



Trustee News

Happy New Year

A belated, but Happy New Year to you all. Please support all staff and trustees in their work, share with us your views and more importantly, please engage in the community life on Delamere Park.

Changing Rooms and Swimming Pool Works

Hopefully you will be enjoying the improved facilities. Work was completed before Christmas, to programme and within budget. Filling of the pool and heating of the water took a little time but it was rewarding to see many swimming off the Christmas pudding!

The Trustees would like to put on public record their grateful thanks to Keith Glover and Colin Buxton, for all of their hard work in managing this project for us.

Gala Day and Party in the Park

This is a key annual event in life on the park and will be planned again for a Saturday in July (date to be confirmed and advised to you).

On behalf of the Trustees Jeannine Kolodziesjski will be pulling together a number of willing volunteers to start the planning and organisation. If you want to get involved in this, please give your name into reception.

Keeping You Informed About What Is Going On

The Trustees pledged to improve communication and to this end will:

- Post the minutes of Trustee meetings on the Delamere Park Web site, make a copy of the minutes available for all residents to read in reception or email you a copy if requested
- Update and publish the Action Plan that resulted from the Resident's Survey in Park Talk (see later in this item).
- Hold regular Open Forums for all residents to come along to meet Trustees. **The next Open Forum will be held between 7 and 8 pm on Wednesday February 23 in the Lodge. Please put this date in your diary**

David Coxhead

Sadly David Coxhead died on 20th January 2011.

David played a very active role on the Park and during his time was Chairman of the Gardening Club and the 39-45 Club. David was best known locally for his publication "The story of Delamere House & Delamere Park" and as he quoted on the sleeve of his book:-

"I remember the Park as a derelict camp and was amazed to discover how little the present residents knew of it's history, so I set out to raise awareness and engender a pride in this beautiful place where we live".

Our thoughts are with his wife Frances and his family at this very sad time.

Resident's Survey Results Action Plan

The Trustees want to keep you informed about progress against all the actions identified through the Resident's Survey. The Action Plan set out overleaf will therefore, be a regular feature of Park Talk.

	FINDING	ACTION(S)	RESP.	TIMING
1	Address the changing rooms	Works completed to programme and within budget	FS	Dec
2	Improve the playground	Phases 1 and 2 complete. Further improvements, including new goalposts to be considered as part of an ongoing project.	FS	March
3	Improve Trustee communications	Number of channels of communication now in place and reported in Park Talk. Next Open Forum , 23 rd February	JK/CH	Ongoing
4	Investigate restoring the sauna	Feasibility to be established, including potential options and costs.	AB	March
5	Improve residents satisfaction levels with bar staff	Increased programme of activity being planned and implemented with new Manager. New ideas and initiatives always welcomed.	AG/AB	Ongoing
6	Better management of grass verges	Edging work completed at the end of 2010. Further improvements will be made through the review of the schedule of works and implemented before main growing season.	AB	Feb
7	Revisit bar food	New initiatives being developed, e.g.. Sunday Carvery. Further programme being discussed with Bar Manager.	AG	programme being developed June 2011
8	Investigate more environmental lighting/heating	Review in hand and plan to be prepared with costings.	FS/AB	April
9	Implement better tree management	Tree policy agreed, schedule of works agreed and work in progress.	CH	Annual Review
10	Investigate adopting 20 mph zone	Request made to Cheshire West and Chester Council. Application acknowledged and awaiting their view on priority and suitability.	CH	Dec
11	Re launch tradesman assessment	Work in hand, new list will be published and available in reception by end February	AB	Feb
12	Revisit outsourcing of the gardening	To follow once staff development review and schedule of works in place	CH	June
13	Consider selling more goods from reception (small shop)	Conduct further research, including asking reception staff, what goods will be in demand and how these can be sourced.	MC/CH	Timescale extended till end of Feb

Bartalk

Welcome to **Bartalk**, the latest bulletin of the Bar initiative, reporting on bar specific events and activities held to encourage more Residents and their guests to use the Bar and Lounge facilities in the Clubhouse.



Sunday Carvery – Sunday February 20

Following the success of the Cuisine Evenings, where we have invited the experts onto the Park to serve their specialty dishes, we have now introduced a Sunday Carvery for a trial period.

Alan Doleman has invited Gary Wiffin, a Head Chef with extensive experience in Country Inns around Cheshire, to serve a Sunday Carvery on selected Sundays, from 12 noon to 5:00pm. Gary's culinary achievements at the Ryles Arms in Higher Hutton, Macclesfield, earned him recognition in Cheshire Life and he is now bringing his talents to Delamere Park, exclusively for Residents and their Guests. **The next Sunday Carvery will be held on Sunday February 20** in the Clubhouse Lounge.

