

# FOCUS

EVENTS AND NEWS FROM WALDRINGFIELD VILLAGE HALL  
Bookings: [waldringfield.onesuffolk.net/our-village/village-hall/](http://waldringfield.onesuffolk.net/our-village/village-hall/)

Jan/Feb 2023

## HAPPY NEW YEAR!

*The Village Hall Committee would like to wish all Focus readers a very happy and healthy new year and we look forward to seeing many of you at Village Hall events during 2023!*

### Coffee Mornings: 10am -12pm

Thursday 5<sup>th</sup> January and  
Thursday 2<sup>nd</sup> February

### WINTER PARTY

## SAVE THE DATE

**WINTER PARTY – Saturday 18<sup>th</sup> March** A two course meal plus entertainment from Waldringfield's very own 'Garage Jam'. Further details will be posted on 'Waldringfielders'.

### Waldringfield Village Hall Winter Talks

Friday 6<sup>th</sup> January Jane Stone- HARWICH PILOT

After ten years on tankers and fourteen as a Stena Line Chief Officer, Jane is now a Harwich Haven pilot, taking charge of some of the biggest ships in the world and piloting them into Felixstowe Port.

Friday 3<sup>rd</sup> February Andrew Crawford- "This is Radio 4": BEHIND THE MIC AT THE BBC

Andrew, recently retired as a senior BBC manager, is back part-time reading the news on Radio 4, where he started his career in the 1980's. He will talk light-heartedly about his experiences, what goes on behind the scenes to keep Radio 4 on air, and how things have changed in the last 40 years, not just for the BBC, but for the wider media world and us as audiences.

***Talks begin at 7.30 pm in the Village Hall. Charge £4 including refreshments. Under 18s: free.***

### Waldringfield Wildlife Group

12th January Walk at Martlesham Wilds with SWT 10.30am -12.30pm (max 20)

11<sup>th</sup> February Illustrated talk by Peter Merchant Ornithologist : Peregrines, a Schedule 1 listed species under The Countryside and Wildlife Act. DEFRA licensed Raptor operator.

13th February Guided bird sighting walk with Chris Baldry along the River Deben 10.30am at the dinghy park.

27th February Guided tour of Hazlewood Marshes, Aldeburgh with Andrew Excell SWT. Restricted parking, car share please. Followed by walk to Snape for lunch.

For further details contact Linda Wilkins 01473 736044/ 07788286482 email: [linda.thequay@btinternet.com](mailto:linda.thequay@btinternet.com)

### **Would you be interested in attending a regular yoga class in Waldringfield Village Hall?**

*My name is Anne Freeman and I'm a yoga teacher based in Trimley St Mary. I've been teaching yoga locally for 12 years. I'm used to teaching beginners and those who are returning to yoga after a break. Sometimes people think they can't do yoga because they're not flexible enough! In fact, yoga is for everybody. It's not about achieving a perfect pose, but about learning to inhabit your body with greater ease and understanding. The benefits to one's mental well-being are well-documented. A feeling of peace and serenity goes hand-in-hand with yoga practice.*

*If you'd be interested in coming along to a regular class, please email me to register your interest at [anne.freeman@outlook.com](mailto:anne.freeman@outlook.com). The proposed class would likely run on Mondays in the early evening. There's no commitment as I'm gauging interest at this stage. [www.annefreemanyoga.com](http://www.annefreemanyoga.com)*

## REGULAR EVENTS

- Monday** Post Office Van 11am-12.45pm *by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered.*  
Seated exercise classes 11.45am Mary Beth Skellorn 01453 736306
- Tuesday** Pilates 9.30am *Tone Pilates* 07964 325783 [www.tonepilates.co.uk](http://www.tonepilates.co.uk)  
Parish Council Meetings *Parish Clerk* 01394 271551  
Karate Leonie Kersey Tel: 07868139743 Email:[info@evolutionkarate.co.uk](mailto:info@evolutionkarate.co.uk)
- Wednesday** Post Office Van 11am-12.45pm *by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered.*  
The Seasons Art Classes. More information: Jenny McEvoy 01394 248434  
<https://www.facebook.com/seasonsartipswichwoodbridge>  
Come Dancing [robfisher05@gmail.com](mailto:robfisher05@gmail.com) 01473613428
- Thursday** Art Group 1.30pm-4.30pm *Kit Clark* 736670 [joeandkit@icloud.com](mailto:joeandkit@icloud.com)  
History Group 2pm-5pm
- Friday** Post Office Van 11am-12.00pm *by the large oak tree in the car park - please always leave that space free as otherwise electronic transactions may be hindered.*  
Stretch & Tone 1-2pm *Di Taylor* 07748 611730 [didee33@hotmail.com](mailto:didee33@hotmail.com)

## Dates for your diary

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|------------------------------------|--|
| Thursday 5 <sup>th</sup> January   | 10am Coffee Morning  |
| Friday 6 <sup>th</sup> January     | 7.30pm Winter Talk   |
| Thursday 12 <sup>th</sup> January  | 10.30am Waldringfield Wildlife Group Walk at Martlesham Wilds      |
| Thursday 2 <sup>nd</sup> February  | 10am Coffee Morning  |
| Friday 3 <sup>rd</sup> February    | 7.30pm Winter Talk   |
| Saturday 11 <sup>th</sup> February | 11am Waldringfield Wildlife Group Illustrated talk                 |
| Monday 13 <sup>th</sup> February   | 10.30am Waldringfield Wildlife Group guided bird sighting walk     |
| Monday 27 <sup>th</sup> February   | 11am Waldringfield Wildlife Group guided tour of Hazlewood Marshes |
| Saturday 18 <sup>th</sup> March    | Winter Party   |