THE PACKINGTON NEWSLETTER

Issue 88 November 2025



Line drawing of Church by Jon Brierley

Dates for your Diary



I'm not really sure where 2025 has gone but by the time you're reading this it will be almost December. Although there's no snow in this part of the country just yet, the temperatures have certainly become more wintry. So now the sugar-induced madness of Halloween has passed, as well as the importance of pausing and remembering on Remembrance Sunday, we are in full festive mode! The decorations are up next week and Christmas tunes are being played at full volume on the school run.

If you're not yet full of the Yuletide spirit there are some wonderful events taking place on the Estate over the next few weeks to get you in the mood. This **Sunday 30th November** we have the Meriden Rotary Club's Santa Fun Run. It's a wonderful event that sees hundreds of Father Christmases running through the park raising money for lots of brilliant charities. Details on how to register and don your own FC outfit are in the flyer further on.

Next up, is our charity Carols by Candlelight on Wednesday 10th December. This year we are raising money for the Coventry and Warwickshire Children's Charity. It is a truly magical evening with carols from ExUrbe Chamber Choir and music from the Blue Sky Brass Quintet. The church is beautifully lit and we've already sold over half of the tickets so book yours fast before we sell out!

On **Saturday 13th December**, Suzi and Kev from Brook Farm are hosting a Food Drive. They will be collecting items for local food banks and kindly opening up their home for the day, offering cake and a cuppa for anyone that pops in to drop items off. It's a brilliant initiative for a great cause so please do support them if you can.

Then on **Sunday 14th December** we are back at St James' Church where the CBSO are hosting a Christmas Brass Concert. Anyone who went to the concert they held in the church last time will know just how special it is.

Then last but by no means least we have the Estate's Carol Service on Friday 19th December at 6pm. This follows the traditional format of lessons and carols and finishes with port and mince pies being served at the back of the church at the end. However it doesn't end there! You can then continue the evening by hot footing it down to The Social Club for their Christmas Quiz. Tickets for the quiz are available from Paul Brown. We hope to see lots of you there to raise a glass before everyone heads off for Christmas.

If we don't manage to see you however, James, the kids and I wish you all a very very Happy Christmas and we look forward to seeing you all in 2026!



Dates for your Diary



ESTATE OFFICE CHRISTMAS / NEW YEAR OPENING

The Estate Office will be closed for the Christmas and New Year break from 3 p.m. on Tuesday 23rd December and will re-open on Monday 5th January 2026.

If you are a Packington Estate Tenant and have a genuine emergency, you may call the following people. Please remember to only call these people in a genuine emergency and to report any problems to the Estate Office on the first working day following the emergency.

General Estate emergencies: Stuart Jennings: 07961 955163

Jay Huthwaite: 07921 842217

Electrical emergencies: Steve Gilks 07980 726993

Oil / Plumbing emergencies: JLN 02476 677667

Please note, the above are not guaranteed out of hours services so if they are unable to assist, please contact another reputable company to carry out an emergency repair and the Estate will reimburse you the cost of such a call out, if the fault is with the property.

If your boiler is serviced by British Gas – 0333 202 9797
If any Tenant smells gas, please call the British Gas Emergency line – 0800 111999

CHRISTMAS CARDS

As last year, the Estate Office will not be sending Christmas cards but, instead, donating the money that would have been spent to the Centre of England Riding for the Disabled. Providing funding direct enables the group to provide more riding lessons for the disabled children in the area, and we hope you agree that this is a good cause.

If anyone wishes to make a donation, please contact Kay Gleeson at the Estate Office (01676 522020 – Ext. 202).

The Estate Office wish everyone a very happy Christmas and New Year.



