

# FOCUS

EVENTS AND NEWS FROM WALDRINGFIELD VILLAGE HALL

Bookings: [waldringfield.onesuffolk.net/our-village/village-hall/](http://waldringfield.onesuffolk.net/our-village/village-hall/)

Autumn 2024

**With apologies to you all for missing the early October edition, here now is your Focus covering November and December. In future Focus will be delivered with the Waldringfield Parish Magazine so you will be getting another Focus in early December. Apart from anything else, we hope this future December edition of Focus will include the date for the Village Panto!**

**Over the page you will find Dates for Your Diary and a list of the Regular Events but to give you a little more information.**

## **Force 8 – Be prepared to be blown away! Saturday 18<sup>th</sup> January, doors open 7.00pm**

Waldringfield Village Hall Trust will be selling tickets for local dance band Force 8. This group is a seven-piece band with singer, trumpet, sax, trombone, guitar, bass and drums. They describe themselves as 'good time party floor-fillers', with music from across the decades including funk, soul, blues, ska and a few surprises! You are sure to recognise some familiar faces among this amazing group of local sailing enthusiasts and talented musicians.

**Tickets £10 a head with all proceeds going towards Village Hall improvements.  
Bring your own drink and nibbles.**

**New class on Friday mornings 9.30 to 10.30 am "Back 2 Balance" - run by Laura Lopez (tel. 0776359387),** is especially designed to improve your balance and to help prevent you from falling over, thereby lessening the risk of hospital admissions, broken bones etc. There is a lovely social side to this class, as well as helping your balance. Laura serves tea/coffee and biscuits afterwards.

**Only £7 per session and your first class is free!**

## **Other exercise classes at your Village Hall:**

Pilates on Tuesday mornings 9.30 to 10.30am (Jo Powley 07923382272)

Stretch and Tone (also incorporates some yoga and Pilates - many of us go to both these classes) on Fridays 1pm to 2pm ([didee33@hotmail.com](mailto:didee33@hotmail.com))

*Occasionally at both these classes we have coffee and cake and a chat afterwards!*

Winter Talks – . 7.30pm £5 entry with refreshments.

The Winter Talks resume on 8<sup>th</sup> November with a talk and film from local author Julia Jones. 'We Fought Them in Gunboats'

This will be followed on Friday 6<sup>th</sup> December by a talk from Professor Helene Burningham on Coastal Change.

## A CALL TO ARMS !!

The Village Hall Trust needs more volunteers to help support events for the benefit of residents, new and old. Without more volunteers a number of events currently coordinated by the Village Hall Committee will, unfortunately, cease to take place. If you can contribute a few hours on an occasional basis then please contact Philip Hall - [chair@waldringfieldvillagehall.co.uk](mailto:chair@waldringfieldvillagehall.co.uk) 07872375784.

### REGULAR EVENTS

- Monday** Post Office Van 11.30am-1pm by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered. **We will need this service even more in the future as so many bank branches are closing, so it is vital we support it now.**
- Tuesday** Pilates 9.30am Joanne Powley 07823 382272  
Parish Council Meetings *Parish Clerk* 01394 736475  
Karate Leonie Kersey Tel: 07868139743 Email: [info@evolutionkarate.co.uk](mailto:info@evolutionkarate.co.uk)  
Brightwell Ukelele Group 2pm-4pm (2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month) John Nayler 01473 736228
- Wednesday** **Warm Welcome Room 2pm-4pm (from 23<sup>rd</sup> October 2024)** *The focus is on creating an informal and welcoming space where residents can enjoy meeting friends, old and new, and having a good old chat over free tea and cakes.*  
The Seasons Art Classes. More information: Jenny McEvoy 01394 248434  
[www.seasonssartclass.com](http://www.seasonssartclass.com)  
Come Dancing 6pm [robfisher05@gmail.com](mailto:robfisher05@gmail.com) 01473 613428
- Thursday** **Coffee morning (monthly) 10am**  
Art Group 1.30pm-4.30pm *Kit Clark* 736670 [joeandkit@icloud.com](mailto:joeandkit@icloud.com)  
History Group 2pm-5pm (monthly) 01304 283347 [mgtlake@aol.com](mailto:mgtlake@aol.com)  
Wine Club (monthly) David Eaton 01473 736754 [danteaton@btinternet.com](mailto:danteaton@btinternet.com)  
Woodbridge Table Tennis Club Clive French 07487 399794 [eightbitmosaic@gmail.com](mailto:eightbitmosaic@gmail.com)
- Friday** Back 2 Balance 9.30am Laura Lopez (0776359387 )  
Post Office Van 11.30am-1pm by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered. **We will need this service even more in the future as so many bank branches are closing, so it is vital we support it now.**  
Stretch & Tone 1-2pm *Di Taylor* 07748 611730 [didee33@hotmail.com](mailto:didee33@hotmail.com)

### DATES FOR YOUR DIARY

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| Thursday 24 <sup>th</sup> October      | Wine Club  |
| Tuesday 5 <sup>th</sup> November       | Woodbridge Arts Society- Special Interest Day *parking may be an issue around the Village Hall on that day*  |
| <b>Tuesday 5<sup>th</sup> November</b> | <b>No Pilates</b>  |
| Thursday 7 <sup>th</sup> November      | Coffee Morning 10am (£3.50 entry)  |
| Friday 8 <sup>th</sup> November        | Winter Talk: We Fought Them in Gunboats  |
| Sunday 10 <sup>th</sup> November       | Ipswich RC Truckers 10am-5pm   |
| Thursday 14 <sup>th</sup> November     | History Group  |
| Wednesday 20 <sup>th</sup> November    | 7.30pm <b>Waldringfield Gardeners AGM</b> Seed Swap, wine and nibbles  |
| Thursday 28 <sup>th</sup> November     | Wine Club  |
| Friday 29 <sup>th</sup> November       | Fun Quiz: this is now sold out- thank you for your support. Currently fully booked, please contact Chris Lyon on 01473 736291 if you wish to go on the reserve list                    |
| Saturday 30 <sup>th</sup> November     | 10am-1pm Waldringfield Gardeners Wreath and Winter Greenery Workshop, please contact Alexis Smith to book your place<br><a href="mailto:g1dik@btinternet.com">g1dik@btinternet.com</a> |
| Thursday 5 <sup>th</sup> December      | Coffee Morning 10am (£3.50 entry)  |
| Friday 6 <sup>th</sup> December        | Winter Talk: Coastal Change  |
| Sunday 8 <sup>th</sup> December        | Ipswich RC Truckers 10am-5pm   |
| Thursday 12 <sup>th</sup> December     | History Group  |
| Thursday 12 <sup>th</sup> December     | Wine Club  |
| Saturday 14 <sup>th</sup> December     | 11am Waldringfield Wildlife Group <i>A Survey of Shingle Street Flora and the Saline Lagoon</i> by Toby Abrehart (Non-members £3.00)   |
| Friday 20 <sup>th</sup> December       | Garage Jam will get you into the Christmas spirit, playing a varied set of songs. Entry £5 per head. All proceeds to charity.  |