



Community View

The Hesketh Bank Community Centre Newsletter

Issue 28 – September 2025

Thank you to the Parish Council

Hesketh Bank Community Centre are very grateful to Hesketh with Becconsall Parish Council for a grant towards new fencing.



Bill Hall, Chairman, with the new fencing

Chairman of Hesketh Bank Community Centre, Bill Hall, explained, "We applied to the Parish Council for to help us finance a new fence along the culvert to improve safety and security."

The autumn season kicks off with gusto this month with regular favourites: Sip & Paint on 11th September, 14th October, 14th November, 3rd and 9th December – contact janinemurrayarts@hotmail.com, Jacqui's Rhythm Katz, Mikron and our popular Quiz Night. Exciting new activities include Little Loves Baby Massage, Let's Glow Baby Sensory and Yoga courses. Other events include a fancy dress Murder Mystery Night and Jane Austen Day our annual Lancashire Day Celebrations, Artisan Market and Christmas Afternoon Tea.

See overleaf for details.

We hope you will find something of interest from what's going on and look forward to welcoming you to the Centre soon!



WHAT'S ON at HESEKTH BANK COMMUNITY CENTRE

See www.heskethbankcommunitycentre.org.uk for up-to-date information

Mondays	AM	Boxing for Fitness/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 U3A Book Group (last of the month) Parish Council Meetings (second of the month) Jennifer Walters Theatre School (Adult)	www.freshfieldfitness.co.uk www.beconsallu3a.org kaybkayb1@gmail.com Call Jennifer on 07305 284430 www.beconsallu3a.org Call the Clerk on 01772 812681 Call Jennifer on 07305 284430
Tuesdays	AM	U3A Table Tennis U3A Creative Writing	www.beconsallu3a.org www.beconsallu3a.org
	PM	Cognitive Stimulation Therapy Group Chair Exercise with Kay B Music Fitness Jennifer Walters Theatre School	Call Age UK on 03003 031234 kaybkayb1@gmail.com Call Jennifer on 07305 284430
Wednesdays		Circuits with CW Fitness Puppy Training with Harrisons	cwfitnessandhealth@hotmail.com Call Myles on 07749 954161
	AM	Slimming World Yoga with Susie Children & Families Wellbeing Service (second of the month) Gardening Made Easy Hatha Yoga with Bliss Tranquility	Call Evette on 07847 383588 Call Susan on 07562 722324 hayley.mcilroy@lancashire.gov.uk Call Marguerite on 01772 601376 Call Debra on 07821 814044
	PM	Little Loves Baby Massage Yoga with Susie Walk this Weigh Jennifer Walters Theatre School: Conexus Tuition Ju Jitsu with Nippon UK Sing Fabulous Choir Dog Ringcraft	www.littlelovesclub.co.uk Call Susan on 07562 722324 craig.baxter@westlancs.gov.uk Call Jennifer on 07305 284430 kevin@conexustuition.co.uk www.nipponuk.com Call Debra on 07821 814001 Call Jean on 07748 785230 (day) Helen on 07795 684400 (evening)
Thursdays	AM	Child Health Clinic and Stay & Play U3A Coffee Morning	Call 0300 247 0040 www.beconsallu3a.org
	PM	West Lancashire Classic Trains (16 th October) Dementia Carers Group Jennifer Walters Theatre School: HIIT with CW Fitness Table Tennis	Call Frank on 07906 058681 dementiacarershb@gmail.com Call Jennifer on 07305 284430 cwfitnessandhealth@hotmail.com Call Steve on 07766 367550

Fridays	AM	Let's Glow Baby Sensory Patrick Hurley MP Surgery (fourth of the month) Circuits with CW Fitness	www.letsglowsensory.com patrickhurley100@gmail.com cwfitnessandhealth@hotmail.com
	PM	Community Café Walk this Weigh Starlight Dance Academy Adult Fitness Kids Dance Class Kids Showcase Choreography Ju Jitsu with Nippon UK Kickboxing with Nippon UK	www.facebook.com/HBTHelpers craig.baxter@westlancs.gov.uk starlightdancacademy.info@gmail.com www.nipponuk.com www.nipponuk.com
	AM	'Energise' Yoga with Bliss Tranquility Jennifer Walters Theatre School:	Call Debra on 07821 814044 Call Jennifer on 07305 284430
Saturdays	PM	Jennifer Walters Theatre School:	Call Jennifer on 07305 284430
Sunday	PM	Dog Scent Training (once a month) Beacon Church	Call Sue on superspring1@icloud.com www.beaconchurchhb.org



