

# Brickhill Parish Directory 2014



## For Families

### Story Box

At St. Mark's Church & Community Centre, Calder Rise

For parents and carers with children under 5. Stories, songs, games and activities. Lunch is provided for the children (minimum donation £1). Term time only.

**Contact name:** Jaana Swaby **Tel:** 01234 342613 **Email:** [office@thisischurch.com](mailto:office@thisischurch.com)

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### JJ's Baby and toddler group

At Brickhill Community Centre, Avon Drive.

Mondays 9:45-11.30am term time only. For children up to 4yrs old. Cost £1.50.

Crafts, story time, songs and lots of toys to play with.

**Contact:** J Garner **Email:** [jjsbabyandtoddlergroup@gmail.com](mailto:jjsbabyandtoddlergroup@gmail.com)

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### JJ's Mini Munchies

At Brickhill Community Centre, Avon Drive.

Wednesdays 12:30-1.30pm term time only. For children up to 4yrs old. Cost £1 per child- 50p for under 1's. Healthy light lunch, craft, baby area, puzzles and song & story time.

**Contact:** J Garner **Email:** [jjsbabyandtoddlergroup@gmail.com](mailto:jjsbabyandtoddlergroup@gmail.com)

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### Messy Church

At St. Mark's Church & Community Centre, Calder Rise

Meets 3<sup>rd</sup> Wednesday of every month 3:45-5:30pm

Bible stories, craft, fun & food. For lower school children and their carers.

£1 donation per person.

**Contact:** Wendy Waters **Tel:** 01234 401834 **Email:** [office@thisischurch.com](mailto:office@thisischurch.com)

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### Chat & Play

At St. Mark's Church & Community Centre, Calder Rise

Baby & Toddler Group held every Thursday (term time only) 9:30-11:30am. Cost £1 per session.

**Contact:** J Garner **Tel:** 01234 400071 **Email:** [chat+play@hotmail.co.uk](mailto:chat+play@hotmail.co.uk)

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## **St. Mark's Church Pre-school**

At St. Mark's Church & Community Centre, Calder Rise

Runs from 8:30 am- 5.30pm during term time -for children aged 2 ½ - 5 years. Also run a holiday club for the preschool children. Rated 'outstanding' by Ofsted.

2011 costs- £10 per session, £2 breakfast club, £3 Lunch club and £6 tea time.

**Contact:** Mrs Helen Harpin                      **Tel:** 01234 312634

**Email:** [churchpreschool@googlemail.com](mailto:churchpreschool@googlemail.com)

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## **Jo Jingles**

At St. Mark's Church & Community Centre, Calder Rise.

Provides fun and educational music, singing and movement classes for babies and young children.

Classes run every Tuesday. See website for further details.

**Contact:** Renu Elston                      **Tel:** 01908 587299/ 07790206016

**Email:** [jojinglesbeds@btinternet.com](mailto:jojinglesbeds@btinternet.com)

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## **Fitness / Dancing**

### **Mini Strikers**

At Brickhill Community Centre, Avon Drive. Sporting activities for children under the age of 5.

Wednesdays & Thursdays at 1.15pm- £27 for 6 weeks.

**Contact name:** Adam Piper                      **Tel:** 07900256432                      **Email:** [admin@ministrikers.co.uk](mailto:admin@ministrikers.co.uk)

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### **BEDFORDTKD school of Taekwondo**

At Brickhill Community Centre, Avon Drive. Sundays at 7pm. First class free. First four weeks free with membership. Martial arts, self-defence and fitness in a fun and relaxed atmosphere- minimum age 8.

**Contact name:** Mr A Felice                      **Email:** [bedfordtkd@googlemail.com](mailto:bedfordtkd@googlemail.com)

**Website:** [www.bedfordtkd.com](http://www.bedfordtkd.com)

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### **Avon Karate Club**

At Brickhill Community Centre, Avon Drive. Saturday mornings:

10-11am advanced (minimum age 4 years), 11-11.30am Tots, 11.30am-12.30pm Beginners.

Fees £2.50-£5 per session.

Contact name: Karen Tel: 07941264885/01234 311839 E mail: me.time@ntlworld.com

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## **Children's Dance Classes**

At Brickhill Community Centre, Avon Drive. Saturday mornings:-

8:30am - 10am. For ages 12-21 yrs old,

10am-11am for ages 8-11 years

11am-12 noon for ages 3-7 years.

