

THE PACKINGTON NEWSLETTER

Issue 89

March 2026



Line drawing of Church by Jon Brierley

DATES FOR YOUR DIARY



Even though it felt like we had all four seasons' weather last week, the sunnier, warmer days do seem to be making more of an appearance. Let's hope it's not a 'Fool's Spring' and they are here to stay (with the odd rainy day for the garden and fields of course!).

It will have been hard not to notice the hive of activity that has been going on around the Stables and Hall over the last few months but the Estate Office have officially moved into their new home which is very exciting. The events spaces and, most importantly, the new Social are not far behind, and we hope to be able to open up the bar in the next few weeks.

Until then there are the usual brilliant events taking place over the next couple of months. First up is the Fish & Chip Quiz Night on **Friday 24th April**. We are moving the fish and chips section of the evening to 7pm to allow for younger families to come and join us. The quiz itself will start at 7.30pm.

St James' Church and Packington Parish meetings will be held for the first time in the Stables from **Monday 11th May** from 6.15pm. The meeting itself will be in the Gallery and we hope The Social bar will be open across the courtyard. It's always a good opportunity to catch up on what is going on locally that affects our small, but nevertheless important parish, as well as with the church.

It's then time to start dusting off your cricket pads and get into training for anyone that wants to come and play in the Estate vs Farmers Cricket Match on **Friday 5th June**. For those that prefer to participate from the sidelines with a beer in hand, you too are very very welcome and the bar will be open along with a Hog Roast!

Over the Summer come and join us at the new Social in June and July to either celebrate or commiserate as we watch England play in the Football World Cup on the large projector screen. You never know, it *could* come home....

Then, after its success last year we are opening up the gardens for the National Garden Scheme for the longer period of 11am-5pm again on **Saturday 4th July**. Come along for some delicious tea and cakes, served by the wonderful WI, and the chance to enjoy the gardens in the sunshine...we hope!

Finally, Jim Perryman will be holding an Easter service at St James on **Sunday 5th April** with an Easter Egg hunt in the churchyard afterwards. However if we don't see you then, we wish you all a very very Happy Easter.



DATES FOR YOUR DIARY



Wednesday 8th April	WI - Mary Wyer - A Contestant in Masterchef	THE UNDERCROFT PACKINGTON HALL 7.30PM
Friday 24th April	The Social Club Fish & Chip Night Quiz	THE UNDERCROFT PACKINGTON HALL 7.00PM
Monday 11th May	St James' Church and Packington Parish Meetings	THE GALLERY THE STABLES 6.15PM START
Wednesday 13th May	WI - AGM & Resolution Meeting	THE UNDERCROFT PACKINGTON HALL 7.30PM
Friday 5th June	Estate vs Farmers Cricket Match	PACKINGTON HALL 6-9PM
Wednesday 10th June	WI - Martin Cross - Local Wildlife in Coleshill and surrounding area	THE UNDERCROFT PACKINGTON HALL 7.30PM
Saturday 4th July	Packington Estate NGS Open Gardens	PLEASURE GROUNDS PACKINGTON HALL 11-5PM
Wednesday 8th July	WI - Kate Allen - Walking Lands End to John O'Groats	THE UNDERCROFT PACKINGTON HALL 7.30PM

ST JAMES' CHURCH

MESSAGE FROM JIM PERRYMAN

It's amazing to think that it is now a year since I first started getting involved at Packington, and Easter Sunday will be the start of Year 2!

I have really enjoyed meeting many of you as I have travelled from house to house, farm to farm, business to business, around the Estate properties over these months, but I am aware that, for many of you, the only evidence of this will have been a card in your letter box (if I was able to find one!). I now know where you all are, even though I still don't know who you all are! Maybe through this coming year, I can have the chance to meet up with more of you and, if you are willing, I would really appreciate the opportunity to make up an address book to help me keep you more fully in my prayers and know who I am meeting.

To this end, it would be really helpful if you would fill in a short online form, with names, addresses and contact details, and let me know if you would value a personal visit.

You will find my online form at <https://form.jotform.com/260754409825362> or by scanning the QR code:



or you can email packingtonchaplain@gmail.com or text me on 07780 987042.

And so we approach Easter Sunday, the day at the very heart of the Christian message of HOPE. It is a day when we celebrate the resurrection of Jesus – the victory of life over death. But we can only get a proper perspective of it if we recognise the build up through that dramatic week of history in Jerusalem nearly 2000 years ago.

