

Mini Mello's Children's Yoga

Mini Mellos offers fun and engaging yoga and mindfulness classes for all primary aged children. Classes run Wednesday term times from 4:15 to 5pm for ages 4 -7 and 5pm to 5:45 for ages 8 -11. For information and booking please contact Sally on sally@melloyoga.co.uk 07748 843 493

Wing Chun Kung Fu Classes

Wing Chun is the world's most practised style of Kung Fu having been popularised by the likes of Bruce Lee, Sammo Hung and Donnie Yen, using fast close quarter hand speed and sensitivity training it is unlike most Martial Arts. We are part of the Chinese Kung Fu Organisation and our classes cater for Adults but we do accept 14s and over. No previous experience is needed and fitness level is not a problem, just come along and have fun learning this amazing art.



Mondays 7pm - 8:30pm Wednesdays 6:30pm - 8pm

First lesson FREE, £6 per lesson afterwards.

Sifu Ste Cross

Telephone 07814 714 068

Welcome to the Frodsham & District Stroke Club.

The Stroke Club, a social club for local people who have suffered a stroke, their carers, family and friends will meet on the first Wednesday evening of each month at The Community Centre.

The FDSC was formed in tribute to Mr Alan Johnson by friends and family in April 2015. Some had attended the "Let's go Stroke Club" in Widnes but thought a local club where they could socialise without the problem of travelling in the dark, miserable winter months, would be a fitting tribute to him.

A typical evening is usually introduced by our Chairman Ken Shaw, a few games of prize Bingo with a cash "Joe 90" prize and a Raffle. In addition we try to have a themed Quiz, talk by local business/arts and crafts people or some form of entertainment (Singer, Comedian etc) all at little or no cost to the members where possible.

The "Big Bingo" evenings are our main fundraising events for the year and thanks to the amazing generosity of the local people, patrons and sponsors we have a very healthy bank balance which is used for the benefit of our members and to make charitable donations to other local worthy causes (Weaver Vale School special needs unit is one that is close to all our hearts). These have been held at The Centre for the last two years with great success and we are very happy with the facilities and Staff/Volunteers who run the Centre.

The Club is members only, but visitors are welcome to attend once or twice for 'taster sessions'. Membership fees are £10 for anyone aged 65+ on 1st Feb and £15 for all others, and members benefit from subsidised day trips, free or discounted tickets to events, a monthly newsletter and any benefits that the national association provide to us (blood pressure tests etc).

We are very pleased the Club will be making the Community Centre its new home for 2017 and hopefully for many years to come.

Steve Johnson
Founding Committee Member & Communications Administrator

Centre Notes

E-flat walks into a bar, The bartender says, sorry, we don't serve minors....

Come to our Bar Training Socials and find out more!

We are often asking for volunteers to help out behind the bar and we now we need them more often with regular weekend events such as the FCA Acoustic LiveLounge, Gypsy Jazz evenings, Music & Arts not to mention parties or celebrations.

If you would like to 'give it a go' we will be having a couple of Socials for volunteers, old and new, to share experiences and get the handle on pulling a pint!

We will let you know as soon as we have fixed dates but please leave your name with us if you might be interested.



A start has been made on the Spring Cleaning and we will be busy in the GP room on the 6th February from 9.30am.

If you'd like to help, do come along.

And a final reminder that **storage is limited** in the building and there will be a 'clear out' in February.

Please make sure that any items you want retained are clearly labelled with your group name.

The Community Centre is not suitable for storage of archive material and collections of papers, files etc. must be removed as soon as possible.

The 200 Club numbers were drawn by the Tuesday Patchwork Group.

200 Club January Winners

No 76	B J Warren	£50.00
No 50	J Woodward	£25.00
No 94	J B Thomas	£15.00
No 33	Bizzie Bees	£15.00

If you would like to be in with a chance of winning please pick up a form and support your Centre.



Frodsham Community Centre

Fluin Lane, Frodsham WA6 7QN 01928 732222 www.frodcomm.org.uk

Thursday 2nd 7.30pm	Women's Institute	An Introduction to Mindfulness Jo Howarth	01928 732761
Fri 3rd – Sun 5th	Frodsham Chess Club	Weekend Chess Congress	patrick.ridley@ntlworld.com
Wednesday 8th 7.45pm	Natural History Society	Wildlife Photographer's Diary John Power	01606 891957
Wednesday 8th 7.30pm	Evening Flower Club	AGM/Buffer Supper Social Evening 'Inspiring Topiaries'	01606 889991
Friday 10th 7 for 7.30pm	Royal National Lifeboat Institution	HotPot Supper with Wirral Pipe Band	01928 734985 07564 207095 johnwilliam.lloyd@gmail.com
Wednesday 15th 7.30pm	National Trust	Ellesmere Port Boat Museum Diana Shilbeck	01928 722573
Thursday 16th 2.00pm	U3A	AGM & Social Afternoon	search 'Frodsham U3A'
Friday 17th 7.45pm	Music and Arts Club	An Evening of English Splendour Vale Royal String Orchestra	01244 381717 frodshammusicandarts@musicinchester.org.uk
Saturday 18th 7.30pm	Film Society	Brooklyn	01928 722554
Saturday 18th doors 7.30pm	An FCA Acoustic Music Event	Acoustic Graffiti	07917 891690
Tuesday 21st 7.30pm	Townswomen's Guild	Vesta Tilley, Florrie Forde, Marie Lloyd & Gracie Fields Mike Murphy	01928 735646
Wednesday 22nd 7.30pm	Frodsham Community Association	Council Meeting Reps from ALL groups should attend	01928 732222
Thursday 23rd 1.45pm	Afternoon Flower Club	Gogglebox Eleanor Griffith	01928 732313 s.walne@btopenworld.com
Saturday 25th Doors 7.30	LiveLounge Event	Frodsham Guitar Club presents Gypsy Jazz in concert Paul Vernon Chester 2 nd Anniversary Concert	07917 891690
Monday 27th 7.30pm	Gardening Club	Climbers Richard Lewis	01928 735194 frodshamgardeningclub.org

GET CONNECTED, KEEP IN TOUCH & SPREAD THE WORD

There's really no excuse for not knowing what is happening in your Centre:
Facebook - Web Site (centre.frodcomm.org.uk) - CentrePoints Newsletter
Notice Boards in town and at the Centre - Frodsham & Helsby Smart Local App

Friday 24th

0300 123 23 23



Give blood