The Carvery will initially offer a choice of 2 meats, together with roast potatoes, new potatoes, choice of vegetables, Yorkshire puddings, stuffing and gravy. Please see the menu at Reception or in the Bar for full details.

1 course £7.50

2 courses £10.50

3 courses £12.95

The next Carvery will be available two weeks later on Sunday March 6. We will try and establish how frequently Residents would like to dine on a Sunday and a more regular schedule can be established if there is a demand, so please come along, try our new Sunday Carvery and let us know what you think!

Premier League Football with 3:00pm Kick Off to be shown in the Sports Bar

In earlier editions of bartalk we conducted a survey to establish if there was any strong interest in Residents watching Live TV screening of Premier League Football on a Saturday or Sunday afternoon with a 3:00pm kick off. We would like to thank all Residents who took the time to complete the survey declaring their interest in this idea. The level of response was very strong and made a compelling case and we are pleased to announce that DPML Management agreed to the submitted proposal. The Club have now installed a SkyItalia Digibox system, complete with a viewing card to receive the Sky Italia sports package including Sky Italia Mondo + Sky Sports + Sky Calcio channels.

This now delivers a selection of channels screening Premier League Football matches at 3:00pm on Saturday afternoons in addition to some Sunday and midweek games. Not all matches are available from SkyItalia but preference will be given to screening Manchester United, Liverpool, Manchester City and Everton games. In the event of a clash of big fixtures, preference will generally be awarded to the local team playing away from home. **Please look out for further announcements in the Sports Bar regarding the screening of matches.**

Park Room for Hire

This is just a reminder to Residents that the Park Room is available for hire by Residents for all occasions. Be they Birthday or Anniversary Celebrations, Functions or Family Gatherings. A recent party saw the Park Room totally transformed on the night, the choice is yours Alan Doleman will be happy to provide assistance in organising your event, (whatever its nature) by arranging event management, catering, providing entertainment or a bar service, please just ask at the bar for details.

Bar Prices Held (for now)

The Bar has been faced with two major increases in costs from January 1. First was the rise in VAT which went up by 2.5% to 20%, then the brewery also imposed an increase and these additional costs have to be accommodated through Bar Revenue one way or another. You may have already witnessed price increases in some of the local Bars & Restaurants.

We are pleased to report however, that the Trustees have decided to **hold the price of drinks at last year's prices until further notice!** We are making several efforts to attract more Residents to make use of the Bar & Lounge, with the screening of Saturday afternoon football matches and the Sunday Carvery. If Bar Revenues are able to increase through extra sales, then this may cover the increase in costs. **This however, is entirely up to you ... the Residents.** The Bar Management will have to monitor this closely and if Revenues do not improve sufficiently to cover the increase, then prices will have to be reviewed again. We enjoy much lower cost drinks here in our own Residents Club than any of the local bars or pubs, so **please come along and support your own 'local' and help keep the bar prices low!**

This is an abridged extract from **Bartalk**; copies of the current full issue of **Bartalk** complete with the televised sports schedules are available in the Bar and at Reception.

General News

Coffee Mornings

Thanks to the Mah Jongg and Gardening Clubs for hosting the December and January Coffee Mornings. We had our Christmas Lunch following the December Coffee Morning and this was enjoyed by all.

The following Groups have kindly agreed to host our next Coffee Mornings :

Thursday February 3 – Circuit Training Group
Thursday March 3 - Ladies' Club
Thursday April 7 – Adult Swimming

In addition, we meet on the 3rd Monday during the winter months through to March. The next dates are:

Monday February 21 and Monday March 21

Do come and join us from 10.30 to 12.00 noon, either for a few minutes or for the whole session.

For further information, ring Maria on 889728.

Concert Outings

Our third and last concert of this season was on Sunday January 30, "Peer Gynt". All tickets were quickly booked for this trip. We have an e-mail/telephone contact list of prospective concert-goers. Please let Paul or Maria (889728) know if you wish to be added to this list for future trips.

St Luke's Christmas Tree Collection

A big thanks goes out to all the residents that supported the St Luke's Christmas Tree Collection. We raised a total of £285.00 from 45 residents. Thanks also to those of you that allowed us to claim gift aid on your kind donation, which will make the total even more. Please be assured that every penny of this will go towards the care of our patients and for the support of their families. We will be collecting again in January 2012.

