

KINGSLEY NEWS

THE NEWS AND VOICE OF YOUR COMMUNITY

J A N U A R Y 2 0 2 4



Newsletter Highlights

Guest Writer -
Fundraising for the
British Heart Foundation

Kingsley Walkers - a
musical masterpiece

Kingsley Players
presents - 'Mother
Goose'

Kingsley Community
Orchard

Parish Council News

Climate Action

Did you know ...



KINGSLEY
COMMUNITY
ASSOCIATION

A registered charity
Charity number: 503072

Online edition at www.kingsleyvillage.co.uk

Kingsley Community Association - Committee Members

<i>Chairman</i>	Elizabeth Batey - Tel: 788788
<i>Vice Chairman/Kingsley News Editor</i>	Steve Easton - kingsleynewseditor@gmail.com
<i>Treasurer</i>	Heather Jones - Tel: 788104
<i>Bookings/Secretary</i>	Heather Hayes - Tel: 788494
<i>Council Members elected</i>	Vic Wodhams, Carol Rowlands, Anne Kavanagh (In addition, one representative from each affiliated group supports the committee)
<i>Printing: Simon Batey; Printing Support: Jane Wodhams; Distribution Co-ordinator: Carol Rowlands</i>	

Kingsley Community Centre: Regular Weekly Classes

Tai Chi	Monday	10.30am to 11.30am	liverpooltaichi@gmail.com
Gentle Yoga	Monday	6.15pm to 7.30pm	helenjanetwoodcock@gmail.com
Pilates	Tuesday	12pm to 1pm	dickienad@yahoo.co.uk
Karate	Tuesday	6pm to 7pm	dan@kenshinryu.co.uk
Yoga	Tuesday	7.30pm to 8.30pm	bjerkan@hotmail.co.uk
Gentle Exercise	Wednesday	11am to 12noon	helenjanetwoodcock@gmail.com
Yoga	Wednesday	7.30pm to 8.30pm	will@yogaandhealingcheshire.co.uk
HiiT	Thursday	6.30pm to 7.30pm	info@alutottraining.com

Community Centre Standard Hire Charges	Whole Centre	The Hall	Club Room	Green Room
Friday or Saturday Evening 6pm to 11pm	£90	£50	£45	£45
Sunday to Thursday Evening 6pm to 11pm	£60	£40	£30	£30
Sunday to Friday 8am to 12 pm or 1pm to 5pm	£45	£30	£20	£20
Saturday 8am to 12pm or 1pm to 5pm	£50	£35	£25	£25
8:00am to 11pm (All Day)	£150	£90	£75	£75

Rooms can be hired for an hourly rate of £15 per hour.

There is a standard charge of £35 per session for the provision of the bar.

FROM THE EDITOR

Welcome to the January 24 edition of Kingsley News,

A very happy New Year to all our readers!

I hope you all had a wonderful Christmas and you are not too full after the excesses that it brings.

If you are looking to work on your body and mind then do have a look at what's on offer in our village; whether its joining the Kingsley Fun Runners, playing some tennis or enjoying a skin and wellness clinic appointment at Novum, there's plenty to choose.

Our Kingsley Walkers have outdone themselves again, with a Pogues inspired write up honouring the music of the late Shane McGowan - I hope you enjoy a good croon ... sorry tune!

There are lots of community events too this new year, kicking off this January with Kingsley Players, 'The Adventures of Mother Goose' and a quiz at the Hurst followed in February by live music by Loose Connections and a charity quiz night in aid of the British Heart Foundation - read the guest article that tells the story behind this event.

Best Wishes
Steve



I hope you continue to enjoy reading this edition and please do give feedback too. Please, don't forget that Kingsley News is also available in digital format on the Kingsley village website, www.kingsleyvillage.co.uk.

We want your input!

Do you have story to tell?
or
a review of a show?
or
some poetry to share?

*Then please contact the Kingsley News Editor
kingsleynewseditor@gmail.com*



*Photos/Articles for the newsletter to be sent to the Editor at
kingsleynewseditor@gmail.com
Copy deadline the 21st of the month.*





Mother Goose flies in for a fabulous pantomime with *Kingsley Players* (24 – 27 January 2024)

Award-winning Kingsley Players are back on stage with a fabulous family pantomime 'The Adventures of Mother Goose' for five performances at the end of January.

