

Wall Heath Community Association

Registered Charity No. 522810

Newsletter - Winter 2018

Edition 13

Happy New Year to you and a warm welcome to our Newsletter.

Subject to demand, we will have two new classes starting in January - on Monday evenings **Ballroom / Latin Dancing** aimed mainly at Adult Beginners, and on Sunday afternoons a **Drama Class** for Children aged 4 - 16 years. Both classes are led by experienced teachers, so dust down those dancing shoes or start a new hobby! Details are inside.

Let's dispel the myth that the Community Centre is only for "old folk". Take a look at the photographs below of the Contemporary Dance Class and Andy's Taekwon-do group. Remember, it's **Your / Our** Community Centre financed, managed and maintained by Volunteers. Please support us!

Yours sincerely, *Pam Howell* Chairman.



Contemporary Dance Class
meets Wednesdays, 5pm

Taekwon-do
meets Fridays, 7pm



This Newsletter is produced, edited and delivered to your door by
Volunteers from Wall Heath Community Association

Wall Heath Community Association

Wall Heath Horticultural Guild

Meets on the 1st Tuesday of the month at 7.30pm.

February 6 th	The Rise and Fall of Worcestershire's Witley Court - Ray Sturdy
March 6 th	A.G.M. / Talk by Esther Cole - AED
April 10 th	Easy Vegetables to Grow - Hilary Twigg
May 1 st	Plant Stall / Cookery Demonstration / Fish and Chip Supper
June 5 th	Conservatory & House Plants - A Survival Guide - Philip Aubury
July 3 rd	All About Roses - Ken Whittaker

Wall Heath Flower Club

Meets every 4th Tuesday of the month at 7.30pm with N.A.F.A.S. demonstrators giving spectacular demonstrations of flower arranging.

January 23 rd	"At This Time of Year" - Anita Wright
February 27 th	A.G.M. & Pot Luck Supper
March 27 th	"Floral Gems" - Gill Mills
April 24 th	"Out of the Attic" - Margaret Walker
May 22 nd	"Rhythm of the Dance" - Sue Munslow
June 26 th	"What Are We Doing Today?" - Zoe Podmore
July 24 th	"My World of Flowers" - Sue Smithson

50 Plus Club

Meets 2nd and 4th Wednesdays at 2pm.

January 10 th	"Capability Brown" - Alan Hill
January 24 th	"Local Cinemas & Trivia" - Illustrated talk by Alan Webb
February 14 th	"Trams & Trains" - Dr. Paul Collins
February 28 th	A.G.M. and Bring & Buy
March 14 th	"Dr. Johnson, etc." - John Sparry
March 28 th	"The Baby in the Locket" plus Hot Cross Buns - Mary Bodfish
April 11 th	Beetle Drive
April 25 th	"Jenny's Kitchen"
May 9 th	"From Mouse Catcher to Royal Engraver" - Graham Short
May 23 rd	"Hotel with a Famous Guest List" - John Butterworth
June 13 th	"From Kates Hill to California" - Craig Denton
June 27 th	"Fingerprints" - Sue Clegg
July 11 th	Strawberry Tea with entertainment by Mr. Churchley "Folklore & Folk Songs of the West Midlands"

Wall Heath Community Association

Thursday Afternoon Club

The club meets on Thursday afternoons at 2pm, with guest speakers, illustrated talks, theatre visits and outings.

