



Love's Farm News

February – March 2022

www.ourlovesfarm.co.uk

Love's Farm Has a Bus Service



The new on-demand bus service can be booked at your convenience via an app.

We haven't been served by a bus that comes into Love's Farm since the very early days of the development, but if you look carefully you'll notice the infrastructure — including a number of bus stops and the long decommissioned bus gate at the top of the Hogsden Leys. Until recently, the only public transport available into the centre of town is the expensive X5 / 905 from Cambridge Road.

All that has changed with the introduction of the new on-demand Ting bus service by Mayor of the Combined Authority, Nik Johnson.

Unlike regular bus services it doesn't have a fixed timetable or set routes. Instead you request a bus trip using an "Uber-style" app, which lets you book a time slot at your nearest bus stop. This includes the formerly disused bus stops on Love's Farm.

It provides passengers the option to book an on-demand, tailor made service by using the Ting-trips app or calling 01223 433255, allowing people to order a bus from even the most remote locations. The fare for a single journey is fixed at £2.

Bookings can be made up to seven

days in advance, as you would a taxi in a town centre, and will run between 7am-7pm Monday-Friday and 8am-4pm Saturday. Ting doesn't (yet) operate on Sundays or Bank Holiday Mondays.

The Ting service is currently a trial covering the west of Huntingdonshire — so if we don't use it then we'll lose it. Please download the Ting App and give it a go today. Visit www.stagecoachbus.com/promos-and-offers/east/Ting for more info.

Changes at LFCA

After eight years of dedicated service to our community, Marcus Pickering has stepped down as Chair of Love's Farm Community Association.

Marcus has been an essential part of the success of our Association. His diligence, sense of fairness and respect and his unwavering generosity of spirit have — we hope — become some of the defining characteristics of our community association as a whole. On behalf of the whole community, we'd like to say a huge "Thank you" for everything he's done.

Although we will miss his leadership, we're happy to report that he will still be on hand to provide guidance and continue with projects in the community.

We also want to say "Thank you" but not "Farewell" to Becky Fowler. Becky has been Secretary of LFCA

since January 2020, and has contributed a huge amount of time, energy and wisdom over the last two years. Although she has stood down from the secretary role, we look forward to her continued support as part of the LFCA committee.

The committee has taken this opportunity to regroup and reflect on how we operate.

We are delighted to welcome Jen Street as our new Secretary. Lara Davenport-Ray will act as the Chair for 2022. However, many of the responsibilities usually associated with the role of Chair will be shared across various members of the Association. Our Treasurer Cameron Paul and Secretary Jen Street will lead at our monthly meetings.

Meetings are currently held online via Zoom on the third Wednesday of the month at 7:30pm. Each meeting will now begin with time for questions and ideas from residents.

We warmly welcome anyone with an interest in Love's Farm to join us — either just at the start to raise a specific question, issue or idea, or come along to the whole meeting to find out more about what we do and perhaps get involved.

All residents of Love's Farm are automatically members of the Association and we would love to have input and ideas from everyone.

Please get in touch via info@ourlovesfarm.co.uk to receive log-in details for the next meeting.

You can also find out more and get in touch at www.facebook.com/ourlovesfarm.

Join us and let us know what you would like to see happening in your community.

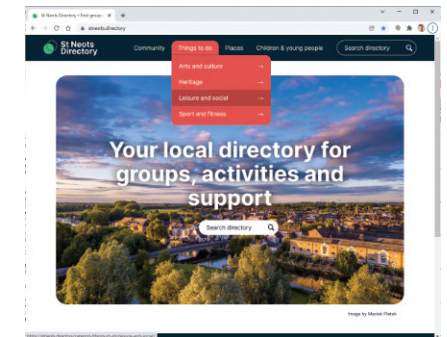
Town and District Council Elections

Local elections will be held on 5 May this year, including District and Town councillors that represent Love's Farm. Our ward is called "St Neots East," which includes all residents east of the railway line. On St Neots Town Council our ward has four councillors. On Huntingdonshire District Council we have two councillors.

