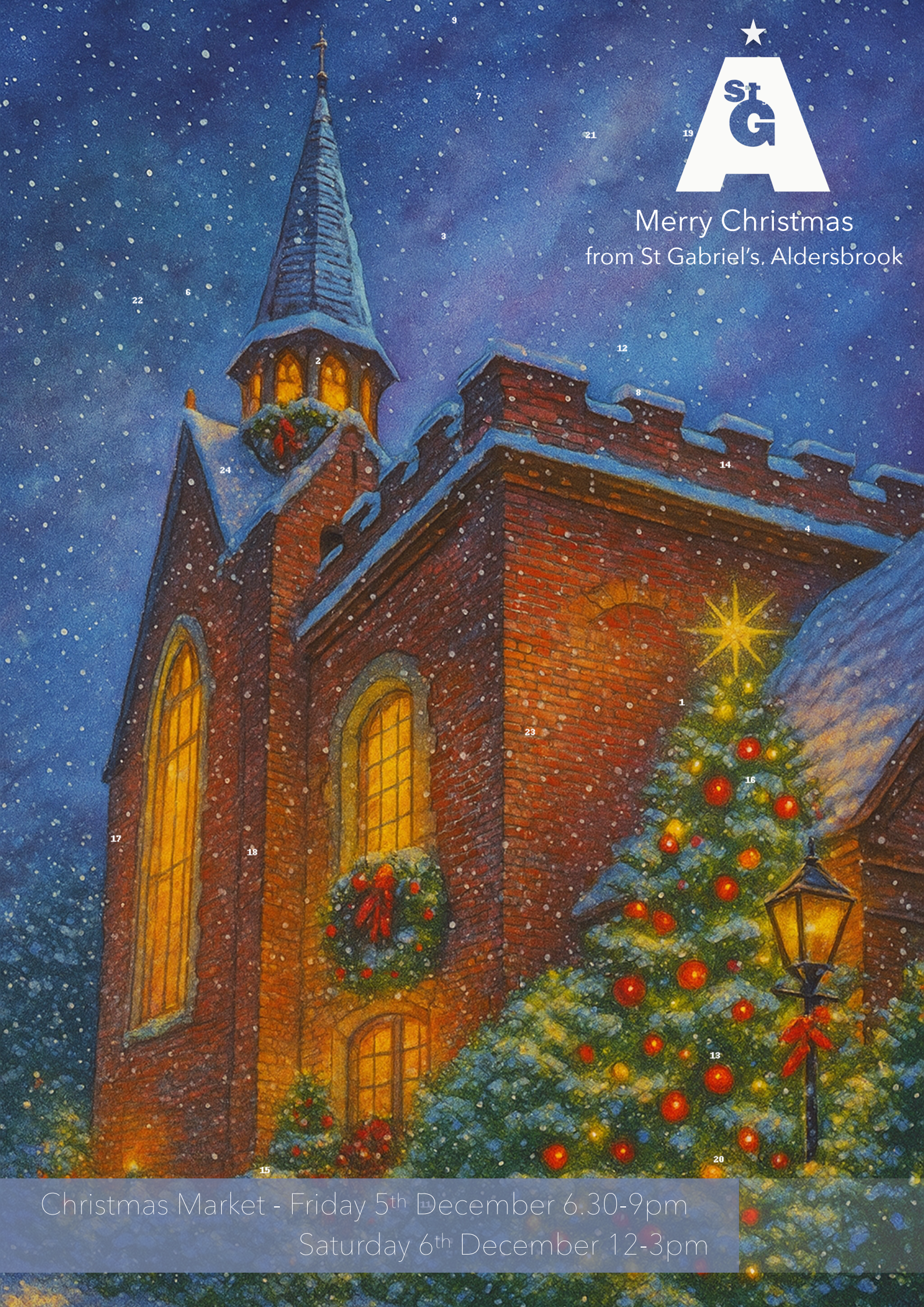




Merry Christmas
from St Gabriel's, Aldersbrook



Christmas Market - Friday 5th December 6.30-9pm
Saturday 6th December 12-3pm

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: Reverend Canon Martyn Hawkes 0208 89890315 Email: stgabrielsvicar@icloud.com