In these days when there is so much trauma, suffering and death being inflicted by different groups in the Middle East and at the heart of the Holy Lands themselves, maybe it is a good moment to remember and reflect – particularly as many of the root causes of the current conflicts go back far further than 2000 years!

Easter Sunday is the culmination of Holy Week – starting from Palm Sunday and working through five dramatic days of confrontation and controversy before reaching the climax on Good Friday. As we won't have the opportunity to get together day by day, I invite you to take about 5 minutes each day to watch a short video that I will put online on a special page of my business website: www.youtree.uk/packington.

The first video will appear on Palm Sunday, 29 March, with a new video added each day until Easter Sunday. I'll leave the videos available until the end of April.

I hope you will find the videos interesting and helpful, and I hope to see you soon.

Have a blessed Easter.

Jim

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

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 Services



Everyone is invited
to the
St. James' Church,
Great Packington

HALLELUJAH!
Christ is Risen!

He is Risen indeed!
HALLELUJAH!

Easter Family Communion
Sunday 5 April, 10.30am
*followed by an Easter Egg Hunt
in the Churchyard*



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.

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
October 4th 2026	Farmers' Wives
November 8th 2026	Mrs Gow

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

Packington Hall, Meriden, Nr. Coventry, CV7 7HF

Tel: Estate Office - 01676 522020

**Packington &
Maxstoke
NEWS**



Meeting Programme: April 2026 – 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

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

PACKINGTON NEWS

CAROLS BY CANDLELIGHT 2025



On December 10th we hosted our 5th charitable carol concert. It was the first year we sold out of tickets which was incredible and we raised over £2,000 for a fantastic charity.

The chosen charity was The Coventry and Warwickshire Children's Charity (CWCC) which is a dedicated, non-profit organisation, committed to supporting children who have experienced sexual abuse. Through expert-led guidance and counselling, in association with Coventry City Council, they help rebuild childhoods, providing the care, healing, and resilience through expert practitioners, needed for a brighter future.

A huge thank you to Ex Urbe Chamber Choir and The Blue Sky Brass Quintet for once again providing us with such fabulously festive music, to Berryfields for sponsoring the event with their delicious mince pies (2 boxes of which were sold on the spot they're so good!) and last, but by no means least, to the Estate team. Every year they work so hard to get everything ready in time and then come back to help with the parking, act as fire wardens or hand out mince pies and mulled wine. You know who you are and it never goes unnoticed, thank you!

PACKINGTON NEWS

WELCOME!



A big welcome to our newest team member, Gráinne Ring. Gráinne has taken over from Danni as Head Gardener. With over 25 years of hands-on experience including Head Gardener at Highgrove Gardens, Gráinne brings extensive plant knowledge, garden management and conservation experience. A passionate advocate for organic gardening, Gráinne is dedicated to enhancing biodiversity, improving soil health, and promoting sustainability.

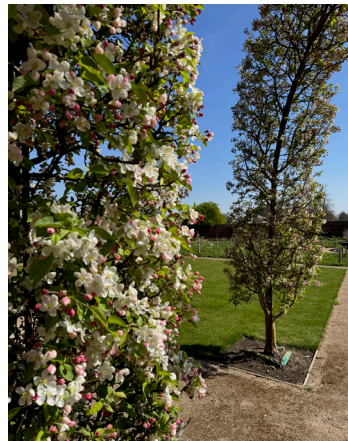
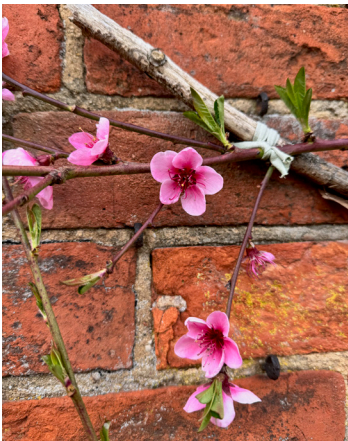
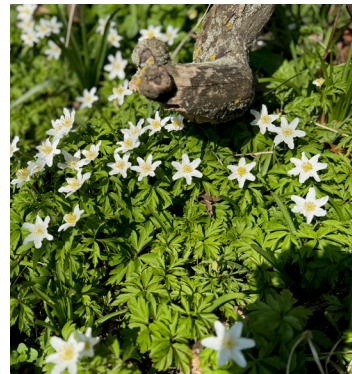
PACKINGTON NEWS

IN THE GARDEN

At last it finally feels like Spring has sprung! The trees have shaken off the raindrops and leaf buds are beginning to emerge all over the garden. Nature is so clever, when everyone is fed up with the long nights and wet, grey days, daffodils poke their heads up and the blossom arrives just in time to lift everyone's spirits.