Dates for your Diary



Sunday 30th November	The Meriden Rotary Club Santa Fun Run	Packington Park 11am	
Wednesday 10th December	WI - Xmas Party	The Undercroft Packington Hall 7.30pm	
Wednesday 10th December	Carols by Candlelight Charity Concert	St James' Church Packington Park 7pm	
Saturday 13th December	Food Drive: Food bank donations to Brook Farm	Brook Farm, Packington Lane, cv7 7hn All Day	
Sunday 14th December	CBSO Christmas Brass Concert	St James' Church Packington Park 3pm	
Friday 19th December	Packington Estate Carol Service	St James' Church Packington Park 6pm	
Friday 19th December	The Social Club Christmas Quiz Night	The Social Club Packington Hall From 7.30pm	
Wednesday 11th February	WI - Jenny Worrall: Demonstration of Elizabethan Dress	Maxstoke Village Hall 7.30PM	
Wednesday 11th March	WI - Birthday Celebrations: Tour of Packington Hall with Lady G	Packington Hall 7.30PM	



ST JAMES' CHURCH

MESSAGE FROM JIM PERRYMAN

I have greatly enjoyed meeting up with many of the residents, workers and businesses around the park and wider estate over these last few months, but am aware that there are many people still to meet. In the New Year, I will have a bit more flexibility in my diary and so I would really appreciate the opportunity to call round and see people at a convenient time. I will continue to do the occasional door-to-door calling on the off-chance that people might be in, but it has become clear that some homes are less accessible than others – with no obvious doorbell and some significant deterrents to those, like me, with a dog-phobia! Also, of course, many of you are out at work at times when I have been around so far. Please get in touch (details below) if you would like me to visit, otherwise, I will just aim to leave a card to let you know that I called.

We are rapidly approaching the seasons of Advent and Christmas – both seasons filled with deep and exciting meaning within the Christian Church. Advent Sunday (this year 30 November) marks the beginning of the Church Year. That may seem a little odd really, as it means we begin with a focus on the end, as Advent looks forward to the end times and the return of Christ – not as a baby this time, but in the fullness of his heavenly glory. But, in reality, it is entirely correct.

In an act of fiction, the writer wants to keep you wondering what might happen right until the final outcome. And the ending may ultimately be a 'cliffhanger', leaving you disappointed and waiting for the eventual sequel that you hope might answer your questions. However, the Christian story is one that, first, sets out for us the complete picture and, then, reveals how the whole of human history has built up to this future reality – future, and an act of faith and hope, in earthly terms; but a reality, that is complete and certain, in the context of eternity.

The four Sundays of Advent have various traditions linked to them to assist us in our understanding. One uses the four Sundays to focus on the 'Patriarchs' (Abraham, Isaac and Jacob [aka Israel]) on whom the foundation of the faith is built; the Prophets of the Old Testament, who revealed God's will and called the people to turn to him again and again over the centuries; John the Baptist, who was the last of the prophets before the start of the adult ministry of Jesus and who 'prepared the way'; and Mary, the mother of Jesus, who submitted herself totally to the call of God and reveals to us the way of obedience, humility and trust.

Another tradition focuses instead on the great Gospel themes of Hope, Peace, Joy and Love. Each Sunday is marked by the lighting of an extra candle, completing the ring and preparing for the centrepiece – the white candle to be lit at Christmas. Sometimes all the Advent candles are purple, which is the colour of the season and brings with it the symbolism of penance, preparation and majesty, but often the candle for the third Sunday is pink, signifying rejoicing.

At Packington, we only have the one Sunday service during Advent – this year on the second Sunday of Advent (7 December), so we will endeavour to condense the whole season into one big celebration of those four Gospel themes of Hope, Peace, Joy and Love, as we prepare for their fulfilment in the second coming of Jesus and for our annual Christmas celebration of his first coming as the baby in Bethlehem. I hope that many of you will join us at the various services in St James' Church, and allow these great truths to touch and transform your lives afresh, and pray that you will know peace and blessing in your hearts and homes through this festive season.

Rev Jim Perryman (Chaplain to the Packington Estate)

packingtonchaplain@gmail.com o7780 987 042

St James' Church

THE ESTATE CHAPEL OF ST JAMES, PACKINGTON PARK, Great Packington, Nr Meriden CV7 7HF

In the Diocese of Coventry

Visitors enter via automated Park Gates from the A45 Eastbound c.400 yds after the Stonebridge roundabout.

