



# NEWSLETTER

January 2020

## Happy New Year!

Welcome back! I hope that you will have noticed the substantial improvements that have been made to the Centre over the last few years to enable it to offer a more enjoyable experience for the many of you who use it. In order to do this, we sometimes receive a grant, but this is not always the case, and therefore we have to fund the majority of improvements from our own income.



Each year, our outgoings also increase due to the age of the building and the wear and tear to the fittings and equipment, for both the Centre and the Cafe. This means that we have a continual program of replacement, repairs and maintenance. In addition, we have salaries, which have to be increased, and as a responsible employer, we now have to provide pensions. Our Utility bills continue to increase due to the number of people now attending activities at the Centre and visiting the Cafe on a regular basis.

Many people do not realise that **we receive no funding from the Council**, but have to finance all these outgoings from our own income, which is generated by the hire of rooms and the fees that we charge. Therefore, the Trustees have reluctantly decided that in order to enable them to continue to improve the Centre, and fund the running costs, they will need to apply increases. Room hire will be increasing by 3% and Heene Groups will increase to £3 or £4 per session.



Membership, due 1<sup>st</sup> January 2020, will remain at £10. Gift Aid is a scheme which allows charities to claim from HMRC, the basic rate of tax their donors have paid. Gift Aid increases the value of donations by 25%, so it means even more money goes to the Centre – and it won't cost you extra. If you can, please support the Centre by completing a Gift Aid form in the office. Thank you.

## New Classes in the Spotlight

### About Zumba in the Circuit

Tuesdays 11.40am – 12.30pm



This class is a lower intensity Zumba Gold in the Circuit class. It is specifically tailored to those who have not exercised in quite a while

and those wanting to improve their health and wellbeing. The class is 50 mins and is a mix of Zumba Gold dance and light weight-bearing exercises. For more information: [www.kwoodgate.zumba.com](http://www.kwoodgate.zumba.com)  
<http://lkhealthandwellbeing.co.uk>  
Mobile: 07787 515584

## WellBalanced Strength & Balance

Tuesdays 1.15pm – 2.15pm



As we get older, muscles naturally start to lose strength. Everyday tasks such as rising from a chair or walking outside alone, can become more of a challenge. Strength and balance classes, such as the Wellbalanced programme can help you to keep strong and steady and help prevent a fall. Wellbalanced offers low cost exercise courses, at the right level for you, for anyone who wants to feel more steady and confident on their feet.

For further information: call: 01444 657099 or E-mail: [info@wellbalancedprogramme.co.uk](mailto:info@wellbalancedprogramme.co.uk)

*At the Heart of the community since 1986*