



# ARDLEIGH HOUSE

## Community Association

42 Ardleigh Green Road, Hornchurch, Essex RM11 2LG

Telephone: 01708 440660 : Email: [info@ardleighhouse.org](mailto:info@ardleighhouse.org) : [www.ardleighhouse.org](http://www.ardleighhouse.org)

REGISTERED CHARITY NO: 303067

## Welcome to the Ardleigh House Prospectus 2022-2023

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 & interests. We are a friendly sociable centre, where you can drop in for a look around any time we are open. Most of our 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 with the office open weekdays 9.00am to 3.00pm to answer any queries you may have about classes or the association.

### **MIXED CRAFTS CLUB**

Monday 1.30pm

Bring along your current craft project & work along side like minded, friendly people, have a chat & maybe pick up a new craft along the way.

### **POTTERY & CLAY SCULPTURE**

Wednesday 10.00am & 1.00pm

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

### **YOGA**

£9.00 per week or £45.00 per six week block

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**

Beginners Monday 10.30am; Experienced: Monday 7.00pm, Tuesday 10.00am & 12.30pm

The classes are conversation based but grammar is covered if & when necessary. Learn how to converse in Spanish in a variety of everyday situations likely to be encountered by holiday-makers & residents.

## CLUBS/GROUPS @ ARDLEIGH HOUSE

### Short Mat Bowls

Tuesday 12.00pm-2.00pm & Friday 11.00am-1.00pm

Contact: Linda Cox (Club Secretary)

07858 740194

An in-house club playing on four mats currently meeting twice a week. Competitions & friendly matches in-house & with other local clubs will hopefully resume soon.

### Keep Fit In Retirement

Contact: Sam

07717 317598

Tuesday 11.30am - 12.30pm £7.00 per session

It is very important as we get older to exercise, come & join a friendly group aged 50+ for gentle exercise, core strength & stability work.

### The History of Art

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

01708 474544 / 07947 129582

Email: [chriswhite.art@hotmail.co.uk](mailto:chriswhite.art@hotmail.co.uk)

Monday 10.00am & Tuesday 7.30pm

Study & discuss works of art by great artists of the world. Presentation, lecture & discussion.

### Internal Arts - Yang Style Tai Chi

Contact : Brian Udall 0208 500 9025

Monday 10.30am-12.00pm - £10.00 per session

Chi Gung for health mind, body & spirit.

### Wing Chun Kung Fu

Contact: Upesh Amin

07738 596972

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

### 40+ Leisure Club

Contact: Jean Hetherington

01708 440709

Tuesday 2.45pm

Friendly table tennis club. Please ring for more details.

### Absolute Yoga & Pilates

Contact: Pauline Ward

07821 969405

[www.absoluteyogaandpilates.co.uk](http://www.absoluteyogaandpilates.co.uk) Email: [pauline@absoluteyogaandpilates.co.uk](mailto:pauline@absoluteyogaandpilates.co.uk)

Daytime, evening & weekend classes - please contact before attending.

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

### Pilates Matwork

Contact: Angela Gill

07961 428911

[www.pilateshornchurch.co.uk](http://www.pilateshornchurch.co.uk)

Email: [aerobicange@aol.com](mailto:aerobicange@aol.com)

Friday 9.15am

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

### Line Dancing

Contact: Jan

07941 160862

Email: [ejogz@tiscali.co.uk](mailto:ejogz@tiscali.co.uk)

Tuesday 1.30pm-3.30pm

### **Beginners French**

**Contact: Steve Johnson**

**07951 579058**

A fun course for complete beginners or people with a little but rusty knowledge of French. No exam, no complicated exercises, no homework, no pressure. Learn how to be confident having your first basic conversations in French in a fun environment. Classes are small enough for all students to be given individual attention. We find your level and pace of progress together. Nobody will feel judged or embarrassed. All teaching materials provided by teacher. No need to buy expensive books.

