



# ABBERTON & LANGENHOE NEWS

*Spring Newsletter 2023*



## PARISH INFORMATION

- @ parishclerk.al@hotmail.com (Parish Clerk)
- 🌐 [www.abbertonandlangenhoe.org.uk](http://www.abbertonandlangenhoe.org.uk)
- 📌 Abberton & Langenhoe Village Community

## VILLAGE HALL ENQUIRIES/BOOKINGS

- 🌐 [www.alvh.org.uk](http://www.alvh.org.uk)
- @ [bookings@alvh.org.uk](mailto:bookings@alvh.org.uk)
- 📞 735980 between 10am and 7pm





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# Parish Council News

[www.abbortonandlangenhoe.org.uk](http://www.abbortonandlangenhoe.org.uk)

## *Chairman's Chat*



I offer a belated Happy New Year to everyone. Unfortunately, I heard about the passing of Tom Mabbitt, a former resident who had moved to Lavenham. He was a well-known Parish Councillor and Church Warden in Abborton for several years. He passed away suddenly following a fall before Christmas.

Despite the loss, the Abborton and Langenhoe communities celebrated various memorable events over the Christmas and New Year period. Father Christmas's visit on December 11, led by the Fire Engine, will be remembered by young and old residents for a long time. The regular monthly Bar Evenings in the Village Hall continue to be very popular, offering an excellent opportunity to meet new people and enjoy a tasty meal and a drink in friendly surroundings.

Other events that took place include the New Year's Day Village walk, which many people joined, and the successful Quiz Night organised by Clare Thompson on January 14 to raise funds for Alzheimer's Research UK. Clare is running in the London Marathon in April 2023 for the Charity, and you can support her by visiting her Just Giving webpage.

The Meeting Place marked its 5th anniversary on January 25th, celebrating with coffee mornings held each Wednesday morning in the Village Hall, where villagers can meet and chat with friends over a warm drink and a piece of cake.

Furthermore, the Lion Corner Community Shop's good work by volunteers was recognized at two award ceremonies. They won the Employment and Training Category at the Denbury Plunkett Community Awards, and in November, they were chosen as one of three finalists in the national Plunkett Community Business Awards 'Volunteering' category.

Lastly, Abborton and Langenhoe residents are fortunate to have willing individuals to volunteer and arrange these activities. If you're interested in volunteering, you can contact Alan Frost for Village Hall activities or Maggie Dougherty to help in the Community Shop.

*Simon Dougherty* MBE

**If you would like to advertise in this newsletter please contact the Editor:  
Margaret Palmer-Slatter: [cllrpalmerslatter@gmail.com](mailto:cllrpalmerslatter@gmail.com)**



# WHAT'S ON?

## DIARY DATES

### MARCH

3rd Edward Marke Pub Night from 7pm  
6th PC Meeting 7.30pm  
13th Neighbourhood Watch Meeting 7.30pm  
17th Village Quiz (see page 23)  
24th Youth Club (see page 6)

### APRIL

3rd Annual Parish Meeting 7pm  
7th Edward Marke Pub Night from 7pm  
9th Easter Rabbit Hunt (see back page)  
21st Youth Club (see page 6)  
29th Art Exhibition (see page 15)

### MAY

4th Polling Day  
5th Edward Marke Pub Night from 7pm  
7th Coronation Celebration! (see page 11)  
15th Parish Council Meeting 7.30pm  
19th Youth Club (see page 6)

## Essex recycling centre booking system

From Monday 13 March 2023, residents visiting Essex County Council (ECC) recycling centres will need to book in advance.

A booking system will be trialled for all vehicles visiting ECC recycling centres to help manage waiting times, reduce congestion, and improve the customer experience.

Residents will be able to book their slots in advance from Monday 27 February. Blue Badge holders do not need to book a slot.

