

ARDLEIGH HOUSE COMMUNITY ASSOCIATION

42 Ardleigh Green Road, Hornchurch, Essex RM11 2LG

PROSPECTUS 2019 to 2020



Telephone: 01708 440660

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www.ardleighhouse.org

REGISTERED CHARITY NO: 303067

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Welcome to the NEW Ardleigh House Prospectus

Ardleigh House Community Association was founded in 1947, it is a registered charity run by an elected committee under a constitution.

We offer a wide range of activities for all ages and interests from pottery, craft and painting to dance and drama. We are a friendly sociable centre, where you can drop in for a look around any time we are open.

Most of our arts and crafts classes run for three terms of twelve weeks. However, sometimes classes can start a little earlier or later, so please check when you book. All our classes are tutor lead without the pressure of exams.

If you have missed the start of the term, do not panic, for most of our classes you are welcome to join in at any time, so just give us a call.

New members are always welcome to our association, as a student in one of our classes or a member of one of the clubs based here.

We are located next to Havering College on Ardleigh Green Road. Our canteen is open from 9.00am to 3.00pm weekdays serving hot & cold drinks & snacks and the office is open weekdays 9.00am to 3.00pm & 6.30pm to 8.30pm weekdays to answer any queries you may have about classes or the association.

FEES SEPTEMBER 2019 - JULY 2020

Membership of Ardleigh House included in the fees
Individual & Club membership £15.00 per person
MEMBERS RECEIVE DISCOUNTED RATES ON SOCIAL TRIPS

FEES PAID TERMLY

Classes

£65.00 - per 12 week term

£55.00 - per 10 week term

TOTAL: £185.00

Computer

£70.00 - per term

TOTAL: £210.00

FEES PAID ANNUALLY

Classes

£60.00 - per 12 week term

£50.00 - per 10 week term

TOTAL: £170.00 Saving £15.00

Computer

£65.00 - per term

TOTAL: £195.00 Saving £15.00

AUTUMN - 12 week term

Monday 16 September to Friday 13 December

(Half Term 21 to 25 October)

SPRING - 12 week term

Monday 6 January to Friday 3 April

(Half Term 17 to 21 February)

SUMMER - 10 week term

Monday 20 April to Friday 3 July

Friday classes finish 10 July in lieu May Day 8 May

(Half Term 25 to 29 May)

SUMMER COMPUTER - 12 week term

Monday 20 April to Friday 17 July

(Half Term 25 to 29 May)

Please note: Some classes may vary, adequate notice will be given,
Fees are payable TERMLY or ANNUALLY via CARD or CASH payments ONLY

Weekly cash payments can be made at the Manager's discretion - weekly rate £7.00 per week.
Please note weekly rates do not apply to computer classes.

ART CLASSES

Tutor - Christina French

Tuesday 10.00am - Watercolour Painting

A course designed for those with some experience of watercolours. So if you would like to develop the knowledge you have already come along and enjoy this lively class of watercolour enthusiasts.

Tuesday 12.00pm - Watercolour Painting

A course designed for beginners and intermediate learners. You will learn how to use watercolours and the various techniques needed to complete a variety of different subject matter.

Friday 10.00am & 11.45am - Multimedia

A course covering a wide variety of mediums including graphite, pastels, acrylics, pen, charcoal and watercolour pencils.

Call 01708 440660 for more information

COMPUTER CLASSES

Ardleigh House offer a wide range of computer classes, mainly for the older person. These classes run for 90 minutes. They are aimed at older wanabee 'silver surfers'. All our classes are tutor led in a relaxing environment, there are no exams and no pressures, the classes are structured to instruct and yet be fun. Please call for details of the autumn term timetable and for more information on the classes - we look forward to hearing from you.

Computer classes run Thursday daytime 9.30am to 11.00am and 11.15am to 12.45am. Please call the office on 01708 440660 for more information.

CRAFT, CREATIVE & FITNESS & LANGUAGE CLASSES

MIXED CRAFTS

Tutor - Sue Springett

Termly Fees (see page 2)

Monday 10.30am, Monday 1.30pm & Tuesday 10.30am

Are you interested in craft? These friendly and social classes deal with all types of craft from card making to stained glass work including glass engraving to 3D decoupage - you name it, we do it! There are three times to choose from, we can accommodate whatever you want to do into any of the classes.

WRITERS CIRCLE

£35.00 for 12 weeks or £3.50 per week

Monday 9.30am

A friendly group offering support & ideas, exchanging of experiences to aid publication of your work.

