

St Gabriel's Aldersbrook

Parish Magazine - Autumn 2023



A Church
for the Heart of
Aldersbrook

THE PARISH CHURCH of ST. GABRIEL, ALDERSBROOK

VICAR The Reverend Martin Hoekes, BA, Dip. Theol., M.A., M.C.S. (C)

Tel. 020 8989 0315

TIMES OF SERVICES

Sunday 8.30am Holy Communion

10.00am Parish Eucharist

10.00am Sunday School

Wednesday 11.00am Holy Communion

Other Services as Advertised

Season of Remembrance

Department of Veterans Affairs

All Souls Remembrance

Sunday 10.00am - 11.00am

Sunday 10.00am - 11.00am

Sunday 10.00am - 11.00am

Sunday 10.00am - 11.00am

Sunday 10.00am - 11.00am

Sunday 10.00am - 11.00am

Sunday 10.00am - 11.00am

Sunday 10.00am - 11.00am

St Gabriel's Pre-school Carers Group

Wednesdays 12.00-1.30pm
A game, songs, stories, crafts and more!

Enjoy tea or coffee and complete
bring the perfect treat, with toys, DVDs and more.

A chance to be with others of all
ages and babies in the winter of life.

Bring your own lunch
refreshments and more are available.

St Gabriel's, Aldersbrook Road E12 3JH

020 8989 0315 stgabriels@aldersbrook.org.uk

IN MEMORY OF IGGY IONASCU 1920-1985

St Gabriel's Aldersbrook

Our Mission Statement

Inspired by the Archangel Gabriel:

Through our worship we draw closer to God. In our lives we are messengers of God's love for all, seeking to bring wholeness, hope and joy in the communities where we live and work.

Vicar: Fr Martyn Hawkes

0208 89890315 Email: aldersbrookvicar@gmail.com

Parish Hall

For information and bookings contact Nick;

07828 582366, email aldersbrookstgabriels@gmail.com

Website <http://stgabrielsaldersbrook.org.uk/>

We are also on Facebook and Twitter

Regular Service Pattern:

1st Sunday of the Month: 8.30am Holy Communion
10.00am All-age Parish Eucharist

2nd, 3rd Sunday: 10am Parish Eucharist

4th Sunday: 10am Parish Eucharist
5pm Evening Service, followed by shared meal

Wednesday 11am Holy Communion

Times for Prayer:

Evening prayer: Mon-Thu 5pm in church and on Zoom

Wednesday 9.30am Prayer hour

2nd Tuesday 7.00pm Adoration of the blessed sacrament

4th Tuesday 7.30pm Contemplative prayer

The church is open Tuesday and Thursday from 10.00 till noon

Creationtide

September marks a relatively new season in the church's year: the season of Creationtide. For the past few decades this time of year has emerged in Christianity as a special period of prayer for the world in all of its wonderful biodiversity. In 2015 Pope Francis designated 1st September as the world day of prayer for Creation, and a season concluding with St Francis Day on October 4th was fully established.



As each year appears to bring new and more serious climate challenges - the fires in Greece, and soaring temperatures in the USA and elsewhere the current examples as I write this - the issue is not our lack of awareness of the problem, but the urgency and commitment of our response to it. While there is general agreement that we need to cut carbon emissions, just as in so many other areas of life that concern us e.g. housing, immigration etc we don't wish to be unduly inconvenienced by the solutions that are proposed. The irony, of course, is that we are already being inconvenienced. Not nearly as much as many other nations at the moment, but by holidays being ruined, by excess deaths from pollution, by food prices rising caused by crop failure, rising insurance premiums etc we face these issues anyway.

There is a disconnect between what we know about the climate crisis, and what we're willing to sacrifice to mitigate the effects. In this context it seems to me that there needs to be a cross-party agreement on climate strategy rather than playing politics on these matters. There is too much at stake to flip-flop over such huge questions as energy security, transport strategy, insulation of homes etc. A national consensus among parties as to the basic way forward (such as was found during covid for example) would still leave plenty of room for political differences on detail.