The garden is certainly waking up and the team are non-stop with sowing, planting, mulching and generally getting everything ready for this coming season. We've got hundreds of sweet peas on the go ready for a sweet pea tunnel, vegetables are coming on, new borders are being designed and planted and the battle with creeping thistle continues!

There has been some larger planting going on as well. Last year we sadly had to take out the rose garden after we lost the battle with bindweed and ground elder. New roses are being ordered to be planted soon but in the meantime we have added some yew columns into the centre which look brilliant. Some of you may have also noticed some trees being planted next to Home Farm. These will all have beautiful autumn colours so hopefully come October / November we will have a lovely fiery display as you drive through the Park.



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

PACKINGTON NEWS

WHAT'S GOING ON AT THE STABLES?



Well it's been a long time coming but we have finally moved into the shiny, new offices in the Stables. There is a long snagging list, but we are in! We still have the plasterers in the Gallery space. They are doing an amazing job, and the end result will really finish off that space.

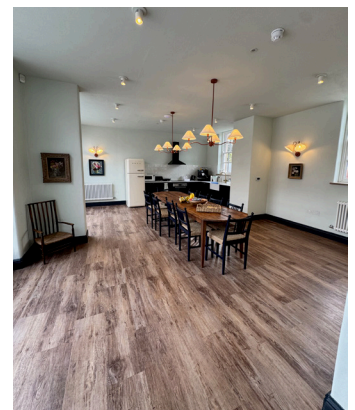
The Social Bar space should be commissioned by the end of April. Thomas Crawley, my cousin, has finished the bar frontage out of one piece of oak, and we think it looks amazing. We have had two old 'L' shaped sofas that were in the Hall restored and they are arriving in a week or so. Soon after that we hope to open the doors and welcome you in!

The front has now been tarmacked and ready for the resin bonded gravel at some stage towards the end of Spring. The new yew plants are to go in on Easter Monday, then it's the external lighting and the internal courtyard up-lighting.

Once this has been finalised, other than the snagging, we have finished Phase 1 of the build.

It's brilliant to be using the building and seeing the lights back on after so long. It's a wonderful asset for the Estate and great to breathe life back into it.

Phase 2 of the build is the commercial kitchen space, back of house ops room behind the bar, and some storage rooms in the south corner of the building. We hope this will commence towards the end of Spring and be complete in Q1 2027, ready for the events programme of Spring/Summer 2027.



PACKINGTON NEWS

BLOOPERS

Thank God for church ladies with word processors. These sentences (with all the BLOOPERS) actually appeared in church bulletins or were announced in church services.

- * Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- * Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.
- * Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.
- * For those of you who have children and don't know it, we have a nursery downstairs.
- * Next Thursday there will be try-outs for the choir. They need all the help they can get.
- * Irving Benson and Jessie Carter were married on October 24th in the church. So ends a friendship that began in their school days.
- * A bean supper will be held on Tuesday evening in the church hall. Music will follow.
- * At the evening service tonight, the sermon topic will be 'What is Hell?' Come early and listen to our choir practice.
- * Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.
- * Please place your donation in the envelope along with the deceased person you want remembered.
- * Potluck supper Sunday at 5PM. Prayer and medication to follow.
- * The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.
- * This evening at 7PM there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.
- * The eight-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7PM. The congregation is invited to attend this tragedy.
- * Weight Watchers will meet at 7PM at the First Presbyterian Church. Please use large double door at the side entrance.

Adapted from 'The Parish Window' and sent over by Lord A!

PACKINGTON NEWS

FARMING, FORESTRY AND ENVIRONMENT UPDATE - March 2026

By Sam White

I find myself writing this spring update on a day when the Midlands region has seen a bizarre weather phenomenon with the Estate experiencing rain, hail and sleet along with freak gusts of winds and then the occasional sporadic periods of blue skies!

I will begin with an update of our Nature Restoration project. Over the past few months, a great deal of work has been progressing with Wild Packington. In the last newsletter I mentioned that we had been engaging with various consultants and organisations regarding the preparation of a river restoration plan relating to a section of the River Blythe that meanders through the project area.