SERVICES for 2025/6

Sunday Services held monthly (usually on the first Sunday) at 10.30 a.m. unless stated otherwise

December 7th	Advent Sunday	Holy Communion
December 19th	Carol Service	6pm
December 25th	Christmas Day	Holy Communion
January 4th	No Service	-
February 1	Candlemas	-
March 1	Second Sunday of Lent	Holy Communion
April 5	Easter Day	Holy Communion
May 3	Rogation	-
June 7	First Sunday after Trinity	Holy Communion
July 5	Fifth Sunday after Trinity	Holy Communion
August 2	Lammas Celebration	Holy Communion
September 6	Fourteenth Sunday after Trinity	Holy Communion
October 4	Harvest Festival	-
November 8	Remembrance Sunday	-
	All are most welcome to these Servi	ces

packingtonchaplain@gmail.com www.packingtonestate.co.uk

LEND A FLOWER ROTA



We have set up a rota to do flowers for the once a month service. If it is your turn, please take them home after the service to enjoy them, otherwise they would be wasted!

If you cannot do the month allocated please let me know: Lady Guernsey.....01676 522274 (E-mail..... georgie@packingtonestate.co.uk)

If someone has mentioned to me that they would like to do a Sunday and your name is not down, my apologies but please could you write / phone in and then it will be remembered! Equally, if someone is down that would rather not do it, please can you email or drop me a line. Thank you.

December 7th 2025	Mrs Dalton
December 19th 2025	Lady Guernsey
December 25th 2025	Lady Guernsey
January 4th 2026	No Service
February 1st 2026	Mrs Hall
March 1st 2026	Mrs Gow
April 5th 2026	Lady Guernsey
May 3rd 2026	Mrs Garnet
June 7th 2026	Mrs Smith
July 5th 2026	Mrs Mander
August 2nd 2026	Mrs Dalton
September 6th 2026	Mrs Hall

Lady Guernsey will organise the flowers over the Christmas and Easter periods.

Packington Hall, Meriden, Nr. Coventry, CV7 7HF Tel: Estate Office - 01676 522020

THE WI

Packington & Maxstoke NEWS



Meeting Programme: December 2025 – October 2026

We usually meet in the Undercroft at the Hall on the 2nd Wednesday of each month at 7.30pm unless otherwise stated.

We are a friendly group of women and visitors are always welcome to come to our meetings without any obligation to join the WI.

Anyone wishing to find out more can contact Kate Beaty (President) on 01676 523 322 or 07761 826 854 or email k8bt@btinternet.com

Wishing everybody a very Merry Christmas and a Happy and Healthy 2026

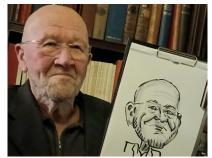
Manager 40th December 2	Object of the Control
Wednesday 10 th December	Christmas Social Evening with
	Quiz & Games at Maxstoke
	Village Hall
Wednesday 7 th January	No Meeting
Wednesday 11 th February	Jenny Worrall - Demonstration of
	Elizabethan Dress.
Wednesday 11 th March	Birthday Meeting at Packington
•	Hall with a tour of the Hall by
	Georgie Guernsey
Wednesday 8 th April	Mary Wyer – A Contestant in
	Masterchef
Wednesday 13 th May	Annual Meeting – No Speaker
Wednesday 10 th June	Martin Cross – Local Wildlife in
•	Coleshill and surrounding area
	(with slides etc.)
Wednesday 8 th July	Kate Allen – Walking Lands End
	to John O'Groats
Wednesday 12 th August	Garden Meeting – no speaker
Wednesday 9 th September	Phillip Yorke – "Dog Eat Dog":
	Stories From a Life in Journalism
Wednesday 14 th October	Darran Gough – Muck Crime and
	Sweat – Life of a Firefighter
	including the Windsor Castle Fire

HARVEST SUPPER

It was lovely to see so many of you at Harvest Supper this year. It was a great evening and always provides a wonderful opportunity to catch up with everyone after the summer. A big thank you, as always, to Fen, Laura and the rest of the team at Gourmet Foods for providing the delicious hog roast and to everyone else that bought along an apple pie.

A big thank you also to Richard Ellis, the brilliant caricaturist. I think you will all agree from looking at the below photos that he captured everyone very well! It was suggested that next year we reinstate the Estate entertainment with the farmers kindly volunteering to be the first up! So keep your wits about you, no-one is safe and the have very good memories!



















