



# RHL

## Newsletter

### Term 2 2020

Mar/Apr

Registered Charity 1105381

## Hartland Visit

An enjoyable morning was spent at Hartland Village this January, when several of our members, accompanied by Sarah (our Finance Officer), were given a tour of this exciting new residential development on the edge of Fleet. Hartland Village, once completed, will accommodate 1,500 new homes and include access to a 70-acre country park with plans to build a new primary school together with local shops and amenities.

The tour was co-ordinated by Jenni (Community Liaison Advisor), from Berkeley St Edward homes. She did a fantastic job of answering all the questions put to her (no plans to build any bungalows - sorry folks!) and describing how the building of the site would progress in 10 phases over the coming years. The highlight for many was looking around the showhouses currently available to view – two beautiful 4- and 5-bedroom homes, most

definitely exhibiting the WOW factor!

Many thanks to Jenni and Berkeley St Edward for their hospitality and informative tour. It was a lovely opportunity for our members to get together and do something a bit different on a rather dull and drizzly January day! Our members commented “good for my step count” and “lots of inspiration for my own home”. The only disappointment was having to go home!



## Amazon Smile

You can now support RHL when you purchase items from Amazon.

Amazon will donate 0.5% of the net purchase price (excluding VAT, returns and shipping fees) of eligible purchases to the charitable organisation of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service.

Support RHL by starting your shopping at [www.smile.amazon.co.uk](http://www.smile.amazon.co.uk)

**smile.amazon.co.uk**

*If you would like us to talk you through this please don't hesitate to give Brad a call.*

## 100 Club Winner!

Congratulations to our latest two '100 club' winners:

- January- Vivien Smith £27.50
- February- Tom Stone £27.50

If you would like to join our 100 club please email [brad.dale@rhl.org.uk](mailto:brad.dale@rhl.org.uk) or call **01252 362660**.

# You make me feel like Dancing!

*(By RHL staff member: Rebecca)*

To look at Moira and Chris chatting and laughing together you would be forgiven for thinking that they'd been friends their whole lives. However, once we started talking about their shared love of dance, I also found out a very surprising fact about their friendship...

I recently went along to RHL's first seated dance class, at the Aldershot Princes Hall. The plan was to take some photos and see exactly how you could dance when you're sitting in a chair – a question I had already been asked many times! The 45-minute session flew by and the laughter and smiles on everyone's faces showed it had been thoroughly enjoyed. Chris told me then that she had thought she'd never be able to dance again – she had clearly loved the opportunity to reignite her passion.

When I started chatting in more depth to Chris and Moira, I was astonished by the range of dance styles they both used to enjoy, from ballet and tap, to acro, musical theatre and finally Scottish dancing. They performed in shows, pantomimes and competitions, with Chris even winning a Butlins talent show with her twirling toes! I was extremely impressed but, as Moira pointed out, "Nobody knows you as you used to be, they just see you as you are now".

Clearly dance wasn't just a hobby for these ladies, it was a deep-rooted passion; "When I hear music it's something to be danced to", says Moira, "I can't sit still". "It's difficult to describe", says Chris, "It's that



feeling. I can't remember a time I didn't want to dance".

Why then, I wondered did they both stop? For Moira it was a case of her new adult tap class being too fast and her realising that, over time, she had slowed down. For Chris, it was a back operation that meant one foot could no longer fully lift from the ground. As a result, her dancing days were cruelly brought to a halt. "That was really hard to come to terms with", she reflects sadly, "because I was always the first one onto the dance floor. It was horrid".

Although RHL's seated dance class would seem like an obvious choice for Chris and Moira, both ladies weren't quite sure what to expect, and Chris also felt a deeper sense of trepidation; "I didn't know if it would upset me as I can't stand up to dance any more, but it didn't matter at all". At this point, their friend Lyn (a self-confessed non-dancer) adds, "I'm somebody who's never been able to dance as I've got no coordination, but I want to, and I can do this. We all love doing it because Emily (the dance teacher) makes it so easy for us." "Oh yes, Emily's lovely!" the others wholeheartedly agree.