Written by the group's own multi-talented musical director, William Arnold Ashbrook, the traditional comic tale of goodies and baddies transports audiences to Nursery Rhyme Land, where the evil Chancellor of the Exchequer Sir Jasper Skiddleflint, supported by his two henchmen Scrubbs and Briggs, are raising everyone's taxes.

Poor Mother Goose is struggling to pay, so her enterprising family help by magically changing Gertrude the Goose into a golden egg-laying machine to save them all from penury and the evil chancellor's dastardly plans to kidnap her daughter Juliet.

Director Jo Oultram said: "I am delighted to be working with a fantastic cast of talented adults and children, who are bringing this wonderful traditional pantomime to life. The comedy script, surprising plot twists and foot-tapping tunes are the perfect antidote to the January blues.



"Kingsley Players first staged Arnold's brilliant pantomime back in 2006 and it has lost none of its sparkle. We invite everyone to leave the world's troubles behind and join us in Cragglepot Hall for a riotous performance to really raise the spirits."

'The Adventures of Mother Goose' will be on stage at Kingsley Theatre in Kingsley Community Centre, from Wednesday 24 to Saturday 27 January 2024, 7.30pm, with a Saturday matinee, 2.30pm.

Tickets cost £11, with £7 tickets available for students/children. These can be booked online at www.kingsleyplayers.co.uk or by ringing the box office on 07724 892154.



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RAISING FUNDS FOR BRITISH HEART FOUNDATION



Those of you that know me well will know that the British Heart Foundation is a charity that means everything to us as a family. My son, Jake, was born with a congenital heart condition and he underwent open heart surgery when he was just 5 days old.

We had no idea that Jake had a congenital heart condition until he was sent to hospital by our midwife who, after a routine check, had spotted that Jake was pale and was concerned he was anaemic (Iona - we owe you everything!). We arrived at the hospital for what we thought would be a routine visit, but within minutes, there was a 'crash' situation. We were told that Jake needed specialist care and was to be transferred to Alder Hey hospital - the situation was so serious that the Birkenhead Tunnel was shut and the ambulance transferring Jake to hospital was given a police escort straight to Alder Hey. This was a terrifying time for us all.

Jake was operated on the next day and the operation that was meant to take 4 hours actually took 15 hours due to complications. Having arrived at the hospital on the 20th December, we didn't leave at all until New Year's Day spending our days by Jake's bedside. He had two designated nurses and countless machines hooked up to him, constantly monitoring his condition. Jake had a further operation, on Christmas Day, to close his chest up (which is left open after open heart surgery). After 11 agonising days in ICU, HDU and finally the cardiac ward, we were able to take Jake home.

Jake is now 16, fit and healthy - he's a black belt in karate, an avid badminton player and a typical teenager. He is a cardiac outpatient at Alder Hey Children's Hospital in Liverpool, where he has annual check-ups. Jake's condition (Transposition of the Greater Arteries - TGA) is rare and, as such, his story was selected by the British Heart Foundation as part of the Christmas fundraising and awareness campaign back in 2008. His story was also featured in local and National press in both newspapers and TV where it featured on Granada News.

40 or so years ago, Jake's condition would have been fatal, however, developments and advancements in both medicine and medical research mean that babies born with TGA can now go on to become fit and healthy adults. Much of this research has been funded by the British Heart Foundation. It is for this reason that myself and my family will be forever indebted to the British Heart Foundation charity.

I ran the London Marathon in April 2023, intending it to be my one and only attempt at the iconic race, however, when I finished, Jake asked me to run again this year and asked me if I'd run and raise money for the British Heart Foundation - how could I say no?!

Running the London Marathon for charity on the 21st April 2024, I feel, is an amazing opportunity for me to give something back to the British Heart Foundation in acknowledgement for what they have facilitated for my family. Any donation you could give, no matter how small, would mean the world to us all, but especially to Jake.