The plan has been completed and is being used as a tool to identify specific hydrological features within and surrounding the river. From this we have been able to establish interventions, along with strategies, that could be implemented to assist in improving the condition of the river which also align with the evolving masterplan.

The river restoration plan has been one of the suite of documents and reports that we have needed to prepare as part of continuing engagement with Natural England regarding the wider project, and the development of the Higher Tier Countryside Stewardship Scheme agreement that will ultimately assist in guiding the project, along with providing a financial underpin.

As a result of the river restoration plan now being complete, we are working on the next stage which is the implementation and delivery. With this we are continuing to engage with stakeholders, both public and private, along with educational institutions and not-for-profit organisations. We are also continuing to explore the integration of emerging 'green markets'.

Physical works on the ground have already started and will increase in momentum over the coming weeks and months through the establishment of new habitats that include wood, pasture and species rich grassland, along with historic fencelines being removed to assist with the facilitation of the extensive grazing of herbivores across the landscape. With that, I am happy to report that our herd of Longhorn cattle appear to be content, even after the wettest winter on record! It is quite amazing how quickly time passes, and we are edging, once again, ever closer to the next mandatory TB test for the herd. Following this we will then be turning on the collars that were fitted during the last round of TB testing, and this will then enable us to move forward with further areas of the project area. During the TB testing we will also be checking to see if Xploit (our bull) has worked his 'magic' over the course of the autumn and winter and fingers crossed we should be seeing some calves later this year – I will keep you posted in the next newsletter update!

Now turning to farming, from a policy level, since the last newsletter, the Government have sporadically provided updates and announcements regarding future support and opportunities that they intend to roll out to assist the rural sector. We, as will many others, will be looking to make the most of new schemes and opportunities that present themselves.

Weather conditions have not played to our favour across the environment that we actively farm. We are now thankfully in a position in which fieldworks have been undertaken, and we anticipate soon hopefully commencing the sowing of our spring crops. I will report back later this year on how the harvest goes of these!

PACKINGTON NEWS

FARMING, FORESTRY AND ENVIRONMENT UPDATE - March 2026

By Sam White

The field margins, whether that be grassland or specific seed mixes for birds and pollinators, continue to provide corridors for wildlife. The network of hedgerows and the active hedgerow restoration work that we continue to actively progress with also provide immense benefit.

The ethos of 'Wild Packington' is rooted in improving and restoring the condition of the soil, and we are conscious that we need to be able to demonstrate that the course of action that we are taking regarding management of the environment is providing a benefit. Ultimately there is a symbiotic relationship between soil health and our health. We continue to undertake soil analysis surveys across both the nature restoration project area, and also the parts of the Estate on which we are practicing regenerative farming techniques and practices. Soil health is quite a complex science, and I will confess in being no expert, however, in terms of indices, the reports that we have had back are showing an improvement in terms of overall soil health.

We are also recording changes to both flora and fauna. Increased Otter activity has been recorded along sections of the River Blythe through the Estate. We have also had recordings of certain species of birds that are of interest across the Marsh Lane Nature Reserve.

Over the past few months we have continued with our active forestry management programme and this has seen us recently undertaken a 'thinning' operation in one woodland in which 30% of the trees were felled to assist with the promotion of natural regeneration on the woodland floor and the continued establishment of mature trees.

Across the wider Estate, we have been undertaking tree planting over the past few months and have also been developing wider tree planting schemes. We have also been moving forward with working with Natural England surrounding a Parkland Restoration Plan which will enable us to review interventions and actions that could be undertaken and provide benefit across the registered parkland that surrounds the Hall.

I will leave the update there for now and next time I should be able to update you all on how calving has gone for our Longhorns. This year's registration letter for names is 'A' and suggestions are most welcome!



1. Woodland 'thinning'



2. Xploit the bull!

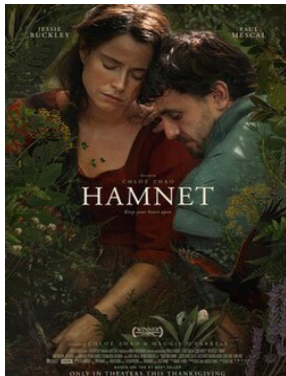


3. River restoration

RECOMMENDATIONS

IF ANYONE HAS ANY RECOMMENDATIONS THEY'D LIKE TO ADD WE'D LOVE TO HEAR FROM YOU,
(GEORGIE@PACKINGTONESTATE.CO.UK).

