

January - March 2024



Sunningdale VILLAGE VENUES



t: 01344 297250 e: svh@sunningdale-pc.org.uk w: www.sunningdalevillagevenues.co.uk

The Sunningdale Village Hall team would like to thank all of our hirers for their support and wish them and the village a happy, healthy and prosperous 2024.

3,000 copies of this magazine are distributed each term to every home in Sunningdale and are also delivered to our primary schools, preschools & nurseries.

Are you a small business owner in Sunningdale and looking for a targeted, cost-effective way to promote your business?

We have various advertising options available, including 1/4 page adverts in Village Venues as well as the placement of loose A4/A5 flyers inserts.

For more information, please contact us by email at: svh@sunningdale-pc.gov.uk or call us on: **01344 297250**

New to Sunningdale...



@ Sunningdale Village Hall
Tuesdays 5.30pm → Puppies
Tuesdays 6.30pm → Ado. dog
Thursdays 5.45pm → Puppies

Are you a new dog owner and wish to socialise and have fun with your pup learning the basics to raise a perfect dog?

What if training your puppy could be easy, fun & quick?

BOOK YOUR SLOT

www.izzypuppytraining.com

07918 318 537

izzy@izzypuppytraining.com

BE POSITIVE – BE FUN – BE HAPPY

Your dog is worth it & you deserve it!

Modern dog training it's "IZZY"!

Opening December 2023, Curly Wurly Café will be brewing up a social storm at Broomhall Recreation Ground...



...and we're here to sprinkle some coffee magic on your day!

We're not 'just' a coffee shop: we're your cosy corner of cheerfulness; your hub of happiness and the ultimate destination for all things local and lovely in Sunningdale.

To celebrate our grand opening, we're giving you a reason to double up on deliciousness! Buy one hot drink, and on your next visit, you'll get your second one on us! That's right – a **FREE** drink to make your day extra special. Swing by, say hello, and let the Curly Wurly magic unravel!

This offer isn't around forever and sloshes away like the dregs in your coffee cup on 31st January 2024, so make sure to get yours before it goes! Terms and Conditions are like the sprinkles on a cupcake – sweet but necessary.

Village Venues c/o Sunningdale Parish Council, The Pavilion, Broomhall Lane, Sunningdale SL5 0QS

T: 01344 297250 E: svh@sunningdale-pc.gov.uk W: www.sunningdalevillagevenues.co.uk

Sunningdale Village Hall, Registered Charity No.: 299966



MAD Academy
@ Sunningdale Village Hall
Tuesday mornings:
9.45 - 10.30 am
Walkers to 4 years

Music and dance classes for babies and preschool children.

MAD Academy creates a fun, relaxed environment.

Dance and movement are key elements of every session, giving the opportunity to develop motor skills, physical co-ordination and confidence, explore different rhythms, musical instruments and musical styles.

For more information please contact Kate on 07770 931031 or email kate_lawrence@btopenworld.com Facebook - MAD Academy Windsor and Sunningdale



Get Fit Stay Fit
Thursdays
11:30am - 12:30pm
Sunningdale Village Hall

Fun and friendly, low-impact exercise to music classes for women of all ages, shapes and abilities.

If you want to see a real change in your fitness, flexibility, strength and posture as well as an increased feeling of wellbeing, then a FLEXercise class could be just what you're looking for!

For further information, please contact Christine on 07900 900616 or email: christineunderhill.flexercise@gmail.com visit: www.fl-exercise.com



Pilates classes at Sunningdale Village Hall
Thursdays: 7:30 & 8:30pm
Fridays: 9:30; 10:30; 11:30am & 1pm; 2pm

Intermediate/ Advanced; Intermediate; Mixed ability & Beginner classes

Physio-led pilates classes run by a physiotherapist with APPI Pilates Certification. Suitable for all abilities and fitness levels. Exercises adapted for those with particular issues. Please bring your own mats, head cushions and bands.

