

Trustee News

By-Laws

There have been some minor changes made to the By-Laws primarily as a result of the resolutions passed in the Autumn. Updated copies can be obtained from reception.

Plot Draw

The Trustees have agreed that until further notice the minimum amount to be won in the Plot Draw will be £200 (previously this had been £50). This amount will rise each week until there is no winner up to a maximum of £750. However, you need to be in the bar at the time of the draw to win it! This takes place sometime between 9pm and 10pm on Tuesdays.

Suggestion Box

At the request of a resident we have now introduced a Suggestion Box. This is situated near reception in the Clubhouse. Anonymous suggestions are acceptable, though if we want to understand more about your thoughts then we cannot follow this up.

Tree Management

Several residents expressed concerns concerning the state of the trees in the Long Acre area of the Park. Consequently, the Trustees commissioned a study undertaken by a Cheshire West and Chester (CW&C) Tree Officer. It has been agreed to implement the recommendations of the report in full, and this work is now underway. Any residents wishing to see the details of the report can do so via reception.

DPML are not responsible for trees in residents' own gardens and we do not have a complete list of trees with preservation orders that are located in private dwellings. Residents will need to check with the Tree Officers at CW&C.

Property Changes requiring Trustee approval

Previous communications have outlined the changes to property that residents make to property which will require Trustee approval (which can be viewed in the clubhouse). **There have been several recent incidents where residents have made changes to their property and not sought the approval of Trustees. This may result in changes not being in keeping with the ethos of DP, and in particular be detrimental to those living in the immediate vicinity. Therefore, residents are reminded of this requirement. Ultimately, trustees may be able to withhold a property sale, where changes have taken place and no approval has been sought or given.**

Trustee Resignation/Vacancy

As a result of obtaining employment in Cumbria Martin Cutbill has resigned as a Trustee, as it will not be feasible to combine the duties of a Trustee role at the same time as undertaking the new position. If you are interested in becoming a Trustee, or would like to know more about what is involved please contact either Alan Baskerville at reception, or email trustees@delamerepark.co.uk.

Preference will be given to anyone who has a financial background as this was the area for which Martin was responsible. In the light of the resignation Chris Hardy has assumed the role as Chairman of the Trustees.

Trustee News

Forthcoming Events on Delamere Park

The Park intends to hold at least three major events this year:

- Gala Day to be held on the 2/3 June (the weekend closest to the Diamond Jubilee)
- Bonfire Night
- Children's Christmas Party

None of these can take place without the support of volunteers to organise or assist in the putting on of these events. If you have not been involved in the past and are willing to put your name forward please contact reception. Time is already fairly short for the Gala Day so if you are interested please contact reception by **Monday February 13**. Thank you in advance to anyone happy to put their name forward.

Recent High Winds

The recent high winds brought down several trees and branches, both on DPML land and residents gardens. A big thank you is given to our gardening team who spent the day battling the elements to remove them, it is at times like these that their services are especially appreciated.

Bar

Sunday Carvery

The First Sunday Carvery of the year will be held on Sunday February 19 from 12 noon, Table reservations can now be made at Reception. Further dates are being planned and will be published on the club-house notice boards when finalised.



Live Football is Screened in the Sports Bar

The full televised schedule is on display in the Sports Bar.

General News

Community Groups Coffee Mornings

Thanks to Mah Jongg and the Gardening Club for hosting the December and January Coffee Mornings.

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

Thursday February 2 – Ladies' Club
 Thursday March 1 – Water Aerobics
 Thursday April 5 – 39/45 Club

Our additional Winter Coffee Mornings, on the 3rd Monday of each month, will be :

Monday February 20
 Monday March 19

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.

General News

Delamere Forest - Cycling Activities

The Forestry Commission and the Cyclists' Touring Club (CTC) are keen to encourage cycling within Delamere Forest. To entice more people to get cycling in the forest they have developed a programme of cycling activities. The programme's aim is to encourage people to improve their physical fitness and cycling skills. The programme is as follows:

February Half-Term - Wednesday February 15 2012

Guided cycle ride 10.15 - 12.15 am and Maintenance Session 1.15 - 3.15pm

Costs per session: Adults £4, Children £3 (combined cost for morning and afternoon sessions = Adults £7, Children £5)

Spring Ride - Sunday March 3 2012

Take part in the seasonal interpreted ride to learn more about the seasons, the forest and Forestry Commission activity. This ride will help you and your family gain a better understanding of the forest and the natural environment.

