



**Rugbytots** is a specifically designed play programme for boys and girls 2 to 7 yrs old. Using the ethos and multiple skills of Rugby to create a fun and engaging environment whilst developing confidence, core motor skills, teamwork, respect, listening skills and sporting spirit. Contact us for a free taster session (depending upon availability) [alick@rugbytots.co.uk](mailto:alick@rugbytots.co.uk) Tel 0345 3136720



**Poynton Business Jelly Café**

A chance for Poynton freelancers, home workers and small business owners to get away from home or the office and work alongside like-minded people in a different setting for a few hours. Chatting, exchanging help and advice or just working somewhere different.



Tea, coffee, biscuits & free Wi-Fi. £3

**Women's League of Health and Beauty**

Dating back to the 1930's this gentle exercise and relaxation class is fun and empowering. A unique, holistic exercise and movement experience, classes offer a complete approach to fitness and mobility, regardless of age or ability.

**Rhythm Time**

Music classes for babies, toddlers and pre-school children. Help develop confidence, creativity and coordination. Visit [www.rhythmtime.net](http://www.rhythmtime.net) or call



Frances Donkin on 01270 884583. For more information, booking and free trial.

**U3A** The University of the Third Age (U3A) is an independent, self-managed charitable association with its own constitution for those no longer in full-time work. It is run entirely by volunteers and provides opportunities for members to share experiences in a wide range of interest groups to pursue skills, knowledge and activities, not for qualifications, but for fun. [www.poyntonu3a.org.uk](http://www.poyntonu3a.org.uk) [enquiries@poyntonu3a.org.uk](mailto:enquiries@poyntonu3a.org.uk)

**You & Yours** Individual and couples counselling. By appointment only. Contributions by discussion. 01625 874225 [www.you-and-yours.org.uk](http://www.you-and-yours.org.uk)

**Citizen's Advice Bureau** Free, independent and confidential advice on anything causing you concern. Drop in or appointments sessions available. For appointments please call 01625 872238.

**Poynton Flower Club** Monthly flower arranging demonstrations. For further information, please contact 01625 875158.

**Poynton Morning Townswomen's Guild**

A friendly group of ladies meeting once a month. The group have speakers on various topics, occasional lunches and daytime outings. For more information please call 01625 872578.

**Miniatures** If you love miniatures and tiny things, and enjoy using your craft skills, you'll be very welcome at this friendly club, whatever your age or skill level. We make things using a range of skills and materials and find alternative uses for everyday objects. We make tiny furniture and furnishings for doll's houses to create miniature scenes. Contact Mary on 01625 876931