If you would like further information how you can support your local hospice please visit www.stlukes-hospice.co.uk or call the Fundraising Office on 01606 551246.

Father Christmas Collection

Delamere Forest 41 Club wish to thank residents for supporting their Christmas float. The grand sum of £425 was raised on the Park alongside monies collected at Acton Bridge and Norley giving a grand total of £850.

The money will be evenly distributed to St.Luke`s Hospice, Help the Hero`s and The Samaritans. Many thanks again for your support for these worthy causes.

Waste Bins

Could you please ensure, that between collections, your waste bins are not left at the front your property.

Dogs

Dog fouling is not only illegal on amenity lands but a health hazard to everyone. The Dog's [Fouling of Land] Act 1996 applies to all the amenity land on The Park. This makes it an offence not to remove, straight away, any faeces deposited by your dog on amenity land. Failure to do so carries a maximum penalty of £1,000 and a subsequent criminal record if found guilty of the offence.

Please, please ensure that whoever walks your dog clears up any waste placing it in the bins provided.

Community Groups

39/45 Club

It is with deepest sadness that we have to report the death of Alf Brooks after a long illness. Our deepest condolences go to his widow Dorothy at this distressing time. His funeral took place at a well attended Norley church followed by a private burial in the church grounds. Alf will be remembered for his work in helping to get the Gate posts re-erected at the junction of Norley Road and Cuddington Lane. He also persuaded Vale Royal Council to put up the information, around the estate, of some of its history. The annual Pool competition for members took place at the club on December 6 starting at 10.30a.m. 13 members took part. Doug Hanson organized the competition. The winner was Tony Walsh. Members and partners met as usual at the club on New Years day at mid-day. Speakers for the coming months are:

February 16 - Eric Jennings - 'On the Fiddle'

March 16 - Hugh Beggs 'on Delamere, Story of a wooded ridge'

April 20 - Mrs Bradford on Peru and the Inca Trail

May 18 - A .G.M.

June 15 - Helen Green on 'A Grand Tour'

July 20 - Gordon Farr on 'You may not believe this but...'

TBA - Terry Lewis 'Birds of Prey demonstration'

Squirrels Pre School Nursery

Squirrels is a small Ofsted inspected Pre-School offering places to children from 2 to school age during term time. Government Sure Start and Childcare Vouchers are accepted. **To arrange a visit or to have an informal chat, please pop in or call Della or Romany on 01606 888782.**

Mah Jongg

Our small group meets on the 2nd and last Thursdays of each month. We would welcome a few more participants, so do consider coming along to see what it is all about. Mah Jongg is a relatively easy game to learn, and we are a sociable bunch.

Our next Mah Jongg dates are February 10 and 24 and March 10 and 31.

For further information, e-mail mahjongg@delamerepark.co.uk, or ring Maria on 889728.

Bridge Club

We play on Monday evenings at 7.15 p.m. in the Park Room (when it is available), or at 7.00 p.m. in the Lodge. Details of the venue are shown on the Notice Board in the Clubhouse. A warm welcome is assured.

Further enquiries to Leo Miles on 301699.

Gardening Club

The 2011 Gardening Club year started with a talk on "Plants of the Indian Ocean" on Monday January 24. We have a talk on 28th February on "Daffodils" by Len Tomlinson. You may remember him from the charity Daffodil Walk in Whitegate last April. And on 28th March we can learn how to enhance our borders (Julia Gilmour).

If you would like to join in a trip to York and the Harrogate Flower Show on April 16/17, please refer to the Notice Board in the Clubhouse or contact Brian Hoyland.

All are welcome to join the Gardening Club for only £7 per annum. **For further details contact Brian Hoyland on 888550**

Book Club

Members meet approximately once a month, usually on a Thursday at 19:45, to discuss that month's chosen book. Meetings are held in members' homes and depending on the book chosen can result in some fairly lively interchange of views; the meetings are friendly and informal helped along by a bottle or two of wine.

If you are interested in joining us please contact Alan Shaw on 881771 for details.

Community Groups

Iyengar Yoga

Did you know that here on the Park we have a qualified Yoga teacher in Sue Rennie who holds a Iyengar Yoga class every Tuesday (In Term Time) starting at 13:15.

Some Frequently asked Questions

What is Iyengar Yoga and What are the Benefits

In Iyengar Yoga the focus is very much on correct alignment of the body. By working with care and attention to alignment the body takes the most benefit from the postures.