And for us as individuals and small communities? We can't maybe solve the problems, but we are still called to wrestle with the issues in our choices. As a family we are conflicted, with the call of family across the Atlantic and no obvious way to spend time with them without flying. So, we spend our other time off in the UK or travel by train to limit what carbon we emit along with the planting of trees as the best we've found to offset. Each of us will need to make our own choices, and as a church we do what we can too, as we await the installation of solar panels on the church roof this autumn as a sign of our commitment. And we pray during this season... that the change we need, and the change needed in us will come soon enough!

Martyn

Special Services and Events

Creationtide Services

Sunday 1st October:

10:00am - Harvest Festival - an an all-age service with our uniform groups

4:00pm - Pet Blessing on Wanstead Flats - short service - bring your pets, or a photo for a blessing

Music Concerts

Saturday 16th September:

7:30pm - A Journey into the world of Guitar with Peter Black, featuring duets with Father Martyn.

Saturday 23rd September:

7:30pm - Redbridge Brass

Saturday 30th September:

7:00pm - All saints orchestra and chorus, Vivaldi Gloria

Other Events

Sunday 10th September:

2:00- 4.30pm - Cream teas - charity fundraiser for Helping Hands

Saturday 23rd September:

2:00- 4:00pm - Messy Church - Happy Harvest

Sunday 24th September:

10:00am - Patronal Festival - Service to celebrate St Gabriel's day.

St Gabriel's Church Aldersbrook Invites You To Celebrate...

Happy Harvest!

Messy Church
Crafts
Stories
Games
Food

Saturday 23rd September 2023
2-4pm **All Welcome!**
Free of charge - Small donations welcomed

MUSICALS

MUSICALS
SHOWTIME
STAGE AND SCREEN

Redbridge Brass Band
with special guests

 Nigel Richards
 Jane Wilkinson

An evening of Broadway hits with music from Aladdin, The Lion King, Chicago, On The Town, Les Mis, Chess, 42nd Street, Phantom, plus more

Sat 23rd Sep 7:30pm
St Gabriels, Wanstead, E12 5HH
Adult: £15 Child: FREE (U18)
www.redbridgebrass.com


Tickets

Aldersbrook Bowling Club

This has been under new management for the last four months and many changes have been made. As part of the new focus the Club is looking to expand its facilities and to have local residents come along to this community-based Club right on their doorstep. It is not just about Bowling, although that of course remains important.



We welcome those of you who want to play bowls and full playing membership is open to people wishing to join. Free tuition is available.

But we also would like to invite those who simply want a place to socialise with family (all ages) and friends. In this case social membership is open at a very reasonable subscription to those who would like to make the club their regular "local".

Our list of social activities is ever expanding and we will listen to any new proposals other than music nights with very loud music which disturbs our neighbours. "Normal" level music nights will be featured but ending at 22.30. We are planning to install our own sound system to maintain control. We have a regular weekly Line Dancing Club and Table Tennis plus the usual Quiz Nights etc. We want to expand the facilities to the Community so let us know!



There is a well-stocked licensed bar (card payment only) and the large hall - with excellent kitchen facilities - is available for hire.

We are at 34 Aldersbrook Road on the corner with Herongate Road. Come along and have a look!

Laurence P Kehoe

Knit & Natter

For many years we have run a friendly club called "Knit and Natter" in church.

Would you or somebody, perhaps a lonely friend, like to meet up over a cuppa & biscuit or two for a chat whilst maybe playing a game or quiz together and or sketching/ knitting?