Cost is: Adults £4, Children £3.

Easter Holiday - Wednesday April 4 2012

Easter Guided Cycle Ride 10.15am - 12.15pm Costs: Adults £4, Children £3

Pre-booking for all these activities is essential to ensure your place. For more information on the Delamere Forest Cycling Project and to book your place on activities contact Louise Hare on 07717 134 499 or email louise.hare@ctc.org.uk. Keep updated about more activities by looking at our website www.ctc.org.uk/delamere

Concert Outings

Our next outing is on Saturday February 11. All seats are now taken, but do contact us if you would like to be added to a short stand-by list. We have a full 'interested' list for our trip planned for Saturday May 12. Again, let us know if you are interested, as not everyone may be able to attend this event.

Further details about the content of each concert and prices from Paul or Maria (889728). Let us know also if you wish to be added to our list for information about future trips.

Father Christmas Collection

A very big thank you to the Residents of Delamere Park from Delamere Forest 41 Club. We are pleased to report that the fantastic amount of £696 was collected during the recent visits of Father Christmas and his team of helpers. This along with a further £380 collected at Acton Bridge means a total of £1,076 will be donated to St.Luke's Hospice.

Charity Soup Lunch

Christian Aid are asking supporters to organise a Super Soup Lunch on Friday March 30. A DP resident, John Halfpenny, has kindly offered to underwrite the costs involved if there is sufficient interest to make it worthwhile going ahead. As Christian Aid says every bowl counts. There is a notice in the clubhouse with details and the means for people to indicate if they would support it



General News

New Community Group—Delamere Park Singers

The first session of this new group will take place on Wednesday February 8 between 10:30 and 11:30 in the Park Room. Cost will be £3 per session which will include song sheets.

Everyone is welcome. There is no need to be able to read music, just an enthusiasm for singing. We look forward to meeting you at our first session.

For further information please contact Barbara Smith on 888844.

Local Transport

The following services, supplied by Cheshire Community Development Trust, are available to qualifying residents of Delamere Park.

Dial a Ride

Residents who cannot use public transport due to disability can use this service. Journeys have to be booked by telephone (01606 784100 between the hours of 09:00 to 11:00) the day before.



Safe Transport for Ladies

This is an evening pre-bookable door to door service which only operates on a Wednesday and Thursday and is open to ladies of all ages. For further information call 01606 784100.

St Luke's Hospice—'Joy of Art' Week

This fund raising event will take at the Abbeywood Estate, Delamere between Sunday April 22 and Thursday April 26. It is hoped that the exhibition will include some or all of the following:

- Ceramics
- Drawings
- Glassware
- Painting
- Sculptures
- Tasteful Wire Work



If you are a budding or professional artist and would like to take part in this event please email liz_wells@stlukes-hospice.co.uk with your details including any photographs of your work.

If you would like to help during the exhibition on a voluntary basis please email Liz or call her on 01606 555816.

Flat Green Bowls

In Cheshire there is only one flat green club which is local to us at Acton Bridge. The club green is a carpet and due to this the club is open all year round. In a typical winter only about 15 – 25 days are lost to bad weather which gives us almost all year round bowling.

Most of the time friendly games are played but in addition there are club competitions if members wish to play in these. The annual subscription is currently £30 per year and no other costs are incurred if only friendly games are played. There is a small extra cost to play in club competitions which funds the prizes for the successful players.

If any Delamere Park residents are interested please contact Derek Darwent on 882859.

Community Groups

39/45 Club

Our Chairman, Ron Price gave a talk on Brunel at the January meeting as the speaker who was booked was unwell. Our speaker in February Mr Brian Barnes, will give the second part of his talk on Sailing Round the World. Our Dinner Dance is being held at Sandiway Golf Club on February 3 as they could not accommodate us on our January date. As it is so close to Valentine's Day our usual Lunch will probably be held on April 23, St George's Day, this year.

The 39/45 Club began in 1985 on the 40th anniversary of VE Day. A small group of ex-servicemen then met in the bar for a chat and a drink. As the group grew it cleaned up the (then disused) Lodge in order to hold meetings. Membership grew to about 30 where it has remained.