Licensed Lay Minister: Henry Lau Email: henrykolau@gmail.com

Assistant Curate: Reverend Amy Taylor Email: stgabrielscurate@gmail.com

Children and Families Coordinator: Clare Reeves Email: www.families@gmail.com

Parish Safeguarding Officer: Caroline Ferguson Email: stgabrielssafeguarding@gmail.com

St Gabriel's Community Hall

For information and bookings contact Nick: 07351 734637

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 A shorter all-age Parish Eucharist

2nd, 3rd & 4th Sunday: 10am Parish Eucharist

4th Sunday: 5pm Evening Service

2nd & 4th Sunday: 10am Sunday School activities during Parish Eucharist

Wednesday 11am Holy Communion

Times for Prayer:

Morning Prayer: Mon, Wed, Thu 9am in-person

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

Wednesday 9.30am Prayer group

2nd Tuesday 7.00pm Eucharistic Adoration

4th Tuesday 7.30pm Contemplative prayer

Other Regulars:

The church is open Tuesday and Thursday from 10.00 till noon Spiritual Growth Group

7-8.30am 1st and 3rd Wednesdays

Tai Chi meditation 10.15-11.15am every Thursday

Pre-school Playgroup 12-1.30 every Wednesday

After school club 3.30pm Wednesdays during term time

The quietness of the good

St Gabriel's has never run a slick operation, and I guess I'm mainly responsible for the shortcomings of that. We try to get our communication out, but it has never been state of the art. At times I wish we could get our branding act together a bit better, our digital communications a bit more swishy, and certainly when we fail to get the word out about an activity or event that is a real shame. But, there's a part of me that feels a bit ok that we're not the greatest at self-promotion.



If you're reading this, it means you probably have a magazine in your hand, which in itself is a bit old-school, but that's ok by me, too. I think there is something to be said for being a little bit behind the curve of modernity. There is a reassuring old-fashioned charm to the church that speaks to our human need for rootedness and for stability in what is an unstable and disorientating world.

One of the features that is remarked on about our summer holiday club is that it takes us back, both children and adults together, to a more basic human need to mess around, create, and do stuff that increasingly our technological age is pulling us away from: creative engagement with tangible, physical things. It's not whizzy, it's unspectacular, but it's human and it's relational and fun. In fact, that's true of most of our activities whether for children or adults: Get-together group, Wednesday after-school club, Messy Church, Preschool Stay and Play, even Sunday worship itself.

In a world where the bad stuff gets huge coverage, and lots of other things are marketed to within an inch of their lives, I'm grateful for the things in life that are just quietly getting on being good. At times I wish they'd be more prominent, more celebrated to counterbalance the wash of grim or depressing news and events. Maybe if we talked more to one another (not just posting) about what's good in our lives we might well make that happen naturally. But, maybe it's part of the deep reality that the good is often hidden, needing to be uncovered by those with eyes to see or ears to hear. As we approach once more story of a birth largely unnoticed at the time in the little town of Bethlehem our call might be again to attend to the hidden, precious, goodness in the world that waits to be uncovered amidst the shrill promotion and sad rubble of the world's brokenness.

Fr. Martyn

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+.

Rehearsal Dates: 23rd Nov, 7th & 14th December

Performances: Christingle Service - Friday 19th December 6.30pm
Carol Service - Sunday 21st December 6.00pm