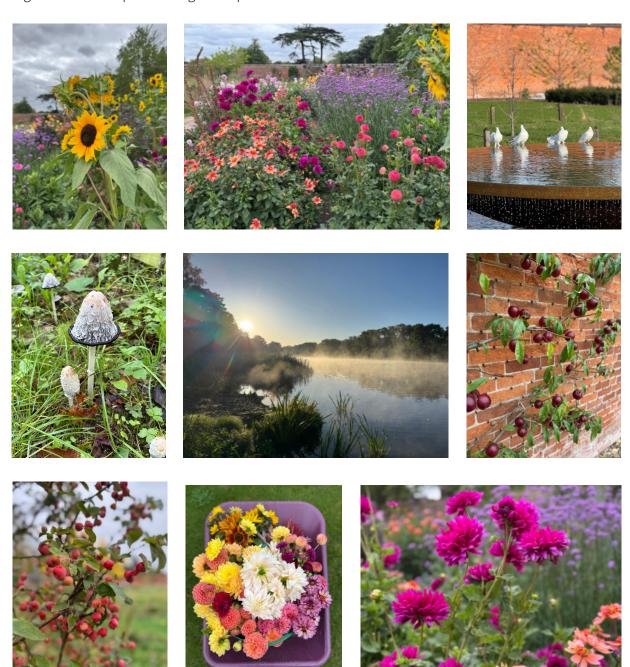


In the Garden

With all that amazing sunshine over the summer, this Autumn's colours have been incredible. The trees in the garden put on an incredible show and we've had some beautiful misty mornings too. There was some very exciting news in October with the arrival of little Beauden Hudson. We wish Danni and Harry huge congratulations and hope they're all settling into life as a family of 3.

The team have meanwhile been extremely busy keeping the garden looking wonderful and they are now in the process of putting it to bed with jobs such as, cutting down the beautiful dahlias now the frosts have arrived, doing a final big weed before we mulch the beds so that they are ready for next year and doing an amazing clear out and clear up of the behind the scenes areas which is very satisfying.

On 8th December we welcome our new head gardener, Grainne Ring which is very exciting and we are looking forward to implementing more plans and ideas in the New Year.



VOLUNTEERING IN THE GARDEN



Would you like to become one of the team?



IF YOU ARE INTERESTED IN VOLUNTEERING AND JOINING THE GARDENING TEAM HERE AT PACKINGTON, WE'D LOVE TO HEAR FROM YOU. FOR FURTHER INFORMATION, GET IN TOUCH BY EMAILING

INFO@PACKINGTONESTATE.CO.UK



As with most big projects we are a *bit* behind schedule but we are on the final stretch and the plan is still to have the Estate office team start 2026 in their new home which is very exciting. It is now really beginning to look like a building and less like a building site. We have painted rooms, light fittings, kitchens and a paved courtyard!

In September we went out to a tree nursery in the Netherlands and found some beautiful trees that are going to be planted in and around the building. These are due to be on site at the end of January which will really ground the building into the landscape and provide some much needed shade in the courtyard during the summer.

The team have been excellent and we are now at that exciting point where fixtures and fittings are being chosen. No detail has been left unturned and everything from the furniture to the signs on the loo doors have been meticulously thought about. We hope that when you come and visit early next year you will be as excited about it all as we are.

As well we becoming a new event space our main hope is that the Stables will become the beating heart of the Estate. It will be the new Social Club venue, the new offices and a place where we can hold some brilliant Estate get togethers.





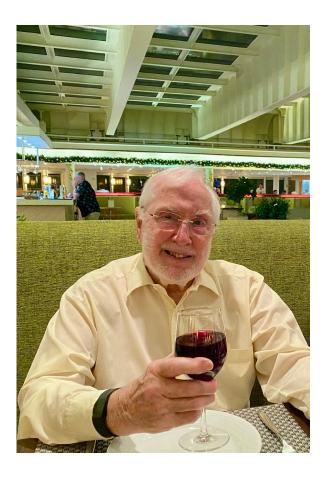








Tony Hands



Tony Hands passed away on 7th August 2025 after a short illness.