RAISING FUNDS FOR BRITISH HEART FOUNDATION .. CONT



If this story has touched you in any way and you wish to give to the charity then please follow this link to my donation page or scan the QR code below:

<https://2024tcslondonmarathon.enthuse.com/pf/lisa-easton-60105#qrCode>

..... or even better still, join me for my fund raising quiz night on 25th February

Lisa Easton our GUEST WRITER OF THE MONTH



British Heart
Foundation

QUIZ NIGHT

A fund raising event



Saturday 24th February@ 8pm - Kingsley Community Centre

Teams of up to 6 people - £20 per team

Bar, Stand-up Bingo & Charity raffle

'Hi - I'm Lisa and I'm running the London Marathon this April with the aim to raise over £3000 for the The British Heart Foundation Society, please do come along to my charity quiz night.'

Please pay £20 directly to secure a team table using this QR code or email me: lisafamily4@icloud.com



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If you have any queries then please call us or pop into the pharmacy to discuss.

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Monday to Friday 9am-6pm (lunch 1-2pm)

Saturday 9am to 12 noon

KINGSLEY TENNIS CLUB

TENNIS COACHING PROGRAMME

January - February 2024

JUNIORS

LTA Youth Orange/Green (Age 8-10) - Saturdays 1pm - 2pm - £7 Per Session -
Beginning 13th January For 7 Weeks

LTA Youth Yellow (Age 10+) - Saturdays 2pm - 3pm - £7 Per Session -
Beginning 13th September For 7 Weeks

ADULTS

Beginner - Mondays 6.30pm - 7.30pm - £7 Per Session -
Beginning 8th January For 7 Weeks

Team Training - Intermediate - Tuesdays 7.30pm - 8.45pm - £7 Per Session -
Beginning 8th January For 7 Weeks

Cardio Tennis - Saturdays 3pm - 4pm - £5 Per Session -
Beginning 13th January For 7 Weeks

*To book onto any of the above courses go to
www.clubspark.lta.org.uk/KingsleyTennisClub/Coaching*

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*If you would like further information on any of the above courses please contact our coach
Jamie Oakes*

Email: jamieoakes154@gmail.com Telephone: 07737 925 420

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**We meet on a Tuesday evening
6.30pm in Kingsley and
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AUTUMN UPDATE



Kingsley WI have had an entertaining Autumn, starting with 'The Reluctant Shepherdess', Rosie Lee, who both enthralled us and exhausted us with stories of her life on the farm.

In October we were treated to 'Chutney and Cheer' with Melanie Latham, whose amusing anecdotes were accompanied by the aroma of plum chutney bubbling away. November's AGM was accompanied by some riotous games of 'Beetle' which surprisingly was new to some members!

Our December meeting as usual featured a Christmas craft, this time table decorations with candles. Our president, Joan Barker, gave us a demonstration and then we all did our best to produce something as good, with her help if needed. With Christmas jumpers being worn and seasonal refreshments it was a good start to the festive season.

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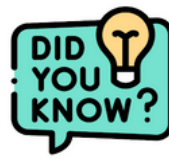
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itravel is a public transport service which offers on-demand pre-bookable travel. There is no fixed route or timetable.

Where can I use itravel?

- itravel serves key towns, villages and railway stations incorporating Kingsley, Frodsham, Sutton Weaver, Acton Bridge, Cuddington, Delamere, Elton and Helsby.

Availability

- itravel operates from 7am to 7pm on Mondays to Fridays (no service, weekends or bank holidays)

Booking

- **via the itravel app:** download from Apple App Store or Google Play store
- **By phone:** 0330 678 1545
- **online:** <https://bookings.cheshirewestandchester.gov.uk/login>
- You can book an itravel trip up to one hour before you wish to travel (depending on availability) and up to 30 days in advance. You are recommended to book in advance where possible to avoid disappointment.
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- itravel minibuses are accessible, and can accommodate one wheelchair.
- You can take a pushchair on the bus, but you may need to fold it if the bus is busy so as to keep the aisle of the bus clear for safety reasons.

How much does it cost?

- Introductory fare - £2 single journey within the designated zone (rising to £2.50 from 1st November)
- Half fare for young people up to the age of 19.
- English National Concessionary pass holders travel free.