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



Christmas Carol & Song Anagrams

Answers on page 18

1. **Lens Beg Jill** (2 words)
2. **Icy Coordinately Divans** (5 words)
3. **Not Software Hymns** (3 words)
4. **Gather Hand Shaking Resell** (5 words)
5. **Its Ninth Leg** (2 words)
6. **I Bid Rich Vis South westerly Academy** (7 words)
7. **Meanwhile Hot Belt To Loft** (5 words)
8. **Built Hydrometer Melt** (4 words)
9. **She Whispered Lewd Chat** (3 words)
10. **Shimmy Carryovers Red Bet** (3 words)
11. **Mature Dialect Championing** (6 words)
12. **Is At A Sorrowfully Machinist** (7 words)
13. **Join Lucid Blue** (3 words)
14. **We Hit Hydrostatics Monks** (5 words)
15. **Be Interlinked With Ma** (5 words)
16. **Oh Oil Came Fatefully** (5 words)
17. **Holy Row Jotted** (4 words)
18. **A Wearing Anthem** (4 words)
19. **Hold It Thy Heavenly** (5 words)
20. **I Hates Whispers** (4 words)

Upcoming Events:

Saturday 15th November 2-4pm:
Messy Church

Friday 5th 6.30-9pm & Saturday 6th December 12-3pm:

Christmas Market

Sunday 7th December
Aldersbrook Community Choir
Christmas Concert

Saturday 13th December
Redbridge Brass - The Snowman

Mon 15th to Wed 17th December 7-8.30pm:

Carol Singing around Parish -
various locations (start at St Gabs)

Friday 19th December 6.30pm
Christingle Service

Sunday 21st December 6pm
Carol Service

Wednesday 24th December
4pm: Christmas Eve Crib Service
11:30pm: Midnight Mass

Thursday 25th December 10am
Christmas Morning Mass

Saturday 17th January
Friends of St Gabriel's - Banish
the Blues comedy & pub night

Saturday 31st January
Burns' Night Supper & Dancing

Introducing Amy Taylor



I feel very blessed to have been called to serve my curacy at St Gabriel's, Aldersbrook. I was born and grew up in Manor Park, and my sending parish (the parish which put me forward for ordination selection) is the Parish of Little Ilford, so I have returned to fairly familiar territory. I have enjoyed getting to know the area, and St Gabriel's and its people, over these first few months, and I appreciate the very warm welcome that I have received.

Before training for ordination, I was a teacher. I studied French and Italian at University and taught Modern Foreign Languages in two different secondary schools in London, one in Havering and one in Newham. I was on the Senior Leadership Team as an Assistant Headteacher when I began to feel that God was calling me to something else.

That was in 2015. It took me some time to discern what it was that God was calling me to, and I began to explore ordained ministry in 2020. Nothing like a pandemic (and a very supportive parish priest) to bring you to your senses.

During those years of responding and discerning, I have travelled, been on pilgrimage walking the Camino de Santiago in Spain and spending a year in Jerusalem, and enjoyed an interim career in hospitality.

I look forward to bringing all of those experiences to my curacy at St Gabriel's, and to all that I will learn ministering alongside Fr Martyn, and all who minister in this special place, over the next three years.

Revd Amy

Christmas Market

Friday 5th December 6.30-9pm
Saturday 6th December 12-3pm

FATHER CHRISTMAS
FESTIVE STALLS
LIVE MUSIC
MULLED WINE AND MINCE PIES
HOT DOGS

ENTRY £1.00 ADULTS, CHILDREN FREE

friends of

A warm welcome to the new 'St Gabriel's Community Hall'



The hall has had a big renovation this summer. Removing the old stage has allowed for expanded and more accessible storage to be installed for the benefit of the very wide range of community groups that use the hall every day. Importantly, disabled access has been improved. These building works represent the latest stage in an ongoing refurbishment project which is on track for completion in 2027 to mark the centenary of the hall's opening. The project started in 2023 with the installation of solar panels on the roof of the hall and from the beginning has been driven by a goal of making it more environmentally sustainable and more accessible for users.

The money has been raised by the Church and Friends of St Gabriel's together through a range of community events and crowdfunding via the Big Give. They were also successful in securing a total of £40,000 in small grants from the National Lottery Community Fund, the Benefact Trust, the Garfield Weston Foundation and the Bernard Sunley Foundation.

