



# RHL Newsletter Term 1 2019

Registered Charity 1105381

HOW HAS RHL HELPED YOU? – PLEASE  
LET US KNOW!

## £2,000 Lottery Winner!

### Congratulations to our Lottery Winner

Huge congratulations to one of our members, John Burrow, who has won a massive £2,000 on the Rushmoor Community Lottery! Tickets cost just £1 each and if you nominate RHL we get 50p of every £1 spent. John has been attending RHL classes for eight years and says, "£1 a week on my ticket is such a small amount and I see it as my way of helping other people like myself..."

to everyone who donated or bought or sold tickets for us - We had a lovely afternoon on Friday calling our winners - we kept hearing the phrase "You've made my day, I never win anything"

We also want to say a thank you to Sharon from TalkPlus, she was our independent adjudicator during the draw.

### Direct Debit – It's Easier Than You Think!

It's not too late to sign up to pay by Direct Debit – this means that instead of having remember to pay each term, monthly payments will be taken out of your account, making life easier. Over a third of our members now pay like this, and direct debit has the added benefit of having your place reserved for you until you decide to cancel. Just give the office a quick ring to set it up.

### Christmas Raffle – Were You A Winner?

A very big thank you to everyone who took part in, or donated prizes for our Christmas Raffle – we raised a whopping £1,585.00! We had some fantastic prizes donated by individuals, TAG Farnborough Airport, Zoggs, Princes Hall, Denbies, Fullers, Farnham House Hotel, The Triangle, Kids'n'Action, Guilford Flames, Farnborough Air Sciences Trust Museum, Squires, Longacres, Vue Cinema, Alpine Snowsports, Mr Simms, Hobbycraft and Bombay Sapphire Distillery! Thank you



### Waitrose – Every Token Counts!

A massive thank you to all the Farnham and Sandhurst Waitrose customers who voted for us via the Community Matters Green Token scheme. Farnham raised £410 and Sandhurst £233 for RHL – simply by customers dropping their green token in the box by the check outs!

### Christmas Parties

We hope you all enjoy your Christmas get-togethers, we have 18 festive get-togethers happening at the end of term. We wish you all a very Merry Christmas and a Happy New Year!

## Class Spotlight – Steady & Strong

Our NEW Steady & Strong class on Wednesdays runs from 12:50-13:35 at Aldershot Military Museum. At just £4.30 per class, this is a great way to help you regain and maintain strength, balance and co-ordination. With fun and friendly exercises taught by specialist tutor Linda, these classes are a fantastic way of helping to maintain independence for longer!

There is a range of exercises from seated, supported and standing positions. Exercises include stepping over the beanbags and then stepping on the beanbags – crucial to practice adjusting your stride and balance.

## Have You Been NHS Health Checked?

RHL runs FREE NHS Health Checks around Hampshire. During your Health Check you get your Blood Pressure, Cholesterol, Body Mass Index and Heart Health checked, with easy to understand explanation of the results. If you are interested in having a FREE Health Check, are aged between 40-74yrs and are registered with a GP in Hampshire, please check the Eligibility Criteria on our website [http://www.rhl.org.uk/health\\_checks.php](http://www.rhl.org.uk/health_checks.php) or contact Rachael at [rachael.austen-jones@rhl.org.uk](mailto:rachael.austen-jones@rhl.org.uk) so we can let you know when we're holding a Health Check event near you!



A huge thank you to our health check volunteers!

## Could You Volunteer For RHL?

Our FREE NHS Health Checks proved a hit last year with multiple Health Check events delivered in Aldershot, Alton, Basingstoke, Farnborough and Fleet! A big thank you to the team of RHL Alton Volunteers who gave their time at the New Directions Event and Alton Prostate Event. Having volunteers at a Health Check event makes a massive difference in the numbers that we can see, so if you have a couple of hours that you could spare, even if it's for a one off event, please contact [rachael.austen-jones@rhl.org.uk](mailto:rachael.austen-jones@rhl.org.uk).

## Term 1 Starts Soon!

Don't forget to sign up for Term 1 (January & February) now! Please note that **payments should be received by the end of the first week of term (Friday 11<sup>th</sup> January)**, if paying later please contact the office instead of giving it to your instructor. Please help us by paying promptly before the start of term.

Just to recap, you can pay by direct debit, you can pay online at our website [www.rhl.org.uk](http://www.rhl.org.uk), by telephone on 01252 362660 or by giving your cheque for the whole term to your tutor. Please ensure that your name, day, time and class are clearly printed on the back – it can take up valuable time trying to match mystery cheques to the owners!

## What You Think Counts!

Please rate us on Google and Facebook as this really helps us get the message out and reach more people.

**We're planning to do a big Members' Survey in the New Year and would hugely appreciate your feedback. This will help shape the direction of the project moving forwards - so please do make sure you have your say! Keep an eye out for more details in the New Year!**

## Exciting News!

We've just heard that we've been successful in securing a small grant to enable us to set-up and subsidise some 'Great RHL Get-Together' events. Feedback from our June 2018 Get-Together events informed us that lots of you were keen to socialise and 'get-together', but that you didn't want to organise it yourselves...So we've gone one step further and secured funding which will enable us to organise several large social events in 2019 where everyone from all our RHL classes will be invited to come together. These events are initially likely to take place on a monthly basis. We will be sorting out the details in the New Year, so if you have any ideas on 'themes' for any of the events (could be live music, quizzes etc.), any thoughts on the events in general (e.g. should members be able to bring a partner or friend along too?), or would like to volunteer to help organise the events (or help make coffee on the day), then please do contact [rachael.austen-jones@rhl.org.uk](mailto:rachael.austen-jones@rhl.org.uk). We'd love to hear from you.