For more information see:

[www.lovesessex.org/news-and-ideas/essex-recycling-centre-booking-system/](http://www.lovesessex.org/news-and-ideas/essex-recycling-centre-booking-system/)

## FROM 4 MAY 2023, VOTERS IN ENGLAND WILL NEED TO SHOW PHOTO ID TO VOTE AT POLLING STATIONS IN SOME ELECTIONS. THIS WILL APPLY TO:

*Local elections, Police and Crime Commissioner elections, UK parliamentary by-elections, Recall petitions*

**From October 2023 it will also apply to UK General elections.** If you don't have accepted photo ID, you can apply for a free voter ID document, which is known as a Voter Authority Certificate.

Find out more about accepted forms of photo ID, how to apply for a free Voter Authority Certificate, and what to expect on polling day. For more information see: **[www.electoralcommission.org.uk/i-am-a/voter/voter-id](http://www.electoralcommission.org.uk/i-am-a/voter/voter-id)**



# LOOKING AHEAD...

Last year is well behind us, and a new year lies ahead,  
So why not change some habits, and buy local instead?  
There are lots of dates to mark in the next few months,  
And our Lion Village shop has you covered - on all fronts!

On 19th March, Mother's Day we look towards,  
Perhaps a card and some chocolates to help her feel adored.  
And Easter in early April will soon be here,  
We've Mini Eggs in abundance for those you hold dear.

Our King's Coronation on the 6th May  
Maybe a bottle of fizz, with scones and jam on the day?  
And then it's Father's Day on the 18th June,  
A bottle of wine and a box of Heroes? It will come around so soon!

So we have you covered, for all of these events...  
As well as many others, ladies and gents.  
Come and have a browse, a chat and say hi,  
We're always pleased to see you - please don't be shy!

And as always if you want to, be a part of our team,  
We'd open our arms and welcome you in.  
We thank you for your custom, or whatever it is you do,  
To keep our village smiling we couldn't do it without YOU!

## LION COMMUNITY CORNER SHOP FOODBANK DONATIONS

Your very kind food donations for the Trussell trust Colchester Foodbank for 2022 was 215.5kg. That was enough to feed for 3 to 5 days, 10 large family or 16 small or single person family parcels. Families with a voucher can collect an emergency parcel or if necessary, it can be delivered. Three of these emergency parcels can be collected in a six-month period, though since covid this has been slightly relaxed.

The foodbank happily receives in date; unopened food, cleaning stuff and toiletries, either purchased from the shop or donated from home. From the Lion Corner Com-munity Shop we are unable to take homemade foods or jams or foods requiring refrigeration. There is a website showing which items are currently required: [info@colchester.foodbank.org.uk](mailto:info@colchester.foodbank.org.uk)



# Ladies' Circle



**1<sup>st</sup> March**

*Brenda Green - My Journey in Botanic Drawing using Coloured Pencils*

**5<sup>th</sup> April**

*Brian Thurlow - Maria Martin and the Red Barn Murder*

**3<sup>rd</sup> May**

*Sheila Gunson - A new Talk devised during Lockdown. Sheila is an inspiring speaker.*

**7<sup>th</sup> June**

*Brian Chenier Blesma - "The Limbless Veterans" An interesting insight into the difference this Association makes to the seriously injured.*

All meetings now begin at 7.30 pm

Village Hall open from 7.00 pm.

Guests welcome: £4.50

For more information contact Christine 735159 or Rosemary 735624



The last Hideout Session was a huge success, with 25 children attending.

Lots of fun was had, we had fake snowballs which were a big hit for pretend snow ball fights. As always the crafts and Lego table proved popular.

For more information contact Rachel on:

[rachel.c.rosevear@gmail.com](mailto:rachel.c.rosevear@gmail.com)

**Future dates::**

Friday 24th February

Friday 24th March

Friday 21st April

Friday 19th May

*Rachel Rosevear*

YOUTH CLUB LEADER



# ST. ANDREW'S CHURCH, ABBERTON

No sooner is the mid-winter season of Christmas over, than it is succeeded in the liturgical calendar by the darker season of Lent. A time of celebration and over-indulgence gives way to a time of self-examination, penitence, self-denial, study and preparation for Easter.