Practising yoga helps overcome stresses and strains. It brings vitality, flexibility, strength, concentration, self-confidence and mental calm and promotes a firm foundation for health and well being.

What shall I wear ?

Anything comfortable such as a t-shirt and shorts or leggings. It is recommended that you do yoga in bare feet.

What about Equipment ?

Equipment is available which can be used whilst you "give us a try". Subsequently Sue can sort out some for you to buy if you decide to join the class.

Can I have a Meal before the Class ?

Yoga should be practised on an empty stomach so try to give a heavy meal about four hours to digest. Leave an hour for a light snack or drink.

We are a small friendly group ranging in age from 30 something to Don't ask. At the moment the class is all women, but men are just as welcome to join us.

If you would any further information just ring Sue Rennie on 888324



Whist Drive

Whist Drives are held monthly in the Park Room. We start at 19:30 and finish at 22:45 and the cost is £2. All residents are most welcome so even if you haven't played for a while we can soon help you recap. The 'Drives' are light hearted with the only serious issue being who carries home the 'Scotch'.

Dates for the coming months are:

February 12 and March 12

Refer to the notice in the Clubhouse for any date changes or contact John Pattison on 888362



Charity Whist Drive

This charity event, organised by the local branch of Soroptimist International, is in aid of St Luke's Hospice. It will take place in the Park Room on Saturday February 5 starting at 19:00. Tickets are £6 per person refreshments included.

For further details and tickets call 01606 853573.

Community Groups

Ladies' Club

Members enjoyed a great Christmas party with mulled wine, a super buffet supper with wine, followed by entertainment by a sensational singer Johnny Mack.

January 10 was our first meeting in 2011, when Janet Wilkinson gave us the low-down on the "60 Minute Makeover" on her house in Long Acre that her family surprised her with. Members were joined by 10 guests for a very enjoyable evening and we are hoping that guests may become members.

February 7 is the AGM. Iris Lyon is willing to continue as Chairman, in the absence of other nominations. Volunteers are needed to become Committee members, and we need a Treasurer, so please give it consideration.

On March 14 Bill Johnstone (ex-police officer) is the speaker, talking on "The Laughing Policeman" as seen through the comic postcard.

Meetings are held in the Park Room and start at 8pm. New members and guests are always assured of a warm welcome.

If you would like further information please contact Iris Lyon on 888408 or email ladies@delamerepark.co.uk.

Homewatch

UPVC Doors

Another reminder to LOCK Upvc type double glazed doors, FRONT, Rear and Patio. An incident occurred on Delamere Park on Monday January 17. A Male entered a property via unlocked door and was confronted by a female resident who found him in a downstairs room. He was wearing a Courier T-Shirt. The Lady was not harmed but extremely shocked. If you find yourself in a similar position do not put oneself at risk. Telephone the Police on 999 as soon as possible.

The man left the property and drove off in a SMALL WHITE VAN. This is also the type of vehicle seen during a series of robberies in Cuddington area recently. Sightings for any unfamiliar type white vans WITH the REG Number would be helpful to the Police. !

This is a repeat of an entry method used a few years ago with devastating results. ALL doors should be locked. However Upvc types are particularly vulnerable as the KEY has to be TURNED to activate the lock.

Door to Door Salesmen

There are available at the Reception small card from Trading Standards stating "Trading Standards and the Police have advised me not to buy goods etc at the door." You can put this by your bell which will deter salesmen from disturbing you. If they do just refer them to the card and close the door.

Contact Numbers

To report a scam please contact Consumer Direct on **08454 04 05 06**

To report serious incidents such as where a persons safety may be endangered call **999**.

To report a crime call **0845 458 0000** this is handled by the Cheshire Police call centre which is manned 24 hours a day.

To report a crime anonymously call Crimestoppers on **0800 555 111**.

To report non urgent matters call the Community Action Team on **0845 458 6393**.

To contact Sophie Baxter our Police Community Support Officer email her at sophie.baxter@cheshire.pnn.police.uk

For more information contact David Bowker at homewatch@delamerepark.co.uk



Sports Clubs

Exercise Classes

Being fit is the interaction of all the muscles in your body working together to complete a specific task, and the fitter you are, the easier that task will be. It is about your fitness being functional. This means that some people may be 'fit' in just one aspect of physical activity. For example, a swimmer might be fit to swim front crawl for an hour, but couldn't jog for ten minutes. Circuit training is for general fitness. All our classes are suitable for a wide range of fitness levels, and can easily be adapted for any individual targets you may have. Come along and have a chat and try it out.