So, what was their favourite part of the class? "It was just the whole thing!" laughs Chris. For Moira, learning a dance routine was a highlight (currently to the tune of 'Hey Big Spender'); "I thought the

choreography was brilliant" she enthuses. "I can feel the feather boa coming out, I really can!" jokes Chris. And the question we all want to know is "Is it as fun as stand-up dancing?". "It was pure joy" said Chris with an enormous smile on her face, "It brings that feeling back to you". "We just can't stop grinning" agreed Moira, "It's difficult to describe. It's just what I want to do and it makes me happy".

And the surprise about them being friends? Having known each other's faces from the school run many years before, they only started speaking three years ago when they joined RHL's seated Pilates class! And here Lyn, who also attends Seated Pilates and Seated Dance, pipes up, "It was the same for me and Chris. We recognised each other from the school run but never really spoke, and once we made friends at the class we realised we'd lived on the same road for 40 years!". "You've got to tell everyone that" insists Chris, "it's not just about exercise, it's the social side that's so important too, the friends you make".

***Why not try either our Dance or Seated Dance class? Call us on 01252 362660 or email [classes@rhl.org.uk](mailto:classes@rhl.org.uk) and we can book you in for a complementary trial (quote 'newsletter 2').***

## Baby Hats make the news!

We are pleased to say the news of our class members' knitting exploits reached local press, with articles in local newspapers and on eagle radio's website.

We also had a lovely thank you letter from Frimley Park Hospital, "Thank you so much for your donation, it's deeply appreciated" wrote Danielle Perkins, Head of Midwifery.

Well done Everyone!



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## Dance Fitness

Further to feedback from class members, we have decided to call our evening dance class 'Dance Fitness'. We are also considering moving the class to a slightly later time but this is yet to be confirmed.

All those who have attended the dance classes have thoroughly enjoyed the sessions. *We would really appreciate any help you are able to give us to spread the word to any of your friends or neighbours who may be interested. We are happy for you to offer a free trial dance session to anyone you know – just ask them to quote 'newsletter 2'.*

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## Fleet Cardiac Class

We are continuing to explore different options regarding setting up a new cardiac class in fleet. If you haven't registered your interest yet, please do get in touch by calling 01252 362660 or emailing [classes@rhl.org.uk](mailto:classes@rhl.org.uk)

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## Class Payments

*For those not paying by direct debit*, we would really appreciate your assistance in ensuring that all payments are received by RHL by the end of the first week of term. This helps us to keep the class fees low and therefore accessible to all. If you are not already using Direct Debit, you may like to consider changing to this method – approximately 55% of our attendees are now using Direct Debit. Members have told us they find it easy, as well as liking the benefit of smaller monthly payments. If you would like to find out more, please don't hesitate to call and have a chat through the process with Brad or Sarah.

*Direct Debit payments:* If you would like to put your membership on hold, please call/ email the office so we can temporarily halt your direct debit payments. Otherwise, please note that if you cancel directly with your bank and then want to re-start you will need to re-set up your direct debit.

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## RHL TERM 2 MARCH AND APRIL - Class Updates

- Thursday 5<sup>th</sup> March – Wavell Pilates class will be held at The Hawley Memorial Hall from 6:25pm to 7:30pm
- Wednesday 8<sup>th</sup> April – 9.15 am & 10.30 am Phase IV Cardiac Rehab will run at Farnborough Masonic Centre
- Wednesday 8<sup>th</sup> April - 9.45 am Seated Pilates at the Princes hall - there will be no tea and coffee after the class
- Monday 30<sup>th</sup> March – 11:50am Seated Dance will be Seated Exercise with Alison

**EASTER HOLIDAYS** – there will be no classes on the following bank holidays:

- Friday 10<sup>th</sup> April
- Monday 13<sup>th</sup> April

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## Class payment and cancellation policy

You can find our class payment information and cancellation policy on our website at the following link.

[http://www.rhl.org.uk/policies/class\\_payment\\_and\\_cancellation\\_policy.pdf](http://www.rhl.org.uk/policies/class_payment_and_cancellation_policy.pdf)

If you have any queries, or have any concerns regarding payment please do not hesitate to contact the RHL office.

