



RHL Newsletter Term 1 2020

Jan/Feb

Registered Charity 1105381

Christmas Party 2019



A massive thank you to everyone who came along to our Christmas Party on Friday 13th December at the Farnborough Masonic Centre. The day was a big success and wouldn't have been possible without help from Peter Anderson, who provided the superb live music, all our members who donated tombola prizes and brought along food, our exercise class tutors who worked so hard before and during the event, and our class members who volunteered on our various stalls and

helped make the event run so smoothly.

A lovely afternoon was had by all, with members enjoying chatting to each other, whilst trying to work out the (rather tricky) answers to the festive quiz! Congratulations to Carol and Linda who successfully answered 34 of the questions correctly, and to Penny who guessed that there were 101 sweets in the jar! If you enjoyed the seated dance demo or fancy trying the standing option, then do let us know if you would like to put your name down for our new class starting in January (if you haven't already)..

We have set up a short survey for those who attended in order to help us decide whether to run a similar event next year. Please click the link to complete or, in you do not have internet access please call us on 01252 362660 and we can take your answers over the phone. The survey should only take a few moments of your time.

<https://forms.gle/x7s3MzkKZAy9Kety8>

From all of us here at RHL, we wish you a Merry Christmas and a Happy New Year!

New Dance Classes for 2020

Starting on 6th January we have two new dance classes.

Seated Dance Class – Monday 11:50am to 12:35pm – Princes Hall

Dance Class – Monday 5:15pm to 6:15pm – Farnborough Masonic Centre

These upbeat and fun classes will offer dance and movement to mobilise and keep the body moving! Regular dancing is great for improving posture and muscle strength, increasing balance and coordination and reducing stress. The classes will focus on working creatively through different exercises and routines across a wide variety of music and movement styles. The seated class is particularly suitable for those who may find it difficult to stand. Our first class on the 6th will be a 'pay on the door' so why not take the opportunity to try it out!

Bring a friend

In January we are offering you the chance to 'bring a friend' along for a FREE trial class to one of the following classes:

- Pilates Tues 7:30pm
- Pilates Thurs 6:10pm
- Pilates Friday 12pm
- Seated Exercise Thursday 10am and 10:50am

- Steady & Strong Wed 12.30pm
- Pulmonary MIntenance – all sessions
- Health Circuits Mon 1.45pm

The FREE trials are for new members. If you wish to take advantage of this offer, please contact the office to book your friend onto the class quoting 'bring a friend'. Places will be allocated on a first come, first served basis subject to availability.

Christmas Raffle

This year's Christmas Raffle raised £1,868 – a record breaking amount! (for RHL at least!).

The money will be used to support our exercise & rehabilitation classes, as well as supporting the set-up of our new planned classes for 2020.

We want to say a massive thank you to all members who supported us by buying and selling tickets. Also, to all our members who donated prizes and to all the local businesses who contributed. We had an amazing 36 prizes worth a total of £1,198!!

We also want to say a thank you to Sharon from TalkPlus, who was our independent adjudicator during the draw.

All winners have been contacted and prizes can be collected from our office at the Meads Business Centre in Farnborough in the new year for those who haven't already received their prizes. A full list of winning numbers can be found on our website and facebook page.

100 Club Winner!

Congratulations to our latest two '100 club' winners:

- November- Gillian Clark £27.50
- December- Judy Dean £27.50

If you would like to join our 100 club please email brad.dale@rhl.org.uk or call 01252 362660.

Amazon Smile

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

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

Support your charitable organisation by starting your shopping at www.smile.amazon.co.uk

smile amazon.co.uk

Hats Off to Frimley Park!

Frimley Park Hospital Maternity Unit received an extra special Christmas present last week of over 1,200 knitted babies hats! WOW! Members from our Exercise and Rehabilitation Classes as well as our Nepali social and education projects have been really busy knitting; with everybody from beginners to keen knitters taking part. Staff member Rachael even took the opportunity to learn how to knit and follow a pattern having not knitted since her school days!

Last week Rachael took several members from the classes and projects to visit the hospital to present the hats on behalf of everyone who has taken part. The hospital was extremely grateful! Rachael was overwhelmed by how

the project caught the imagination of so many people, regardless of the language or age barriers, with many people feeling that it was a chance to give something back to the fantastic hospital that has helped them and their relatives.

We are hoping to run another knitting get-together in the New

Year. We are considering various options for different knitting projects. If you would like to take part, either by attending the sessions, or simply knitting at home, please email classes@rhl.org.uk or call Rachael on 01252 362660 so we can let you know session plans.



Invitation to events

Hartland Village Visit – TUESDAY 14th JANUARY 2020 at 10am

We've been offered the opportunity for our class members to enjoy a site visit to Hartland Village. You will get to see how they are building and the progress

of the site. The site itself used to be Pyestock; arguably the most important site in jet engine development, and many locals may have worked here. The visit may be particularly engaging for those who have worked in fields such as engineering however we are sure it would be interesting for

all class members – please give us a call on **01252 362660** or email brad.dale@rhl.org.uk to book your free place.

We will contact all participants with final arrangements prior to the visit.

BEAT Diabetes

Are you or a family member living with type 2 diabetes? RHL are working with the NHS and several partners to promote and support this new online digital programme designed to help you manage your condition. We will receive funding for each person who registers for the service – **all you need to do is let the team know we referred you**. We can then use the money to support our exercise class programme and other projects. It's a great way of helping both yourself and RHL too. Family members and friends are also eligible providing they live in the North East Hampshire and Farnham area! To register please click the following link <https://www.beatdiabetes.org.uk/>

Please let us know you have registered!

Fleet Cardiac Class

We are still exploring our options regarding setting up a new cardiac class in fleet. If you haven't registered your interest yet, please do get in touch by calling 01252 362660 or emailing classes@rhl.org.uk

RHL TERM 1 JANUARY AND FEBRUARY - Class Updates

- Classes will start back after Christmas on Monday 6th January 2020, with the term running all the way to the end of February

New Dance Classes

- Both the dance class and the seated dance class will NOT run on Monday 17th February

Class payment and cancellation policy

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

http://www.rhl.org.uk/policies/class_payment_and_cancellation_policy.pdf

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

TERM 6 EXERCISE & REHABILITATION CLASSES – JAN/FEB 2020

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

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

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