Tony had worked on the Packington Estate from the late 1980's, with his business partner Pete Kennedy, until he retired in 1998. Tony was a plumber and electrician and worked in both halls, many of the cottages and the landfill site. Tony and his wife Jean lived on the Park at South Lodge during this time, until moving to Baddesley Ensor in 1998. Living and working on Packington facilitated Tony's main hobby of bird watching and both he and Jean also enjoyed the social aspect.

After Jean passed away in 2015, Tony continued his hobbies and spent time in Scotland with family. While reaching the age of 90 in May 2025, over the previous year he had begun to slow down physically and underwent a few medical procedures, though he always bounced back. His final hospital admission was in June and he was then admitted to Myton Hospice in Warwick on 30th July, where he passed away a week later on 7th August, surrounded by his family.

Suzi & Kev from Brook Farm are collecting food for The Food Banks & Trussell Trust on 13th December. They are kindly opening up their home with cake and tea to anyone who drops in with some items. Please support this wonderful cause if you can.



FARMING AND ENVIRONMENT UPDATE - November 2025 By Sam White

Since my last update there has been a great deal of activity across the Estate on matters regarding farming, forestry, and the environment. I write this looking across a frosted view from the Estate Office and with the recent plummet in temperature it certainly seems that winter is well on its way!

To start, by giving an update regarding our nature restoration project, 'Wild Packington'.

There is a great deal of 'behind the scenes' work ongoing with the evolving masterplan and implementation plan for the project and this also includes close liaison with Government organisations. We are currently in the process of working with consultants regarding a river restoration plan for a section of the River Blythe, and it has been very interesting learning how the river channel would have historically meandered through the landscape. This report will assist us in being able to identify further works that could be undertaken that will assist in flood management of the immediate surroundings but also further upstream too.

Ground works have also been taking place in the form of works within the river itself. The Estate has worked with the Environment Agency, Tame Valley Wetlands Trust and also angling societies to place felled trees within the channel to act as deflectors to disrupt water flow which will ultimately assist in improving water quality and conditions, and encourage a greater diversity of species whether that be invertebrate, fish, or plant life.

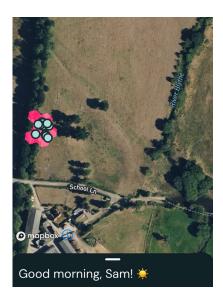
In the summer update I mentioned that we were expecting a new arrival to our Longhorn Cattle herd in the form of a bull. I am very pleased to say that 'Xploit' has arrived and fingers crossed has, and will continue, to work his magic so that we will be welcoming new arrivals throughout the late spring and summer of next year. Thankfully, the Longhorn Cattle Society's designated letter for next year is 'A' and so should be easier in thinking of names compared to this year's 'Z'! (Any suggestions for names would be most welcome).

The herd is vital in our conservation grazing plan across our nature restoration area, and they are currently split into two groups that are grazing across different areas. The groups will eventually combine into one and the way in which we will be managing the herd is through the utilisation of a tracking system and a 'virtual fence' via collars that we fitted a few months ago. For those that have watched Clarkson's Farm it is similar to the system that Jeremy utilised for the management of his herd of goats to control bracken and scrub growth across areas that are inaccessible for machinery.

The collar system that we are utilising is an indicator of the ever-evolving technology within the agricultural sector. At a recent conference I attended there was a talk given by an engineer who had designed and built, and has now put into production, a robot that is capable of delicately picking soft fruit in glasshouses down in Kent- it did seem quite remarkable.

I mentioned during the last update that we were approaching the period in which we would be required to undertake mandatory TB testing for the cattle, and I am very glad to say that we had no reactors. I would like to express a thank you to the Beaty family for assisting on the day! It was a worrying time and at the back of our minds is knowing that we have to do it again in six months' time.

FARMING AND ENVIRONMENT UPDATE - November 2025 By Sam White





A screen shot from the collar system app showing us where the cows are (left) and Zara one of our new calves (right).