A Latin verse from before the 12th century sets the characteristic note for religious observance:

*Now is the healing time decreed  
for sins of hear and word and deed,  
when we in humble fear record  
the wrong that we have done the Lord.*

Lent commemorates the 40 days Jesus spent fasting in the desert and enduring temptation by Satan, according to the Gospels of Matthew, Mark and Luke, before beginning his public ministry.

Ash Wednesday – 22nd February this year – marks the start of Lent and it ends approximately six weeks later, depending on the Christian denomination and local custom, either on the evening Maundy Thursday (6th April) or at sundown on Holy Saturday (8th April) when the Easter Vigil is celebrated.

Ashes are an ancient sign of penitence. From the Middle Ages it became the custom to begin Lent by using ash to mark the foreheads of individuals with the sign of the cross. During the 40 days liturgical dress is the simplest possible, churches are kept bare of flowers and decoration. The rigours of fasting, if observed, and penitence are relieved by Refreshment Sunday and Mothering Sunday.

Maundy Thursday begins the period commemorating the passion, death, and resurrection of Jesus. This period includes Good Friday and Holy Saturday, and ends on the evening of Easter Sunday.

The following services will be available at St. Andrew's, Abberton, on Palm Sunday, Good Friday and Easter Sunday:

*2nd April (Palm Sunday): 9.15, Holy Communion*

*7th April (Good Friday): 11.00am-12pm, Reflections*

*9th April (Easter Sunday): 11.00am, Holy Communion*

The regular monthly schedule of Sunday services for Abberton is:

*1st Sunday: 9.15am, Holy Communion*

*2nd Sunday: 6pm, Taize*

*3rd Sunday: 11.00am, Holy Communion*

*4th Sunday: 9.15am, Morning Prayer*

*Malcolm Hawersby*

**Mrs. Sarah Stevenson | Headteacher**

Langenhoe Community Primary School

Bracken Way

Abberton CO5 7PG

Tel: 01206 735267

E.mail: head@langenhoe.essex.sch.uk



Hello,

Christmas now seems a long time ago. We enjoyed delivering Christmas cards to some of the residents in the village; the children really appreciated receiving some replies too! It was good to celebrate Christmas with members of the community at Abberton Church, just before Christmas.

The new term began with two days in which the whole school focused on Design and Technology projects with children producing excellent projects as a result! If you want to see what the children have been learning about recently, please visit our website: <https://langenhoeprimaryschool.com/> where you will find lots more information, including videos, about our school.

Thanks to one of our dedicated Governors, our Year 6 children will be volunteering in the Community shop again. If you visit the shop when they are there, please ask them about the school. I know they will be happy to talk to you about our school.

Best wishes

*Sarah*

It is with sadness that I announce that Nick Stanley has passed away on the 9th January at the age of 74. I joined Langenhoe School as an Essex County Council School Governor 1996 then was asked by Suki Cohen to become Chair of Governor's so worked with Nick for a few years until he retired at 55 in 2003. He was a hands on Headmaster and hated bureaucracy not a lover of all the paperwork that started to build up at the school.

He loved teaching in the classroom, maths and music were his favourite subjects, and he loved going in the classrooms rather than sit in his office.

Nick was head for 9 years at the old Langenhoe School then another 9 years at the new school. He was a teacher at Hazelmere and Gosbecks primary before becoming Head at Langenhoe so had taught many children over his years. Many children he taught still live in the village of Abberton and Langenhoe, he will be sorely missed for all his humour and talent. The family are having a private family funeral.

My condolences go to Pat and the Family.

Alan Frost



## Abberton and Langenhoe Neighbourhood Watch Scheme

Dear All,

Some of you will have either received a visit from or a leaflet dropped off by your local NHW coordinator. Hopefully, this will have given you more information about how our local scheme works in conjunction with the Colchester NHW main branch.

Once again, I am asking for your help. Our local NHW group needs you. For a variety of reasons, we now need some replacement coordinators. Please either pop along to the next meeting or contact me as below if you are interested. I promise this is not an arduous task, but it can be very rewarding.

I would like to thank all those wonderful volunteers who are currently helping in a role within our NHW and all of those who have been so very wonderful in the past.