All classes take place in the Park Room and cost £3 per session.

Pilates Circuit for Beginners and Improvers — Thursdays 09:30 to 10:30

Pilates is an approach to exercise which focuses on toning, balance and mobility. This circuit will help you develop your core stability muscles, increase muscular endurance, increase joint mobility and stability, help postural alignment, help reduce injuries and muscular back pain. **Low impact**, No jumping or aerobics. **High effect**, toning, mobility and balance.

What to wear - anything comfortable and stretchy – trainers or bare feet

Body Balance Exercise with Music Circuit - Mondays 10:00 to 11:00

Specially designed for Women - Gently tone and stretch your whole body - each session. This circuit is for anyone who wants to begin exercising at their own pace – help lose a few pounds – become more healthy – tone and shape their muscles – increase endurance – increase their aerobic capacity - increase joint mobility, stability and flexibility – help postural alignment – help reduce injuries or muscular back pain - have some fun whilst exercising.

Wear anything comfortable and trainers.

General Circuit Training for Men and Women age 15 plus - Mondays 18:00 to 19:00 except Bank Holidays Thursdays 19:00 to 20:00

General fitness training for all abilities. Exercises include cardiovascular fitness, callisthenics, muscle tone/endurance, core stability, balance and Pilates style exercises to help improve everyday functional fitness, balance muscle groups and improve general fitness for sports. Wear anything comfortable and trainers.

For more information contact Hilary on 07812 684979 or email her at hilaryhep@hotmail.co.uk

Water Aerobics

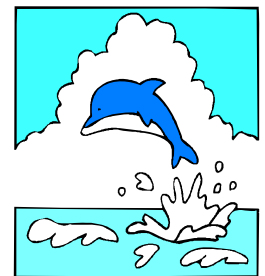
Our sessions resumed on Wednesday/Thursday January 5/6 after the pool and changing rooms refurbishment and those of us who attended felt it was really hard work after the long break filled with parties but afterwards, we felt it was well worth the effort. We are looking forward to seeing more of our group members returning now that the facilities have improved and both Myra and Ann wish you all a very Happy and Healthy New Year

The sessions are as follows:

Wednesdays: 11.00am to 12noon

Thursdays: 20:00 to 21:00 (Generally there are more spaces at the Thursday sessions)

Cost is £2 per person per session all of which is donated to St Lukes Hospice. **For further details please contact Reception or email sport@delamerepark.co.uk**



Cricket on Delamere Park

In the past we had a cricket team that played friendly games against local teams. Residents have approached the Sports Group to see if Cricket practice could be revived and maybe a team reformed. The cricket cage and nets need updating. Therefore we need to assess interest before any equipment investment can be considered. Junior players (under 16's) would be particularly welcome for which we would need to arrange supervision (Health and Safety and insurance strikes again!) so when you respond please let us know if you are a junior or senior. Volunteers for coaching would be particularly welcome.

To register your interest please contact Jeff Prest at jeffsandra@btinternet.com (preferred mode of contact) or call 888674.

Services

Reception Telephone Number - 889263

Logs, Woodchip and Leaf Mould Sales

Woodchip £2.00 per bag (50p delivery under 5 bags)
 £25 per container load

Logs None available at present

Leaf mould £2.00 per bag

Contact Reception to place your order.



Clubhouse - Park Room

This room can be hired for private parties at a cost of £50 for the evening. Should the bar takings exceed £100 then the £50 will be refunded providing the room is left clean and tidy and all tables and chairs stored.

Clubhouse Facilities - Bookings

In order to use the time of our administrative staff more effectively bookings for the Clubhouse facilities (including squash and tennis courts) will only be taken after 14:00.

Recommended Services

At Reception we have a folder for babysitters, gardeners, tree felling, discos, taxis, electricians etc. If anyone has any services that they can personally recommend, please leave details at Reception.

Coffee and Chat

Coffee and tea is available at Reception in the afternoons and evenings, please feel free to come in and have a chat and familiarise yourselves with what goes on in the Clubhouse. You may be surprised at the many activities on offer!

Lost Property

Reception has a number of items found both in the Clubhouse and in the grounds of the Park. If you have lost something recently it may well be in their possession

Next Edition - April 2011

Deadline for receipt of contributions is March 15 2011.