January 11 th	A new talk by John Sparry
January 18 th	Meal @ The Lodge, Dudley
January 25 th	"Gemstones" - Gillian Fenner
February 1 st	"It came to pass" - Peter Green
February 8 th	"Films and Cinema" - Alan Webb
February 15 th	A humorous and entertaining afternoon with Robert Bowers
February 22 nd	"I am not much good at gardening" - David Morgan
March 1 st	Charity Bring and Buy
March 8 th	"Healthy Houseplants" - Ken Whittaker
March 15 th	"Memories of Grandma" - P. Green
March 22 nd	"That's the way we do it" - Kim Bridges
March 29 th	"History of Dudley Castle" - Max Keen
April 5 th	Easter
April 12 th	"Bletchley Park" - John Chapman
April 19 th	Wolverhampton .. helping the British Red Cross - Billy Howe
April 26 th	"Pearls" - Frances Benton
May 3 rd	Outing - To be confirmed
May 10 th	"Stourbridge V.A. Hospital" - Nick Berry
May 17 th	"Garden Birds in Spring and Summer" - David Tideswell
May 24 th	"Bess of Hardwick" - Gillian White
May 31 st	Half Term
June 7 th	"Farmyard Tales" - Rosemary Prosser
June 14 th	An afternoon of song with Tanya
June 21 st	"Medieval Medicine" - Ken Goodman
June 28 th	Quiz with John Mobberley
July 5 th	"The Rise and Fall of Witley Court" - Ray Sturdy
July 12 th	"Memories of Madeira" - Ken Whittaker
July 19 th	Strawberry Tea with Chris King

Thursday Afternoon Club:	Contact: Shirley Corfield	07738 523688
Horticultural Guild:	Contact: Amanda Ridney	01384 287480
Flower Club:	Contact: Pauline Iddles	01384 271430
50 Plus Club:	Contact: Jan Storey	01384 273114

REFLECTIONS

Dance Company



Reflections Dance Company has been providing dance classes since 2008 in a range of settings. The high quality dance classes encompass contemporary and jazz dance, and provide performance opportunities for all their members. Teachers have a dance degree, and are DBS checked. The classes reinforce confidence building, social skills and creative dance whilst being fun and engaging.

The classes range from aged 3 - 16 and take place on a Wednesday evening from 5pm. Costs start from £3.50 per class, with sibling discounts and discounts for terms fees.

For more info contact **Hannah James** on 07920 407 046 or email reflectionsdance@live.co.uk

Unite TAEKWON-DO Wall Heath is run by experienced martial artist **Andy Yates** who holds a 3rd Dan Black Belt in TAEKWON-DO, a blue belt in Brazilian Jiu Jitsu and is an MMA fighter. Andy has been teaching TAEKWON-DO for 5 years and promotes a very friendly and hard working environment for both children and adults to get fit, meet new friends and learn self defence skill.

For more information on how to join or to book a *free session* please contact **Andy** on 07717 522 039 or email andyyatestkd@outlook.com



Active Seniors Exercise Classes have been running at the Community Centre for 18 months now and our Thursday morning strength and balance classes have proved to be very popular with only a few spaces left. Classes are led by two very experienced instructors, Kim & Angela, who have 30 years experience between them so class members get excellent instruction and guidance during classes.

These classes aim to improve strength, increase general fitness, as well as working on improving balance – often missed from an exercise class or programme. Many people are surprised that their balance isn't as good as they thought it was but through the right training we can improve it. Strength and balance are so vital for us all as we get older as these are essential for an independent and active life so the earlier you start to build up in these areas the better. Our 9.45am class is aimed at the slightly more active person with some great music to motivate everyone to get moving. If you need a slower pace we have a second less demanding class at 11am. We do have limited spaces in these classes so please call to discuss.

New for 2017 was our Tai Chi for Health (arthritis and falls prevention) class on Wednesday mornings at 11.15am. This modernised version of traditional tai chi offers a more manageable form which is easier on the joints but still strengthens and improves balance. It's also very relaxing and calming so if you are someone who gets a bit stressed then it's perfect for you. If you have ever wondered what its like or wanted to have a go then do give us a call and book a taster session.

Why not make 2018 the time to invest in yourself, your health and your fitness? Pick up the phone and call us to arrange a ***FREE taster session***. Ring Kim or Angela on 07512 546480.



The Village People

Sadly ***The Village People*** have decided to wind up their organisation. **Michelle Preston** and her small band of volunteers have made a significant contribution to our village during the four years that they have been active. Michelle first appeared on the scene as manager of the Compton Hospice shop in Albion Parade and it was her initiative that saw the Summer market being held in the Precinct. After leaving the Hospice Shop Michelle persuaded a small band of helpers to join her in forming ***The Village People*** whose objectives were to promote our village and at the same time raise funds for good causes. Major events have seen an extension of the annual Christmas lights with the customary “switch on” being accompanied by live entertainment and a variety of stalls. In addition Summer fetes have been organised and an Easter Egg Hunt for the children of the village. Flower tubs and boxes have appeared bringing colour to the village and happily the Memorial Garden in Enville Road will remain as a lasting reminder of the contribution made by The Village People. Thank you Michelle and your team for all your efforts –you **did** make a difference.

