



Ramsden Heath Village Hall

Autumn Update

We have been busy following government guidance to make your hall Covid-19 secure. Hand sanitising stations have been installed throughout the hall, the NHS QR code is easily accessible to scan on entry to the hall to assist with track and trace, and various posters display the latest guidance with regards to social distancing and face masks etc. Parties, Social Club events and Luncheon Club have been suspended since March. Ramsden Pre-School will continue to operate throughout the next lock-down, however all others clubs will pause for this period in conjunction with government guidance.

Stay positive, stay safe and look after yourselves.

Ramsden Heath Village Hall Management Committee

info@ramsdenheath.org.uk

registered charity no: 1070622

www.ramsdenheath.org.uk

Regular Groups / Activities

Ramsden Pre-School

www.ramsdenpreschool.net

Ofsted registered setting offering full or sessional day care.

Children accepted from 2 years of age.

Contact:

Katharine Waite (Supervisor)

07791 364962

info@ramsdenpreschool.net

Ramsden Heath Social Club

www.ramsdenheath-sc.co.uk

RHSC meets regularly throughout the year for a variety of events.

Contact:

Dave Quinney – 01268 710238

davequinney@hotmail.com

Dave Charlton – 01268 711678

davecharl@hotmail.com

Luncheon Club

Join the senior members of the village for a cooked lunch.

Usually the first and third Tuesday of the month.

Helpers also required to cook and serve lunch.

Contact:

Barbara Stanton - 01268 710642

barbarastanton950@btinternet.com

Zumba

Zumba is a fun and varied dance fitness class. Every Tuesday from 8pm until 9pm.

New members welcome.

Contact:

Jan Calvert – 07802 443018

jancalvert@yahoo.co.uk

Pure Pilates Essex

Beginners/Intermediate

Every Wednesday

6:00pm until 7:00pm

Contact:

Lisa Webster – 07976 922580

lisawebster1@sky.com

Komodo Fitness

Cardiovascular & Weight Training

All stages of fitness welcome.

Every Wednesday

7:00pm until 8:00pm.

Contact:

Lee – 07939 206172

lee@komodofitness.co.uk

Hatha Yoga

Every Wednesday

8:05pm until 9:10pm

New members welcome

Contact:

Jessica Cook

07921 040314

jess@youryogaessex.co.uk

Rox Fitness

Every Monday & Thursday

6pm until 7pm

All fitness levels catered for

Contact:

Kellie Barrett

07958 182302

roxfitness@mail.com

Baby Ballet

Every Saturday

9:30am and 10:15am

Ages 18months to 3 years and 3 years to 4 years

Contact:

Miss Laura - 07534 260067

romfordcentral@babyballet.co.uk