POTTERY & CLAY SCULPTURE Tutor - Pat Sparkes

Termly Fees (see page 2)

Wednesday 10.00am & 1.00pm

Craft clay by hand or on the wheel. For beginners and more advanced students of all ages. Kiln on premises.

KEEP FIT (KFA)

Tutor - Joan Brown

Termly Fees (see page 2)

Tuesday 10.00am

Exercise to music, including the use of small apparatus, for example balls, hoops, ropes and ribbons. All ages and abilities catered for, come along and exercise in a fun and friendly environment.

YOGA

Tutor - Emma Aylott

Termly Fees (see page 2)

Wednesday 10.00am

Course of classic postures, combines stretching with breath awareness & relaxation. Yoga can help to get fit, regulate weight, be more supple & relieve stress of everyday life.

SPANISH Tutors: Kenneth Pyrah

Ken is a qualified teacher of modern languages with many years experience of teaching adults and secondary school students. The classes are conversation based but grammar is covered if and when necessary. The course will run for three terms and the aim is to learn how to converse in Spanish in a variety of everyday situations likely to be encountered by holiday-makers and residents in Spain or other Spanish speaking countries. There will be the possibility of continuing at a higher level the following year. Classes last for an hour and a half and are held on a Tuesday, Wednesday and Thursday, please call for more details, we look forward to hearing from you.

FRENCH

Tutor: Nathalie Matais

Termly Fees (see page 2)

Friday 10.00am

For people with a little knowledge of French but not quite at intermediate level - people who have studied French for one to two years.

Fees for language classes can be paid termly but all students MUST commit to the course for the year (35 teaching weeks).

Rooms for Hire

If you are looking for a room to hold your class or a meeting place for your club Ardleigh House Community Centre has a number of simple, adaptable spaces in a range of sizes, all at a reasonable cost. Whether you need a clear area for dance, tables and chairs for a meeting or a cabaret style layout for a quiz night, we can be of assistance.

Every room has folding tables and stacking chairs. Other facilities available include a projector and screen, CD players, TV, DVD and video playback - please note not all facilities are available in all rooms. Wireless internet is available.

Functions Halls

In the mood for a party? Our main hall is available on Saturday and Sunday evenings for your party, function or quiz night.

Room Hire Rates

Class rooms available to hire from £10.00 an hour

Rates can be discounted for long term lets

Out of Hours Rates

By arrangement only - bookings accepted at the Manager's discretion and with availability of staff permitting.

Children's Parties from	£120.00 (three hour slot)
Saturday evenings from	£190.00

All bookings are accepted at the Manager's discretion. Ardleigh House reserve the right to refuse bookings without giving reason. Ardleigh House is usually closed over the Easter weekend, the period between Christmas and New Year. Please contact us if you require further information.

ARDLEIGH HOUSE CLUBS

Short Mat Bowls

Contact: Peter Green (Club Secretary) 01708 551968

An in-house club playing on four mats offering roll up sessions spread over six meetings a week. Competitions and friendly matches in-house and with other local clubs.

Hornchurch Photographic Society

Contact: Andrew 07973 211188 www.hornchurchphoto.com

Meeting weekly on a Monday evening. Improve your pictorial & technical skills. Regular speakers & demonstrations. Fully equipped darkroom.

Romford Model Engineers

Contact: Philip Souster 01708 701572

Meeting first & third Fridays each month. Model railway track laid in grounds.

Table Tennis

Contact: Tommy Hai 07766 604488

Meeting weekly on Friday evenings. Five tables for singles & doubles games.

Hornchurch & District Homing Society

Contact: Dale Bagge 07944 189866

Have you some spare time? Interested in a hobby in which HM the Queen participated in at Sandringham? How about keeping & racing pigeons from your back garden? Our members meeting mid-April to mid-September & they will be delighted to tell you more about this interesting sporting pastime!

Havering & District National Trust Association

Contact: 07939101802 Or email:- haveringNTA@hotmail.com

When: Fourth Saturday of the month at 2.30pm.

Price: £9.00 per annum/ visitors £2 per session

Havering & District National Trust Association was formed in 1979. We meet 6 times a year on the fourth Saturday of the month with the exception of January, June, July, August, September & December. Although we support the work of the National Trust, at our meetings we have visiting speakers who speak on a wide range of topics. As well as our monthly meetings we also have outings to National Trust Properties which are always very popular. Our meetings are held mainly for the benefit of the members of the Association who are also members of the National Trust, but are not exclusively so, therefore, if you would like a pleasant afternoon out why not come along, enjoy a talk, have a cup of tea and find out more about us.