For more information or to book your place on a class, please visit: www.activelivesphysio.co.uk or contact Rebecca on 07748 603145 or email: activelivesphysio@btinternet.com



Match Point Tennis Coaching
Broomhall Park Tennis

A highly active tennis coaching programme catering for all abilities; from complete beginners through to experienced tournament players.

Mini Tennis:

Little Aces (3-4yrs) Saturday 8:45 - 9:30am

Red Ball (5-7rs) Mon, Tue, Weds: 4-5pm & Sat 9:30 - 10:30am

Orange Ball (8-9yrs) Mon & Weds 5-6pm; Sat 10:30-11:30am

Green Ball (10-12yrs) Mon & Tues 5-6pm; Sat 11:30am-12:30pm

Junior Tennis:

Yellow Ball (12yrs+) Mon & Thurs 5-6pm; Sat 11:30am-12:30pm

Adult Tennis:

Cardio: Tues 12- 1pm; Teams doubles practice: Wednesday 9:30am-11am; Drills: Weds 11am-12:30pm; Drills (Teens welcome): 7-8:30pm

Holidays: Regular tennis & multisport camps are run throughout the holidays.

For more information, please contact Charlie on: 07748 252742; email: coach@matchpointtenniscoaching.com or visit: www.matchpointtenniscoaching.com



**All Saints Church Hall, Ascot
Saturdays 10 - 11:30am**

Drama sessions for 9-13 year olds exploring the magic and excitement of theatre with acting, drama, games, fun & performing. Run by experienced and trained practitioners who will teach stagecraft, drama and confidence; public speaking and communication skills.

We're all about developing confident, collaborative and creative young people. A great way to try out some theatre, make new friends and learn new skills.

New members always welcome with a **FREE taster session.**

For more information, please contact Andrew on 07786 617891; email: youth@oceantheatre.com or visit: www.oceantheatre.com



Sunningdale WI Hall,
Broomhall Recreation
Ground

Thursdays: 10:30am
Fridays 9:15am

**NEW - Seated Pilates on Thursdays
11:45am - 12:30pm**

AMPilates welcomes you to join small, friendly group classes, whether you're just starting out or you already have a wealth of experience. Allow me to assist you on your journey to enhance your wellbeing and quality of life. Pilates can support many medical conditions, back and neck pain, menopause, pre and post-natal, and is a great way to rehabilitate following injury or operation.

Numbers are restricted for safety and sanitized luxury mats, blocks, balls, rollers, prickly balls and bands are provided.

I look forward to welcoming you into class.

For bookings, please contact Amanda on 07767 816499; email: amanda@amandamann.uk.com or visit: www.amandamann.uk.com



Wendy's Workout

Sunningdale Village Hall

Discount offered based on the number of classes you attend.

**Cardio & Conditioning
Mondays 9:15 - 10:15am**

A cardio-focused class to improve all-over fitness. Suitable for all levels.

**Strength & Stretch
Wednesdays 9:15 - 10:15am**

Focusing on strength training using small weights, plates and bands.

**Go with the Flow
Thursdays 9:15 - 10:15am**

A low-impact class using flowing movements to stretch and strengthen your whole body, leaving you feeling relaxed and revitalised.

Please bring along your own mat.

For further information, contact Wendy on 07899 982909



**All Saints Church Hall
Ascot
Saturdays
1:00 - 5:30pm**

Ocean's Main Company offers 14-19 year olds the opportunity to perform high quality, well-known productions. We aim to help young people of all abilities from a variety of backgrounds to develop their artistic, personal and social skills. It is a nurturing, educational and fun environment for young people whether their desire is to build confidence and make friends, or to ultimately work in the professional world of theatre.