FILMS



True or not, this film about our local Bard's inspiration for Hamlet, is a beautiful and heart-rending story. If you've read the book you'll know you have to prepare yourself!



Another local classic! The film follows Tommy Shelby once more battle with his demons whilst trying to control the new generation of the Peaky Blinders.



Watch Ryan Gosling and Emily Blunt in this brilliant and funny action/comedy/romance about stuntmen. What's not to like?!

T.V.



A gripping, if not totally accurate, dramatisation of the 1990s whirlwind romance and tragic 1999 death of JFK Jr and Carolyn Bessette.



The best thing we've watched in ages! Mixing the mystical with the mundane - it's pure joy. If you like Mackenzie Crook this won't disappoint.

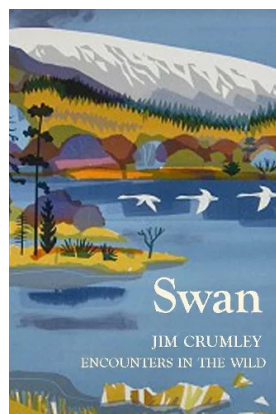


A fast paced adventure following three childhood friends who uncover secrets from their past after the death of their estranged school friend.

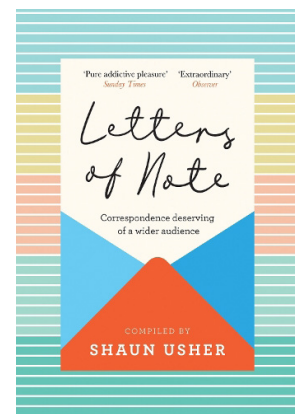
BOOKS



This follows three sisters who reunite to save their childhood home. They navigate grief, addiction, and secrets, whilst trying to rebuild their sisterly bond.



The perfect antidote to the current madness out in the real world. Full of quiet moments that remind us how special and fragile wildlife and wild places really are.



A brilliantly curated collection of historically significant, entertaining, and moving letters, memos, and telegrams from famous figures and ordinary people. One you can dip in and out of.



PETE'S PAGES!



A FEW FACTS ABOUT MARCH

March, named after the god of war, Mars.

Beware the Ides of March, the 15th, led to Caesar's downfall.

March has two birthstones - Aquamarine, lucky charm for Roman sailors and Bloodstone, association bravery and vitality.

Saint Patrick's Day, March 17th.

Saint David's Day, March 1st.

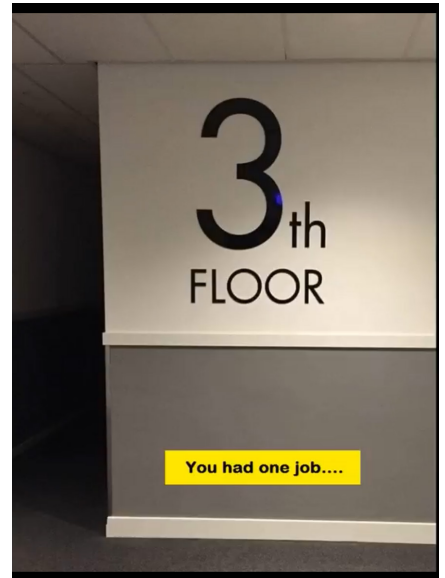
March's Full Moon, the Worm Moon, also known as the Blood Moon, March 3rd.

The popular board game Monopoly was invented on March 7th, 1933,

Twitter was launched 2006, March 21st.

The First Test Flight of the Spitfire Plane, March 5th, 1936.

According to "Live Science" during the first week of March Madness, the number of vasectomies, surges by 50%, why?





PETE'S PAGES!



WHAT I OWE MY MOTHER

My mother taught me to APPRECIATE A JOB WELL DONE

"If you're going to kill each other, do it outside, I've just finished cleaning"

My mother taught me RELIGION

"You better pray this comes out of the carpet"

My mother taught me about TIME TRAVEL

"If you don't straighten up, I'm going to knock you into the middle of next week"

My mother taught me LOGIC

"Because I said so, that's why"

My mother taught me MORE LOGIC

"If you fall off that swing and break your neck, you're not coming to the shops with me"

My mother taught me FORESIGHT

"Make sure you wear clean underwear, in case you have an accident"

My mother taught IRONY

"Keep crying, and I'll give you something to cry about "

My mother taught me about the science of OSMOSIS

"Shut your mouth and eat your supper"

My mother taught me CONTORTIONISM

"Will you look at the dirt on the back of your neck"

My mother taught me about STAMINA

"You'll sit there till all that SOUP is gone"

My mother taught me about the WEATHER

"This room of yours looks like a Tornado went through it"

My mother taught me about HYPOCRISY

"If I've told you once I've told you a million times. Don't exaggerate"



PETE'S PAGES!