## TERM 2 EXERCISE & REHABILITATION CLASSES – MAR/APR 2020

DAY	TIME	CLASS	LOCATION	TUTOR	COST
<b>Mon</b>	9:20 – 10:20am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£38.30/term</b> DD £18.15/month
	10:25 – 11:25am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£38.30/term</b> DD £18.15/month
	11:30 – 12:30pm (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£38.30/term</b> DD £18.15/month
	11:50 – 12:35pm (45 min class & ½ hour tea + coffee)	Seated Dance Class	Princes Hall, Aldershot, GU11 1NX	Emily	<b>£35.00/term</b> DD £16.50/month
	12:40 – 1:40pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£33.54/term</b> DD £15.77/month
	1:30 -2:15pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Studio 24, Northfield Road, Church Crookham, GU52 6ED	Jen	<b>£44.54/term</b> DD £21.27/month
	1:45 – 2:45pm (1-hour class & ½ hour tea + coffee)	Health Circuit *Suitable for Cancer Rehab	Hawley & Blackwater Leisure Centre, Camberley, GU17 9BW	Linda	<b>£33.54/term</b> DD £15.77/month
	5:15 – 6:15pm	Dance Fitness	Farnborough Masonic Centre, Farnborough, GU14 6BS	Emily	<b>£35.00/term</b> DD £16.50/month
<b>Tues</b>	9:30 – 10:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£40.40/term</b> DD £19.20/month
	10:30 – 11:15am	Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£40.40/term</b> DD £19.20/month
	11:30 – 12:15pm	Seated Pilates	Hawley Memorial Hall, Camberley, GU17 9BW	Julia	<b>£40.40/term</b> DD £19.20/month
	5:45 – 6:45pm	Phase IV Cardiac Rehabilitation	Alderwood (Connaught) Leisure Centre, Aldershot, GU12 4AS	Heidi	<b>£41.60/term</b> DD £19.80/month
	7:30 – 8:30pm	Pilates	Wavell School, Farnborough, GU14 6BH	Becky	<b>£41.60/term</b> DD £19.80/month
<b>Wed</b>	9:15 – 10:15am	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Angela	<b>£41.60/term</b> DD £19.80/month
	9:45– 10:30am (45 min class & ½ hour tea + coffee)	Seated Pilates	Princes Hall, Aldershot, GU11 1NX	Linda	<b>£36.40/term</b> DD £17.20/month
	10:30 – 11:30am (1-hour class & ½ hour tea + coffee)	Phase IV Cardiac Rehabilitation	Hawley Memorial Hall, Camberley, GU17 9BW	Angela	<b>£41.60/term</b> DD £19.80/month
	11:15 – 12:15pm (1-hour class & ½ hour tea + coffee)	Pulmonary Maintenance	Farnborough Masonic Centre, Farnborough, GU14 6BS	Linda	<b>£36.40/term</b> DD £17.20/month
	12:30–1:15pm (45 min class & ½ hour tea + coffee)	Steady & Strong	Farnborough Masonic Centre, Farnborough, GU14 6BS	Linda	<b>£36.40/term</b> DD £17.20/month
	1:30 – 2:15pm (45 min class & ½ hour tea + coffee)	Seated Pilates	Farnborough Masonic Centre, Farnborough, GU14 6BS	Linda	<b>£36.40/term</b> DD £17.20/month
<b>Thur</b>	10:00-10:45am (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Masonic Centre, Farnborough, GU14 6BS	Alison	<b>£36.40/term</b> DD £17.20/month
	10:50-11:35pm (45 min class & ½ hour tea + coffee)	Seated Exercise	Farnborough Masonic Centre, Farnborough, GU14 6BS	Alison	<b>£36.40/term</b> DD £17.20/month
	6:10 – 7pm	Pilates	Wavell School, Farnborough, GU14 6BH	Nas	<b>£41.60/term</b> DD £19.80/month
<b>Fri</b>	9:30 – 10.20am	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	<b>£39.60/term</b> DD £18.80/month
	12 – 1pm	Pilates	St Augustine's Church, Aldershot, GU12 4SE	Jo	<b>£39.60/term</b> DD £18.80/month

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

Rushmoor Healthy Living - The Meads Business Centre - Kingsmead  
Farnborough - Hampshire - GU14 7SR  
01252 362660 classes@rhl.org.uk