Starting Wednesday 7th September 2022, Time:

6.45 pm to 8.15pm ( 90 minutes)

Course Length 12 weeks (will continue if demand is there). Fee: £8.00 per week - pay as you go £80.00 full term paid in advance

### **Hornchurch Photographic Society**

**Contact: Jean McGowen 07852 185038**

**[www.hornchurchphoto.co.uk](http://www.hornchurchphoto.co.uk)**

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

### **Romford Model Engineers**

**Contact: Kevin (Chairperson)**

**07504 331483**

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

### **Table Tennis**

**Contact: Tommy Hai**

**07766 604488**

Meeting weekly on Friday evenings 6.00pm-9.00pm. Five tables for singles & doubles games.

### **Hornchurch & District Homing Society**

**Contact: Les Stock**

**01708 370826**

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](mailto: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.

### **Art**

**Contact: Kirsten Church**

**Email: [kirsten@iaminspired.co.uk](mailto:kirsten@iaminspired.co.uk)**

**[www.iaminspired.co.uk](http://www.iaminspired.co.uk)**

**Thursday Watercolour Class 1.00pm-3.00pm.**

**£10.00 per session - pay as you go.**

Develop your skills and create artwork using the relaxing and therapeutic medium of watercolour. You will learn a variety of techniques in watercolour painting covering a wide range of subject matter. Appropriate for all abilities. Included; a PDF with inspirational images and step by step instructions. Images to use in the class tea/coffee.

# **JUST FOR CHILDREN**

## **Dance Theatre Arts Academy (DTA)**

**Contact:** Charlotte Thompson      **For more information call:** 01708 922219

**Email:** [info@dancetheatreartsacademy.co.uk](mailto:info@dancetheatreartsacademy.co.uk)      [www.dancetheatreartsacademy.co.uk](http://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.

## **Tappy Toes**

**Contact:** Sammy Robinson

**07792 067570**

**Email:** [sammy@tappytoes.com](mailto:sammy@tappytoes.com)      [www.tappytoes.com/brentwood-hornchurch-upminster](http://www.tappytoes.com/brentwood-hornchurch-upminster)

For children 6 months to 5 years. Baby or toddler need entertaining? Let us do that for you in our 30 minute dance and movement classes. Want to bring your shy child out of their shell?

We nurture and encourage your child, so they'll be brimming with confidence in just a few weeks. Looking to meet other parents? You'll meet likeminded parents with children the same age as you who might just become your next best friends! Then join a Tappy Toes class today!

## **Be Unique**

**Contact:** 07593670479      **Email:** [Beuniquepa@outlook.com](mailto:Beuniquepa@outlook.com)      [www.beuniqueperformingarts.com](http://www.beuniqueperformingarts.com)

Thursday term time Age 3-5 3.45pm-4.30pm, Age 6-9 4.30pm-5.30pm, Age 10-16 5.30pm-7pm

Knowledge for Every Level. FREE TRIALS AVAILABLE! At Be Unique Performing Arts, we're proud to teach classes across all levels. Over the past few years, we have helped students of all ages boost their skills and knowledge within Dance, Acting and Singing and surpass their goals with not only performing arts, but everyday skills too. Scroll below to review all our available classes.

## **Little Cities**

**Contact:** Natalie

**07544 871717**

[natalie@littlecityuk.com](mailto:natalie@littlecityuk.com)

[www.littlecityuk.com/find-your-city/west-essex](http://www.littlecityuk.com/find-your-city/west-essex)

Does your little one love to role-play? Then Little City is perfect for them! Our pop up, toddler sized city is a place where toddlers can pretend to be a police officer, a doctor, a vet, a builder `and lots more! Every section is carefully designed and includes dressing up outfits and gorgeous high quality toys for the little ones to play with. Designed for confident walkers up to the age of 5 years the sessions are entirely child-led so they'll decide which areas they want to explore on the day

## **KA Arts**

**Contact Email:** [hello@kaarts.co.uk](mailto:hello@kaarts.co.uk)

Seniors 7+ Sundays term time 9.00am-4.00pm

KA Arts is an established Musical Theatre school focusing on technical and performance training for students aged 3-18 years The training at KA Arts will be geared towards a full Musical Theatre curriculum for all students with a focus on technical and performance training, all students will develop their skills in a friendly but professional environment.