The Town Council is responsible for areas such as promotion of the town, managing various public spaces and supporting community organisations. The District Council's responsibilities include housing and planning applications, waste and recycling, many of our green spaces and leisure centres. Visit www.stneots-tc.gov.uk and www.huntingdonshire.gov.uk for more information.

Love's Farm Community Association (LFCA) encourages residents to put themselves forward for election to ensure that our community's voices are heard. All candidates will be given a platform in the April-May edition of Love's Farm News. Visit www.huntingdonshire.gov.uk/elections/upcoming-elections and follow the links for more information.

Introducing the St Neots Directory



The St Neots Directory covers 195 (and counting) community groups and activities across our town.

LFCA has launched an online directory of community groups, services and activities for St Neots, available at www.stneots.directory.

It aims to include all the non-profit organisations that are active in the town, plus businesses such as exercise classes and toddler groups that allow local residents to engage in activities together. There are 195 listings so far, with more added regularly.

The Directory was funded by The National Lottery Community Fund, with the aim of reducing loneliness and building community connections. It does this by helping residents find activities that will foster friendships and support networks — something that is especially relevant as people rebuild their social lives after successive lockdowns.

It also aims to increase awareness of the support services available in

the town, particularly from the charity sector.

Please visit www.stneots.directory to browse the site. Contact ben.pitt@ourlovesfarm.co.uk with any queries or suggestions, including adding new listings to the Directory.

Tree guard blitz!

Around 10,000 bushes and saplings were planted when Love's Farm was first landscaped, each with a tree guard. These are no longer needed after 3-5 years though; the plastic guards are ugly and not biodegradable. They can end up harming trees if left on too long, and when they split they can end up littering the green

areas and blocking waterways. They all need to go!

Last spring we removed several thousand tree guards; we did a quick survey and there are fewer than 3,000 left to take out — so we can finish the job this spring!

This is a call to anyone on Love's Farm who cares about the environment and the beauty of our surroundings, to come out any weekend in February (and March if needed) and remove a section of tree guards.

The map below shows the number of guards remaining in 20 locations across the north of Love's Farm. We'll post it on the LFCA website so you can see what needs doing. Two

people should be able to remove 100-120 guards in an hour. There's a video at www.ourlovesfarm.co.uk/treeguard demonstrating how to cut down the tree guard, separate the wooden stake from the plastic, and roll up several guards together.

All you need is a Stanley knife, gardening gloves and a can-do attitude! Email JonathanTame@yahoo.co.uk when you need a pile of guards to be collected. Thanks!



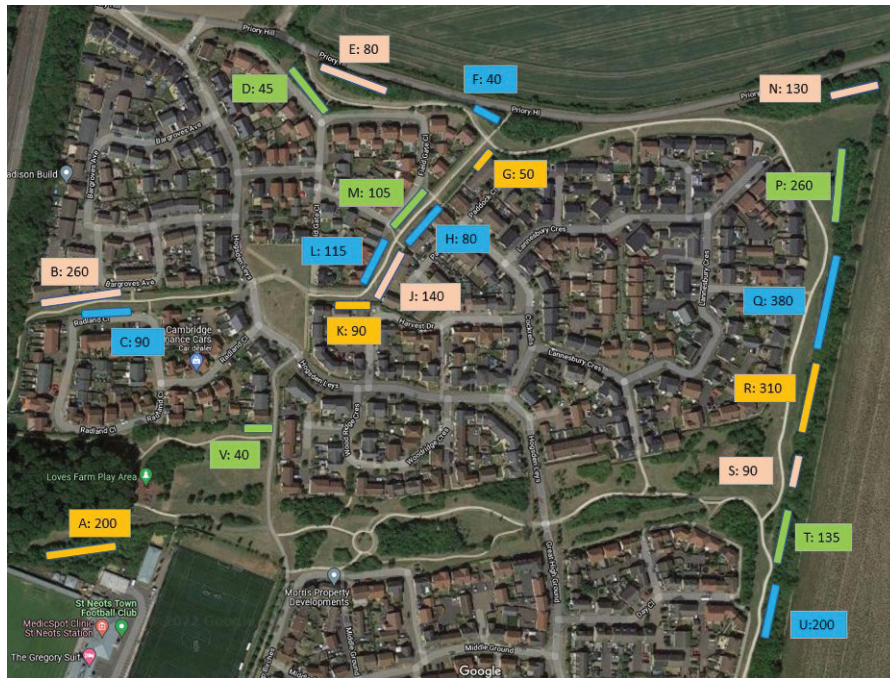
Reach for the stars at Karaoke & Cocktails, first Friday of the month at Love's Farm House