Kingsley Community Primary and Nursery School

We Offer:

- Provision for 3 years olds and above
- Wrap around care from 7.30am to 6.30pm for 50 weeks of the year
- Forest school
- A termly programme of afterschool events
- Lots of family events including a summer camp.



Open Days



Thursday 21st September 2023 ~ 9.30am

Thursday 12th October 2023 ~9.30am or 6pm

Thursday 23rd November 2023 ~ 9.30am or 6pm

Thursday 11th January 2024 ~ 9.30am

To reserve a place on our tour, please contact the school office on the details below. We look forward to seeing you.



01244 259690



admin@kingsleycp.cheshire.sch.uk



Middle Lane, Kingsley, Frodsham, WA6 6TZ



KINGSLEY WALKERS



Walks are as varied as the companions you walk with...

To be sung to the tune of “Fairytale of New York” by The Pogues with the late Shane McGowan (acknowledgements and apologies freely given)

It was Christmas Lunch Day
At a bus stop
An old friend said to me,
will we see another one
And then it came along
I-travel into View

My bus pass face today
How did it get that way
Got on, everyone
That's thirteen plus one

I've got a feeling
This years for me and you
So happy Christmas
To all in Kingsley
Is there a better time
To make our dreams come true

Rattling in lanes and shaking
the panes
Then off of the bus and
onto the trail
We slide and we slither
Over maps we will dither

We will stop for a coffee
Then at a tree for the loo
The stiles and ways
Are much steeper these days

We're checking the forecast
And talking of weather
Of whether the walking
Is still good for our knees

In the mud and the brambles
Ankles spattered and tangled
Kissing gate on a corner
Then dance through a field

The walkers of Kingsley Village
Keep chatting away
And the tills were ringing out
For Christmas Day

In our heads not old duffers
Smashing up against buffers
But still fit and playful
With our wallets at half full

Talk holidays, talk grandkids
Not Boris or Covids
Happy Christmas indeed
Families coming to feed

The walkers of Kingsley Village
Still chatting away
And the tills were ringing out
For Christmas Day

We've still got everyone
As to the pub we come
Dave soon under the table
As the drinks arrive

Clipboard by my side
Waits for ideas not my own
Can't make it all alone
I'll build my plans around you

The walkers of Kingsley Village
Still chatting away
And the tills were ringing out
For Christmas Day

*As always new members are
welcome,
please contact
kingsleywalkersWA6@gmail.com*

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CHURCH NEWS



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We are part of the United Benefice of
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Alvanley and Manley

Services in January 2024

Sunday 7th January

10.00 am Holy Communion at Norley
6.00 pm Sacred Space at Crowton

Sunday 14th January

10.00 am Confirmation Service at Alvanley
Conducted by the Bishop of Birkenhead
6.00pm- 2nd Sunday @ 6

Sunday 21st January

10.00am Family Holy Communion at
Crowton

Sunday 28th January

8.30 am Holy Communion at Crowton
(BCP)
10.00am Family Service at Kingsley

Mid-week Holy Communion all at 10.00am

11th January at Kingsley
18th January at Norley
25th January at Crowton

Associate Minister Revd. Hilary
Merrington

Tel: 01928 788087

Email: hilary.merrington@btinternet.com
Church website www.nck.org.uk

Worship at The Hurst Methodist Church

January 2024

Sunday 7th January

10am Covenant Service and Holy
Communion
led by Revd I Rigby

Sunday 14th January

10am Morning Worship
led by Mrs A Hanks

Sunday 21st January

10am Morning Worship led by Mr D
Lawson

Sunday 28th January

10am Morning Worship
led by Mrs R Lane

A warm welcome awaits all who wish
to attend.

We are anxious the most vulnerable
of our community feel safe, so ask
that you please do not attend if you
have cold or flu symptoms.

Feel free to wear a mask if you wish.

CHURCH NEWS

Coffee and Chat

Please come and join us each
Tuesday morn 10am at the Hurst Methodist
Church

For 'Coffee and Chat', meet old friends and
new.