## Website Revamp

Have you noticed that we've had a Website Revamp? Our website is now the go-to place for information about what we get up to throughout the year!

## Changes for next term

We've made some changes to some of the times of our Wednesday classes, all member should have been notified by email. If you have any questions, please don't hesitate to contact us.

## Office Closing For Christmas!

The Office will be closed from 11:30 on 20<sup>th</sup> December 2018 until 2<sup>nd</sup> January 2019.

# RHL's COMMUNITY BASED EXERCISE & REHABILITATION CLASSES

## TERM 1 2019 – JANUARY AND FEBRUARY

**MONDAY** classes will run from Monday 7<sup>th</sup> January - Monday 25<sup>th</sup> February

**TUESDAY** classes will run from Tuesday 8<sup>th</sup> January - Tuesday 26<sup>th</sup> February

**WEDNESDAY** classes will run from Wednesday 9<sup>th</sup> January - Wednesday 27<sup>th</sup> February

**THURSDAY** classes will run from Thursday 10<sup>th</sup> January - Thursday 28<sup>th</sup> February

**FRIDAY** classes will run from Friday 11<sup>th</sup> January - Friday 1<sup>st</sup> March



DAY	TIME	CLASS	LOCATION	TUTOR	COST
<b>Mon</b>	9:20 – 10:20am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) DD <b>£18.15/month</b>
	10:25 – 11:25am	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) DD <b>£18.15/month</b>
	11:30 – 12:30pm	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£39.60</b> (£4.95/class) DD <b>£18.15/month</b>
	12:40 – 1:40pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£34.40</b> (£4.30/class) DD <b>£15.77/month</b>
	1:30 - 2:45pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	<b>£46.40</b> (£5.80/class) DD <b>£21.27/month</b>
	1:45 – 2:45pm (1-hour class & ½ hour tea + coffee)	Health Circuit *Suitable for Cancer Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£34.40</b> (£4.30/class) DD <b>£18.15/month</b>
<b>Tues</b>	9:30 – 10:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£38.40</b> (£4.80/class) DD <b>£19.20/month</b>
	10:30 – 11:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£38.40</b> (£4.80/class) DD <b>£19.20/month</b>
	11:30 – 12:15pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£38.40</b> (£4.80/class) DD <b>£19.20/month</b>
	5:45 – 6:45pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	<b>£39.60</b> (£4.95/class) DD <b>£19.80/month</b>
	7:30 – 8:30pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	<b>£39.60</b> (£4.95/class) DD <b>£19.20/month</b>
<b>Wed</b>	9:45 – 10:30am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	10:40 – 11:40am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£39.60</b> (£4.95/class) DD <b>£19.80/month</b>
	11:45 – 12:45pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	12:50 – 13:35pm (45 min class & ½ hour tea + coffee)	Steady & Strong	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	1:40 – 2:25pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Linda	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
<b>Thurs</b>	10:00-10:45am (45 min class & ½ hour tea + coffee)	Seated Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Alison	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	11:15-12:00pm	Seated Exercise	Aldershot Military Museum, Queens Avenue, Aldershot, GU11 2LG	Alison	<b>£34.40</b> (£4.30/class) DD <b>£17.20/month</b>
	6:10 – 7pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	<b>£39.60</b> (£4.95/class) DD <b>£19.80/month</b>
<b>Fri</b>	12 – 1pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	<b>£38.40</b> (£4.80/class) DD <b>£18.80/month</b>

\*Please note medical referral is required for Phase IV Cardiac Rehabilitation and Pulmonary Maintenance Exercise Classes

## TERM 1 JANUARY and FEBRUARY – CLASS UPDATES

- All payments should be for the whole term
- Please pay via direct debit, online at our website [www.rhl.org.uk](http://www.rhl.org.uk), by telephone **01252 362660** or by giving a cheque for the whole term to your tutor. Please make sure that your name, the day, time and class are clearly printed on the back. You can also drop cheques into our offices at; **RHL, The Meads Business Centre, Kingsmead, Farnborough, Hampshire, GU14 7SR**
- If you want to pay by direct debit but have not received the email invitation, please contact us and we will get it sent out to you.
- **ALL PAYMENTS** should be received by the end of the first week of term (Friday 11<sup>th</sup> January)
- If you are unable to attend e.g. due to being in hospital, this needs to be agreed with the RHL office – please do not give a cheque to your tutor for any amount. To help us keep track of payments please give us a ring at the office – we're quite friendly! There will be no credits given for holidays.



**This Christmas**  
give some community  
*Spirit*

Lottery Gift Vouchers  
**NOW AVAILABLE\***

£20 £1 £50

- Help RHL to make a real difference to people's lives this Christmas
- To remove barriers, improve quality of life and reduce isolation
- For just £1 a week you can support our amazing local community groups
- As well as doing something great for your local good causes, you also get the chance to win £25,000 every week

To start supporting, visit:  
**[www.rushmoorlottery.co.uk](http://www.rushmoorlottery.co.uk)**

and search for: **Healthy Living**

Supporters must be 16 years of age or older  
\*See website for terms and conditions

A square QR code located in the bottom right corner of the advertisement, which likely links to the website mentioned above.