If anyone would like to receive a copy of the crime report emails, please either contact your coordinator or myself, as below. Please be aware I only send out the email with the fortnightly reports if we are directly mentioned or there is an article of interest.

Dates of the next meeting 7.30pm Village Hall. Monday 13th March 2023, 12th June 2023 and 13th November 2023. There is always a no obligation welcome.

I think many of us, including myself, are looking forward to the spring time and lighter evenings.

Keep safe and keep vigilant.

Sue King Sue@kingandco.co.uk 01206 735683

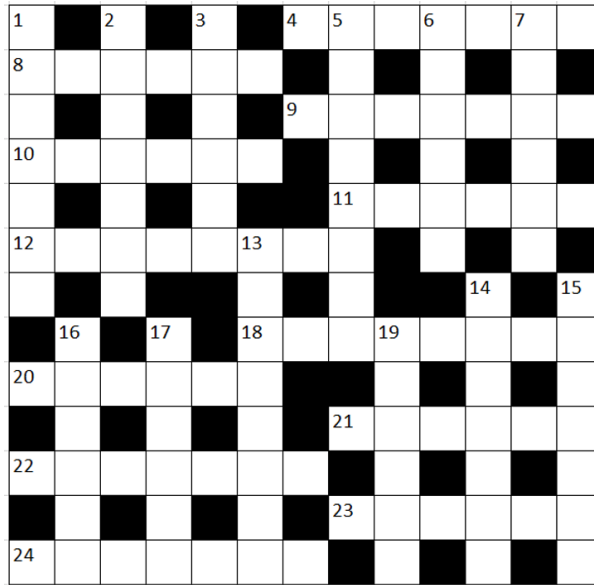
### CHARITY OF EDWARD MARKE ALLOTMENTS (Reg. 239476)

The allotments are ready for preparation and planting very soon we just have to wait for the sharp frosts to disappear and planting can begin.

I have said before there is nothing like fresh home grown vegetables, they do taste better than shop bought, also it's an achievement for the grower to produce something from a seed from start to finish.

We have some plots available only £50 each if you would like to know more please email me Alan [cllrfrst@gmail.com](mailto:cllrfrst@gmail.com) or Keith or Rosemary Turrell and Phil Howell our Treasurer will all show you around whenever you have time.

Alan Frost | Chairman of Trustees



### Clues across:

4. Get away in sports car perhaps? (7)
8. A curious nun returning the French book. (6)
9. Stare horribly when politician comes in and interferes. (7)
10. Showing little interest finding a way to the centre of Croydon. (6)
11. Mislaying record with a wrong entry. (6)
12. Had a nice break in Spanish plantation. (8)
18. Brother gets spare part for old lamp in residential area. (8)
20. Boy joins a group of soldiers to make music. (6)
21. Outsize tee-shirt found at the circus. (3-3)
22. Agent shattered after graduate becomes wealthy tycoon. (7)
23. Transport arranged for the late ones. (6)
24. Teacher adjusted measurement. (7)

### Clues down:

1. Style of glass around a church. (7)
2. Fashionable and decorative in early stages. (7)
3. Girl had pen damaged. (6)
5. Fellow left article at home for clergyman. (8)
6. Concerning earlier meal. (6)
7. Wayward one leaves rough terrain. (6)
13. Devoid of substance, but never mind. (2,6)
14. Greeting with a tale of days gone by. (7)
15. Leading the team, top surgeon cured fish. (7)
16. He accepts silver medal before getting praise. (6)
17. Nobleman has no love for London borough. (6)
19. Former leader taking terrible risk involving A & E. (6)

(Answers on page 16)



## CORONATION CELEBRATION! SUNDAY 7<sup>TH</sup> MAY

STARTS AT 12 NOON

BBQ  
BAR

CHILDREN'S GAMES  
MUSIC



Come along and celebrate together and make memories!  
Save the date – more information to follow soon.

## CARPET BOWLS

After a short break we are back!

Why not try something new for 2023? Any age, any ability, you will be made very welcome. We need more members to continue!

Come along on a Wednesday (not first Weds. of the month) at 7.30pm until approx. 9pm.