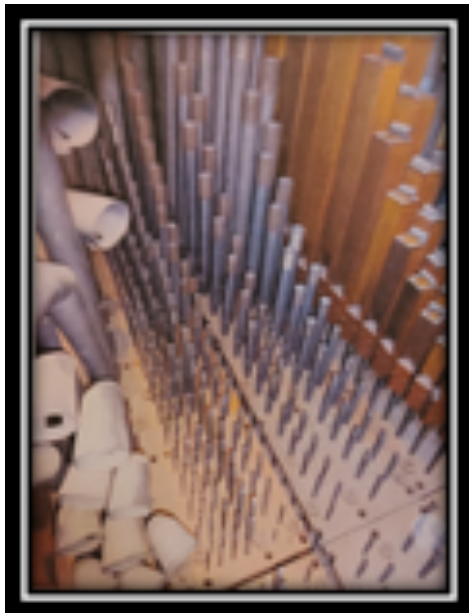
I suggest Tuesday afternoons from 1.30 till 3.30 in St Gabriel's church which has level access, subs £1. Starting Tuesday 5th September Interested? Then ring me or leave a message on 8989 7815 or email to ronfiler91@gmail.com.

St Gabriel's Church Organ (part 1 of 3) - History

Going back over the centuries, organs weren't the regular feature in English parish churches that we seem to expect these days, and having one depended largely on having the finances to afford one (although if Oliver Cromwell had had his way, there wouldn't be any at all!). It's therefore not surprising to discover that when our church building was completed in 1914 there wasn't enough money left in the kitty for an organ of our own; so a modest 2-manual instrument was hired which went into its allotted space in the organ loft above the vicar's vestry, the organist having to climb a staircase (still visible) every Sunday to play it. I haven't found any information about this instrument, but it couldn't have been very impressive, so the post-First World War congregation of St. Gabriel's seemed determined to raise the finance for an instrument more worthy of our church.



The Console

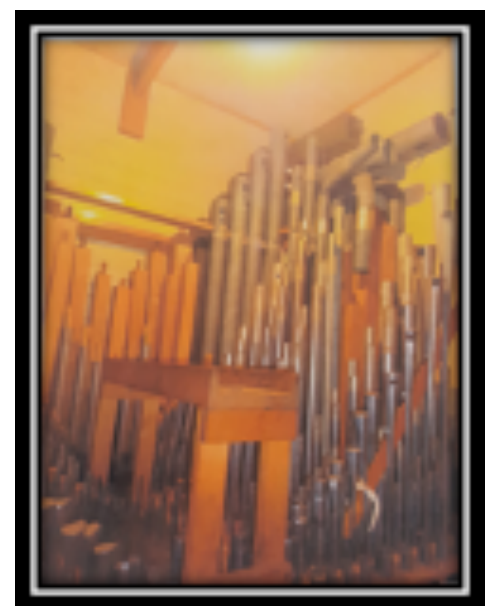


The Great Organ

They obviously did a very good job, because they were able to commission one of the UK's - and the world's - leading organ builders (Hill, Norman and Beard) to design and build our organ when they could easily have enlisted any one of the many smaller firms around at the time to produce a serviceable - though inferior - instrument. According to reports, there was a sustained fund-raising effort over years, including large donations from individuals to provide stops (sets of pipes) and other items in the final

specification. The result was a

much larger and far more impressive 3-manual instrument that necessitated using every square inch of space in the organ loft for the over 1,900 pipes, moving the organist to a detached console in the Lady Chapel (where it is today) and the large blower unit into a specially partitioned area of the downstairs choir vestry.



The Swell Organ with raised tuning platform

The organ was dedicated by the Bishop of Chelmsford at a service in September 1934, followed by a recital by G.D Cunningham, the City Organist of Birmingham and one of the country's leading recitalists at the time. It's the most valuable single asset in our church building and remains an instrument of which we should be very proud - and most agree that it's somewhat better than it was as originally installed after improvements during overhauls in 1969 and 1992. As we all know, complicated mechanical things don't go on for ever and, even with the superb quality of our instrument, unreliability is starting to appear. So, after 31 years since the last one, it's time for overhaul number three which, unfortunately, isn't going to be cheap. St Gabriel's currently has a wide reputation for serious musical events and, bearing in mind the enormous efforts of our congregation a century ago to acquire this instrument, it's something we need to take very seriously.

