

Happy 2024 from our local halls ....

Ruspidge Memorial Hall - [ruspidgememorialhall.weebly.com](http://ruspidgememorialhall.weebly.com)

Soudley Village Hall - [bookings.soudleyvh@gmail.com](mailto:bookings.soudleyvh@gmail.com)

Winter has arrived, recently more wet than cold, but as I write there seems to be a lull in the relentless rain, this is a mixed blessing as it has now turned very cold. So please keep warm everyone.

The days, however are now getting longer. This can only be good!



### Ruspidge Hall News



We are now registered with the Forest Lottery, this raises money for local good causes. It costs only £1.00 per ticket per week. To raise money for the hall simply go to: [forestlottery.co.uk](http://forestlottery.co.uk) and choose the Memorial Hall, then follow the simple instructions.



We also have our own 200 club, drawn monthly it costs £12.00 per year. There may be spare numbers come March...Interested? Please contact Sally Graham 01594 781449 [sallymg@live.co.uk](mailto:sallymg@live.co.uk)

Our Mend and Repair Cafe will be taking place on the 3rd Saturday of the month - **20 January, 2.00 to 4.00pm — Upper hall.** (Next month 17th February in LOWER hall) This month we are covering - Electrical items, IT help and Sharpening of small gardening tools - knives and pruners. the latter courtesy of The Mens Shed. Repairs are free if no parts are required, however a small voluntary contribution will be appreciated. You can buy hot drinks whilst you wait. Any enquiries- [nicky\\_packer@yahoo.co.uk](mailto:nicky_packer@yahoo.co.uk)

### NEW COURSES AND CLASSES - NEW COURSES AND CLASSES

Beginners Cookery - One Pot Wonders - 4 weeks - every Thursday 10.30 - 1.00pm starting on 29th Feb.

First Aid awareness - one 2 hour session on Saturday 23rd March.

These are run by Adult Education in Gloucestershire contact Karen 01452 583452 or email [karenstiles@gloucestershire.gov.uk](mailto:karenstiles@gloucestershire.gov.uk).

**Line dancing** has made a welcome return to the hall - see our Focus on Fitness for info.- Starting Tuesday 6th February.

### NEW EVENT - NEW EVENT - NEW EVENT - NEW EVENT

In order to raise money for the hall roof our local celebrity Hayley-Jo Whitney has kindly offered to perform an evening of songs from 60s, 70s, 80s & 90s (Motown, pop and disco) as well as the occasional popular west end musical numbers spanning the ages. It will be a wonderful evening of music with dancing for those who enjoy a knees up! (There will also be a raffle) This is on **Saturday 3rd February**. See poster on last page for details....

Before we leave the previous year, here at the Memorial Hall we recently had some really well supported events - the history day and Christmas showcase - this last event was a subsidised event and as such, sold out very quickly.

We would like to thank - The F.O.D. Mummers, Wild Oats Morris Coleford Community Choir, and the Ruspidge guides & brownies



Each of these groups helped to make the evening very special indeed. A huge thank you also to Gwyn and Carole and their team who did a massive amount of work to bring it all fruition.



The history day also attracted many locals who were able to check out the large number of documents and photos we have stored here at the hall. It was so lovely to exhibit these for all to see.

Again thanks go to the team of hall supporters who put so much effort into putting this together.



## Focus on Fitness



New year - a good time to prise ourselves into some sort of physical shape - There are many different classes held locally to help with this. All the classes are very friendly and would welcome some new faces.



### Soudley Village Hall

★ **Tai-Chi.** Excellent for flexibility, posture and strength as well mental well-being. These classes are run by Liz Lavender a sympathetic and knowledgeable teacher. Beginners Monday 9.30 -10.30.am More advanced Thursday 10.00 -11.00.am Both classes finish with refreshments and a good natter. Newcomers will be made very welcome. ( [liz.lavender118@gmail.com](mailto:liz.lavender118@gmail.com) )

### Ruspidge Memorial hall



★ Monday Upper hall 12.30pm Active Balance class - with focus on falls prevention, co-ordination and fun! It is a well attended class aimed at all abilities, ( [gary.deightton@fdean.gov.uk](mailto:gary.deightton@fdean.gov.uk) ) supported by the Forest of Dean Council.

★ Monday 6.00pm Upper hall Yoga with Angela,( [a\\_dale@hotmail.co.uk](mailto:a_dale@hotmail.co.uk) ) a local instructor who runs a well loved class (two classes one after another) any ages for improvements in strength, balance, flexibility, heart health and managing stress. All abilities welcome.

★ Tuesday Upper hall - 10.30am 'Hayley-Jo Whitney Fun fitness', Workout to music. ( [hayleyjowhitney@yahoo.co.uk](mailto:hayleyjowhitney@yahoo.co.uk) ) This is a great class for all round fitness with a bit of everything, Aerobic and HITT, plus relaxation and stretches £5.00 per session.

★ **NEW Line dancing classes with Laura. Starting Tuesday 6th February,** This class is a weekly class in the Upper hall Tuesdays 5.45 - 6.45.pm All ages and abilities £5.00 per class. No booking needed. - Just turn up and have fun! Contact Laura 07880 324775.

★ Lower hall (Possibly Upper hall) -1.30pm - Pilates for life. Want to keep supple? Improve balance? Find your inner core? This therapeutic class is what you need! Simone is a superb personal trainer & healthy lifestyle instructor. For 35 yrs plus she's been helping people (inc children) in The Forest of Dean to get more active and retain their level of fitness, She is a member of the Community Wellbeing Team - taking referrals - specialising in falls prevention and back care. The class is for all abilities and ages. £7.00 weekly drop-in or £6.00 block booking.



★ Wednesday Upper hall - 7.00pm Latin & Ballroom Dancing. Class for all abilities including beginners. Dance your way into both physical and mental fitness with Megan Bradbury. Let the music carry you away! ( [meganbradbury26@gmail.com](mailto:meganbradbury26@gmail.com) )



★ Sunday Upper Hall - 6.30pm Shaolin Kung Fu. ( [7styleskungfu@gmail.com](mailto:7styleskungfu@gmail.com) ) This encourages physical fitness, strength and flexibility, it encompasses mental discipline as well as practical skills. This class is very well established here in the hall, it is one of our longest running classes.

## Ruspidge Memorial Hall 200 club draw for December and January

	1 @ £30	2 @ £20	2 @15
December 2023	11 Gill Jenkins	161 Berni Hill 100 Nan Gretton	27 Mandy Day 69 Lori & Chris Griffiths
January 2024	54 Marlon Jeffries	97 Daphne Parry 150 Simon Drake	58 Lesley Dunckley 72 Barry Tatum

With thanks to all who support the hall through this scheme. Congratulation to our winners and good luck next time the those who didn't win over these two months.



Fundraiser for Ruspidge Memorial Hall roof

# Live Music Night

## Saturday February 3rd

### Hayley Jo Whitney

Sings songs from the 60s, 70s, 80s & 90s (Motown, Pop & Disco), plus popular songs from musicals

**Tickets £7.50 (under 16's £5) includes homemade soup & freshly baked bread.**

Bring your own drinks.



A professional singer, Hayley-Jo has appeared in Musicals, and Cabaret with live bands all over the UK and in shows on Cruise Liners.

Ruspidge Memorial Hall. Doors Open at 6.30pm.  
Tickets available at Community Hub (Monday mornings),  
Hayley's Tuesday morning Fun Fitness class  
or phone Sally on 01594 781449

*For more information, phone Sally or see the hall website: [ruspidgememorialhall.weebly.com](http://ruspidgememorialhall.weebly.com)*