New members always welcome with a **FREE taster session.**

For more information, please contact Andrew on 07786 617891; email: info@oceantheatre.com or visit: www.oceantheatre.com

Activities at Sunningdale Village Hall

	ACTIVITY	TIMES	CONTACT
MONDAY	Wendy's Workout - Cardio and Conditioning Parkinson's exercise classes for those recently diagnosed Yoga and Breath Guidance with Kate - beginners welcome	9.15 am - 10.15 am 10.30 am - 1.00 pm 6.30 pm - 8.00 pm	Wendy 07899 982909 Benny 07477 039109 Kate 01252 834240
TUESDAY	MAD Academy - music and dance for walkers to 4 years Pilates with Sheila Izzy Puppy Training	9.45 am - 10.30 am 11.00am – 12.00pm 5.45pm – 7.15 pm	Kate 07770 931031 Sheila 07834 867584 Izzy 07918 318537
WEDNESDAY	Wendy's Workout - Strength and Stretch Pilates with Christine - Beginners and Improvers Everyone Health – nutrition and physical health (provided free by RBWM) Yoga for Men	9.15 am - 10.15 am 11.15 am - 12.15 pm 5.30 pm – 7.00 pm 8.00 pm - 9.00 pm	Wendy 07899 982909 Christine 07813 686130 0333 005 0095 Graham 07733 322144
THURSDAY	Wendy's Workout - Go with the Flow a low impact exercise class Get Fit Stay Fit with Flexercise - low impact exercise for all abilities Izzy Puppy Training (from 11.01.2024) Active Lives Pilates - Intermediate/Advanced level class for adults Active Lives Pilates - Mixed ability class also suitable for Beginners/Improvers	9.15 am - 10.15 am 11.30 am - 12.30 pm 5:45 pm – 6.45 pm 7.30 pm - 8.25 pm 8.30 pm - 9.25 pm	Wendy 07899 982909 Christine 07900 900616 Izzy 07918 318537 Rebecca 07748 603145 Rebecca 07748 603145
FRIDAY	Active Lives Pilates - Intermediate/Advanced level class for adults Active Lives Pilates - Mixed ability class for adults Active Lives Pilates - Improver/Intermediate level class for adults Active Lives Pilates - Mixed ability class for adults Active Lives Pilates - Beginner/Improver class for adults	9.30 am - 10.25 am 10.30 am - 11.25 am 11.30 am - 12.25 pm 1.00 pm - 1.55 pm 2.00 pm - 2.55 pm	Rebecca 07748 603145 Rebecca 07748 603145 Rebecca 07748 603145 Rebecca 07748 603145 Rebecca 07748 603145



Sunningdale Village Venues is published 3 x per year by Sunningdale Village Hall, registered Charity No. 299966 and distributed free to the residents of Sunningdale. Submissions for the April-August 2024 issue should be sent to: svh@sunningdale-pc.gov.uk by the deadline: Friday, 8th March 2024. The content does not necessarily reflect the views or opinions of Sunningdale Village Hall, its employees or trustees or those of Sunningdale Parish Council.

Activities at Broomhall Park Recreation Ground

	ACTIVITY	TIMES	CONTACT
MONDAY	Playball (ages 3-4 years and 4-5 years) Playball (ages 5-9 years) Mini Tennis: - Red Ball (5-7 years) Mini Tennis: - Orange Ball (8-9 years) Mini Tennis: - Green Ball (10-12 years) Junior Tennis: - Yellow Ball (12 years +)	3.45pm 4.00 pm - 5.00 pm 5.00 pm - 6.00 pm 5.00 pm - 6.00 pm 5.00 pm - 6.00 pm	Lara 077447 815158 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742
TUESDAY	Adult Tennis: Cardio Tennis Mini Tennis - Red Ball (5-7 years) Mini Tennis - Green Ball (10-12 years)	12.00 noon - 1.00 pm 4.00 pm - 5.00 pm 5.00 pm - 6.00 pm	Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742
WEDNESDAY	Adult Tennis: Team Doubles Practice Adult Tennis: Drills Mini Tennis: - Red Ball (5-7 years) Mini Tennis: - Orange Ball (8-9 years) Adult Tennis: Drills (Teens welcome)	9.30 am - 11.00 am 11.00 am - 12.30 pm 4.00 pm - 5.00 pm 5.00 pm - 6.00 pm 7.00 pm - 8.30 pm	Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742
THURSDAY	Junior Tennis: - Yellow Ball (12 years +)	5.00 pm - 6.00 pm	Charlie 07748 252742
FRIDAY	Sunningdale Library at The Pavilion, Broomhall Park	4.00pm - 7.00pm	
SATURDAY	Little Aces Tennis (3-4 years) Mini Tennis: - Red Ball (5-7 years) Mini Tennis: - Orange Ball (8-9 years) Mini Tennis: - Green Ball (10-11 years) Junior Tennis: - Yellow Ball (12 years +) Sunningdale Library at The Pavilion, Broomhall Park	8.45 am - 9.30 am 9.30 am - 10.30 am 10.30 am - 11.30 am 11.30 am - 12.30 pm 11.30 am - 12.30 pm 10.00am - 1.00pm & 1:30pm - 4.00pm	Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742 Charlie 07748 252742
SUNDAY	Sunningdale Library at The Pavilion, Broomhall Park	11.00am - 2.00pm	