Music Director, John Light

The Iron Mission Church (1903-1914)

After joining St Gabriel's over a year ago, as I have an interest in history, I started to look for its history. The internet mentioned that, "Our church was built, dedicated and gained its parish in 1914; a permanent brick church designed by Charles Spooner in the Perpendicular iteration of the neo-Gothic style" But the most eye-catching thing for me is before that, in 1903, **an iron** building, a "**Tin Church**" was first erected on the site to serve a new housing estate in the lower forest area of Wanstead, named **the Iron Mission Church**. A matchbox or a container? I am eager to see this Iron Mission Church, the lampstand of our Lord Jesus, from 1903. Finally, in one corner of the church in an abandoned iron cabinet, I found a treasure box. In one drawer, I found this photo of, "Boys Brigade and Rev Manthorp outside the Iron Mission Church". Can you identify any of them? I am glad to see no matter what the Iron Mission Church and St Gabriel's have always acted as the lampstand of our Lord Jesus to serve and safeguard the local community. And I am part of it now.




Henry Lau


Sesame Pilates and Yoga

Monday - St Gabriels Church Hall - 7pm-8pm

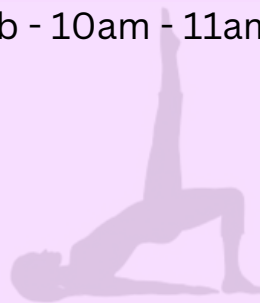
Thursday - Zoom Class- 11am-12pm

Friday - Aldersbrook Lawn Tennis Club - 10am - 11am

 sesameseed@hotmail.co.uk

 07730372788

 www.fitnesspilatesandyoga.co.uk



How Lucky We Are

Whoever or whatever you believe in we are so blessed to have Wanstead Flats and the park on our doorstep with the plants, the wildlife and the company which it brings.

I went for an early morning dog walk among the dew laden blades of grass which sparkled like Christmas glitter and the broader leaves which looked like they had been dusted with silver leaf. A friend appeared with her dog and we commented on how lucky we are...

Later in the day I went for a second dog walk, to the park this time. Just as I was negotiating the muddy puddles we were joined by a friend on his bike who had come to pick blackberries. We decided to join in with the picking. I think it reminded us both of days gone by doing the same as children. It's amazing how enthused you get finding the biggest! the softest! the highest, the sweetest etc. As the sun started to fall between the leaves we picked and picked. Some for my friend, some for me and some for a very happy little dog who was quite proficient at pick your own.

On the way back we saw another family hunting for the best blackberry. We reminisced about episodes years ago; a little boy told to mind the puddle cycled round and up the bank only to fall in it sideways and need a good bath when he got home! And a little girl whose mother told her to hurry up. She was pedalling as hard as she could but going nowhere as only the stabilisers were in contact with the ground!

Memories old ones and new; how lucky we are!

Gaynor Henry

Come and Join...
St Gabriel's Children's Choir



Join us on Sundays from 11.30am - 12.15pm for our next series of fun sessions. Open to ages 6+ (£1 per rehearsal).

Rehearsal Dates: 10th, 17th & 24th September

Harvest Service Performance - 10am Sunday 1st October

For more information or to book a place, call or email Fr Martyn:
07743 785884 aldersbrookvicar@gmail.com

Get to Know our St Gabriel's Choir

This time our two long-standing Choir members, Margaret Filer and Margaret Connolly, were interviewed by Ella and Amelia (our Children's Choir and Music Group members), supported by Sara (our Choir member), Anya and Lucy (our Music Group members).



Ella & Amelia

How long have you been a member of St Gabriel's Choir?

In the choir on or off for over 30 years depending on family commitment and health.

Margaret Connolly

I've been in St Gabriel's Choir for a very long time. I started around my 20s and that was when there were only men and boys in the choir. But one day the vicar suddenly pointed at me and some others to join in the choir. Of course, I joined.

Margaret Filer

What were your first musical experiences as a child?

When I was a child of 7, I was taught the piano which included a good grounding for music and reading music.

My first musical experience was when I was at school, around 5 years old during assemblies when we would sing hymns. We also played triangles and tambourines in class.

What has been the most memorable singing you have given?