second Friday of February will be an **Open Mic Night**. Come and show us your talents — whether you can sing, play an instrument, make us laugh or something else, we want to see and hear your skills! Or just come along and soak up the cosy atmosphere and the creative talents of St Neots.

Love's Farm Book Club meets on the third Friday of the month to discuss the latest literary offerings over lashings of gin and book-related cocktails. Their February book is *In Five Years* by Rebecca Serle. You can join the club and find details of their upcoming reads at www.facebook.com/groups/lovesfarmbookclub.

If books are not your bag, you're still welcome to come along, partake of some cocktails (or your usual tipples) and hang out in the foyer.

We round off each month with **Quiz Night**, where your Quizmaster Emma presides over rounds as diverse as Love's Farm Street Names and Cheese or Disease. Bring your friends and form a team or just come along and we'll find a team for you to join. Expect lots of randomness — we don't take it too seriously!



The finish line is in sight for the removal of thousands of tree guards from across Love's Farm's green spaces.

2022 at the Farm House Bar

The Farm House Bar is back with a vengeance for 2022 and our new Bar Supervisor, Charlie, has lots of exciting plans up her sleeve.

February kicks off with the ever-popular **Karaoke & Cocktails**. The cocktail menu changes every month as we explore the wide world of mixology, from Biscoff & Baileys to Firework Fizz to Marmalade Martinis, alongside a great selection of mocktails and our normal bar menu.

The standard of singing has drastically improved since some of the St Neots Players started joining us but there is still absolutely no musical talent required. When you've had just the right number of cocktails, everyone sounds like Beyonce.

The second Friday of the month is a special events night and we have some exciting plans in the works for 2022, celebrating all sorts of things from Gin to Pride to Harry Potter. The

As you can see, the Farm House Bar is THE place to be in Love's Farm on a Friday night.

We hope to see you there!

Love's Farm Runners

Tuesdays, 8pm, Station Square

Love's Farm Runners are back and strong as ever for 2022! We have once again started our C25K program along with our Improvers/Intermediates groups on a Tuesday night. All abilities are welcome to our sociable running group. So if you are interested and want to know more, please visit us at groups.runtogether.co.uk/LovesFarmRunners.



Half Term at the Farm House

Acro & Street Dance Holiday Clubs

Monday 14 & Friday 18 February, 9am-12noon

Join Inspirations School of Performing Arts this February Half-Term for two Acro & Street dance holiday clubs. The clubs are open to all children aged 4-15 years, not just those who attend their term time classes, and for all abilities. Sessions will involve a mix of Acro and Street Dance, arts and crafts, games and activities. Children will need a water



All dressed up: Princess Belle will be making an appearance at the Valentine's Ball, 17 February

bottle, a snack, comfortable clothes to dance in and a mat (yoga mats or similar are fine if you don't have an Acro mat).

To book your child's space visit <https://inspirations.dance/classes> or for more information contact Laurie on office@inspirations.dance.

Once Upon a Dream Valentine's Ball

Thursday 17 February, 10.30am-12.30pm

Limelight Entertainment presents the Once Upon a Dream Valentine's Ball. Join Princesses Belle and Aurora in a beautifully decorated venue for some Valentine's fun. There will be live performances from the Princesses, a craft activity and lots of dancing, fun and games. Each child will also receive a delicious lunch box. A professional photographer will be on hand to document this special day.

Tickets are available in advance and are limited to ensure a personal experience for the little ones. Email hello@limelightentertainmentuk.com or message www.facebook.com/LimelightEntertainmentUK for more information and to book.