Jacqui's Rhythm Katz

14th September & 14th December
Bar opens at 7:30pm, show 8-10pm
£5 per person and raffle
pay on the door



Mikron Theatre Company presents Hush Hush!

A story about Bletchley Park. Sunday 28th September 2:30-4:30pm
Tickets available from Steve Kirby on 07766 367550

Murder Mystery Saturday 4th October

Bar opens at 7pm and entertainment starts at 7:30pm
£17.50 per person includes pie and peas, fancy dress optional.



Jane Austen's 250th Birthday Celebration

ONE TIME ONLY! Sunday 26th October 3-5pm
Cream tea and entertainment from the Galliard Dancers. £10 per person

Quiz Night Saturday 15th November

Bar opens at 7pm and the quiz starts at 7:30pm
£5 per person.



Lancashire Day Celebration Sunday 23rd November 12:30pm

Hotpot, proclamation by the Town Crier and entertainment including 'Trouble at Mill'. £17.50 per person.

Artisan Market Sunday 7th December 10am-2pm

Christmas shopping and festive refreshments.

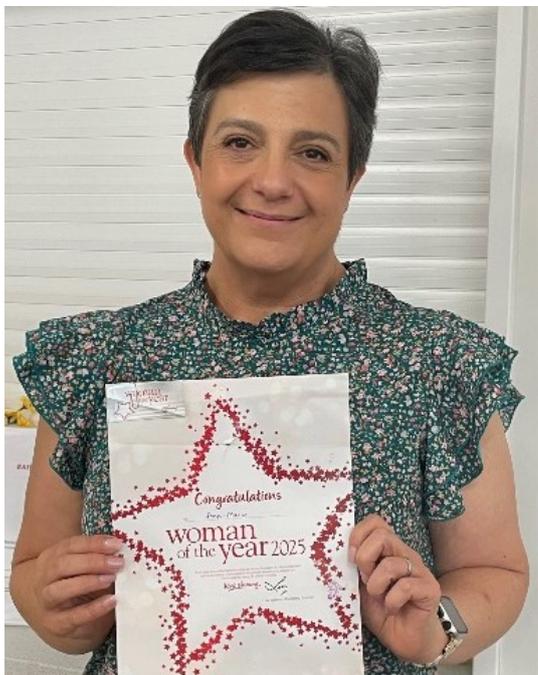


Afternoon Tea Thursday 18th December 3:30pm

Enjoy a festive afternoon tea for £14 per person and optional glass of bubbles.

A word from our Centre Manager, Sam...

"I am delighted that our family services offer is expanding, providing a more diverse and inclusive range of programmes for all ages. It is also lovely to meet people who are new to the area and welcome them to our wonderful community. Feedback on the bar since taking over has been encouraging and we are gearing up for a busy Autumn. I would recommend you book early for events so as not to be disappointed.



Congratulations to Ann-Marie, who has been Crowned Woman of the Year at Slimming World. The group meet every Wednesday at 7.30am and 9am. Why not join? You never know—you might be next year's success story!



And finally, our Chairman, Bill Hall, has presented Peter Halls, with our Volunteer of the Year Award. Nominees said: Peter is very deserving for 'going above and beyond' in his work with the Community Café and Dementia Group - and for just being a 'lovely, lovely' man."

We have three halls available for functions:
The **Baldwin Room** holds up to 40 people,
The **Founders' Suite** holds up to 50 people and can specifically cater for children under 4 years,
and our **Ellis Suite** holds up to 120 people with direct access to the bar.

Please join our email list to get regular updates on events and activities. Simply send a message to treasurer@heskethbankcommunitycentre.org.uk with the subject heading Email List.



07784 942127

info@heskethbankcommunitycentre.org.uk

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