I sang in the Royal Albert Hall once with lots of other choral members from London and other choirs. All the altos were told to wear something red and the sopranos wore blue, so many of us were singing together. Joining with others is more interesting. Our choir need extra singers.

My most memorable singing moment is when I sang with many other choirs in big halls, as we made a large sound which was very exciting.

What do you enjoy most about singing in St Gabriel's Choir?

It brightens the services. I just like singing! But it's nice when everyone joins in and sings together, and now we are getting men as tenors and basses.

What I enjoy the most about singing in St Gabriel's Choir is making myself and others happy.

Any advice to give to Children's Choir members?

You've got to enjoy yourself! And listen to others who are trying to help.

An advice I would give Children's Choir members is to have fun, enjoy, and sing quietly if you are not sure but sing loudly when you are confident!

Sunday School at St Gabriel's (StG)

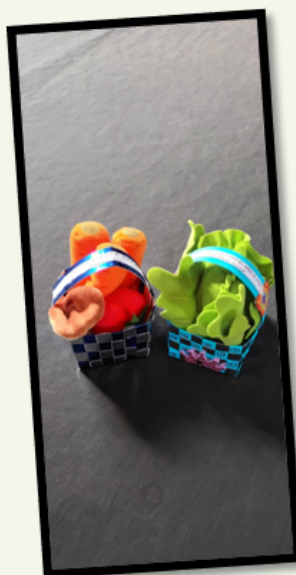
StG Sunday School programme is always Christian and Fun, so children enjoy learning and want to become followers of Jesus.

Time to Share, Time to Shine from StG Sunday School (May to July highlights):



♥ Wheat and Weed plant décor:
We've learnt 'Be patient, let God judge' in Matthew 13.

♥ Mini Flip Flop fridge magnet:
We've learnt 'Follow Jesus footsteps' in Matthew 10.



♥ Paper Weaving fruit basket:

We've listened the Parable of the Farmer. While he was planting, some seed fell by the road, on rocky ground, among thorny weeds; and some fell on good ground and produced fruit. We've learnt 'Listen to the Word and do what it says.'

Key Bible verse for StG Sunday School - Proverbs 22:6:

StG Sunday School want to see our children, at an early age, develop in the knowledge and regular worship of God.

Christmas Children's Performance (December 2023)

This year StG Sunday School will join with our Children's Choir to perform and share the Good News for Christmas 2023. Cast list is exclusive to StG Sunday School members and Children's Choir members ONLY. Audition and rehearsals details will follow.

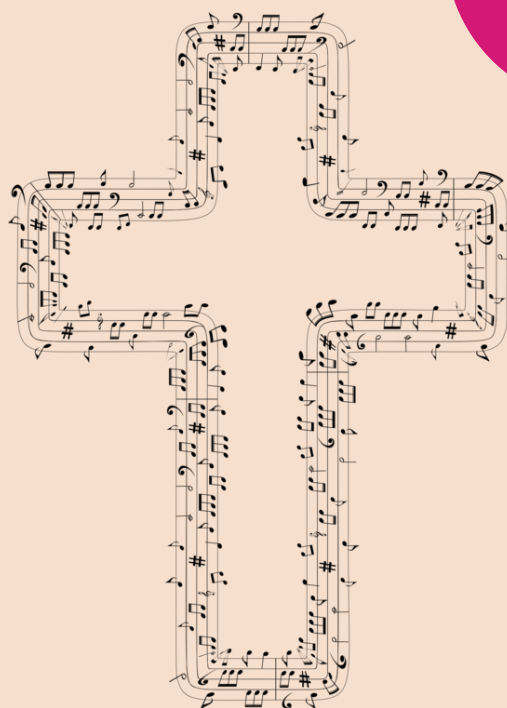


Interested? Please contact Fr Martyn aldersbrookvicar@gmail.com for Sunday School and/or Children's Choir registration.