Love's Farm Ladies WI

Third Thursday in the month, 7:30pm, St Neots Town FC

Last Thursday evening saw us braving the cold to meet up at the Football Club to listen to Hazel Ainscough give us a fascinating insight to education in prisons and her subsequent involvement in the Independent Monitoring Board. Over our tea and cake we had a chance to drill down into her personal insight and came away with a view of prison life not considered by many.

Our speaker for February is from Black Cat radio. We have an interesting and varied speaker programme for the remainder of the year, interspersed with a range of social activities, including our Summer Fayre in early July.

If you fancy joining us once a month, on the third Thursday at 7.30pm in the Football Club, we'd love to have you join us.

Come and see that we are not all about jam and Jerusalem but a vibrant group of ladies with a varied age range out to have some fun, friendship and to learn something along the way.

WORKOUTS FOR ALL!

Get fit, stay fit as you find the class that works for you. Choose from:

Fitness Pilates / Fitmum Strong

Zumba / Pregnancy Pilates

Fitmum / Total Body Workout

plus over 400 online workouts and two new ones each week. Sports massage, Pregnancy Massage and sports taping available too.



07912442622 njfitnessandmassage@outlook.com

www.njfitnessandmassage.com

For further details, please email lovesfarmladieswi@gmail.com, find us on Facebook or visit www.lovesfarmladieswi.co.uk.

SMART Day Update

Saturday 26 February and 26 March, meet at the Pirate Ship



Grabbers at the ready for SMART Day.

Our next two SMART day community litter-picks are on 26 February and 26 March, meeting at the Pirate Ship at 11am and/or 2pm.

You're welcome to come along to one or both slots for as little or as long a time as you have and join other community volunteers to help clear our shared places and green spaces of litter. Kit and camaraderie is provided — we take the weather in our stride, so please do come along whether it's warm, windy or wet. Thank you!



Messy Church

Helene and the team are preparing a half term Messy Church 'take-away' with everything you need to explore the theme of 'Who is Jesus' in a bag of crafts, story and creative ideas

delivered to your door. Watch out for details on www.facebook.com/lovesfarmchaplain or message Helene directly on 07938 803501.

We're really hoping that an in-person event can happen at Easter.

Community Cafe

Tuesdays, 9am-12 noon,
Love's Farm House

On Tuesday mornings during term time Love's Farm House hosts a community cafe from gam until midday. Tea, coffee, pastries and chat are all in good supply so please do come along.



Helene serving up pastries at the café

Youth Cafe

Wednesdays, 3:30-5pm,
Love's Farm House

The after-school Youth Cafe for secondary school-aged young people runs every Wednesday afternoon during term time from 3:30pm until around 5pm. Young people are welcome to drop in for milkshakes, cake, waffles and sometimes even fresh fruit.

It's a great space to just chill with friends, chat, eat, play some board games and recharge your own battery as well as your phone's. More details from Adele — adele.jones@elydiocese.org.

The Platinum Jubilee Weekend

The long weekend of Jubilee celebrations (2-5 June) surely provides an ideal opportunity for the community on Love's Farm to come together! There will be all sorts of town-wide events planned but we're hoping we can add to those with something to bring us safely together as a community. We'd love to hear from you if you have any ideas or would like to participate in something, in some way. In the first instance please message Helene on community.chaplain@yahoo.co.uk.

Thank you!

Karate Grading Success

Wednesdays, 5:30-7pm,
Love's Farm House

A group of young students of Love's Farm Tang Soo Do karate club recently passed their grading and moved up to a new belt. Very well done to all those concerned. The club meets on Wednesdays, 5:30-7:00pm, and is open to all ages and abilities. Contact Paul on 07790 217170 for more details.



Students at Love's Farm Tang Soo Do karate club show off their certificates and new belts

Love's Farm Out of Doors

With Phyllis Hooper

Winter is passing through and I find myself torn between being an old person and being a naturalist. As the former, every day that we don't have snow, ice or even too much frost is a day nearer to spring without the inconvenience of winter. But as a naturalist I fear the consequences of nature possibly not having its time in the fridge.

It is easy to think of global warming as everything moving North and we will end up with Mediterranean weather. Indeed as a geologist I know that England has been there before, under sea and above we have been subtropical. But the transition has been long and painful to all living creatures.