The Friends are delighted to announce that in future the hall will be known as St Gabriel's Community Hall, reflecting its importance at the heart of Aldersbrook and Lakehouse for nearly 100 years. Father Martyn Hawkes said:



I'm very happy to report that the Parochial Church Council has approved the rebranding of the hall. I'd like to thank the indefatigable volunteers within the Friends of St Gabriel's, especially Richard Pratley, Willa King and Rusty Livock. The story doesn't end here, however, as future works to complete the internal upgrade in time for 2027 are likely to cost another £40,000.

To support the next stage of fundraising it has been decided to relaunch the Friends of St Gabriel's scheme, inviting people to join for a small donation of £2 per month. All those that sign up by direct debit will receive ten per cent discount on event tickets and merchandise.

As in previous years, the Friends of St Gabriel's have teamed up with local designer Muriel & Me to sell limited edition Aldersbrook baubles, tea towels and coasters in aid of the refurbishment work. Look out for these online (<https://st-gabriels-church.sumupstore.com/products>) and at the St Gabriel's Christmas Market on 5 and 6 December 2025, where you can also buy vintage wares and Christmas goodies, taste delicious food and drinks, and even meet Father Christmas!

Dates for your diary

17 January 2026: Banish the Blues - Award winning local comedian Laura Smyth and friends will help us have a laugh to beat 'Blue Monday'. Full bar provided by St Gabri Ales.

21 March 2026: Ceilidh Night - A Celtic-themed night of country dancing in the church. The event is suitable for children and there will be a bar and food cart.

7 May 2026: Our popular series of **local history talks** continues with Jane Skelding, Mark Gorman and Peter Williams sharing their recent research into the history of Aldersbrook and Lakehouse.



To join the Friends via Just Giving and make a small monthly direct debit donation please scan the QR code.

CHRISTMAS

Make your own crackers this year (bonus points if and used wrapping paper!) and fill them with these



😊 What time of day was Adam created? A little before Eve!

📖 Proverbs 17 v17

☘ If you could relive one day from this year, what would it be?

😊 What type of lights did Noah have on the Ark? Floodlights!

📖 Proverbs 17 v8

☘ What is a Christmas tradition you would either like to start or to revive?

😊 How do you give directions to get to Heaven? Turn right & follow the path!

📖 Proverbs 12 v18

☘ Which kitchen utensil best represents your personality?

😊 How do angels greet each other? Halo!

📖 Proverbs 22 v1

☘ Which animal would make the worst dinner guest and why?

😊 How did God cure Moses' headache? Gave him two tablets!

📖 Proverbs 27 v9

☘ What is something you could say out loud right now to make everyone smile?

😊 What kind of man was Boaz before he got married? He was Ruth-less!

📖 Proverbs 26 v4

☘ What was the best present you ever received?



Lord, bless the food before us, the family and

CRACKERS!

you use recycled materials like cardboard tubes
little snippets of joy – with love from St Gabriel's

☺ How does Moses make tea?
Hebrews it!

📖 Proverbs 26 v17

☕ What is your favourite
Christmas memory?

☺ Why did the disciples carry
pencils? To draw closer to God!

📖 Proverbs 18 v21

☕ If you could swap lives for a
day with someone, who would it
be and why?

☺ Where is tennis mentioned in
the Bible? Joseph served in
Pharaoh's court!

📖 Proverbs 26 v9

☕ What would your
superpower of choice be?

☺ What type of car does a
missionary drive? A convertible!

📖 Proverbs 17 v19

☕ Who would you like to play
you in a film about your life?

☺ Why did Moses cross the Red
Sea? To get to the other side!

📖 Proverbs 26 v27

☕ If you had a theme song to
announce your arrival at dinner,
what would it be?

☺ Why did God create man
first? Because He didn't want
advice on how to do it!

📖 Proverbs 13 v10

☕ What would the title of your
autobiography be?



friends beside us, and the love between us, Amen.



Now taking
Spring Term
bookings
Arrange a visit!

Wanstead Park Pre School

Supporting every child on their unique learning journey

Ages 12 Months - 4 Years

Half & full days. Funded spaces available

Breakfast club from 8am

We provide a nurturing, inclusive environment for nursery and pre-schoolers. Our warm and passionate Early Years Practitioners create a safe, inspiring space where every child feels valued and supported.