All Age Service

1st
Sunday of
the month

- 10am - Shorter Service
- Relaxed, Welcoming
- Live Music
- Interactive Activity



Followed by
Tea, Coffee
and
Cakes

Sunday School

Every
Sunday
(except 1st of
month)

- 10am - For Children and Young People
- Leave near beginning and return for communion
- Biblical Crafts
- Stories, Songs, Drama, Prayers



Ten Years of Holiday Club *An interview with Amelia Hart*

Q How did it start?

When Fr. Martyn came to St Gabriel's 10 years ago he was very keen to start a Holiday Club during the summer break and has been the driving force since its inception. I was churchwarden at the time and agreed to help as I have an interest in Children's well being professionally. I have been involved ever since.



Q What happens at Holiday Club?

The programme for the week has evolved over the years after evaluating what has gone well the year before. I think we now have a strong model to work with. Its popularity means that most years the 48 places are filled. Each year there is a theme, this year it was Peace. The day starts and ends with a song and a bible story that reflects the theme. Besides art and craft activities, each day has a special activity. For Tuesday there was planting, Wednesday a cycling obstacle course, Thursday was 'Forest School' when children were taken to Wanstead Park for a hands on experiences in natural environment and on Friday a day outing to the scouting centre at Brentwood with a picnic lunch. This year the outdoor activities the children did included water roller, climbing walls, axe throwing and jumping on inflatable cows. Over the years, we have learned to be less prescriptive and more relax with the Art and Craft activities. Children were encouraged to use their imagination to create their own art pieces. All volunteers agreed that this is more enjoyable way of working. Also, we tried this year presenting the Holiday Club certificates to the children in church and invited the parents to attend the award ceremony. This worked well and was joyful end to the week .

Q What do the children get out of Holiday Club?

They enjoy themselves, use their imagination to be creative, learn and develop new skills and knowledge, find the planned activities exciting and fun. They gain confidence in socialising with all age groups and learn to share and help their peers. It is heartening to observe their joy when they complete a task.

Q What do the volunteers get out of it?

There were 23 volunteers this year, most of whom have done it for many years. They enjoy and have a common interest in working with children by supporting and seeing them grow. The Holiday Club provides volunteers with a sense of purpose, and opportunity to develop friendship and mutual support.

Q What are the most satisfying aspects of Holiday Club for you?

The fact that it is an intergeneration model of outreach mission that is inclusive and fun for all involved. A strength is observing the children over the years growing into confident helpful teenagers and offering to volunteer as young leaders. We had 9 young volunteers this year of which seven I have got to know through the Holiday club when they were young. Now I would have missed this important uplifting experience if I have not volunteered for the past 10 years.

Teresa Smith

Christian Aid Week 2023

As in other years St Gabriel's had a brilliant Christian Aid week earlier in the year. A major focus as always was envelope delivery and collection, made possible by our wonderful volunteers. Envelope delivery and online giving has now reached £1,916.22 which with Gift Aid is £2,277.47.



Other activities included planting pigeon peas and a pea themed lunch.



Our efforts are making a difference. To take two examples; firstly, Christian Aid work in Malawi, where the key focus is on climate resilience work. This involves a number of threads, including disaster risk reduction, i.e. planning for floods and cyclones etc. It also means working with farmers to build their resilience and making them self reliant. The pigeon pea, which we grew, has been key to this. It is draught resistant, and farmers can export their surpluses.



Secondly Ukraine; from having no presence in Ukraine before the war, Christian Aid has now helped a million people. This has included providing; food, protection, health, cash, shelter and psycho-social support. An example is funding 11 mobile health clinics which go into the war damaged areas to provide medical care, often to the elderly who find it difficult to move out.

Finally a word of thanks to Sue Mutter for all the work she puts in to make Christian Aid Week so successful.

Teresa Smith

Crescendo Music Academy & Variations Dance Studio

www.variationsdancestudio.co.uk



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Children welcome from age 4 to adult for music lessons (1-to-1, 2-to-1 and small groups) and from age 2 for dance classes.