You will be most welcome.



They're back- two of our pre lock
down favourites – please come and
join Us

Tea at 2.30 – Thursday, 25th January
2024 at 2.30pm at The Hurst meeting
room

Men's Brunch – Friday, 26th January
2024 at 10.30am at The Hurst meeting
room

KINGSLEY PRAYER DIARY



*Each week of the year Christians in Kingsley
pray specially for people in a different area of
the village and its surroundings. During
January we think of, and pray for people
living in: -*

**W/c Jan 7th The Hurst and
Chamberbrook Lane**

W/c Jan 14th Kingsley Green

W/c Jan 21st Kingsley Road

W/c Jan 28th Belleair/Peel Hall

We invite you to add your own prayers

An Invitation for the New Year: A Video Bible Course



**At the Hurst Chapel, eight sessions;
Second Thursday each month from January.
7.15 pm coffee for 7.45 start**

Each session 2 x 15 minute videos with
discussion in between.

To explore Jesus' statement John 5 v 39, "*The
scriptures point to me!*"

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single narrative .

**Join us! All welcome!
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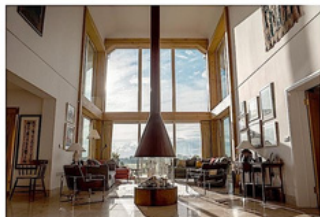
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KINGSLEY COMMUNITY ORCHARD



Between November 26 - December 4 it's National Tree Week and the Parish Council has been investigating how to increase Kingsley's tree canopy to make our green spaces more environmentally friendly.

Orchards provide local harvests for everyone on their doorstep and sadly have been in national decline with 60% lost since the 1950s, and a staggering 75% lost in the North West. We all know that trees are a great way to combat pollution, reduce noise, reduce flooding risks and provide shelter to wildlife. However, orchards are also important for providing locally grown food, which in turn helps to reduce food miles, and support our vital ecosystems. It can be difficult for newly planted saplings to establish. So, we need your help!

Join us in the new year for a community orchard planting day on Thursday 11 January 2024 at 10am in Kingsley Playing Field.

As well as planting, we are also calling out to residents to help where they can by keeping an eye on the young trees, watering them when the weather is hot, and reporting any problems. We hope you will join us for our first planting event - if you come along, please wear appropriate footwear and bring a spade.

Looking forward to seeing you there!

?? Quiz at The Hurst Chapel ?? 19th January 2024

Come to the quiz and hot supper at The Hurst Chapel on Friday 19th January to help get you through the post-festive slump.

Starts at 6.30pm, costs £10 per person. Teams of up to 6 welcome.

Contact Janet Batey 788706, Julie Clark 788775 or Jean Moores 787442 for tickets or further details.

“PLANS FOR CLIMATE ACTION FRODSHAM”



CAF are continuing the Warm Homes and Thermal Cameras campaign with two further meetings:

- Tuesday 9th January at 7pm at Helsby Community Sports Centre.
- Tuesday 6th February at 7pm at Frodsham Community Centre.

Most British Homes have poor insulation and air leakage and use more energy to heat than they should, this wastes both carbon and money effecting the Climate Emergency and our pockets.

These free meetings give a range of ways for homeowners to reduce energy loss and save money from free actions, through medium cost modifications to major retrofit schemes. There is also demonstration of use of the thermal camera to find cold spots and heat leakage and CAF have a thermal camera to loan.

The campaign is supported by a grant from Frodsham Town Council.

Please book via Eventbrite, search the web for “Eventbrite Climate Action Frodsham” and you will find our meetings.

Last year Climate Action Frodsham concentrated on our Food Choices and the amount of CO2 emission we cause by those choices, the effect on our Carbon Footprint.

In 2024 we are going to concentrate our campaign on choices related to Transport and Travel and the effect on our carbon wheelprint. In some cases our choices are limited by the poor provision of public transport in the area. We will be investigating why the provision is so poor and how we can influence the improvement.

