

FRECKENHAM VILLAGE HALL NEWS – September 2021

FVH is a charity run by a committee of volunteer trustees for the benefit of the village

Hello fellow Villagers from the FVH Trustees

We are still carrying on carefully! We have continued with our monthly Farmers Market with some Crafts just having a break in August, but back with plans to have refreshments from 25th September market. We are grateful for Diana of the Coffee Caravan for taking this on. It might be that other charities would like to take on a slot as a fundraiser for their chosen charity? As well as a huge thank you to Dave and the team at The Golden Boar for helping us out with refreshments and toilet facilities!

We have had the sub-floor replaced in the foyer, toilets and kitchen. So please note you will no longer feel you are going over speed humps as you walk into the hall!! As ever it cost rather more than expected and even with the help of some grants the rainy-day fund has been hit rather hard! Perhaps you might consider joining the monthly 100+ club to help us out, it only works out at £1 a month, see details further on.

Weekly Events

We are very grateful to our tutors of the weekly classes that have continued when allowed during the last 18+ months. Star award has to go Sharon Hayns for FitSteps and the brave attendees who went straight out onto the car park for weekly class whatever the weather! I know so many of you have missed that regular meet ups so delighted report Dance Club, Pilates classes with Rosie Trull are returning in September AND a new one to replace the FABS and Move It Or Lose it Class Julia Cragie did. It's called Circuits. Details of all classes are listed as a separate item in the newsletter. The Trustees are keen to know if there are other activities you would like to see at the hall, they don't necessarily have to be exercised based, it could be craft or even more social like a coffee morning or afternoon tea! Just let us know!

More weekly events at Freckenham Village Hall are starting back at the hall from September so do check website or phone tutor for current update. **Classes still available via Zoom are listed below in green**

<http://freckenham.suffolk.cloud/freckenham-village-hall/village-hall-weekly-events/>

If attending for first time or after a break from activities, phone to check places available. Unless you are exempt we do ask masks are worn until in your allocated space for exercise.

MONDAY

Karate - 6.15-7.15pm £3.00 per session. Suitable for all abilities, so please contact Colin on 07825 234 358 colinwrightkwwk@gmail.com

Zumba - 7.30 pm. £5.00 per session. To find out more about the Zumba Party contact Karina on 01353 777688 or 07885 297 028. Contact Karina to register for class

TUESDAY

Yoga for relaxation – **at hall 10am – 11am** with Suzy (British Wheel of Yoga). Contact 07548 898 775 **Will also continue to use zoom for Tuesday 7pm & Thursday 3.30pm contact Suzy to register via zoom**

Circuits – **new class starts with free taster session with Fit Villages support on 7th Sept.** Classes £3 till end of October, then £5. To suit all ages and levels of fitness, whether you require a chair for the exercise or want to push the intensity, every exercise can be adapted to suit you, all for a duration of a minute, taking breaks when you feel the need! Contact Michelle Bell for more details and to book your space. 07795 263 836 or email on chellb@live.com

WEDNESDAY

FitSteps two sessions - £5.00 First class free and a Loyalty Card Scheme. Dance-based fitness class with a difference, where the focus is on learning the routines as well as physical exercise. No dance experience needed. Contact Sharon for class timings and availability [Facebook @Fitsteps with Sharon](#); sharon.hayns@gmail.com; 07930 220 623

THURSDAY

Thursday - Pilates – Restarts back in the hall on 23rd September For more information or want to join one of the sessions - contact Rosie Trull 07703 178647 or 01638 730672. Usually, Term Time Only

Karate - 6.30 - 7.30pm £3.00 per session, contact Colin on 07825 234 358 colinwrightkwwk@gmail.com

Dance Club 8pm - re-starts on 23rd September. It is a very informal and friendly way to get dancing, even if you think you can't dance come along and see if you can! There is a real mix of dance from swing jive, rock n roll, to the gentler ballroom style and a few more styles inbetween! We even have some dances were you don't need to have a partner. We will be going back to basics as some of us had not danced since Lockdown started in March 2020! Contact sharon.hayns@gmail.com; 07930 220 623 if you want to talk about it before dipping your feet on the dance floor!

FRIDAY - no classes at present

Still awaiting in the wings...

Move It Or Lose It & Seated Exercise Class [New class called Circuits with Michelle Belle see above](#)

Table Tennis – hope to restart when sufficient interest to start. Text VH 07542 198 933 with your name.

Or if there is an activity you would like to try let the committee know and we will see what we can do!

If you want to book the village hall for your own use for a workshop or a work event, sorry no parties at present. Non-villagers £18 an hour. Villagers £12 an hour. Contact 07542 198 933 www.freckenham.suffolk.cloud **Connect with us on Facebook & Twitter @FreckenhamVH** updated Sept 2021

Freckenham Fun Time

It has been a longstanding tradition in Freckenham to have a weekly group for babies and toddlers at the village hall, usually run by different villagers with small children of their own. Our most recent organisers are now moving away, so there is a great opportunity for someone new to come forward to take things forward. We have a good stock of toys and modest funds for craft items etc., so if you might be interested in taking on this excellent activity, please get in touch for an informal chat by in the first instance via the VH mobile 07542 198 933 or email Freckenhamvillagehall@btconnect.com Is there interest to have an activity like Jo Jingles, baby yoga etc text VH mobile 07542 198 933

FRECKENHAM FARMERS MARKET IS BACK ON SATURDAY 25TH SEPTEMBER 10 – 12 NOON INDOOR & OUTDOOR – In the Garden – WITH REFRESHMENTS!