Activities at Holy Trinity Church

	ACTIVITY	TIMES	CONTACT
WEDNESDAY	Rendezvous Café – everyone welcome for tea, coffee and cakes	9.45 am - 11.45 am	Church Office 01344 621886



Pilates with Christine

Sunningdale Village Hall

Wednesdays
11:15am - 12:15pm

Low-impact exercise programme for beginners & improvers

Work through a variety of exercises using soft balls, magic circles, bands and toning balls to develop stability, flexibility and strength.

Stott Pilates Instructor, insured with and a member of FitPro.

ZOOM classes also available.

For further information please contact Christine on 07813 686130 or email: chrisjackman@btinternet.com



Season Tickets are still available to purchase at Broomhall Park Tennis

The refurbished tennis courts at Broomhall Park are now open. Complete with a new surface treatment of TigerTurf Advantage Pro 13mm and brand new LED floodlights, the new, all-weather courts have been well-received by our Season Ticket holders.

If you are interested in joining Broomhall Park Tennis, which holds regular social evenings and has resident coaches Charlie and Clive to help you improve your game, please visit www.sunningdale-pc.org.uk/tennis or phone the Parish Council on 01344 874268 for more details.



The Community Room, The Pavilion
Broomhall Park Recreation Ground

Opening times:

Fridays 4pm - 7pm
Saturdays 10am - 1pm & 1:30pm - 4pm
Sundays 11am - 2pm

A variety of books to choose from; up to 30 at a time! Or you can order and collect at a later date. Free to join for RBWM residents with proof of address.

The library will also be holding Story Time sessions for little ones and PCSO drop-in sessions for Sunningdale residents in the new year. Look out for details of these on the Parish Council website and noticeboards around the village.

The library facility is funded by Sunningdale Parish Council in partnership with RBWM.



Yoga & Breath Guidance with Kate

Sunningdale Village Hall
Mondays 6:30 - 8pm

Beginners welcome!

Sessions include:

- Healthy natural breathing techniques to improve circulation and increase lung capacity.
- Principles of spinal movement and good posture.
- Standing strength foundation work.
- Floor exercises and the importance of maintaining and increasing flexibility.
- Moving from the core, abdominal health and finding inner power.
- Increased energy and less physical pain.
- Relaxation techniques to reduce anxiety and tension.

Bring your own mat and blanket. Price: £14 single or £12 for pack of 4 Live broadcasts. The class is broadcasted live via Zoom. Booking preferred but not necessary. Please get in touch if you're a beginner. Call Kate on 07711 118992 (you can text or leave a message). Email: kate@healthyfreedom.co.uk or visit: www.healthyfreedom.co.uk



Charters Leisure Centre, Sunningdale

Simon Grassi has over 35 years coaching experience and is passionate about providing quality and affordable coaching to all players.

Courses run from Monday to Saturday.

Please see our website for full programme.

Orange & Green Ball: 7-10yrs
Yellow Ball: 10-16yrs
Academies: 10-16yrs

Holiday Coaching
Adult Coaching

Westmorland Park, Bracknell
Fit4Tennis - Tuesday
All abilities welcome!