Keep Fit

Contact: Sam 07717 317598

Tuesday 1.00pm - 2.00pm £6.50 per session

Come and join a friendly group aged 50+ for gentle exercise, core strength and stability work. If you have never fancied exercising, it is very important as we get older. Come along and give it a try.

The History of Art

Contact: Chris White BA(Hons) in History of Art

01708 474544 / 07947 129582

Email: chriswhite.art@hotmail.co.uk

Monday 7.30pm - 9.30pm and Tuesday 7.30pm - 9.30pm

Look at, study & discuss works of art by the great artists of the world. Presentation, lecture & discussion.

Internal Arts - Yang Style Tai Chi

Contact : Brian Udall

0208 500 9025

Monday 10.30am

Chi Gung for health mind, body and spirit.

Wing Chun Kung Fu

Contact: Upesh Amin

07738 596972

Mondays 8.00pm-10.00pm. Learn Wing Chun Kung Fu, self defence.

Dance Theatre Arts Group

Contact: Charlotte Higgs

01708 922219

E-mail: info@dancetheatreartsacademy.co.uk Website: www.dancetheatreartsacademy.co.uk

The aim of the school is to help ALL our students reach their full potential whether they attend the classes for pleasure or are looking for a career in the performing arts. Our classes for older children are held on a Wednesday at Ardleigh House as follows: 16.30 - 17.10 Grade 5 Modern, 17.10 - 18.10 Grade 5 Ballet, 16.30 - 17.10 Grade 3 Ballet, 17.10 - 17.50 Grade 2 Tap, 17.50 - 18.30 Grade 2 Modern.

40+ Leisure Club

Contact: Jean Hetherington

01708 440709

Tuesday 2.45pm - 4.45pm

Friendly table tennis club. Please ring for more details.

Supple Strength

Contact: Pauline

07821 969405

Website: absoluteyogaandpilates.co.uk

Thursday 9.30am Pay on the door

Supple strength is an infusion of Yoga and Pilates exercise in a fitness class. The class has been designed to improve your health related fitness with strength training, toning, posture correction and stretching. This class will help relax the mind and invigorate the body to take on the stress of our busy lives.

Kettlecise

Contact: Vicky

07919 257980

Friday 10.45am - 11.45am £6.00 per session, £20.00 for a four week block

This class covers a huge range of 37 kettlebell exercises ranging from basic moves to more advanced techniques, from high energy pulse raises to being able to place extra emphasis on target muscle groups like abs, glutes, arms and thighs and all with maximum effectiveness. This cardio based class is a fat burner with fast results and easy to follow.

Pilates Matwork

Contact: Angela Gill

07961 428911

Website: www.pilateshornchurch.co.uk

Friday 9.15am - 10.15am £7.00 per session

Come and try this fresh new spin on Pilates Matwork using all sorts of equipment including bands, balls, foam rollers, fitness circles and hand weights. Beginners welcome. Mats and other equipment provided.

Global Light Ministries - Church of all nations

Contacts: Pastor Zata Email: muggie-2@hotmail.com

07852 769558

Deaconess Mrs L. Mukamba

07533 229224

Deaconess Mrs W. Siamsapu

07477 048884

Sunday Service 11.00am - 2.00pm

Bible Study Fridays from 8.00pm - 9:30pm

We are a well-established church made up of mostly young families based in and around London. We welcome all nations as it is part of our mission to be a church open to people of any background. We exist to: preach the good news of Jesus Christ, teach that all human beings must love one another, teach others to follow Christ's teachings and teach the return of Christ to take His church. Our weekly Bible study is also hosted in which we explore the Scriptures and discuss them as a group. This session is extremely beneficial as you learn about the Bible in a group of people you can trust. It is open to all levels of our faith and welcomes people of all ages, the venue is announced every Sunday in the service. We encourage questions from the congregation in both the service and our Bible study groups as we strongly believe that it is the best way to learn.

We also host Church Holidays where the church will go away for a few days to a different place. This is a time to bond and focuses on relationships within the church through activities and exercises for all ages to enjoy. These haven't been as regular in the past couple years, however, 2020 is likely to see another GLM church holiday.

While being fairly small in number the church definitely has a large impact on the members lives. All the events we host are open to anyone and always give an attendee a great and spiritual experience. Annual events include: Praise Night, Women's Conference, and Easter Conference. We do many more events announced at Sunday Service, if you are interested in joining us please contact us using the numbers above. If you are not a current member but you are experiencing difficulties in your life and you would like counseling please call our team who can encourage and support you. Do not feel alone. If you are looking for church you can easily join as Global Light Ministries is the place to be every Sunday. We look forward to hearing from you.