I mentioned in the last update the woodland and forestry areas throughout the Estate. Across these areas we have been busy undertaking annual maintenance works, thinning works to some, and we have also worked with contractors for a 'clear fell' (all trees being cut down) of a coniferous woodland block that will be replanted with a mixture of broadleaf and deciduous tree species in the next planting season. The felled timber will be utilised for a range of purposes from building materials through to fire logs and woodchip. All the work that we undertake is done in accordance with our 20 year Forestry Management Plan and agreed with the Forestry Commission. We are actively replanting areas and anticipate that we will plant in excess of 10,000 trees over the next few months! In addition, as part of our nature restoration project, we will be actively planting new areas and we will also be allowing areas of the landscape to naturally regenerate which will create new habitats and provide benefit to native flora and fauna.





FARMING AND ENVIRONMENT UPDATE - November 2025 By Sam White

Now turning to farming...

Harvest this year was interesting and many have experienced reduced yields. The oats on the farm where we first began our regenerative farming journey did not perform overly well however there was not an expectation that they would. The combine did go into the fields and the oats harvested will be utilised as livestock feed. It has helped our continued learning and that will be reflected in alterations to plans going forward. The wheat on another of the Estate farms was by no means record breaking either however will serve a purpose in being utilised elsewhere across the Estate.

One area of the Estate has been rested from cereal production over the past three years and from the herbal ley mix that was established we have been fortunate to be able to take a couple of cuts of silage this year which will be used to supplementary feed the deer within the Park.

Along with our aim of producing healthy and nutritious food, in making decisions for the farming operation across the Estate, we always consider the five hallmarks that underpin the regenerative farming movement:

- Limiting soil disturbance
- Keeping soil surface covered
- Maintaining living roots within the soil
- Crop diversity
- Integration of livestock

In addition to the cropped areas we also have areas that are providing environmental benefit through our ongoing Sustainable Farming Incentive (SFI) scheme, and those areas have looked quite stunning this year whilst also providing valuable habitat and will continue to be a source of food during the winter months, particularly for farmland birds.

We are currently working with the West Midlands Bird Ringing Group in monitoring bird species across both the land which is actively farmed and that within the nature restoration area and in the next update I should hopefully be able to give you a further insight into what the surveys have shown.

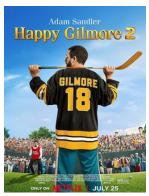




RECOMMENDATIONS

If anyone has any recommendations they'd like to add we'd love to hear from you, (Georgie@Packingtonestate.co.uk).

FILMS



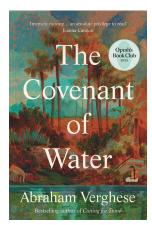
Very nostalgic and with all your favourite characters, this Adam Sandler comeback mixes golf, humour and heart. A bit mad but a great sequel.

T.V.



From the director of Peaky Blinders this is a fast moving historical drama about the powerful Guinness family. Streaming on Netflix.

BOOKS



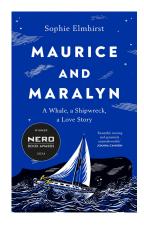
I'm reading this now and loving it. It is an epic, family saga spanning generations, exploring love, loss, faith, and a mysterious condition binding their lives together.



A delightfully silly adaptation! The Twits brings Roald Dahl's mischief to life with humour, heart, and a wonderful message about kindness.



Hosted by the brilliant Claudia Winckleman the show sees contestants scheme, deceive, and vote to uncover the traitors. Available on BBC iPlayer.



Inspired by true story of a couple who attempted to sail to New Zealand, were shipwrecked after a whale strike, and survived for 118 days adrift on the Pacific Ocean

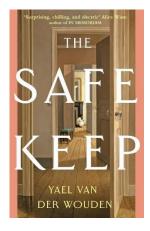


A Guy Ritchie film based on a true story about a combat unit of mavericks that use unconventional techniques to battle the Nazis and change the course of the war.



This is next on our 'to watch' list. From the same writer as Slow Horses & featuring Emma Thompson, this is a witty, thriller where an ordinary woman's search for a missing child uncovers dark secrets.

Out on Apple TV+.



A powerful tale of buried secrets, and long-awaited revenge following WW2. As characters confront the past, love and betrayal intertwine, shaping lives in unexpected, haunting ways.















To Write Happy Birthday

















"No L"

Christmas is the time for sending all my friends a card, congratulations for remaining on the list.

The 4 stages of life:
1. You believe in Santa Clause.
2. You don't believe in Santa Clause.
3. You dress up like Santa Clause.
4. You look like Santa Clause.