**For further information please visit
www.charterstennis.com or email:
charterstennis@btinternet.com**

Rendezvous Café

at Holy Trinity Church
every Wednesday
9:45 - 11:45am



A friendly meeting place where you will always receive a warm welcome from our volunteer staff. Come alone or bring your friends! Excellent value: tea/coffee + slice of cake, only £2.

Little ones welcome; toys available!

Free Wi-Fi.

**For further information, please contact
the Church Office on
01344 621886**



**email:
htschurchoffice@gmail.com
or visit:**

www.holytrinitysunningdale.co.uk

**it's time...
for better health**

**We can help you
eat well and move more...
helping you lose weight**

We offer

- Free 12 week programme – nutrition and physical activity sessions at a location near to you.

Who for?*

- Residents in the Royal Borough of Windsor & Maidenhead
- Aged 18+

Contact us...
Email: clinical.contactcentre@nhs.net
Tel: 0333 005 0095

It's all FREE!

everyonehealth
because everyone matters

**New weekly sessions at Sunningdale
Village Hall on Wednesdays 5:30 - 7pm**

*BMI restrictions apply, please contact us for details.

playball

**Motor learning
& multi-sports
for 2-9 year olds!**

We are super passionate about giving children a positive outlook on movement and sport as we truly believe that movement is the most important aspect of healthy development and mental health in children and adults! Our weekly classes are fun, small and delivered by fun and energetic coaches to ensure individual attention and engagement.

**We also run holiday camps and birthday parties
with our same fun-loving team!**

Classes:

- 2-3 yrs** - Mon 10:15: Cordes Hall, Thur 09:30: 1st South Ascot Scout Hut
- 3-4 yrs** - Mon 09:30: Cordes Hall, Mon 15:45: WI Hall at Broomhall Recreation Ground Tue: 11:00 & Thu 10:15: 1st South Ascot Scout Hut
- 4-5 yrs** - Mon 15:45: WI Hall at Broomhall Recreation Ground
- 5-9 yrs** - Mon 16:30: WI Hall at Broomhall Recreation Ground

**Please contact us for more details or to
arrange a FREE taster session.**
**T: 07447815158 E: ar@playballkids.com
W: www.playballkids.com**



Sunningdale Pre-School & After-school club

in the Small Hall,
Sunningdale Village
Hall



An established Ofsted Outstanding Early Years setting providing quality care and education for children aged 2 years 8 months until school age.

Registrations are now being taken for the academic year beginning September 2024/25.

The Pre-School also runs an After-school club for 4-11 year olds attending Holy Trinity School.

For further information, please contact Sharon on 01344 623331;
email: sunningdale.preschool@gmail.com
(for Pre-school)
sunningdale.asc@gmail.com
(for After-school club)
or visit: www.sunningdalepreschool.co.uk



UPCOMING VAULTION DAYS IN SUNNINGDALE

Thursday, 8th February 2024
Thursday, 14th March 2024
10:30am - 1:30pm

in the Community Room at The Pavilion,
Broomhall Recreation Ground

Are you looking to sell antiques or collectibles?

The Windsor Auctions team will be providing free appraisals of antiques, collectibles, jewellery, silver or anything 'old and interesting'.

Don't hesitate to call us on 01753 868076 or email: sales@windsorauctions.co.uk

We look forward to seeing you on the day

Pilates

Personalised and adapted for all levels



Tuesday morning classes

11am - 12 noon

Commencing 14th November 2023

Sunningdale Village Hall

Church Road, Berks SL5 0NJ

£12 / class

or 5 for £50

£5 Special offer trial price for 1st visit

to book please contact

pilateswithsheila@hotmail.com

07834 867584



Did you know that Sunningdale Village Hall is available to hire for regular bookings as well as one-off events?

Maybe you run a class, group or activity and are currently looking for a new venue?

There are a limited number of slots available on weekdays for regular hirers.

Or do you need a venue for a party, wedding reception, AGM, disco etc. on a weekend or in the school holidays?

Call us on 01344 297250 to enquire about the latest availability; email us at: svh@sunningdale-pc.gov.uk or visit: www.sunningdalevillagevenues.co.uk