**If you would like a taster session, come along to Edward Marke Pub Night at the Hall on Friday 3<sup>rd</sup> March and have a go!**

For more information contact:

**Tim on 01206 735520**



## TRIBUTE TO THOMAS MABBITT 1941 - 2022

Tom slipped on ice and fell while delivering Christmas cards near his home in Lavenham on Friday 19th December. He passed away in hospital the following day with his family at his bed side.

Tom was an Arts and Crafts teacher in Suffolk in his early career when he met Rosemary, his future wife who was also a teacher and they were both in the same drama group.

He used to live in Blackheath next door to the family joinery business H K Mabbitt which he joined later. When H K Mabbitt's site was sold for house building, Tom went to work for Bakers of Danbury doing a similar job of designing building work on churches. These businesses worked on many churches and cathedrals in the south of England. They built the Visitors' Centre at St Paul's Cathedral, repaired wood carvings at Hintelsham Hall and built internal window in the church tower and the staircase leading to the tower in St Andrew's Church Abberton. They also carved many village signs, including the one on Abberton Green.



Tom and Rosemary moved to Manwood Chase, Abberton where they brought up their family of four boys who all attended Langenhoe School. Tom was well known to many residents of Abberton and Langenhoe as a diligent and conscientious church warden at St Andrew's Church for over 30 years. He was also served on Abberton and Langenhoe Parish Council. As Chairman of the Village Hall Committee, he helped to raise funds for the new hall in the 1990s. In 2011, Tom and Rosemary moved to Lavenham as Manwood Chase with its 7 acres was quite a lot of work. He became a verger at his local church in Lavenham – a role which he enjoyed. He also continued to enjoy his art and drawings. Sadly, Rosemary died in 2015.

As very generous man, he would never say no. Indeed, he painted the Abberton village sign many times but he would never accept payment. The last time he did it, I insisted that we paid for the paint! Tom Mabbitt was a talented and loving family man and will be sorely missed by many who knew him. RIP.

Alan Frost

## NEW YEAR'S DAY VILLAGE WALK

Thirty or so valiant villagers, plus visitors from Mersea and Wivenhoe, rambled in company with dogs and kids on the annual New Year's Day Village Walk. We slithered along Essex and Suffolk Water permissive paths and then crossed Layer Road towards the Roman River Valley, which surprisingly was not flooded. Our aerobic workout was achieved powering back up the hill through the grounds of Abberton Manor towards St Andrew's Church where the mud -challenged strolled back to the village along the road. We doughty handful retraced our outward slither towards Glebe Lane. All were safely gathered into the village hall for tea just before dark: 3.75 miles in 2023! See you all again in 2024.

Thank you, Rosemary and team, for the tea awaiting our return.

Sue Bowles

*Hi everyone, it's Clare again! The funny lady who runs around the villages of Langenhoe, Abberton and Fingringhoe raising money for Alzheimer's Research (ARUK). Maybe the weather will warm up soon and I'll be wearing my brightly coloured (slightly too large) ARUK t shirt, I may be easy to spot!*

Thank you so much to those who came to the quiz in aid of ARUK. Sorry to those of you on the waiting list for tickets. Thank you to everyone who made the quiz so successful. It was a great event and altogether it raised £1,300 which has been paid into my Justgiving page. I'm pleased to say that I've now achieved my target of £2,200 but will continue fundraising as it's such a good cause. It would be amazing to get to £3,000! There is a collection box in the Community shop for customers to pop their spare change into, it's amazing how those small coins mount up. So far two boxes have been filled with coins amounting to just over £100!! I'm blown away by everyone's generosity especially during these difficult times.



How's the training you ask? Well, I have to say it's challenging. Lots of aches and ouches. I still can't imagine running 26.2 miles, but I will get there, oh yes, I will. Throw in a couple of shorter training runs a week, a Pilates class, strength training and a Parkrun on a Saturday and yes I'll be fit enough. Thank you for all your support. I'll keep you updated.