THE SOCIAL CLUB NEWS



Following our recent Social Club committee meeting we now know that we raised just under £1,300 from the Estate bonfire night which is an amazing amount! Thank you again to everyone that helped and came along. This will enable the Social Club to make another generous donation to a local charity, which is wonderful.

We have a couple of important dates for your diaries coming up. The first 'Fish & Chips Quiz Night' of the year is taking place on **Friday 24th April**. This will be the last one that takes place in the old Social Club as we are hoping that from May onwards the new 'Social' will be up and running! This time food will be served first from 7pm with the quiz starting at 7.30pm. We hope this will make it easier for those with younger children to come along.

Next up is the Estate vs Farmers Cricket Match on **Friday 5th June**. Pop the date in your diary, pick your side and come and join us for a delicious hog roast, a beer from the bar, and if you're lucky, some cricket!

Keep an eye on the Social Club's Facebook page for news of when the new Social space will be opening. There is a shiny new projector screen so we are hoping it will be in time for the World Cup!

SOCIAL CLUB DATES	
Friday 24th April	Fish & Chip Quiz Night - Undercroft from 7.00pm
Friday 5th June	Estate vs Farmers Cricket Match - 6pm start
Wednesday 17th June	Football World Cup - England vs Croatia
Tuesday 23rd June	Football World Cup - England vs Ghana
Saturday 27th June	Football World Cup - England vs Panama
Saturday 7th November	Estate Bonfire Night

UPCOMING EVENTS



PACKINGTON
ESTATE

FISH & CHIPS QUIZ NIGHT

FRIDAY 24TH APRIL | 7:00 PM

THE SOCIAL CLUB

£10 PER ADULT / £5 PER CHILD

Tickets available from any committee member



UPCOMING EVENTS



PACKINGTON
ESTATE

Packington St James' Church & Parish Annual Meeting

Monday 11th May

The Stables - Gallery

6.15pm - Church Meeting

6.45pm - Parish Meeting

Agenda to follow via email and will be posted on the website under "Community", when ready.

UPCOMING EVENTS



PACKINGTON
ESTATE

ESTATE vs FARMERS CRICKET MATCH

FRIDAY 5TH JUNE | 6 PM START

IN FRONT OF THE HALL

HOG ROAST & BAR



UPCOMING EVENTS



PACKINGTON
ESTATE

WATCH THE
ENGLAND
WORLD CUP MATCHES
at
The Social

ENGLAND vs CROATIA

WEDNESDAY 17TH JUNE

ENGLAND vs GHANA

TUESDAY 23RD JUNE

ENGLAND vs PANAMA

SATURDAY 27TH JUNE



UPCOMING EVENTS



NATIONAL GARDEN SCHEME

Garden Open For Charity



**THE GARDENS AT PACKINGTON HALL
WILL BE OPEN FOR
THE NATIONAL GARDEN SCHEME
ON SATURDAY 4TH JULY 2026
FROM 11AM-5PM**

ADMISSION: ADULTS £7.50 / CHILDREN FREE

**MAXSTOKE AND PACKINGTON W.I. WILL KINDLY BE SELLING
HOMEMADE CAKES AND CUPS OF TEA IN AID OF ST JAMES'S, PACKINGTON**

ST JAMES' CHURCH WILL BE OPEN



TO FIND US PLEASE USE WHAT 3 WORDS: OVERTURE.MAYBE.DOVE





KOR

HEALTH AND FITNESS



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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
9:00 – 9:45	ZUMBA	£6

ONLINE CLASSES

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

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

Please contact Kor Health & Fitness for dates and cost of courses

ADVERTISEMENTS

**Atelier
Mafette**

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 - [AtelierMafette.etsy.com](https://www.etsy.com/shop/AtelierMafette).



Cruse
Bereavement
Support

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

CW Mind Service Launch!



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

 mind | Coventry and
for better mental health | Warwickshire

ADVERTISEMENTS

The Safe Haven is a service
for people who...

Feel as though they
are unable to cope

May not know
where to start
looking for help

Need out of
hours mental
health support

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