Email: sara@variationsdancestudio.co.uk Tel: 07799 778 565

St Gabriel's Church Hall - Transformation ahead

I keep seeing Red Admiral butterflies, every time I step out. What a delight! There are many spiritual meanings but a key message is change and transformation.... A wonderful affirmation for the renovation of our community space - St Gabriel's Church Hall.



With planning approval to install solar panels and create greater access in the hall -to storage, gents toilets and the garden, as well as refreshing the kitchen and ladies toilets, we've made a start.

A number of the users of the Upstairs Hall Meeting Room have begun by de-cluttering, cleaning, repainting, and creating dedicated storage space. A big thanks to all those who've contributed to this first step. If you can contribute in any way - volunteering (skills, time, or money) - we'd love to hear from you.

Willa King (willaking@gmail.com)

Summer with Tin in a Bin

You may remember that Tin in a Bin organised a project to feed 350 children and young people over the summer holidays, following on from their very successful initiative over the Easter break. Funds raised go to support families who would not be eligible for free school meals, but are otherwise struggling with the cost of living, and they are provided with food boxes with ingredients and recipes that they can enjoy cooking together. For each child, the project needs £15 a week. We are delighted to say that the campaign was a great success and the foodboxes have been delivered from the start of the holidays. This is all down to the fundraising efforts of the team behind Tin in a Bin, but it could not be achieved without the amazing support of Redbridge residents who have proved to be so generous in donations of cash and food for many years now.



The notion that foodbanks are needed - and that their use grows all the time - is a difficult one to accept. Their success is celebrated at the same time as we decry their need. All we can do is to thank you for your continued support, and ask that you carry on being so giving and thoughtful each week in the donations you leave around the Aldersbrook estate and throughout Redbridge.

Enjoy the rest of the summer!

Helen and the team

'Connections'

Tai Chi Group

We meet every Thursday
from 10:15 – 11:15 am

All are welcome

Further query please contact

anne.bertrand47@gmail.com 07895578285 or
Richard.pratley@icloud.com 07973971165

Tai Chi - Fitness for fun



10:15 – 11:15
£6 per session
in
St Gabriels' Church
Great exercise for
a healthy body
and mind

Dyson died?

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WANSTEAD BASED

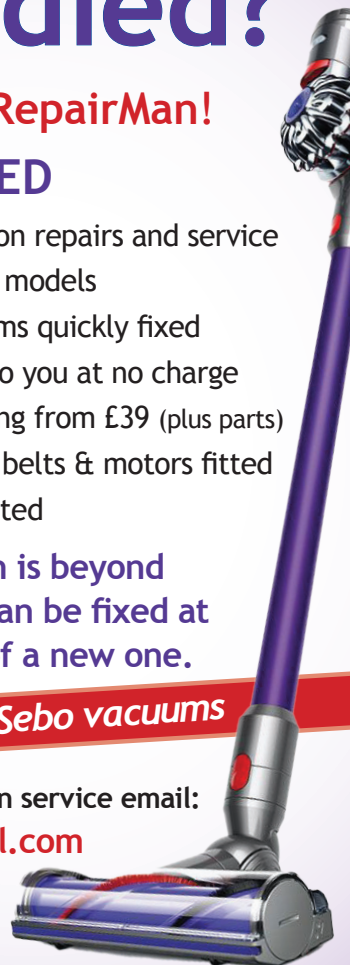
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A Journey into the World of Guitar

with Peter Black



Saturday 16th September 7:30 - 9:45pm

Tickets £12, students £8 - tickets from <https://wansteadfringe.org/event/>

St Gabriel's Church in Aldersbrook hosts a virtuoso guitar concert with Peter Black, featuring duets with Father Martin.

Be mesmerised by exquisite music from around the world from the Romantic Period to today, featuring works by Tarrega, Morel, Cardoso, Ferrer, York, Brouwer, Barrios, and much more.

All are welcome but the material will suit adults, classical music lovers and guitar enthusiasts

Licensed bar available - there will be one interval.