New members are introduced by current members and at the monthly meetings we try to provide speakers who promote lively discussion. After the speaker we have a break for refreshments - sandwiches and pie provided by members on a rotation basis. Then we have the 'formal' meeting to discuss forthcoming trips, games of snooker, pool, bowls etc. Currently, in addition to the monthly meetings we also have several regular events during the year.

For further information contact Paul Rogers at 3945@delamerepark.co.uk or call 889728.

Mah Jongg

Our small group meets from 1.30 p.m. to 5.00 p.m. on the 2nd and last Thursdays of each month. We have recently acquired a few new members, and would always welcome a few more, 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 9, 23, March 8 and 29.

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

After an enjoyable AGM and Christmas Social we are suddenly into 2012, having one committee change; sadly Paul Rogers has resigned and Graeme Soutar is now our new treasurer. The good news is that our annual club membership fee for 2012 remains at £7. Have a good 2012 gardening year.

Speakers

On **January 23** we enjoyed a talk from Peter Cunnington on 'The George Forrest Experience' in SW China. George Forrest was born in Falkirk Scotland in 1873 and was a plant hunter and spent much of his time in China. Many of the plant species containing 'Forrestii' (*Pieris forrestii*) and others including Gentiana, Camellia, Clematis, Jasminum, and Mahonia varieties were introduced to the UK by him. During a political war in China George was lucky survive with his life after enduring near starvation while dodging hunting parties scouring the countryside for him. He died in China in 1932 of heart failure from total exhaustion.

On **February 27** we have Paul Cook from Ness Botanical Gardens on 'Prepare for your year in the Garden' when we hope to learn all the jobs we have to do in readiness for flowers, fruit and vegetables.

On **March 26** David Toyne a Horticultural and Garden Consultant, Lecturer and 'Master of horticulture' will tell us about 'Bulbs for Flower all year'. Describing bulbs, corms and rhizomes which together can give us flowers all year around.

For further information call Brian Hoyland on 888550.



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 light hearted and 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 even if you have never played or are a bit rusty. **Refer to the notice in the Clubhouse for any date changes or contact John Pattison on 888362**

Dates for the coming months are:

February 4 and March 10

Squirrels Pre School Nursery

We have welcomed back our children and their families to the spring term. Before we broke up for Christmas the children performed a beautiful nativity play in front of their families and what a truly magical performance it was. The staff worked very hard on creating a spectacular Bethlehem scene and getting 2,3 and 4 year olds to learn their lines and their songs! The children then enjoyed a Christmas party and were lucky enough to have Father Christmas take time out of his very busy schedule to pay them a visit. Thank you for all the positive comments we received.

On a sad note, we would like to send our deepest condolences to the McAngus family. Barbara was an instrumental part of Squirrels until her retirement and she is remembered fondly by the staff, parents and children. Our thoughts are with you.

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. Our opening hours are 9-3 on Mon - Thur. Should you be interested, please pop in or call Della or Romany on 01606 888782.

Community Groups

Ladies' Club

The Christmas Party was a great success, thanks to the members who all contributed. We enjoyed Terri's mulled wine, followed by a buffet supper with wine. All the ladies provided delicious salads and gorgeous desserts. A big thank you to Myra for stepping in at the last minute to teach us Line Dancing, We had great fun!

The January meeting was a hilarious talk titled "The Seven Deadly Sins" by the witty and urbane Rev Michael Burgess. We were delighted to entertain several guests and would love them to join Ladies Club.

February 13 is the AGM. A glass of wine will be provided for all members to enjoy whilst hearing the Club's officers recap on the past years events. Two members have volunteered to join the committee. Iris reminded us that she has served as Chairman for 3 years and asked for any nominations for the Chair to be made at the AGM.

March 12 we are looking forward, with great anticipation, to a return visit by Gay Rhodes whose talk is entitled "All about Eve". Gay is a wonderfully funny observational speaker who will relate how women's magazines have affected our lives.

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

Book Club

Books for the winter/spring 2012 series of meetings will include:

Music and Silence by Rose Tremain
 Death Comes to Pemberley by P D James
 The Help by Kaythryn Stockett
 Winter's Bone by Daniel Woodrell
 The Collector by John Fowles
 The Book Lover's Tale by Ivo Stourton



The next meeting will be on Thursday February 16 and the book for discussion will be A Quiet Belief in Angels by R J Ellory.