These should be sent by email to news@delamerepark.co.uk or left at Reception.

park dates

Delamere Park community events timetable



February 2011

Special Events

Charity Whist Drive	Saturday February 5	19:00
Sunday Carvery	Sunday February 20	12:00 to 17:00
Trustees Forum	Wednesday February 23	19:00 — 20:00 in the Lodge

Regular Meetings and Activities Community Groups and Sports Clubs	Normally meet each month on the day(s) shown below Changes/Cancellations could be due Bank Holidays or other factors such as the venue being unavailable	Time	Week Numbers				
			1	2	3	4	5
			Dates in each Week				
Art Classes	Every Wednesday	12—14:30	2	9	16	23	-
Bridge	Every Monday — Lodge 19:00 or Clubhouse 19:15		-	7	14	21	28
Coffee Mornings	First Thursday/Third Monday	10:30	3	-	-	21	-
Gardening Club	Fourth Monday	20:00	-	-	-	-	28
Ladies Club	Second Monday	20:00	-	7	-	-	-
Mah Jongg	Second/Last Thursday	13:30	-	10	-	24	-
Whist	Usually First or Second Saturday	19:30	-	12	-	-	-
39/45	Third Wednesday	19:30	-	-	16	-	-
Social — Plot Draw	Every Tuesday	20:30	1	8	15	22	-
Social — Quiz Night	Every Wednesday	20:30	2	9	16	23	-
Yoga	Every Tuesday Term Time Only	13:15	1	8	15	22	-
Adult Swimming	Every Wednesday	20:00	2	9	16	23	-
Children's Swimming Lessons	Every Saturday	16:00	5	12	19	26	-
Exercise Classes - Body Balance	Every Monday	10:00	-	7	14	21	28
Exercise Classes - Circuit Training	Every Monday	18:00	-	7	14	21	28
Exercise Classes - Pilates Circuit	Every Thursday	09:30	3	10	17	24	-
Exercise Classes - Circuit Training	Every Thursday	19:00	3	10	17	24	-
Indoor Bowls	Every Tuesday	20:00	1	8	15	22	-
Ju Jitsu	Every Wednesday	19:00	2	9	16	23	-
Squash-Mens Team	Every Thursday) Winter	19:00	3	10	17	24	-
Squash- Ladies Team	Every Monday) Only	19:00	-	7	14	21	28
Squash-Junior Coaching	Every Sunday	16:45	-	6	13	20	27
Squash-Social	Second Tuesday in the Month	19:00	-	8	-	-	-
Table Tennis	Every Tuesday	18:00	1	8	15	22	-
Water Aerobics	Every Wednesday	11:00	2	9	16	23	-
Water-Aerobics	Every Thursday	20:00	3	10	17	24	-

visit www.delamerepark.co.uk for more information

delamerepark



Special Events

Sunday Carvery	Sunday March 6	12:00 to 17:00
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Contacts

Martin Cutbill (Chairperson)

Anne German

trustees@delamerepark.co.uk

Chris Hardy

Jeannine Kolodziejcki

Frank Stewart

Facilities Manager

Alan Baskerville

alan@delamerepark.co.uk

Community Groups and Sports Clubs

Adult swimming

Lynne Shelley

swim@delamerepark.co.uk

Cricket

Robin Calvert

sport@delamerepark.co.uk

Homewatch

David Bowker

homewatch@delamerepark.co.uk

Ladies Club

Elizabeth Hill

ladies@delamerepark.co.uk

Table Tennis

sport@delamerepark.co.uk

Whist

John Pattison

whist@delamerepark.co.uk

Sports and Leisure Association

sport@delamerepark.co.uk

Chairman - Community Groups

David Bowker

community@delamerepark.co.uk

Book Club

Alan Shaw

bookclub@delamerepark.co.uk

Exercise Classes

Hilary Heptinstall

circuits@delamerepark.co.uk

Indoor Bowls

sport@delamerepark.co.uk

Mah Jongg

Maria Rogers

mahjongg@delamerepark.co.uk

Squash

Chris Hardy

squash@delamerepark.co.uk

Tennis

sport@delamerepark.co.uk

Yoga

Pam Firth

yoga@delamerepark.co.uk

Bridge

Leo Miles

Bridge@delamerepark.co.uk

Gardening Club

Brian Hoyland

garden@delamerepark.co.uk

Ju Jitsu

Peris Roberts

jujitsu@delamerepark.co.uk

Residents band

David Rodliffe

band@delamerepark.co.uk

Squirrels

Georgina Hulse

squirrels@delamerepark.co.uk

Water Aerobics

Ann Dean

water@delamerepark.co.uk

39/45 Club

Paul Rogers

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If you do not have access to email then contact can be made with the above named via Reception on 889263.