Many of our regular stallholders will be there and we welcome a few newcomers too. Sunnica Awareness stand will also be there. We will still be inside and outside stalls with fingers crossed about the weather! Marilyn Badger (knitted goods) is doing a tombola for Macmillan so if you have any treasures you would like to donate please let Marilyn know in advance so she can be organised for the tombola tickets. Brenda Knowles has been our chief refreshment organiser for events like the Farmers Market for many years, which has been a fantastic help to the trustees. She now feels she no longer wanted to be responsible for this and recruiting the necessary volunteers. I know that cuppa and cake has been sadly missed as the social side of the market and for those who actually would like to sit for a bit!! So Diana of the Coffee Caravan is going to take it on from 25th September and commit to 3 months, She did say it would be helpful if there was a volunteer to help with clearing tables. This works well as not sure what we will do for a December market this year! Then we can see where we are if “volunteers” come forward to do it for their chosen charity (even the VH as a charity).

Refreshment seating will be inside but hope perhaps have some café tables outside too. We will still be operating a one-way system round so you don't miss any stalls, so entrance is from the main doors of the hall with exit on the allotment side. Hand sanitiser stations at the entrance and again at the exit, social distancing will be expected from you and please try not to touch things on the stalls, ask the stallholders and do try and bring your own bags. There are some new stalls including bird & bug boxes, Christmas novelties made by <https://branchingoutuk.com/>.

In fact, if it is hot perhaps bring a cool bag for your shopping, so you can drop into The Golden Boar for a drink or pre-book lunch 01638 723000 they open at 12 noon!

Stalls attending many do have website & facebook pages which are also all detailed in the special events pages of the village hall on the village website <https://freckenham.suffolk.cloud/freckenham-village-hall/village-hall-special-events/> but for those not on the internet:

Barleycorn Deli - bread, cheese, olives & more phone 01638 712877

Christine WI Goodies - jams, pickles marmalade, she will have a limited number of cakes too! Contact on email scotchmere92@aol.com or via VH mobile 07542 198 933

Fenland Flowers & Foliage - Bouquets of homegrown flowers. Phone 01353 675236/ 07557 967 107

Garden Preserves - jams, pickles & marmalade & Honey on VH mobile 07542 198 933

TFM Butchers - home bred, lamb, beef, pork, chicken, sausage & salami contact number is 01638 780994 also if you wish to pre order through the website it's www.tfmbutchers.co.uk

The Pie Kitchen – Meat, fish & veggie options Sally via Facebook The Pie Kitchen

The Suffolk Scone Lady - the list of varieties is endless. Phone 07740 862 747.

Artistry in Cocoa – everything chocolate! Website & Facebook

Annes floral Gifts – vases to hair & shoe accessories

Summers Market Garden – autumn Bedding plants and more. On Facebook

More to confirm

Freckenham Film Nights

We are delighted to confirm that our monthly film nights will resume from Friday October 1st with a showing of *Nomadland*, a beautiful film with magnificent vistas ideal for the big screen.

We will need to plan seating carefully for all our safety, so instead of inviting you just to turn up and pay on the door as in the past, we will be operating a strict pre-booking policy. We can now accept card payments over the phone or contactless payments on the door as long as you have pre-booked. To confirm a place please call Sandie on 07913909676 - if no reply leave a message and Sandie will call you back. Tickets will be £7 per person - the increase is to ensure that we can cover the cost of the licence with restricted numbers.

We are awaiting news on whether our new bar licence will be in place by October - Sandie will be able to update you when you book.

FRECKENHAM VILLAGE HALL 100+ CLUB

The Village hall runs a 100+ Club to help raise funds for the upkeep of the hall. The Club was started before the hall was built and has continued as a fundraiser.

There is a monthly draw, usually on the last Thursday of the month at the Dance Club, with prizes of £25, £10 and £5. The December draw is a special with first prize of £100, second of £50 and then the usual £25, £10 and £5.

Tickets are £12 each (only £1 a month and better odds than the national lottery!) and applications to join and /or renew are from 1st October to the treasurer Tricia 8 North Street or the postbox in the porch at the village hall, cheques payable to Freckenham Village Hall with your name and details please.

or BACS to Lloyds TSB. Account: Freckenham Village Hall. Sort Code: 30-95-58 Account number: 16747768, please quote your name in payment reference.

Form as below

Renewal Form

Name: _____

Address: _____

I am an existing member and *wish to continue with my existing numbers/*wish to add _____ numbers

or

I am a new member and would like to have _____ numbers

*in my name

*in the name/s of:

and enclose a cheque/BACS ref * for £_____

(at £12.00 per number)

Cheque payable to Freckenham Village Hall

** Delete or complete as appropriate*

Grateful thanks for your continued support

Freckenham Village Hall Committee.

***Please deliver to The Treasurer, Patricia Adus 8 North Street, Freckenham
or the postbox in the front porch at the Village Hall***

EVENTS IN GENERAL

Thinking more likely to be cabaret style seating with the space pre-booked i.e. table for 4, 6 for family/bubble groups or ask if you can socially distance with another group, you know we are a friendly lot in Freckenham. Creative Arts East are keen to know if anyone would attend when allowed to do live events if a theatre/Music/Dance/Spoken Word event in the future? We wonder particularly to start with if this would work for BINGO? What do you think, would you attend, could you help and be a volunteer at the event? Email freckenhamvillagehall@btconnect.com, or call the Village Hall phone 07542 198933 if you are interested!

VILLAGE NEWS

The Golden Boar Inn Have lots going on so do look at their Facebook page or give them a ring 01638 723000!

St Andrew's Church is holding weekly services at 9.30am

The Coffee Caravan is back on the road with a new van! As well as cuppa and cake, the information, familiar faces and friendly chat will be there as always! Dates are 7th September and 5th October 2 – 4pm East View car park (off Mildenhall Road).