For further details please contact Alan Shaw on 881771

Homewatch

A new Community Support Officer PC Greg Thompson has been appointed and is based at Frodsham. He can be contacted via email at Gregory.Thompson@cheshire.pnn.police.uk or at Frodsham police station (see below).

There is a continuing threat from opportunistic burglars coming into gardens, trying doors and windows to see if there is an easy chance to get into your property. Please establish a routine of locking up and checking that your property is secure during the day as well as at night.

You may have heard of a product called **Smartwater**. It's a **DNA** type product, which, when applied to an article, will identify the user of the product as the owner on a National Data Base. With the aid of the police, manufacturer and Trustees it is the intention to hold a meeting of residents at the clubhouse sometime in the near future to re-introduce the product to Delamere Park. It's a proven product and it has shown to be a successful deterrent where it is advertised that it has been applied to a property's contents.



Contact Numbers

To report a scam please contact Consumer Direct on **08454 04 05 06**
 To report serious incidents such as where a person's safety may be endangered call **999**.
 To report a crime call **101** 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 your local police station at Frodsham call **01244 612545**

You can contact your local HomeWatch co-ordinator 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 18:30 to 19:30

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 Group enjoyed an excellent Christmas Lunch at the Tigers Head in December, twenty nine of us attended. We started back after the New Year celebrations on Wednesday January 4 and had a good turnout of members eager to get moving again.

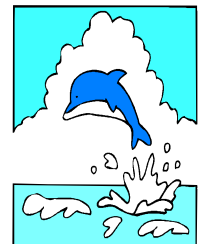
Our most recent donation to St Luke's in January, was £229.30, they are, once more, grateful for our support.

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, Winsford. **For further details please contact Reception or email water@delamerepark.co.uk**



Ju Jitsu

A class is held every Wednesday between 19:00 and 20:30 in the Park Room. It is run by a qualified black belt trainer and is open to both Juniors and Adults.

For further information please see the **Notice Board**, or email jujitsu@delamerepark.co.uk



Services

Reception and Office Services and Charges

The following services will only be available during Reception hours, which operate from 15:00 to 22:00 Monday to Friday and from 10:00 to 22:00 Saturday and Sunday:

Photocopying and Fax

Photocopies	A4	A3	Fax	
Black and White	5p	10p	Local/National	- Up to 3 pages 50p, 10p per page thereafter
Colour	25p	50p	Europe	- Up to 3 pages £1.60, 10p per sheet thereafter
Laminating	£1	£2	International	- all in charge £3.50

Logs, Woodchip, Leaf Mold and Rock Salt Sales

	Logs	Woodchip	Leaf Mold	Rock Salt
Trailer Load	£50	£25	-	-
Half Trailer Load	£30	-	-	-
By the Bag (50p delivery charge under 5 bags)	£3.50	£2	£2	£7 (25kg)

Gardening Services

It is essential that DPML prioritises their own work before agreeing to do any resident's work, in order to do this Peter Jeffs our Head Gardener plans the work a week in advance. When doing this planning he allocates what spare time is available to accommodate Resident work. Depending on the time of year and staff availability residents may have to wait some time or in some circumstances be told that we can't fit the work in.

Gardening services requests should be made to the Reception team. Peter Jeffs will discuss and quote for the work, should this be accepted it would be included in our weekly gardening work plan as outlined above. The services available are:

- Grass Cutting during resident holiday periods
- Tree and shrub pruning
- Tree and shrub removal
- Tree stump Grinding.

Park Room Bookings

This room can be hired for private parties at a cost of £50 for the evening. Should the bar takings exceed £120 then the £50 will be refunded providing the room is left clean and tidy and all tables and chairs stored.