St Gabriel's Church Hall, Park Rd, Aldersbrook E12 5HQ
Email: wansteadparkpreschool@gmail.com Tel: 07305496716
Book a visit for the Spring Term!



We are a not-for-profit organisation, so every penny goes back to the pre school.



Introducing our new Director of Music - Sarah Rose Bodalbhai

I am delighted to have recently taken on the role of Director of Music at St Gabriel's. Having grown up in the area and played the organ here previously as a deputy, it is a great privilege to now be more fully involved in the musical life of the church and its community, in such a familiar and welcoming setting.

I very much look forward to developing the work of our excellent choir, supporting and encouraging our dedicated members, and collaborating with our talented organ scholar as we continue to build upon the rich musical tradition for which St Gabriel's is known.



My own musical background spans a range of styles and contexts, from traditional choral and classical music to musical theatre, cabaret, pop, and jazz. Much of this work has been based in central London, where I have performed and directed across a number of venues and institutions. These currently include a weekly residency at the Phoenix Arts Club and musical direction and accompaniment work at the Royal Academy of Dramatic Art.

I read Music at Trinity College, Cambridge, and previously studied piano at the Junior Guildhall School of Music and Drama. I remain deeply grateful to my first local piano teacher, Kerry Light, whose encouragement first inspired me to pursue music seriously, and to her husband, John, St Gabriel's former Director of Music, who introduced me to the organ.

If you would like to find out more information about joining the choir and/or participating in the musical life of St Gabriel's please do contact sarahrosesounds@gmail.com



A group in search of a new name

St Gabriel's has a long history of a social gathering on a Tuesday afternoon. Back in the day it was called knit and natter, which sort of speaks for itself as a focus for gathering. Through the leadership of Ron and Margaret Filer the group expanded and when the current vicar arrived it was both a self-led art class on one side of the hall and knitters/tea drinkers chatting away on the other.

Fast forward to now and the group is still meeting weekly now in the church from 1.30 - 3ish due to the preschool hours expanding. It's a place and a space for people to meet, chat, and... well, here's the invitation. The group is evolving yet again to encourage people to bring their own interests, hobbies and passions to share with others in an informal way. You can come along to see, just watch or show others your hobby, chat or even find a quiet place for your own thoughts or prayers. All are welcome as we seek to build friendship and community and face the challenges of isolation and loneliness that are so often part of modern life.

Oh, and we're looking for a name to call it... answers on a postcard, or you can come and share your idea in person. Tuesdays 1.30 - 3pm St Gabriel's. You are warmly welcome - any questions please contact.

Carol Curtis 07811662297

Sesame Pilates and Yoga

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

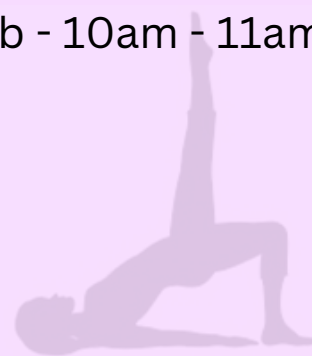
Thursday - Zoom Class- 11am-12pm

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

 sesameseed@hotmail.co.uk

 07730372788

 www.fitnesspilatesandyoga.co.uk



A matter of life and death - Jan Smith

How often have I, and maybe you read short interviews where the famous are asked, "Have you ever thwarted death?" Many answers have made me gasp in disbelief- until it happened to me!

About 1pm on a surprisingly warm February day, I had decided to air my washing outside and as I reached up I felt the imminent arrival of a vertigo attack, followed by a fall to the ground. I could not get up nor rouse my neighbours with my "help me" cries. So I forced myself along on my elbows and knees in an attempt to reach the open door. I had no response from my careline gadget! Unbelievably, by the time I got to the door, it was 9.15 p.m: it was dark, windy and cold; I wasn't dressed for it.

As I reached the doorway, I was unable to get into the house and I remember saying to myself, "I am going to die here soon." I felt sleepy but nonetheless thought it was an interesting experience, curiosity about death and the afterlife: was God with me?... was it my time to go?