Female reindeer retain antlers till after they give birth in the spring. Therefore, according to EVERY historical rendition depicting Santa's reindeer, EVERY single one of them, from Rudolph to Blitzen, had to be a girl, we should have known, ONLY women would be able to drag a fat man in a red velvet suit all the way around the world in one night and not get lost.

Be naughty, save Santa the trip.

FESTIVE FACTS!

- · Christmas trees usually grow for close to 15 years before they can be sold.
- More than 400,000 illnesses are caused by spoilt Christmas leftovers.
- Treasure Island writer, Robert Louis Stevenson willed his November 13th birthday to the daughter of a friend who hated her Christmas birthday.
- The word "Merry" in Merry Christmas was not always accepted because being merry used to signify slight intoxication.
- · When the candy cane was invented in Germany, it was made into a J for Jesus. The red stripes symbolize his blood.
- It is a tradition in Japan to eat KFC for Christmas. Orders must be placed two months in advance.

THE SOCIAL CLUB NEWS









We had 200 people to our Bonfire Night this year which was a brilliant turnout! All profits from ticket sales go towards the Social Club, who make donations every year to various charities, so thank you to everyone who came along.

The evening wouldn't happen if it wasn't for the Estate team risking singed eyebrows lighting the fire and/or fireworks or standing in the cold, car parking or on the gate so a huge thank you to everyone who lent a hand either in the run up or on the night itself. This of course includes the Social Club committee. Whether it was manning the bar, flipping burgers and battling the elements whilst keeping to BBQs alight or sourcing the fireworks and loading up the marshmallow sticks, a huge amount of effort went into the night and we are very grateful.

Another big thank you must go to Ros Smith. Ros has been The Social Club's treasurer since it was first set up and after an amazing 25 years she deservedly is retiring from her post. Ros has kept the books ship shape which has meant over the years the Social Club has been able to donate over £20k which is an amazing feat. Luckily she isn't stepping down fully and will still remain a member of the committee but can't thank her enough for her time. Thank you to Kate Beaty who will taking on the mantel!

Coming up we have the fabulously festive Social Club Christmas Quiz Night! This is going to be straight after the Estate Carol Service and will be in the Undercroft. Come along with your Christmas Jumpers and have your quiz heads on. Steve wrote the quiz months ago we are all prepped and ready to go. We hope to see you there!

SOCIAL CLUB DATES	
Friday 19th December	Carol Service (6pm) followed by Social Club Xmas Quiz Night (7.30pm)

UPCOMING EVENTS



UPCOMING EVENTS





PACKINGTON ESTATE

· CBSO CHRISTMAS +BRASS CONCERT

December 14th from 3:00pm

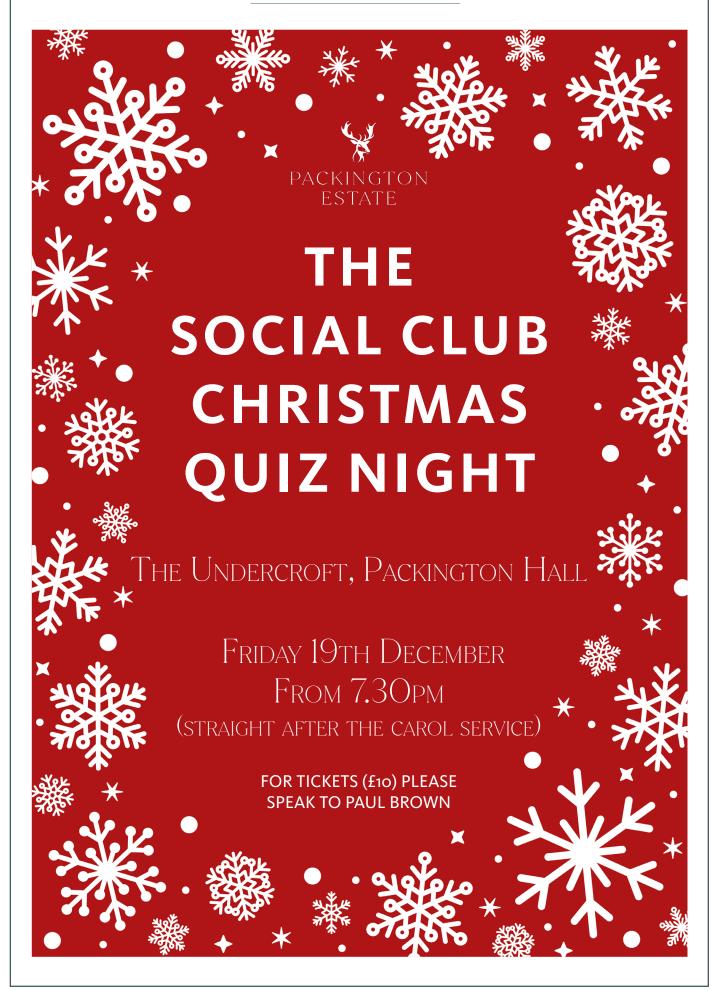
For ticket purchases and additional information,