Teaching Ballroom, Latin American, Disco Freestyle, Street Dance and Party Dances for the little ones.

Contact name: Sarah Tel: 01234 954879 E

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## **Brickhill Karate Club**

At Brickhill Community Centre, Avon Drive. Every Saturday at 2pm. Fees £4 per session.

Traditional shotokan karate.

**Contact name:** James Saunders **Tel:** 07900181156

**Email:** [james.saunders@highways.gsi.gov.uk](mailto:james.saunders@highways.gsi.gov.uk)

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## **MT Karate Club**

At St. Mark's Church & Community Centre, Calder Rise. Classes held every Wednesday:

6-7pm Beginners (£4.25 under 4's)

7-8pm Red Belts up (£5.00 14 & Over)

Shotokan Karate 4<sup>th</sup> Dan instructor

**Contact name:** Karen King **Tel:** 07941264885/01234 311839

**Email:** [me.time@ntlworld.com](mailto:me.time@ntlworld.com)

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## **Hearts in Beds**

At St. Mark's Church Community Centre on the 1<sup>st</sup> Tuesday of every month We run an exercise session followed by a talk on subjects of general interest. £5 per family per annum.

**Contact name:** Ted Jolliffe **Tel:** 01234 327791/325014

**Email:** [tedmary.jolliffe@tiscali.co.uk](mailto:tedmary.jolliffe@tiscali.co.uk)

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## **Pilates**

At Brickhill Community Centre, Avon Drive. Friday 3-4pm £6 per session, discounts available for block booking. Improve posture & help strengthen back muscles.

**Contact name:** Karen **Tel:** 07941264885/01234 311839

**Email:** [me.time@ntlworld.com](mailto:me.time@ntlworld.com)

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## **Shape Exercise**

At Brickhill Community Centre, Avon Drive. On the following days:

Tuesday 10.30am-11.30am- Legs, tums & bums; Thursday 10.30am-11.30am- body condition

Thursday 7.30pm-8.30pm- body condition

At St. Mark's Church & Community Centre- Tuesday 7pm-8pm- Fatburner

All classes £4 per class, no need to pre book just turn up on the day.

**Contact name:** Jan Gregory      **Tel:** 01234 328455

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## **Keep Fit**

At Brickhill Community Centre, Avon Drive. Every Friday 2-3pm, £6 per session- discount available for block booking. Easy low impact aerobics & stretching.

**Contact name:** Karen      **Tel:** 07941264885/01234 311839      **Email:** [me.time@ntlworld.com](mailto:me.time@ntlworld.com)

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## **Fit for life**

At St. Mark's Church & Community Centre Pilates- Tuesday 6.15pm-7.15pm. Pilates works your stomach and back and increases flexibility in the spine. Good for relaxation and de stressing.

**Contact name:** Jane Butcher      **Tel:** 07891879571      **Email:** [JN.Butcher@ntlworld.com](mailto:JN.Butcher@ntlworld.com)

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## **Iyengar Yoga**

At Brickhill Community Centre, Avon Drive. Tuesday 10am-11.30am. Each term runs for 10 weeks. Cost £30 for 5 sessions. Yoga postures and breathing awareness, ease tensions and helps you relax. Suitable for beginners.

**Contact name:** Thelma McNairn      **Tel:** 01462 851243      **Email:** [thelmayoga@aol.com](mailto:thelmayoga@aol.com)

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## **Yoga**

At Brickhill Community Centre, Avon Drive. Thursday 7:30-9pm, £6 per session. Posture with correct alignment, helpful breathing with exercise and relaxation.

**Contact name:** Freda Dodsworth      **Tel:** 01767 627611

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## **Mikes Line Dancing**

At Brickhill Community Centre, Avon Drive. Classes run Thursdays 6.30pm-9.30pm (beginner, intermediate & improvers)and Fridays 1.30-3.30pm (beginners and intermediate)

**Contact name:** Mike      **Tel:** 01234 348378      **Email:** [mike@mikeslinedancing.com](mailto:mike@mikeslinedancing.com)

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### **Bedford Advanced Dancers**

At St. Mark's Church & Community Centre. First Tuesday of every month, 8pm-10.15pm. £2.50 per session.