At last, we have some good news! Although our usual venue - the Fingringhoe Army Ranges - will still be out of action in August next year, we have been extremely fortunate to have been offered the use of some land within the Five Parishes, by two lovely farmers. We are therefore very happy to tell you that there will be a Five Parishes Show in 2023.

Obviously, this is a big change for us, so some of the details are yet to be finalised but we are working hard to make the show happen. We are hoping to be able to offer on-line ticketing in

advance of the show and so are not able to set admission prices yet but all we can say is - watch this space!

The show has been a longstanding feature of the community, made up of the five parishes of Abberton, Langenhoe, Peldon, Great and Little Wigborough for over 90 years. Starting as an Horticultural show to allow local agricultural workers to show off their prize produce, it has developed into a country show with horticultural, domestic and children's competitions, commercial and charity stalls, all day main ring entertainment, various displays and plenty of food and drink. The Show also incorporates well supported Horse and dog shows, and, at its peak, the show is attended by over 2500 people and draws people from all over the local area.

Completely run by volunteers on a non-profit basis, the Show is an enormous undertaking for our small local community, and we are always looking for people to be involved and to help organise and run it.

If you would like to be involved in this local event which at its heart is about bringing the five village communities together to enjoy a fun filled day for all the family, please get in touch.



## ABBERTON & LANGENHOE COMMUNITY ASSOCIATION

WEBSITE:  
[www.alvh.org.uk](http://www.alvh.org.uk)

BOOKINGS:  
[ALCAhallbookings@outlook.com](mailto:ALCAhallbookings@outlook.com) or call  
735980 between 10am – 7pm

On Wednesday 25th January, The Meeting Place celebrated its 5th Birthday at Abberton & Langenhoe Village Hall, in fact it was the 188th Meeting!

Since setting up The Meeting Place in 2018, we are delighted to see so many residents coming along regularly to chat over coffee, cake and homemade sausage rolls. It is great to see people making friends and getting to know their neighbours.

A big thank you goes out to all the wonderful volunteers who make it possible.

We meet every Wednesday morning at the hall between 10am and 12 noon – a warm welcome awaits!

Alan Frost



On Sunday 11th December Father Christmas visited Abberton & Langenhoe to collect presents and donations for two local Charities, The Next Chapter (formerly Womens' Refuge) and Christians Against Poverty Debt Agency to pass onto under privileged children. Both Charities send their heartfelt thanks for your generosity and wrote to say how the presents and money were really appreciated by families who would not have been able to give any presents to their children for Christmas.



So a BIG THANK YOU for your generous presents and cash donations of £212! We hope you enjoyed seeing the parade which was led by a Fire Engine from Tollesbury Fire Station, so thanks go to them, especially the volunteer fire fighters who directed the traffic and made the parade safe.

The Edward Marke Pub Night takes place on the first Friday of the month from 7pm. We serve delicious hot food and deserts at very reasonable prices. It's great to see residents regularly coming along and enjoying the friendly atmosphere and perhaps playing a game of pool, table tennis or darts. On Friday March 3rd you can come and have a go at Carpet Bowls in the small hall.

We held our AGM on 28th November and we welcomed two new members Phil and Chrissy Creamer onto the Hall Committee, Chrissy has replaced Allen Martin as Secretary who remains on the committee, but now has more time for other commitments in his life – thank you Allen for all your help as Secretary.

## **ART EXHIBITION**

'Inspiring Creativity in the Community'

**SATURDAY 29th APRIL**  
**10am - 4pm**

Following on from our successful art exhibition last year we invite local artists to exhibit. As last year was so popular we urge you to enter ASAP.

For more info contact  
**[cllrpalmerslatter@gmail.com](mailto:cllrpalmerslatter@gmail.com)**

**On Wednesday 22 March** we have a visitor, Zoe Raven from Colchester Council, who will be bringing advice on:  
Local support,  
Energy saving advice, Priority Service Register, Anglian Water, Debt advice (CAP), Active Essex and much more.



## PROSPECTIVE 20 MPH LIMIT ON ROADS IN ABBERTON AND LANGENHOE

Many of you who have visited Rowhedge in recent months will be aware speed limits have been set at 20 mph. Vehicle speeding through the villages of Abberton and Langenhoe is an issue for many residents, and these concerns are shared by the Parish Council. Addressing this would require ongoing monitoring and enforcing of speed limits.