please visit cbso.co.uk

UPCOMING EVENTS



UPCOMING EVENTS











FUN FITNESS CLASSES IN **KNOWLE, DORRIDGE** & LAPWORTH

Come along and join in the fun!

Classes include:

Zumba

Zumba Gold

Pilates

Online Fitness

CALL TO ВООК YOUR FREE **CLASS**

For further information, please visit:

Web: www.korhealthandfitness.com

Call: 07818 040333







Click QR code for **Class Timetable**





www.korhealthandfitness.com

MONDAY - DORRIDGE VILLAGE HALL

TIME **CLASS** PRICE 12:30 - 13:15 **ZUMBA GOLD (Active Older Clients)** £6 13:30 - 14:30 **PILATES (Multi-Level)** COURSE

TUESDAY - DOWNING HALL, KNOWLE

TIME **CLASS PRICE** 9:00 - 10:00 PILATES (Multi-Level) COURSE

WEDNESDAY - DORRIDGE VILLAGE HALL

TIME	CLASS	PRICE
9:00 - 9:45	ZUMBA	£6
10:15 - 11:00	ZUMBA GOLD (Active Older Clients)	£6
11:30 - 12:15	ZUMBA GOLD (Lower Intensity)	£6

THURSDAY - ST PHILIPS CHURCH CENTRE

TIME **CLASS PRICE** 11:00 - 11:45 **ZUMBA GOLD (Active Older Clients)** £6

FRIDAY - LAPWORTH VILLAGE HALL

TIME **CLASS PRICE** £6 9:00 - 9:45 **ZUMBA**

ONLINE CLASSES

DAY **CLASS** TIME **PRICE** WEDNESDAY 18:30 - 19:15 **PILATES COURSE** FIT IN 15 07:00 - 07:15 WEEKDAYS **COURSE**

FIT IN 15 - Join on Zoom or Private Fb Group most weekday mornings - Live at 7am or on demand



Created by one of our tenants, Marie-Fulvie Rue, Atelier Mafette is a small, local business that creates wooden animal silhouettes to slip between books and animate your bookcase in an original and fun way! The perfect gift for Christmas, visit her site on Etsy for more images and prices - <u>AtelierMafette.etsy.com.</u>















Are you a man finding grief difficult?

Why not attend one of our free Grief Over Breakfast meetings.

We meet on the last Friday of the month at Anya Court care home at 8am until 9am. CV22 6JA We have breakfast and talk freely about how we feel about loss and Grief.

Please contact
Simon.Carr@cruse.org.uk to book
your place or telephone/text
07508 853359. You are most
welcome.



Grief can be overwhelming, you don't have to deal with it alone.

ADVERTISEMENTS



Safe Haven Warwickshire

Safe Haven provides an out of hours mental health support service to people across Warwickshire

Wellbeing practitioners are on hand each evening to offer support and signposting

Open: 6pm-11pm every Thursday to Sunday



ADVERTISEMENTS



Wellbeing practitioners will be available via phone, video link, text message or email.

Contact the team in the following ways:

T: 02477 714554 M: 07970 042270

E: safehaven@cwmind.org.uk

The Safe Haven Team will provide reassuring support to those finding life difficult.

Wellbeing practitioners will guide towards creating coping strategies which support the self management of mental health and emotional wellbeing