**Contact name:** Shirley Sadler      **Tel:** 01767 651767      **Email:** [dcsasadler@aol.com](mailto:dcsasadler@aol.com)

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### **Bedford Belly Dancers**

At Brickhill Community Centre, Avon Drive. Every Wednesday 7.30pm and 8.30pm performance class.

**Contact name:** Natalie Nardone      **Tel:** 01234 781395      **Email:** [natnardone@yahoo.com](mailto:natnardone@yahoo.com)

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### **Zumba Fitness**

At Brickhill Community Centre, Avon Drive. Every Wednesday 09:30-10:30, Cost £4 per class  
The Latin inspired, Easy to follow, Calorie Burning dance fitness party. Feel the music let looses and Party yourself into shape.

**Contact name:** Chantell McKnight      **Tel:** 07743004519  
**Email:** [cmcfitness28@gmail.com](mailto:cmcfitness28@gmail.com)

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### **Tudor Reed Folk Dance Group**

At St. Mark's Church & Community Centre, Calder Rise. Group meets 1<sup>st</sup>, 3<sup>rd</sup> & 5<sup>th</sup> Wednesday of the month. Cost is £1 per session including refreshments folk dancing- all dances called, everyone welcome.

**Contact name:** Graham Frost      **Tel:** 01234 406359      **Email:** [g.frost@ntlworld.com](mailto:g.frost@ntlworld.com)

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### **English Country Dancing**

At Brickhill Community Centre, Avon Drive. Mondays 2.15pm-3.15pm £3 per session. Suitable for males & females- no partner necessary. No previous experience necessary. Please use contact details below before coming along to your first session.

**Contact name:** Alison      **Tel:** 01234 281885

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### **Adult tappers**

At Brickhill Community Centre, Avon Drive. Every Thursday 6.15-7.15pm (£50 per 10 week term).

**Contact name:** Sian Dewis      **Tel:** 07989205872      **Email:** [siandewis1@hotmail.com](mailto:siandewis1@hotmail.com)

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### **Falcon SA Gymnastics Club**

At Beauchamp Middle School & other venues in and around Bedford. See website for full details .  
<http://www.falcongym.com/where.html> **Contact name:** Sue Birchall      **Tel:** 07917657956

**Email:** [sue@falcongym.com](mailto:sue@falcongym.com)

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## **General interest**

### **Bedford Theatretrain**

At St. Mark's Church & Community Centre, Calder Rise. Classes held Saturday 10am-1pm during term time, at St. Mark's Church. £15 per week for tuition in dance, drama and singing. Siblings receive a 50% discount. Students have the opportunity to perform locally and nationally.

**Contact name:** Kate Howard      **Tel:** 01234 782414      **Email:** [bedford@theatretrain.co.uk](mailto:bedford@theatretrain.co.uk)

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

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### **Weightwatchers**

At St. Mark's Church & Community Centre, Calder Rise. Every Thursday from 6.15pm.

**Contact name:** Clare Martin      **Tel:** 07768481499

**Email:** [cmartin@weight-watchers.co.uk](mailto:cmartin@weight-watchers.co.uk)

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### **1<sup>st</sup> Brickhill Brownies**

At St. Mark's Church & Community Centre, Calder Rise every Monday 6-7.30pm. Activities for girls aged 7-10 years old. For more details contact Caroline.

**Contact name:** Caroline Mathew      **Tel:** 01234 826190

**Email:** [carolineeeles@yahoo.co.uk](mailto:carolineeeles@yahoo.co.uk)

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### **Autism Bedfordshire**

At St. Mark's Church & Community Centre, Calder Rise

**Tel:** 01234 350704      **Email:** [enquiries@autismbeds.org](mailto:enquiries@autismbeds.org)

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### **Brickhill Ladies Group**

At St. Mark's Church & Community Centre, Calder Rise- 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month (excluding August) 8-10pm. £2 per session and £3 subs in April, September and December. Speakers, outings friendship- new members welcome.

**Contact name:** Pauline Hooper      **Tel:** 01234 350079      **Email:** [dphlely@btinternet.com](mailto:dphlely@btinternet.com)

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### **Brickhill WRVS Over 60's Club**

At Brickhill Community Centre, Avon Drive. . A social group to meet and chat. Play scrabble, cards, bingo etc. £1 per session includes tea & cake. Occasional outings.

