

A Successful Christmas Fayre



The Christmas Fayre was a huge success. I really enjoyed it, with festive stalls all around the Centre, Santa's Grotto on the Big Red Bus, children's entertainment by You Crew iPad Creator and Laugh & Learn Pre-school and craft and fun stalls. Local groups entertained us with performances throughout the day; U3A Singing for Pleasure, Rock Choir, U3A Ukulele Players, Guitar Club, Maggie's Line Dance, Worthing Town Crier Competition, children's ballet from Grace Dance Academy, Rosie Chesson Dance and Bob, the Worthing Town Crier.

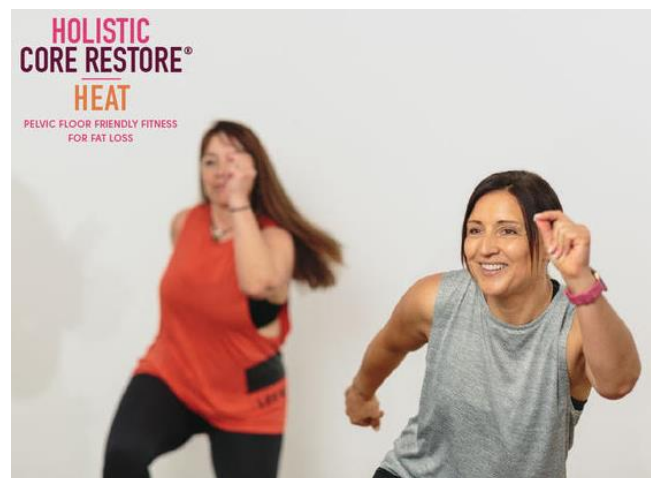


To everyone who has supported this Christmas Fayre by buying or selling raffle tickets, delivering leaflets, donating prizes, performing on the day, volunteering their time on a stall or donating their time with Fayre preparations, we do appreciate it.

Thank you. Thank you. Thank you

At the Heart of the community since 1986

In the Spotlight - Health & Fitness Reboot



Ladies, if you are thinking of devoting some time to some self-care in the new year, you could enlist the help of Erica Foggett from Holistic Core Restore®. She has a pelvic floor and core foundations 6 week course starting January 8th with us. It not only helps you build on your pelvic health and core strength, but also focuses on nutrition, lifestyle and stress management. It is the perfect accompaniment to a January health reboot. But if you just want a regular exercise class to go to, she also runs another holistic class called 'HEAT' on a Tuesday evening at 8pm. This focuses on improving your pelvic floor and core strength again, but also on low impact, high intensity fitness mixed with some much appreciated meditation at the end also. It's a great fun and friendly class that improves your whole overall health and fitness, with like-minded women. For more information: email: erica@sussexfitness.co.uk

Holiday Opening Times



The Centre and café will be closed on Tuesday 24th December and reopen after the Christmas holidays on Thursday 2nd January 2020. We would like to thank you for your continued support. We wish you a very happy and relaxing Christmas and also a prosperous New Year!