuppa and dancing.

Thursday 11th January, 1st February and 7th March, 3-5pm

Table Tennis

Monday 18th March 6:30-8:30pm

Tuesday 19th March 6:30-8:30pm

Saturday 23rd March 9am – 3pm

Pool/Snooker

Wednesday 20th March 6:30-8:30pm

Friday 21st March 6:30-8:30pm



**Hesketh Bank
Community Cinema
Presents...**



14th January
"A Haunting in Venice"
starring Kenneth Branagh
as
Hercule Poirot.

11th February
"The Great Escaper"
starring Michael Caine.
All showings start at 3pm
£4 per person
Refreshments available

Dates for your diary:

ROLLERCOASTER

Saturday 20th January – Rollercoaster

4-piece band playing songs from the 50s, 60s, 70s and 80s.
Bar opens at 7:30pm, performance 8-10pm, then disco until midnight.

£10 per person.



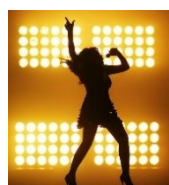
Sunday 29th January – Burns Celebration

Haggis, neeps and tatties with Piper and Dancers.
Bar opens at 12:30pm and lunch is served at 1:15pm.
£15 per person.



Saturday 10th February – Quiz Night

Back by popular demand.
Bar opens at 7pm, then questions 7:30pm- 9:30pmish.
£5 per person.



Saturday 24th February – Tina Turner Night

Tina's Wembley concert and prizes for the best Tina and Ike!
Bar opens at 7pm, show starts at 7:30pm, followed by disco until midnight.
£7 per person.



Thursday 28th March – Easter Afternoon Tea

Our famous Afternoon Tea returns with an Easter theme.
Served at 3:30pm.
£12 per person.



Thursday 25th April – National Tea Day

Cream Tea and entertainment from Magic Moments Choir.
Served 2pm until 4pm.
£5 per person.

We have three halls available for functions:
The **Front Hall** holds up to 50 people and can specifically cater for 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 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