**Contact name:** Mrs P Folkes      **Tel:** 01234 346505

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### **3<sup>rd</sup> Brickhill Guides**

At St. Mark's Church & Community Centre, Calder Rise. For girls 10-16 year old. Mondays term time, 7.15-9pm. For more information visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

**Contact name:** Mrs Gill Lake      **Tel:** 01234 218091      **Email:** [g.lake@talk21.com](mailto:g.lake@talk21.com)

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## **Bedford Wine & Social Club**

At St. Mark's Church & Community Centre, Calder Rise. Tastings concerning wine and discussions on other topics. 1<sup>st</sup> Wednesday of every month- 8pm. Just come along to any session. All visitors and new members are most welcome.

**Contact name:** Jean Ross      **Tel:** 01234 771870      **Email:** [jeannie.ross@btinternet.com](mailto:jeannie.ross@btinternet.com)

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## **Social Bridge Club**

At St. Mark's Church & Community Centre, Calder Rise. The Social Bridge Club is a small, friendly club for reasonably experienced bridge players. We meet on Wednesday afternoons from 1.30pm-3.30pm. the annual membership subscription is £10 and there is a weekly table fee per member of £1 for refreshments etc.

**Contact name:** Clem Barnes      **Tel:** 01234 261811      **Email:** [candjbarnes@btinternet.com](mailto:candjbarnes@btinternet.com)

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## **PM Bridge Club**

At St. Mark's Church & Community Centre, Calder Rise.

Duplicate pairs bridge. Every Saturday 7pm-10pm. £2.50 each player. Ring for a partner is needed.

**Contact name:** Mrs Ann Pullinger      **Tel:** 01234 212066      **Email:** [ann.pmbridge@btinternet.com](mailto:ann.pmbridge@btinternet.com)

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## **Friendly Bridge**

At Brickhill Community Centre, Avon Drive. For Bridge players with experience of duplicate. Every Friday 10am-1pm, £3 per visit which includes free biscuits (best quality!), tea/coffee and a good atmosphere.

**Contact name:** J Sowter      **Tel:** 01234 822382

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## **Bedford Sugarcraft Guild**

At St. Mark's Church & Community Centre, Calder Rise. We are a small friendly group of all ages and backgrounds that meet 1<sup>st</sup> Monday of the each month (changes to 2<sup>nd</sup> Monday if there is a bank holiday). We exchange sugarcraft ideas and have demonstrations. Entrance fee is £5 per meeting for non-members.

**Contact name:** Sue Graham      **Tel:** 01234 822174      **Email:** [sue@co-prime.com](mailto:sue@co-prime.com)

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## **Bedford Astrology Club**

At St. Mark's Church & Community Centre, Calder Rise .Meets 2<sup>nd</sup> Friday of each month (except August)- 7.45pm. the club provides a forum for astrologers to exchange ideas and mutual learning and to encourage beginners.

**Contact name:** Carol Brown      **Tel:** 01438 233385      **Email:** [bedford.astrology@virgin.net](mailto:bedford.astrology@virgin.net)

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## **Open House**

Drop in facility Wednesday 10am-2pm at St Mark's. As well as making new friends, attendees can also join in a wide range of activities during the session. Adults with learning difficulties are particularly welcome and can be joined by carers or family.

For more information please call 01234 342613.

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## **Friends of Bedford Cemetery**

They cover the Norse Road Cemetery and Crematorium, but do more at the Foster Hill Road cemetery (part of which is in Brickhill Parish and there is an entrance into it off Mallard Hill).

**Contact name:** Margaret Carpenter **Tel:** 01234 360003 **Email:** mo@mikecarpenter33plus.com

**Web:** <http://www.bedfordcemeteryfriends.org.uk/>

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## **Alzheimer's Society**

Alzheimer's Society is the UK's leading support and research charity for people with dementia, their families and carers. Contact us if you have any concerns about Alzheimer's disease or any other form of dementia or would like more information about any of our services.

Alzheimer's Society, Suite B2, Emerald Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ.

Tel: 01234 327380 Email: [bedfordshireandluton@alzheimers.org.uk](mailto:bedfordshireandluton@alzheimers.org.uk)

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