Nature, be it trees, bushes, bogs, fungi, insects, birds, mammals, are all part of one very complex, and ever-adapting system. Thank God for the Darwins and Attenboroughs that



Still a few Pyracantha berries left in the Blackbirds' larder

spearhead our understanding, to the point that the more we know the more we realise we don't know, and it is scary.

So what about Love's Farm? Well the Old Woman Me sees the hazel and alder catkins drop down (have you noticed that even that is different tree by tree) and thinks "spring is here". But the Gardener Me thinks "we haven't had enough cold to kill off the micro pests that ruin my garden" and the Naturalist Me thinks "what knock on effect can this early pollen production have? Are the female flowers ready? If not, no hazel nuts next autumn. My birthday is at the end of March and I know that a lot of my 78 celebrations have been cold and snowy. The risk is that many of the plants and animals that got excited in January and February may fail to breed, to have fruit, seeds or babies.

Nature does have some wonderful coping mechanisms. For example, blue tits have been found to be able to delay incubation of their eggs

to await the emergence of their favourite food caterpillar. But these adaptations are complex and fragile, with their own knock-on effects.

Can we help? Personally, I fear, not much. As a geologist the world may have been going this way, anyway. As a human I fear that my consumerism may have exacerbated the speed of the situation. As an individual I can try to learn, understand and scale back on pretty much everything.

To more immediate things; there has been talk of a small persons' Maze or Labyrinth to be planted up by the play train. This is moving forward and there may be some (experimental) marking-out soon. If this works out we could call it the Platinum Jubilee Maze. Following the giving of some junior Green Finger Awards at LFCA's Community Champion Awards in November, I am hoping to be able to get more young people involved in helping various little Green Projects.

If anyone has any ideas or needs any advice please do contact me — Phyllis, The Guerilla Gardener.
phyllis.hooper@btinternet.com

Advertise Here

Advertise your company or event with a half-page, quarter-page or classified advert. This newsletter is delivered to 1,500 homes on Love's Farm. Please contact Jenny on 01480 262626 (9am-3pm Monday-Friday) or email jenny@lovesfarmhouse.co.uk.

Get In Touch

Love's Farm News

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jenny@lovesfarmhouse.co.uk

Love's Farm Community Association (LFCA)

info@ourlovesfarm.co.uk
Chair: Lara Davenport-Ray
chair@ourlovesfarm.co.uk
www.ourlovesfarm.co.uk
[t](#) [f](#) [ourlovesfarm](#)

Love's Farm House

Bookings and general enquiries (Monday to Friday, 9am to 3pm):
Jenny 01480 262626,
jenny@lovesfarmhouse.co.uk
Chair: Raymon Gompelman
raymon@lovesfarmhouse.co.uk
www.lovesfarmhouse.com
[t](#) [f](#) [lovesfarmhouse](#)

St Neots Community Support

Help with shopping and other tasks for people who are isolating due to COVID-19. Call 0333 3355 344 or email info@sncs.org.uk

Town Councillors

Stephen Ferguson, stephen.ferguson@stneots-tc.gov.uk
Caroline Gregson, caroline.gregson@stneots-tc.gov.uk
Rob Simonis, robert.simonis@stneots-tc.gov.uk
Ben Pitt, ben.pitt@stneots-tc.gov.uk

District Councillor

Ben Pitt, 07703 169273
ben.pitt@huntingdonshire.gov.uk

County Councillor

Stephen Ferguson, 07525 987460,
stephen.ferguson@cambridgeshire.gov.uk

Financial Difficulties

Love's Farm Community Money
Advice: www.lovesfarmchurch.com/moneyadvice 01480 260234,
moneyadvice@lovesfarmchurch.com

Breakfast Church

Helene Tame, 07938 803501
community.chaplain@yahoo.co.uk

BPHA

Contact Customer Services on 0330 100 0272 www.bpha.org.uk

Hartbeeps

Ages: 0 to 4, £7 per child.
Contact Sarah on 07872 331260
sarah.armstrong@hartbeeps.com,
www.hartbeeps.com

Stitch Street Crochet Classes

£2.50 per session, visit
[facebook.com/stitchstreetcrochet](https://www.facebook.com/stitchstreetcrochet) or
www.stitchstreet.co.uk

Acro Dance

5-14 Years. Contact
office@inspirations.dance or
www.facebook.com/inspirationsdancecambourne.