However, Tuesday night was choir night. My taxi, getting no response, drove off but my daughter was wondering why I had not turned up or responded to her phone calls so decided to come to my house with my granddaughter. I think I slept and awoke, decided to have one more try, looked up and there was Fiona and Anna.

Fiona rang 999 for an ambulance: the paramedics took my temperature which was 30 degrees: was told 28/29 degrees and you are dead. Attempts were made to warm me whilst waiting or help. I was told I responded but cannot remember anything until the next day when I found myself in the resus ward at Whipps Cross Hospital where the ambulance had taken me at speed. This was where I was treated for hypothermia and stayed for two weeks.

Accepting that death was a likely reality does not mean that life was not precious and I give thanks for my good life, family, friends and interests, especially choral singing.

I have been in various choirs since I was eleven and the joy of it has seen me through many lows but never more grateful than this. As I didn't arrive for choir practice nor answer the phone calls, Fiona and Anna took action which undoubtedly saved my life. I know now that I don't fear death but this experience has made me grasp everything that life has to offer, which includes my ongoing treatment by the wonderful NHS, still being able to sing, to paint and having my faith and church community enough to be able to share my good fortune with others.

Jan Smith

Aldersbrook Children's Home

West Ham Borough had originally housed children in the workhouse, then they started housing them in scattered homes. There were several children in one house looked after by a matron, (also called houseparent). You had many of these scattered homes around, not just in West Ham but also South Woodford, East Ham, Leytonstone, Forest Gate, Stratford etc. all run under West Ham Union.

By 1907 West Ham decided to purchase land by Wanstead Flats on the Wanstead side. By 1911 they had built five receiving homes called Lodges, also workshops for training the older girls and boys. Each one was named after local notables, Lister, Fry, Morris, Hood and Buxton.



By 1929 when the West Ham poor - law union was dissolved East Ham as a County Borough, took over public assistance within its own area, and it also agreed to take over the Union's Children Home at Aldersbrook. They added a Community Hall this still stands today and, on the wall, bears the inscription By County Borough of East Ham in 1931. Funny enough it is still owned by Newham Council despite sitting inside the London Borough of Redbridge. In 1933 the site opened a nursery.

With the outbreak of the Second World War, it was decided that the Children be evacuated to Bacton in Norfolk, then to Polzeath in Cornwall. Alternations were made to the building. The nursery block was used to accommodate a casualty clearing station. The hospital opened on the 16th of September 1939 with 68 beds for civilian and service casualties. The hospital had an operating theatre, x ray & Physiotherapy departments.

The home farm, which was part of the children's home, was allowed to have livestock to help with the war effort. Lister lodge was altered to become the air raid shelter. By 1943 the government amended policies and transferred the casualty clearing stations to the main hospitals. By 1945 the site was once again a children's home. Fry Lodge became the receiving ward for new arrivals.

It was decided that the nursery was to be used as a temporary maternity hospital. It opened on the 1st of March 1947 with 21 beds. The nursing staff consisted of a Matron, and Assistant Matron, 4 staff midwives and 12 assistant nurses. The lying-in wards were named after flowers – Heather, Rose, Acacia, Hyacinth, Primrose and Snowdrop, while the labour wards were Lavender and Laburnum. The admission ward was called Keene and the children's nursery ward was named Peter Pan. To have your child at the hospital it would cost you 7 guineas. And the maternity hospital didn't join the NHS until 1950. My own sister was born here in 1953. It continued being a maternity hospital until 1957 when it was closed. The site was taken over as a Genetic unit for East Ham Memorial Hospital and was known as The Aldersbrook Unit. By 1983 the 3-acre site was sold for £875,000 and the building was demolished, and a new housing estate was built and called Alders Close.



I am not sure when the children home closed, but the main building became an old people's home from the 1950's. Buxton, Hood & Lister lodges became Newham Council flats. Several of the building remain standing.

