



# Love's Farm News

December 2019 – January 2020

[www.ourlovesfarm.co.uk](http://www.ourlovesfarm.co.uk)



Christmas Cheers at the Farm House Bar, Friday 20 December from 6:30pm at Love's Farm House

## Christmas on Love's Farm

Christmas is a time for celebrating with friends and family, and what bigger or better family is there than the Love's Farm community? You're all invited to our busy schedule of Christmas-themed events at Love's Farm House throughout December...

### Messy Church

| Friday 6 December, 3:15-5:15pm

The afternoon kicks off with a light snack before we explore the characters of the Christmas Story through a range of crafts, activities and stories before coming together for songs and prayers followed by tea!

### Cocktails and Karaoke

| Friday 6 December, 8pm - late

There'll be festive cocktails to help get you limbered up for some high octane karaoke action. With 10,000 songs to choose from including a healthy dose of Christmas cheese, we'll be letting the good times roll.

### Love's Farm Community Christmas Carol Singing

| Thursday 19 December, 6:15pm

This is the perfect way to get in the mood for Christmas. Wrap up warm and head over to Love's Farm House

at 6:15pm. We'll head out at 6:30pm for an hour of hearty carol singing before returning to the Farm House for some warm refreshments.

## Christmas Cheers at the Farm House Bar

| Friday 20 December, 6:30 - 11pm

The last Friday before Christmas means it's time for some Christmas Cheers! We'll have spicy mulled wine, hot mince pies, back-to-back BublÉ and Mariah, plus a crackling log fire appearing by magic in the foyer. It's the perfect opportunity to celebrate Christmas with your Love's Farm friends before hunkering down for the Christmas break.

## Love's Farm Book Club Christmas Party

| Friday 20 December, 7:30pm

On the same evening Love's Farm Book Club will be having its own Christmas celebration in the hall. Get together with friends (and make new ones), discuss books, drink gin and repeat as necessary. There'll probably be a mince pie going spare too.

## Christmas Day Breakfast Church (with Lunch!)

| Wednesday 25 December, 11am

Breakfast Church will gather on Christmas Day at Love's Farm House, beginning with coffee and pastries before taking some time to look at the Christmas story, singing carols and then peeling veg ready for a

Christmas lunch. If you'd like to be a part of that (regardless of whether you come to Breakfast Church or not) please message Helene on 07938 803501 or via her Facebook page. You are welcome.

## Want to Get Involved in Your Community?

Love's Farm Community Association (LFCA) represents and promotes the interests of Love's Farm residents and aims to make Love's Farm the best possible place for us all to live. Every resident is automatically a member.

Over the years, LFCA has been involved in all sorts of things — regular SMART litter picks, events such as the Big Lunch, getting Love's Farm House up and running, planting trees and bulbs, Neighbourhood Watch, campaigning for parking controls, improvements to grass cutting, street lights, play areas, communicating with residents through Love's Farm News, our Facebook page and website. We're regularly talking with developers — both of Love's Farm itself and the surrounding developments — to ensure the best possible outcomes for current and future residents.

All of this has been possible due to the hard work of volunteers. We are all residents who give up our spare time to make Love's Farm a better place to live. If you share our passion for the local community and making Love's Farm a better place to live, we'd love to hear from you.

There are lots of ways you can get involved, contributing to any of the projects listed above, or starting something new. A good place to start is to come to our monthly meetings (third Wednesday of the month at 7:30pm) when we meet to discuss all things Love's Farm. We're currently looking for a secretary to draw up the agendas and take notes at meetings. If you have IT skills and an eye for detail, we'd love to hear from you!

If you'd like to get more involved in our community in any way — whether you have particular skills or just some time or enthusiasm to offer — please get in touch with Marcus at [chair@ourlovesfarm.co.uk](mailto:chair@ourlovesfarm.co.uk)

## Brownie Spaces Available

Looking for a way for your daughter to make new friends, have fun and grow her confidence? There are spaces available at one of our local Brownie packs, which meets at Love's Farm House on Thursdays. Brownies is about trying new things that teach girls aged seven to 10 about themselves, their community and their world. Girls go to camps, holidays, day trips and sleepovers. They get together with friends at regular meetings where they learn new hobbies, get creative, explore other cultures and have outdoor adventures. To join, register online and select 4th St

## MAKING FITNESS FUN AND ACCESSIBLE FOR ALL

Come along to one of my fitness classes in and around the St. Neots area. I offer a range of fitness classes, sports massage and online weight-loss and wellness programmes.

Check out my website for class times and dates!

Fit Mum / Mum and Baby Pilates / Zumba / Fitness Pilates C3 (Cardio, Conditioning and Core)

**NJ** FITNESS & MASSAGE

07912442622  
[njfitnessandmassage@outlook.com](mailto:njfitnessandmassage@outlook.com)

[www.njfitnessandmassage.com](http://www.njfitnessandmassage.com)



Neots (Love's Farm) Brownies on a Thursday. It's best to register early if your daughter is under 7 years old so they can be added to a waiting list [www.tinyurl.com/register-brownies](http://www.tinyurl.com/register-brownies)

## Jam Night

Friday 13 December, 7:30 - 11pm, Love's Farm House

If you can play an instrument — even if you haven't played for years — head over to the Farm House on Friday 13th for an evening of music making. Everyone is welcome (under 18s accompanied by a parent or carer please), and we'll have a bash through some covers and indulge in some freeform jam-making.

## Youth Cafe

Wednesdays during term-time, 3:30-5:30pm, Love's Farm House

Youth Cafe continues to meet at Love's Farm House every Wednesday afternoon during term time, offering secondary school aged young people a place to meet and chat, get some homework help, drink milk-shakes, hot chocolate and eat cake or toast — all very reasonably priced.