Other Services

Park Provisions (bread, milk, eggs etc.)
 Sweet and Drink Sales
 Event Ticket Sales
 Tennis and Squash Bookings
 Requests For meetings with the Facilities Manager
 Other General Enquiries

All enquiries regarding the above or any other non-urgent telephone calls should be made to **01606 889263** and a message left on the answering machine, Reception staff will pick up all messages when they come on duty. For **urgent** requests before 15:00, staff will normally still be available to help or you can call **01606 212523**. You can also contact the Office and Reception via email on: office@delamerepark.co.uk and reception@delamerepark.co.uk

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

Resident 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.

park dates

Delamere Park community events timetable



February 2012

Special Events

Sunday Carvery	February 19	Noon — 17:00

Regular Meetings and Activities Community Groups and Sports Clubs	Normally meet each month on the day(s) shown below Changes/Cancellations may occur due to 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	1	8	15	22	29
Bridge	Every Monday — Lodge 19:00 or Clubhouse 19:15		-	6	13	20	27
Coffee Mornings	First Thursday/Third Monday	10:30	2	-	-	20	-
Gardening Club	Fourth Monday	20:00	-	-	-	-	27
Ladies Club	Second Monday	20:00	-	-	13	-	-
Mah Jongg	Second/Last Thursday	13:30	-	9	-	23	-
Whist	Usually First or Second Saturday	19:30	4	-	-	-	-
39/45	Third Wednesday	19:30	-	-	15	-	-
Social — Plot Draw	Every Tuesday	20:30	-	7	14	21	28
Social — Quiz Night	Every Wednesday	20:30	-	8	15	22	29
Yoga	Every Tuesday Term Time Only	13:15	-	7	14	21	28
Adult Swimming	Every Wednesday	20:00	-	8	15	22	29
Children's Swimming Lessons	Every Saturday	15:30	4	11	18	25	-
Exercise Classes - Body Balance	Every Monday	10:00	-	6	13	20	27
Exercise Classes - Circuit Training	Every Monday	18:00	-	6	13	20	27
Exercise Classes - Pilates Circuit	Every Thursday	09:30	2	9	16	23	-
Exercise Classes - Circuit Training	Every Thursday	18:30	2	9	16	23	-
Indoor Bowls	Every Tuesday	20:00	-	7	14	21	28
Ju Jitsu	Every Wednesday	19:00	-	8	15	22	29
Squash-Mens Team	Every Thursday) Winter	19:00	2	9	16	23	-
Squash- Ladies Team	Every Monday) Only	19:00	-	6	13	20	27
Squash-Junior Coaching	Every Sunday	16:45	-	5	12	19	26
Squash-Social	Second Tuesday in the Month	19:00	-	-	14	-	-
Table Tennis	Every Tuesday	18:00	-	7	14	21	28
Water Aerobics	Every Wednesday	11:00	-	8	15	22	29
Water-Aerobics	Every Thursday	20:00	2	9	16	23	-

visit www.delamerepark.co.uk for more information

delamerepark

park dates

Delamere Park community events timetable



March 2012

Special Events

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Gardening Club	Fourth Monday	20:00	-	-	-	-	26
Ladies Club	Second Monday	20:00	-	-	12	-	-
Mah Jongg	Second/Last Thursday	13:30	-	8	-	-	29
Whist	Usually First or Second Saturday	19:30	-	10	-	-	-
39/45	Third Wednesday	19:30	-	-	-	21	-
Social — Plot Draw	Every Tuesday	20:30	-	6	13	20	27
Social — Quiz Night	Every Wednesday	20:30	-	7	14	21	28
Yoga	Every Tuesday Term Time Only	13:15	-	6	13	20	27
Adult Swimming	Every Wednesday	20:00	-	7	14	21	28
Children's Swimming Lessons	Every Saturday	15:30	3	10	17	24	31
Exercise Classes - Body Balance	Every Monday	10:00	5	12	19	26	-
Exercise Classes - Circuit Training	Every Monday	18:00	5	12	19	26	-
Exercise Classes - Pilates Circuit	Every Thursday	09:30	1	8	15	22	29
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Squash- Ladies Team	Every Monday) Only	19:00	5	12	19	26	-
Squash-Junior Coaching	Every Sunday	19:00	-	4	11	18	25
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Table Tennis	Every Tuesday	18:00	-	6	13	20	27
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visit www.delamerepark.co.uk for more information

delamerepark

Contacts

Trustees

Anne German

Chris Hardy (Chairperson)

trustees@delamerepark.co.uk

Amy McKee

Frank Stewart

Facilities Manager

Alan Baskerville

alan@delamerepark.co.uk

Community Groups and Sports Clubs

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

Adult swimming

Lynne Shelley

swim@delamerepark.co.uk

Cricket

Jeff Prest

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

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

David Cooper

garden@delamerepark.co.uk

Ju Jitsu

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