Melissa Ford

Reproduced by kind permission of Melissa Ford and 'The Cockney Ancestor'

Tin in a Bin in Advent

It's that time of year again. Some of us will have been looking for food and clothes, buying the odd bits and pieces since January; some are desperately scanning the online shops now; and some of us would like to be hiding in a cave until the whole thing is over. So - we've got past Halloween!



At St Gabriels we have been supporting the local food banks for many years, and it is traditional for us to make a bit of extra fuss during Advent - the season of preparation for Christmas. As well as the usual box in the foyer at church, and the other collection boxes around the estate, we put out extra boxes for Christmas goodies for those who would like to make a special donation for those who are struggling at this time. Gifts are made via the Redbridge and Leytonstone food banks, and to those who are homeless in temporary accommodation.

If you would like to contribute towards making Christmas special for another family as well as your own, please bring your donations to the church whenever it is open. We welcome gifts of festive food and toiletries; all we ask is that food is within its date and that donations are made in good time for them to be distributed. I know it feels much too soon, but this year that will mean Tuesday December 16th. Of course gifts arriving after that date will still be welcome, but may not get to someone until after Christmas or the new year.

Thank you very much for your thoughtfulness and generosity.

Helen on behalf of Tin in a Bin.

Anagram Answers

- | | | |
|---|-------------------------------------|--------------------------------|
| 1. Jingle Bells | 7. O Little Town of Bethlehem | 14. Do They Know its Christmas |
| 2. Once in Royal David's City | 8. The Little Drummer Boy | 15. In the Bleak Mid Winter |
| 3. Frosty the Snowman | 9. While Shepherds Watched | 16. O Come All Ye Faithful |
| 4. Hark the Herald Angels Sing | 10. Merry Christmas Everybody | 17. Joy to the World |
| 5. Silent Night | 11. It Came Upon a Midnight Clear | 18. Away in the Manger |
| 6. I Wish it Could be Christmas
Everyday | 12. All I Want for Christmas is You | 19. The Holly and the Ivy |
| | 13. In Dulce Jubilo | 20. I Saw Three Ships |

Your Local Family Owned Funeral Directors

JAMES HAWES

FUNERAL DIRECTORS

MANOR PARK ♦ ROMFORD
WANSTEAD ♦ FOREST GATE ♦ EASTHAM
and surrounding areas

Tel: 0208 478 2424
24 Hour Service

29 STATION ROAD, MANOR PARK, E12 5BP
222 NORTH STREET, ROMFORD, RM1 4QD

PREPAID FUNERAL PLANS
with Golden Charter



Repatriation to all Destinations

Fully conversant with all Cultures & Denominations

Horse-Drawn Funerals

Assistance with DWP claims

Tastefully Decorated Premises

Home Arrangements if Preferred

Part of the local Community for Over

100
YEARS

SAIF
INDEPENDENT
FUNERAL
DIRECTORS

*A complete funeral service
at reasonable charges*

**Golden
Charter**
Funeral
Plans

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	wansteadparkpreschool@gmail.com
Hot Shots Football	Children's Football (5-11 years)	M&Th	3.30-4.30 Mon & 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	6.30-7.30pm	tmmdixon@hotmail.co.uk
Pilates	Adult Fitness	Mon	7-8pm	sesameseed@hotmail.co.uk
Get Together Club	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 Project (Make it, Do it)	Children's Arts & Crafts Group (5-11) Upstairs Hall	W&Th	3-4.45pm	raquel@artclubproject.com@gmail.com
After School Club	Children's group (5-11). Held in the Church. Term time only	Wed	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	10.15-11.15am	richard.pratley@icloud.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_girlguidingwanstead@hotmail.com
Rangers	Young People's Uniform Group	Thur	7.30-8.30pm	sarah_girlguidingwanstead@hotmail.com
Cubs	Children's Uniform Group	Fri	7pm-8.30pm	21stefs.cubs@gmail.com
Babyballers	Toddler & Children's Football (16 Month-5years)	Sat	9.25am-11.30	https://babyballers4.class4kids.co.uk/ Sophie@babyballers.com