



# Community View

The Hesketh Bank Community Centre Newsletter

Issue 24 – May 2024

## New Roof and New Name!

The Trustees of Hesketh Bank Community Centre are very grateful to The National Lottery for a grant to put a new roof and insulation on the Founders' Suite, which was previously known as the Front Hall.



Chairman of the Centre, Bill Hall, said: "We are extremely grateful for this grant as we have been struggling with a leaky roof and expensive heating bills in the old Front Hall. It was just in time that we got the funding through, as we would have had to close the building if the situation had got any worse during the terrible weather we have been having." He continued, "We also felt it was a suitable time to rename the building, recognising the 12 good men that established the it, and so The Founders' Suite is that new name."

As always, we have lots going on so make sure you check out our current list of activities overleaf. In addition to which, Making Change Happen, the follow up to Alarm to Calm, is on Sunday the 26<sup>th</sup> May, Jennifer Walters Summer School returns on the 5<sup>th</sup> to the 9<sup>th</sup> August and our famous Afternoon Tea on Thursday 15<sup>th</sup> August. Plus, coming soon Pilates for Equestrians, Pilates for Children, Beginners Pilates and Move It Or Lose It: standing, supported & seated exercise to music – for more information contact Sarah on 07898898811 or [sarah.underwood@moveitorloseit.co.uk](mailto:sarah.underwood@moveitorloseit.co.uk)



We have three halls available for functions:  
The **Founders' Suite** 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](mailto:info@heskethbankcommunitycentre.org.uk)

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Registered Charity Number: 1180178

[Facebook.com/heskethbankcommunitycentre](https://www.facebook.com/heskethbankcommunitycentre) [Instagram.com/heskethbankcommunitycentre](https://www.instagram.com/heskethbankcommunitycentre)

# WHAT'S ON? see [www.heskethbankcommunitycentre.org.uk](http://www.heskethbankcommunitycentre.org.uk) for up-to-date information

Mondays	AM	<b>Boxing/Circuits</b> with CW Fitness <b>U3A Local History</b> (fortnightly) <b>Gardening Made Easy</b>	<a href="mailto:cwfitnessandhealth@hotmail.com">cwfitnessandhealth@hotmail.com</a> <a href="http://www.beconsallu3a.org">www.beconsallu3a.org</a> Call Marguerite on 01772 601376
	PM	<b>Tai Chi</b> with Freshfield Fitness <b>U3A Creative Textiles</b> (fortnightly) <b>Zumba Gold</b> with Kay B Music Fitness <b>Jennifer Walters Theatre School</b> (Including Adult Ballet and Tap) <b>U3A Book Group</b> (last Monday of the month) <b>Parish Council Meetings</b> (monthly)	<a href="http://www.freshfieldfitness.co.uk">www.freshfieldfitness.co.uk</a> <a href="http://www.beconsallu3a.org">www.beconsallu3a.org</a> <a href="mailto:kaybkayb1@gmail.com">kaybkayb1@gmail.com</a> Call Jennifer on 07305 284430 <a href="http://www.beconsallu3a.org">www.beconsallu3a.org</a> Call the Clerk on 01772 812681
Tuesdays	AM	<b>U3A Table Tennis</b> <b>U3A Creative Writing</b>	<a href="http://www.beconsallu3a.org">www.beconsallu3a.org</a> <a href="http://www.beconsallu3a.org">www.beconsallu3a.org</a>
	PM	<b>Cognitive Stimulation Therapy Group</b> <b>Chair Exercises</b> with Kay B Music Fitness <b>Jennifer Walters Theatre School</b> <b>Circuits</b> with CW Fitness <b>Puppy Training</b> with Harrison's	Call Age UK on 03003 031234 <a href="mailto:kaybkayb1@gmail.com">kaybkayb1@gmail.com</a> Call Jennifer on 07305 284430 <a href="mailto:cwfitnessandhealth@hotmail.com">cwfitnessandhealth@hotmail.com</a> Call Myles on 07749 954161
Wednesdays	AM	<b>Slimming World</b> <b>Gardening Made Easy</b> <b>Hatha Yoga</b> with Bliss Tranquility	Call Evette on 07847 383588 Call Marguerite on 01772 601376 Call Debra on 07821 814044
	PM	<b>Foot Care Clinic</b> (every four weeks) <b>Jennifer Walters Theatre School</b> <b>Diabetes Prevention Programme</b> (once a month) <b>Ju Jitsu</b> with Nippon UK <b>Dog Ringcraft</b>	Call Age UK on 03003 031234 Call Jennifer on 07305 284430 <a href="mailto:David.Crouch@reedwellbeing.com">David.Crouch@reedwellbeing.com</a> <a href="http://www.nipponuk.com">www.nipponuk.com</a> Call Jean on 07748 785230 (day) Helen on 07795 684400 (evening)
Thursdays	AM	<b>U3A Coffee Morning</b>	<a href="http://www.beconsallu3a.org">www.beconsallu3a.org</a>
	PM	<b>West Lancashire Classic Trains</b> (18 <sup>th</sup> July) <b>Dementia Carers Group</b> <b>Small Group Training</b> with CW Fitness <b>Table Tennis</b>	Call Frank on 07906 058681 <a href="mailto:dementiacarershb@gmail.com">dementiacarershb@gmail.com</a> <a href="mailto:cwfitnessandhealth@hotmail.com">cwfitnessandhealth@hotmail.com</a> Call Steve on 07766 367550
Fridays	AM	<b>NHS Outreach</b> (from 5 <sup>th</sup> April) <b>Circuits</b> with CW Fitness	<a href="mailto:Lesley.wilson30@nhs.net">Lesley.wilson30@nhs.net</a> <a href="mailto:cwfitnessandhealth@hotmail.com">cwfitnessandhealth@hotmail.com</a>
	PM	<b>NHS Outreach</b> <b>Community Café</b> <b>Active West Lancs Weight Management</b> <b>Ju Jitsu</b> with Nippon UK <b>Kickboxing</b> with Nippon UK	<a href="mailto:Lesley.wilson30@nhs.net">Lesley.wilson30@nhs.net</a> <a href="http://www.facebook.com/HBTHelpers">www.facebook.com/HBTHelpers</a> <a href="mailto:craig.baxter@westlancs.gov.uk">craig.baxter@westlancs.gov.uk</a> <a href="http://www.nipponuk.com">www.nipponuk.com</a> <a href="http://www.nipponuk.com">www.nipponuk.com</a>
Sat	A&PM	<b>Jennifer Walters Theatre School</b>	Call Jennifer on 07305 284430
Sun	PM	<b>Sound Bath</b>	Text Steve on 07926 700453