Amy's Fitness & Toning Class

Mondays 6.10-6.55pm from 21 February. £5.50 per session or £18 for a 4-week block. Contact Amy at Amyfitness247@hotmail.com.

Train with Sophia Fitness Class

£5 per session / £18 for four-week block. Contact Sophia via
www.facebook.com/TrainwithSophiaA.

Zumba, Fitness Pilates, Pregnancy Pilates and Fit Mums

Contact Nicola at njfitnessandmassage@outlook.com,
www.njfitnessandmassage.com.

Tiny Talk

Ages birth to 2 years, £6.50 per session, contact Claire on clairep@tinytalk.co.uk

Baby Sensory

Birth to 13 months, £37.50 for 5 classes. 07538 502587
beds@babysensory.co.uk,
www.babysensory.com.

St Neots Business Hub

Contact Charlie Ashley-Roberts on charliecareers@gmail.com.

Shining Stars Children's Charity

Contact Natalie on
natalie@shiningstars.org.uk or
www.shiningstars.org.uk

Pilates with Laura

£78 for 12 classes. Contact Laura on 07900 242904 or laura@pilateswithlaura.co.uk

Healthy You

Call 03330 050093 or visit
www.healthyyou.org.uk

Youth Café

School years 7 to 13. Email Adele at adele.jones@elydiocese.org

St Neots Tang Soo Do Karate Club

Ages: 6 to adult. £4.50 per person / £9 per family. Contact Paul on 07790 217170

FitSteps/Broadway Boogie

£7 per single session / £6 per block booked session. Contact Lynne on dmsdancewithlynn@gmail.com or [facebook.com/dmsdancewithlynn](https://www.facebook.com/dmsdancewithlynn).

Contemporary Dance

Ages: 5-12, £5-6 per session.
Contact Megan
info@deweyschoolofdance.co.uk.
www.deweyschoolofdance.co.uk

Love's Farm Rainbows, Brownies & Guides

guides@lovesfarmguiding.org.uk,
www.girlguiding.org.uk

Mama Baby Bliss Baby & Toddler Yoga

Ages 2 - 12 months. Contact joanna.miller@mamababybliss.com call 07904 374212 or visit www.mamababybliss.com/classes/book-a-class/biggleswade-st-neots.

Junior Youth Club

School Years 3 to 6. Contact Helene on 07938 803501, community.chaplain@yahoo.co.uk

Love's Farm Book Club

Join the Facebook group at www.facebook.com/groups/lovesfarmbookclub

Street Dance

Various classes for ages 4+, £4 to £5.50 per class. Contact Katy on 07500 875060, www.katynorthdanceacademy.com

Love's Farm Ladies (WI)