We are kicking this off with a public meeting on Saturday 24th February at 2pm at Frodsham Community Centre. We plan to have local politicians and representatives of policy making sections of the Cheshire West and Chester Council for presentation and discussion of the poor provision and route for improvement. There will also be information on the choices we have and their effect on our carbon footprint. - Walking, Cycling, Bus, Train, Electric Car, IC Car, Flying, Staying Local, Planning where you live and work.

Please book via Eventbrite. Search the web for “Eventbrite Climate Action Frodsham”

Visit our website <https://www.climateactionfrodsham.com>

frodsham pharmacy

59 Kingsley Rd, Frodsham, WA6 6SJ (opposite the Travellers Rest Pub)

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DID YOU
KNOW?

**.....that at the beginning
of every year,**

either in September- the start of the academic and Methodist year, or in January - the start of the calendar year, all Methodists hold a special service, called a Covenant service, where we are reminded of our responsibilities in living a Christian life?

In this, we aim to make a commitment to do our best to follow the Methodist "Way of Life"? This is actually a booklet to be found on the Methodist website.

This year, on January 7th 2024, Ian Rigby, who used to be the minister here, and lived in Kingsley, in the days when we were lucky enough to have a minister solely for the Hurst and Blakelees, will be leading this service. He has retired from full time ministry, but is still taking services around the Circuit on a regular basis.

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KINGSLEY PARISH COUNCIL



The Parish Council did not meet in December, the next meeting will be held on Tuesday 16th January 2024, at the Kingsley Community Centre.

As announced in last month's Kingsley News, CWaC have now confirmed the delivery and planting date for the new Community Orchard, this will be Thursday 11th January 2024 at 10.00am. A Ranger will be coming to advise and assist in the planting, but CWaC are looking for a Community (your) input. So please come along, ideally with a spade, and help us to plant the first Community Orchard in Kingsley. This could be YOUR New Year resolution, to become actively involved in the villages first Community Orchard.

The Parish Council have raised some time ago, the matter of speeding on Guest Slack junction with Top Road / Delamere Road, and other roads within the village, with our Borough Councillor and we are still awaiting a response from him. KPC are looking for CWaC to advise how this issue is firstly going to be monitored and ultimately dealt with. As no response has been forthcoming, KPC have now asked for the matter to be escalated within CWaC and await a response.

We trust that new Christmas lights on the Brow and the main Christmas tree outside St John's School, were appreciated by all, and we would welcome your feedback as to whether you believe the Parish Council should consider more lights around the village, and whether we should employ professional tree decorators again as we did this year at The Brow.

A further reminder to all, that at a date yet to be confirmed in January, the Zip wire in the park will be out of use to the public. The RoSPA inspection identified essential routine maintenance required, this will require stripping down of the wire and its components so for a period of a few days will be unavailable for use.

Finally, the Parish Councillors and Proper Officer, wish you and your loved ones a Happy and Prosperous New Year.

Contact Details for Kingsley Parish Council;

Kingsley Parish Council Website: www.kingsleyparishcouncil.org.uk
Parish Clerk email address: parish.clerk@kingsleyparishcouncil.org.uk
Mobile Number : 07483 157679

Kingsley Parish Council, The Boardroom, Kingsley Cemetery,
Kingsley WA6 8EF



Brownies

Kingsley Brownies (aged 7-10) are excited to announce that they have a new leader! Welcome to Millie!

We need 1 or 2 people to come and help Millie.

Please help us to keep providing fun, adventure and opportunities to girls and young women in the village.

Email Anna: weaver@cheshireforest.org.uk for more info.

Brownies is full of firsts: she might grow her first plant, cook her first cake, light her first fire, go on her first fun-packed weekend away with guiding friends.

With a helpful hand from our encouraging volunteers, they explore their creative side, get out into the great outdoors, and start learning to look after themselves, others and the world we live in.

There's something for every girl at Brownies, and plenty of moments they'll never forget.

Brownies follow a national programme. In unit meetings, they do fun activities, play games and earn skills builder badges, all while being supported by our trained volunteers.

NCK

YOUTH CLUB

**TABLE TENNIS
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**6:30-
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Wed 24th to Sat 27th January 2024
Nightly at 7.30pm Sat Matinée 2.30pm

Ticket prices are £11 - (£7 for child/student)
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