# WHAT'S ON? GUIDE

## Regular Activities for Spring 2017

**Civic Hall**  
**Off Park Lane**  
**Poynton**  
**SK12 1RB**  
**01625 872238**

	Time		Activity (see reverse for description)	How to book
<b>Mon</b>	<b>Day &amp; Eve</b>	<b>Mon-Sat appointments available</b>	<b>You &amp; Yours Counselling</b>	Appointment only 01625 874225
	<b>9.45 – 12.00</b>	<b>Weekly</b>	<b>Falls Prevention - Be Steady Be Safe (9.45-10.45 &amp; 11-12)</b>	Everybody 01625 383943 ebhealthy@everybody.org.uk
	<b>13.45 – 15.45</b>	<b>Weekly</b>	<b>U3A Art Group</b>	enquiries@poyntonu3a.org.uk
	<b>14.00 – 16.00</b>	<b>Bi-Weekly</b>	<b>U3A Bridge</b>	enquiries@poyntonu3a.org.uk
	<b>20.00 – 22.00</b>	<b>Weekly</b>	<b>Poynton Badminton Club</b>	Ann Tinson 0161 292 2397 ann.tinson@btinternet.com
	<b>18.45 – 20.45</b>	<b>Weekly</b>	<b>Spanish Lessons</b>	Viviana Foden 07931 895810 miagendauno@gmail.com
	<b>19.00 – 21.00</b>	Monthly (3rd Mon of each month)	<b>Miniatures Group</b>	Mary 01625 876931
<b>Tues</b>	<b>09.30 – 12.30</b>	<b>Weekly</b>	<b>Citizen's Advice Bureau (Drop in)</b>	Drop in - Poynton Civic Hall
	<b>10.00 – 15.30</b>	<b>Weekly</b>	<b>Spanish Lessons</b>	Viviana Foden 07931 895810 miagendauno@gmail.com
	<b>19.45 – 22.00</b>	<b>Weekly</b>	<b>Photographic Society</b>	Noel Patterson 01298 22078 www.ncps.org.uk
	<b>14.00 – 16.00</b>	Monthly (3rd Tues of each month)	<b>Poynton U3A Monthly Meeting</b>	enquiries@poyntonu3a.org.uk
	<b>19.30 – 21.00</b>	Monthly (last Tues of each month)	<b>Working Together (Residents/PCSO Surgery - Drop in)</b>	Drop in - Poynton Civic Hall 01625 872238
	<b>19.00 – 22.00</b>	Monthly (3rd Tues of each month)	<b>Flower Club</b>	Mair Swift 01625 875158
<b>Weds</b>	<b>10.00 – 12.30</b>	<b>Weekly</b>	<b>Women's League of Health &amp; Beauty</b>	Christine Beeley 0161 483 4636
	<b>10.00 – 14.00</b>	<b>Weekly</b>	<b>Wednesday Lunch Club</b>	Sharon Duke, Poynton Town Council 01625 872238
	<b>14.00 – 16.00</b>	Monthly (1st Weds of each month)	<b>U3A Family History</b>	enquiries@poyntonu3a.org.uk
	<b>18.00 – 20.00</b>	<b>Weekly</b>	<b>Citizen's Advice Bureau (Drop in)</b>	Drop in - Poynton Civic Hall
	<b>19.00 – 22.30</b>	<b>Weekly</b>	<b>Worth Bridge Club</b>	Helen Boulton 01625 850654 hfboulton@hotmail.com
<b>Thurs</b>	<b>09.00 – 12.30</b>	Monthly (last Thurs of each month)	<b>Business Jelly Café</b>	Drop in - Poynton Civic Hall
	<b>09.30 + 10.15</b>	<b>Weekly</b>	<b>Citizen's Advice Bureau (Appointments)</b>	Poynton Civic Hall 01625 872238
	<b>09.30 - 10.30</b>	<b>Weekly</b>	<b>Kickstarter 8by8 - Preschool Football</b>	Alex Brown 07853 273578 info@8by8football.co.uk
	<b>10.00 – 12.00</b>	Monthly (3rd Thurs of each month)	<b>Morning Townswomen's Guild</b>	Pauline Hogan 01625 872578
	<b>11.00 – 12.30</b>	<b>Weekly</b>	<b>Citizen's Advice Bureau (Drop in)</b>	Drop in - Poynton Civic Hall
	<b>14.00 - 16.00</b>	Monthly (4 <sup>th</sup> Thurs of each month)	<b>U3A Embroidery</b>	enquiries@poyntonu3a.org.uk
	<b>18.45 – 20.45</b>	<b>Weekly</b>	<b>Spanish Lessons</b>	Viviana Foden 07931 895810 miagendauno@gmail.com
	<b>19.00 – 22.30</b>	<b>Weekly</b>	<b>Poynton Duplicate Bridge Group</b>	Jim Straffon 0161 612 1660 jim@straffon.net
	<b>19.30 - 20.30</b>	<b>Weekly</b>	<b>Fighting Fit - Core stability exercise class</b>	Jeanette 07739 073367
<b>Fri</b>	<b>09.00 – 12.30</b>	<b>Weekly Term Time</b>	<b>Rugbytots</b>	Alick & Karen Willis 0345 3136720 alick@rugbytots.co.uk
	<b>10.00 – 15.30</b>	<b>Weekly</b>	<b>Spanish Lessons</b>	Viviana Foden 07931 895810 miagendauno@gmail.com
	<b>10.00 – 12.00</b>	<b>Weekly</b>	<b>Poynton Community Bus (Friday shopping bus)</b>	Poynton Town Council 01625 872238
	<b>13.00 – 15.00</b>	<b>Weekly Term Time</b>	<b>Rhythm Time</b>	Frances Donkin 01270 884583 fdonkin@gmail.com
	<b>14.00 – 16.00</b>	<b>Weekly</b>	<b>Time Out Café</b>	Drop in - Poynton Civic Hall
	<b>19.30 – 22.00</b>	Monthly (last Fri of each month)	<b>Egypt Group</b>	0161 865 5886 info@poytonegyptgroup.org.uk
<b>Sat</b>	<b>10.00 - 12.00</b>	Monthly (1st Sat of each month)	<b>Councillor's Surgery (Drop in 10-11am, appts 11-12 noon)</b>	Appointments 01625 872238 Poynton Town Council
<b>Sun</b>	<b>16.00 - 18.00</b>	Monthly (last Sun of each month)	<b>Restorative Yoga</b>	Emma Townley 07977 886779