WANSTEAD
10TH
FRINGE



St Gabriel's Church, Aldersbrook

E12 5HH

Saturday September 30 2023

7 pm

Vivaldi - GLORIA

Bach - Concerto for Violin & Oboe
 Franck - Panis Angelicus
 Fauré - Cantique de Jean Racine
 Cullen - Friendship motet

All Saints Chorus & Orchestra

Lucy Farimond - Soprano
 Lucy Thurlange - Mezz-Soprano
 Jonathan Strange - Violin
 Graham Salter - Oboe
 Conductor - Jon Cullen

Tickets: £16 with £12 concessions

The All Saints Chorus & Orchestra return following their recent performance of Handel's Messiah which was sold out. Early booking advised. Tickets available from the church & Eventbrite from July 1st

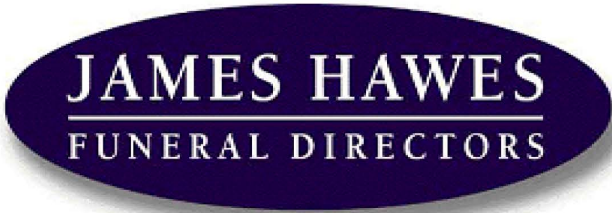
www.allsaintschorus.org



Hall & Church Users. Most groups meet in Hall unless otherwise stated. Some groups run during term time only.

Group	Type	Day	Time	Contact Email
Wanstead Park Preschool	Pre-school	M→F	8am-3pm	manager@wansteadparkpreschool.onmicrosoft.com
Hot Shots Football	Children's Football (5-11 years)	M&Th	3.30-4.30 Mon & 4-5 Thur	mcnike13@aol.com
Beavers	Children's Uniform Group	Mon	5.30-6.30pm	21stefs.beavers@gmail.com
Keep Fit with Tom	Adult Fitness	Mon	6.15-7.15pm	tmm Dixon@hotmail.co.uk
Pilates	Adult Fitness	Mon	7-8pm	sesameseed@hotmail.co.uk
Yoga	Adult Fitness	Mon	8-9pm	yogaontheflats@gmail.com
Knit & Natter	Adult's Art & Craft	Tue	1.30-3pm	ronfiler91@gmail.com
Dance	Children's Dance (2 1/2 years +)	Tue&F	4-7pm Tue & 3.30-6.30 Fri	sara@variationsdancestudio.co.uk
Scouts	Young People's Uniform Group	Tue	7.15-8.45pm	21stefs.scouts@gmail.com
Preschool Carers Group	Parent & Carer Children's group (up to 4 years) in Church	Wed	12-1.30pm	aldersbrookstgabriels@gmail.com
Art Club (Make it, Do it)	Children's Arts & Crafts Group (5-11) Upstairs Hall	W&Th	3-4.45pm	makeitdoitlondon@googlemail.com
After School Club	Children's group (5-11). Held in the Church. Term time only	Wed	W-3.30-4.30pm	kevinoliver724@gmail.com
Rainbows	Children's Uniform Group	Wed	4.30-5.30pm	wansteadrainbows@hotmail.com
Brownies	Children's Uniform Group	Wed	5.45-7.15pm	4thwansteadbrownies@gmail.com
Karate	All Ages Martial Arts	Wed	7.30-8.30pm	carlaine1@btinternet.com
Tai Chi	Adult Fitness. Held in the Church	Thur	10.30-11.30	hart278@btinternet.com
Mediation & Reflection	Adults: Spiritual Reflection	Thur	11.45-1pm	In Church
Yoga with Caroline	Adult Fitness. Held in the Church	Thur	1-2.15pm	redbridgeyoga@gmail.com
Guides	Children & Young People's Uniform Group	Thur	6.30-7.30pm	sarah_giriguidingwanstead@hotmail.com
Rangers	Young People's Uniform Group	Thur	7.30-8.30pm	sarah_giriguidingwanstead@hotmail.com
Cubs	Children's Uniform Group	Fri	7.15-8.45pm	ahamadur21efs@outlook.com
Babyballers	Toddler & Children's Football (16 Month-5years)	Sat	8.50am-11.30	https://babyballers4.class4kids.co.uk/ Sophie@babyballers.com

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