On 10 October 2022 ALPC passed a motion, which supports a campaign to implement 20 mph speed limits where people live, work and play. This decision is a starting point to bring about a similar resolution for the roads in Abberton and Langenhoe. The underlying message is 20's Plenty.

ALPC will seek to achieve a 20 mph speed limit on all roads, with possible exceptions where 30 mph is demonstrably and evidently safe, particularly for vulnerable road users.

This will not be an immediate fix and the process will take many months (possibly years) to achieve. ALPC would like to hear from you to understand the level of local support for the introduction of a wide area 20 mph limit and it may in the future require completion of a short on-line survey to evidence the support.

The aspiration fits in with Essex County Council's stated policy objective 'Vision Zero' of eliminating all road traffic fatalities and severe injuries, while promoting safe travel for all road users. If you have any observations on this proposal, please email the Parish Council on [alpc20splenty@gmail.com](mailto:alpc20splenty@gmail.com)

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## [www.stabilisfitness.co.uk](http://www.stabilisfitness.co.uk) 1-1 Coaching

Whether your goal is to get fit, lose weight, train for a specific event, tackle mental and/or physical health issues or simply to get the most from your fitness and nutritional regime, then you've come to the right place.

My philosophy is that success comes from hard work and although I expect all my clients to commit to their program wholeheartedly I understand that at times life can get in the way and this is where I will be there for you to advise and guide.

I can assure you it will be worth it!

If you're interested in working with a Health & Fitness Coach then it's important to understand that these can offer very different services.

Most trainers concentrate on the hour in the gym however what about the others areas such as Nutrition, accountability whilst away from you and mindset?

At Stabilis Fitness I remain focused on a holistic approach to mental and physical well-being, making lifestyle adjustments to help my clients reach their targets and enjoy ongoing benefits.

Every new client receives a thorough assessment covering physical health, posture, fitness levels, mental health and nutrition. Once I know exactly where you are, we can discuss the best way to take you where you want to go...

Your bespoke training schedule will be designed to work in conjunction with your lifestyle, making positive changes to benefit your long-term health and fitness.

### **All memberships come with the following:**

- Use of a fully equipped private studio with air-conditioning and complimentary water, temperature checks, hand sanitizer, all equipment wiped down on each session.
- Access to our interactive app and computer-based software
- Video and written instructional custom-designed training program with mobilisation and stretching protocols based on your goals, commitment, and lifestyle, accessed in any gym, anywhere in the world including educational videos and pdf's to allow you to gain life-long knowledge.
- Plans updated each month
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- Access to our in house nutritionist
- Advised meal plans and recipe books with caloric daily targets as well as macro-nutrient breakdown based on your goals.
- Fitness and body statistic assessments
- Body fat reduction
- Weight management
- Muscular gains
- Specific physical activity goals
- The opportunity to become fit and live a healthier, manageable life
- Exercise safely through proper form and adequate rest
- One to one training and guidance
- Tone and reshape your body
- Improve flexibility and stretching
- Access to the Facebook private members page
- Personal support and motivation with a two-way message facility and unlimited text/email
- Access to the Stabilis Fitness community – building relationships



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# Quiz night

**FRIDAY 17<sup>th</sup> MARCH**

**STARTS AT 8.00PM**

(doors open 7.30pm)

Teams of up to 6 people

Bring your own drinks/glasses/nibbles

Tables to be booked in advance

Tickets £5.00 per person

**TO BOOK CONTACT: 735980**

**BOOK EARLY TO AVOID DISAPPOINTMENT!**

# *Where is Bobby Rabbit hiding?*

**SUNDAY 9<sup>TH</sup> APRIL**

There will be a Rabbit Hunt around the Village for primary school children and clues for the older children.

Come along to the Village Hall anytime between 2pm and 4pm.

Refreshments and yummy Easter treats will be available too!

An Easter Egg awaits!

*Primary School children must be accompanied by a responsible adult.*