Mark to the Rescue



Mark Wilkinson of **MC Blinds** proved recently that he is a man to call on in a crisis. For reasons which we will not go into all doors at the Community Centre were locked and bolted from the inside. Fortunately Mark appeared on the scene to carry out some installation work on a couple of vertical window blinds that we were having fitted. Using a method of entry that shall remain a secret Mark gained access to the Community Centre and normal service was resumed. Thanks Mark for being The Good Samaritan – rest assured that your secret is safe with us!

Sponsored Cycle Ride

In our last Newsletter we reported on the generosity of **Neal Hooper** of **aico[®]** Limited and his significant donation which enabled us to purchase a defibrillator, although Neal expressed a wish that it never needed to be used. Recently Neal pedalled the 247 miles from Oswestry to Shannon to raise funds for the British Heart Foundation. Aching muscles and sore body parts were forgotten when it was revealed that Neal and his team had raised the magnificent sum of £20,000. Well done Neal.

Free to Good Home

We have surplus to requirements a WH Barnes piano, as illustrated. It is available FREE, the one proviso being that the buyer collects, and it IS heavy!

Please contact **Karen Page** Tel **01384 273744**



Congratulations!



Congratulations to **Councillor Dave Tyler** who in May was elected to serve as Mayor of Dudley. Based in our village Dave is the first Wall Heath born person to become the First Citizen of the Borough. He has served as a Councillor for almost twenty years representing the Wall Heath and Kingswinford North Ward and represented the Council on our committee for the whole of that time. Dave is mindful of the huge honour and privilege to serve as Mayor. His wife **Barbara**, a Wall Heath lass herself, who was named as his Mayoress accompanies him on all his civic visits. For his choice of Charities Dave has chosen Dudley Mind, the YMCA and Dudley Alzheimer's Society.

We know that Dave is bringing to the Office his usual wholehearted commitment and enthusiasm. Dave is now over halfway through an incredibly busy year and one problem he has encountered is not being able to attend home games of his beloved Liverpool FC. Don't worry, they will survive without you!

Dave has brought great honour to our village and we hope that he and Barbara will enjoy the remainder of their year.

Our Community Centre Manager **Karen Page** is happy to deal with all of your enquiries and requests. She is available in the office Tuesdays and Thursdays, 11.00am to 12.30pm. Alternatively, telephone **01384 273744** or e-mail: wallheathcommunityassoc@outlook.com

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What's happening in your Community Centre, at a glance!

Day	Time	Activity
Monday	10am 10.30am 2pm 8pm (New Class)	Age UK Short Mat Bowls 1 st & 3 rd Monday of the month Age UK Kurling 2 nd & 4 th Monday Crafty Chatters Short Mat Bowls Club Ballroom / Latin Dancing (Adult Beginners)
Tuesday	2pm 7.30pm 7.30pm	Kurling Horticultural Guild 1 st Tuesday of the month Flower Club 4 th Tuesday of the month
Wednesday	11.15am 2pm 5pm	Tai Chi - Active Seniors Fifty Plus Club 2 nd & 4 th Wednesday of the month Contemporary Dance
Thursday	9.45am and 11am 2pm 6.15pm 7.30pm	Active Seniors Thursday Afternoon Club Weight Watchers Flower Arranging
Friday	5pm 7.30pm	Taekwon-do Line Dancing
Saturday	8.30am	Slimming World
Sunday	1.00pm (New Class)	Liberate Youth Theatre (Ages 4 to 16 yrs)

To enquire about booking the hall or for further information regarding any of the groups please contact:
Karen Page Tel: 01384 273744 E-mail: wallheathcommunityassoc@outlook.com

Wall Heath Community Centre, Enville Road, Wall Heath DY6 0JT.
Office Hours: Tuesday and Thursday 11.00 am - 12.30 pm