lovesfarmladieswi@gmail.com

Love's Farm Runners

Visit www.facebook.com/lovesfarmrunners

2nd St Neots Beavers, Cubs and Scouts

tinyurl.com/lovesfarmcubs



What's On February 2022

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>* Farm House Cafe 9am - 12noon</p> <p>Baby Sensory 9.45am, 11am</p> <p>Shining Stars 3.30 - 5.30pm</p> <p>Pilates 6pm, 7pm, 8pm</p> <p>Love's Farm Runners 8pm @ Stn Sq</p>	<p>Healthy You 9.30 - 1.30</p> <p>Fit Mum 9.35 - 10.20am</p> <p>Tiny Talk 11am - 12noon</p> <p>FitSteps FAB 2pm</p> <p>* Youth Cafe 3.30 - 6pm</p> <p>* Karate 5.30 - 7pm</p> <p>Broadway Boogie 7.05pm</p>	<p>* Little Loves 9.30 - 10.30am</p> <p>Brownies 6 - 7.30pm</p> <p>Guides 7.30 - 9pm</p>	<p>Toddler Yoga 9.30am</p> <p>Baby Yoga 10.30am, 11.30am</p> <p>Youth Club 5pm, 6pm</p> <p>* Karaoke & Cocktails at the Farm House Bar 8pm - late</p>	<p>Street Dance 9.15am, 9.45am, 10.30am, 11am</p> <p>Shining Stars 1 - 2.30pm</p>	<p>Kick-Start Fitness Day 9am - 12noon</p> <p>Pregnancy Pilates 6.30pm</p>
<p>Hartbeeps 9.30, 10.30, 11.30, 12.45, 1.55pm</p> <p>* Stitch Street 1 - 2pm</p> <p>Acro Dance 4 - 6pm</p> <p>Fitness Class 6.10 - 6.55pm</p> <p>Zumba 7.05 - 7.50pm</p> <p>Fitness Pilates 7.55 - 8.55pm</p>	<p>* Farm House Cafe</p> <p>Baby Sensory</p> <p>St Neots Business Hub 12noon - 2pm</p> <p>Shining Stars</p> <p>Pilates</p> <p>LF Runners <i>Times as above</i></p>	<p>* Little Loves 9.30 - 10.30am</p> <p>Contemporary Dance 3.50pm, 4.20pm, 4.50pm</p> <p>Brownies 6 - 7.30pm</p> <p>Guides 7.30 - 9pm</p>	<p>Toddler Yoga 9.30am</p> <p>Baby Yoga 10.30am, 11.30am</p> <p>Youth Club 5pm, 6pm</p> <p>* Open Mic Night at the Farm House Bar 7.30 - 11pm</p>	<p>Street Dance 9.15am, 9.45am, 10.30am, 11am</p>	<p>* Breakfast Church 10am</p> <p>Pregnancy Pilates 6.30pm</p>
<p>Acro & Street Dance Holiday Club 9am - 12noon</p>	<p>Baby Sensory 9.45am, 11am</p> <p>Shining Stars 3.30 - 5.30pm</p> <p>Pilates 6pm, 7pm, 8pm</p> <p>LF Runners 8pm @ Stn Sq</p>	<p>* LFCA Meeting 7.30pm (Zoom)</p>	<p>Limelight Entertainment: Once Upon a Dream Ball 10.30am - 12.30pm</p>	<p>Acro & Street Dance Holiday Club 9am - 12noon</p> <p>* Farm House Bar 7.30 - 11pm</p> <p>* Love's Farm Book Club 7.45pm</p>	<p>* Breakfast Church 10am</p>
<p>Hartbeeps</p> <p>Acro Dance</p> <p>Amy's Fitness & Toning 6.10 - 6.55pm</p> <p>Zumba</p> <p>Fitness Pilates <i>Times as above</i></p>	<p>* Farm House Cafe</p> <p>Baby Sensory</p> <p>Shining Stars</p> <p>Pilates</p> <p>LF Runners <i>Times as above</i></p>	<p>* Little Loves</p> <p>Contemporary Dance</p> <p>Brownies</p> <p>Guides <i>Times as above</i></p>	<p>Toddler Yoga</p> <p>Baby Yoga</p> <p>Youth Club</p> <p>* Quiz Night @ the Farm House Bar <i>Times as above</i></p>	<p>Street Dance 9.15am, 9.45am, 10.30am, 11am</p> <p>SMART Day 11am & 2pm @ the Pirate Ship</p>	<p>* Breakfast Church 10am</p>
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Monday

Hartbeeps
9.30, 10.30, 11.30, 12.45, 1.55pm

*** Stitch Street**
1 - 2pm

Acro Dance
4 - 6pm

Fitness Class
6.10 - 6.55pm

Zumba
7.05 - 7.50pm

Fitness Pilates
7.55 - 8.55pm

Acro & Street Dance Holiday Club
9am - 12noon

Hartbeeps

Acro Dance

Amy's Fitness & Toning
6.10 - 6.55pm

Zumba

Fitness Pilates
Times as above

Hartbeeps

*** Stitch Street**

Acro Dance

Amy's Fitness

Zumba

Fitness Pilates
Times as above

Events are at Love's Farm House foyer, hall or meeting room, or out and about. Events with a * mean just turn up. For others, please book in advance. Visit www.lovesfarmhouse.com or call 01480 262626 for more information.

