

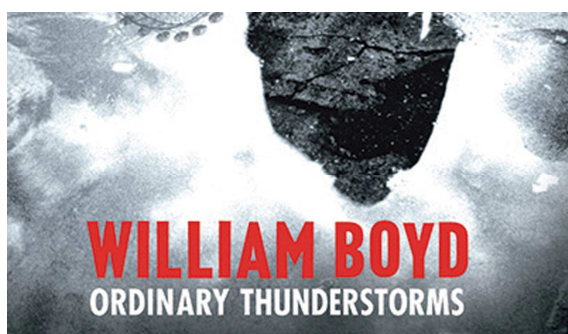


# Clearbrook & Hoo Meavy Community Association Newsletter - January 2018

# Happy New Year 2018

## Clearbrook Bookworms

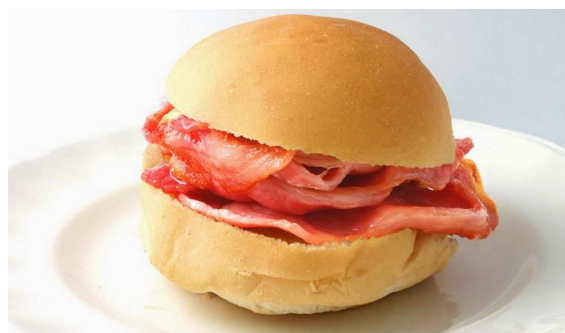
Wednesday 3<sup>rd</sup> January at 7:30pm



The book for January is 'Ordinary Thunderstorms' by William Boyd. The Bookworms meet on the first Wednesday of the month and you can find the booklist for 2018 by visiting the events page of the village hall website at [www.clearbrookvillagehall.co.uk](http://www.clearbrookvillagehall.co.uk). For more info contact Jill on (01822) 854 277 or email [jill.moorhouse00@gmail.com](mailto:jill.moorhouse00@gmail.com).

## New Year Brunch Coffee Morning

Saturday 6<sup>th</sup> January at 10:30am - 12 noon



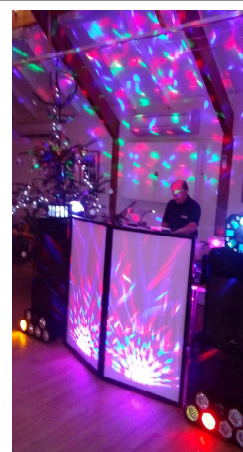
Come to the village hall to start the New Year by sharing brunch with others in the village. The event is free for villagers, but it will be possible to make donations to the Tavistock branch of Parkinson's UK. Please contact Jill at [jill.moorhouse00@gmail.com](mailto:jill.moorhouse00@gmail.com) or ring (01822) 854 277 if you want to come, so we can ensure we have enough food.



## Clearbrook Village Children's Christmas Party

The children had a wonderful time at the Christmas party. They enjoyed playing skittles, ping pong and dancing. The disco was run by Howard James, who is also a local BBC radio presenter. Ping pong balls flew in every direction and were hard to distinguish from the disco lights!

Thank you to Ray and other gallants from the Games Night for putting out the skittle alley. A big thank you also to Jo for coordinating the food and all the parents for providing the party tea. Centre stage was an amazing ginger bread house, which was soon demolished. Finally, thank you to the parent team for your help to clear and clean the hall.



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Village Website: [www.clearbrookvillagehall.co.uk](http://www.clearbrookvillagehall.co.uk)

**CLEARBROOK VILLAGE CHRISTMAS LUNCH:**

Cliff, Sue and Julie would like to thank all the residents who supported the Christmas lunch. A special thanks to those who helped to peel the veg, pour the Prosecco, sell raffle tickets, serve the meal, wash the dishes and clear-up - we couldn't have done it without you! Also many thanks to Nigel for organising the beautiful trees and to Alan for the glittering lights all of which helped to create the festive atmosphere.

**PRIZE DRAW WINNERS:**

The December 2017 winners were Jamie & Zoe, Mike & Sandra, and Cliff & Sue. The November 2017 winners were Jen & David, and John N. We at the committee would like to say a massive thank you to Jenny for continuing to organise the Prize Draw. Thanks Jenny!

**THE VILLAGE HALL:**

The village hall can be hired for £10 per hour, but villagers can hire it for just £10 per occasion - really good value for money. For more information, please contact Frances on (01822) 854 411 or email [francesthomas7777@gmail.com](mailto:francesthomas7777@gmail.com).

**VILLAGE NEWSLETTER:**

If you want an email copy of the monthly village newsletter or want to add to the newsletter, please email Jamie at [newsletter@clearbrookvillagehall.co.uk](mailto:newsletter@clearbrookvillagehall.co.uk) or tel (07812) 116 345. Deadline for entries is the last Sunday of the month.

**CLASSES TAKING PLACE IN THE VILLAGE HALL:**

Have you made any New Year's Resolutions yet? Well, we have a number of classes in the village hall that can help:

**PILATES with Lorraine:**  
**Every Monday, 6:30pm**

Pilates is for everyone, it's so beneficial. First session free, £5 a week or £18 for 4 weeks. Contact Lorraine on (07974) 811 164, email [fitmoorin@gmail.com](mailto:fitmoorin@gmail.com) or like her Facebook page at [www.facebook.com/bottomsupfitness](https://www.facebook.com/bottomsupfitness).

**YOGA with Lesley:**

**Every Tuesday at 7pm / Every Friday at 11am**

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. Contact Lesley on (07815) 592 189 or email [yuzityoga@btinternet.com](mailto:yuzityoga@btinternet.com)

**SOMATIC MOVEMENT with Una:**  
**Every Thursday at 1pm**

A gentle movement class, designed to release tight, sore muscles in the neck, shoulders and back, great for people with Chronic Fatigue Syndrome (CFS). Contact Una on (07482) 194 234 or email [unamillar@gmail.com](mailto:unamillar@gmail.com).

**ADULT CLASSICAL GUITAR WORKSHOP:**

**First Thursday of month at 7:30pm**

Ensemble playing, technique class, led by concert guitarist, Alison Smith. Contact Alison on (07906) 884 606, email [alisonsmithguitar@gmail.com](mailto:alisonsmithguitar@gmail.com), or visit her web site at [www.alisonsmithguitar.com](http://www.alisonsmithguitar.com).

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