## SMART Day: In + Out

Saturday 18 January, 11am and 2pm, meet at the Pirate Ship or Love's Farm House

Our next community litter pick SMART day is set for 18 January. Save the date for an indoor and outdoor SMART day, giving Love's Farm House a spruce up as well as our usual litter pick of green places. More details will appear on our website and Facebook page in January.

## Christmas Wonderland

Saturday 7 December, 1-4pm, The Priory Centre

Christmas Wonderland is a great opportunity for local families to get into the Christmas spirit.

This free event for parents and children includes lots of Christmas crafts to make and delicious cakes and drinks to sample.

This event put on by a local church called Open Door has been running

for many years and is always popular and put on entirely by local volunteers. Love's Farm resident Di Briggs will be there to welcome you all!

## Seasonal Wishes from bpha

All the staff at bpha would like to wish Love's Farm residents a very merry Christmas and share our best wishes for the New Year.

If you are a bpha resident and need to get in touch with us over the festive period, our Customer Service Centre can still be contacted on 0330 100 0271 or by emailing [info@bpha.org.uk](mailto:info@bpha.org.uk). Our opening hours are listed below, with calls made outside these hours being diverted to our out-of-hours, emergency and payment lines.

Tue 24 December	9:00-13:00
Wed 25 December	Closed
Thur 26 December	Closed
Fri 27 December	10:00-16:00
Sat 28 December	9:00-13:00
Mon 30 December	10:00-16:00
Tues 31 December	10:00-16:00
Wed 1 January	Closed
Thu 2 January	8:00-18:00

## Don't Let Neighbours be Strangers

With the festive holiday period just a few weeks away, our high street shops bustling and tinsel and baubles sparkling brightly it's sometimes hard to remember that this time of year

isn't the greatest for all of us.

Figures show that there are thousands of people across the country that go days, weeks and months without having a conversation with a friend or relative. So, while you're gathered with your nearest and dearest this December please spare a thought for your neighbours and those in your community who might be lonely. A quick knock on the door to check they're safe and well might make a huge difference to their day.

## Have Your Say in the New Year

Tuesday 7 January, 10am-12:30pm

Our Resident Engagement team will be spending time in Love's Farm House on Tuesday 7 January 2020 and are inviting bpha and Loves' Farm residents to come along and have their say. Elaine and Abi will be on site from 10am until 12.30pm and would like to chat to you to find out what you'd like to know about bpha and how you'd like to receive information from us. There'll be cake on offer so please pop along and say hello.

## Community Money Advice

Love's Farm Community Money Advice is a free, confidential service provided by trained volunteers who can help with debt and budgeting advice and support. If Christmas financial pressures are overwhelming you, take the opportunity to talk



### BOOK YOUR FREE TRIAL!

Dancing, singing and acting classes for students of all ages and abilities. Friendly and fun classes in St Neots with car parking and parent lounge.

through a budget and make a plan to manage the season and start the new year in control of your finances.

Please contact Kathryn, Lara, or Helene on 01480 260234 or email [moneyadvice@lovesfarmchurch.com](mailto:moneyadvice@lovesfarmchurch.com)

## What's New at Love's Farm House

### Shining Stars Children's Charity

| Tuesdays at Love's Farm House

Shining Stars is a new charity that provides support for children with a disability, life-threatening and/or life-limiting illness in St Neots and the surrounding areas. They will be

running on Tuesday afternoons at Love's Farm House from January 2020. Their free services include sensory/play therapy, fun activities for all abilities, respite care, sibling fun days, outings, events and support for the whole family.

For more information please contact Natalie on 07751 570510 or [natalie@shiningstars.org.uk](mailto:natalie@shiningstars.org.uk).

### Everyone Health

| Wednesdays 9.30am-1.30pm, Free

Whether you've overindulged in mince pies and mulled wine over Christmas or have made a New Year's Resolution to take more exercise or stop smoking, you are more likely to succeed in improving your health

with a little support. That's where a Health Trainer can help. Whatever your goal, once you have joined the free programme your Health Trainer will meet with you up to six times over a one-year period and help you to make simple changes to improve your health and well-being, as well as providing you with the tools, encouragement and motivational support you need every step of the way.

The Health Trainer programme is completely free to access, but appointments must be booked in advance. Call 03330 050093 or visit [www.everyonehealth.co.uk/cambs](http://www.everyonehealth.co.uk/cambs) for more information.

### Emmabelle's Princess Parties and Events - Super Sparkling New Year Party

| Tuesday 31 December, 5.30-7.30pm  
£18 per child, booking essential

Following the success of their sold-out Spooks & Sparkles Halloween Party and Festive Frozen Tea at Love's Farm House, Emmabelle's Princess Parties and Events are back for a children's New Year's Eve party with a difference on Tuesday 31 December at Love's Farm House. Children will be joined by two princesses, a superhero and a mystery fourth character for a New Year celebration, with an early "midnight" countdown so that children can see

in the New Year before bedtime! There will be singing and dancing, games and stories, as well as party snacks and lots of photo opportunities with the characters.

Tickets cost £18 per child and must be booked in advance as places are limited. Visit [www.facebook.com/EmmabellesPrincessParties](http://www.facebook.com/EmmabellesPrincessParties) for more information, or you can book your tickets at [www.ticketsource.co.uk/emmabellesprincessparties](http://www.ticketsource.co.uk/emmabellesprincessparties).

### Introducing Rob Simonis

Following a vacancy at St Neots Town Council, Rob Simonis has been co-opted to represent Love's Farm. Love's Farm News caught up with him to find out more.

#### Hello, please introduce yourself!

Hi I'm Rob (nobody calls me Robert) and I was co-opted to St Neots Town Council in September for the St Neots East ward. I am not politically aligned and stood as an Independent.

My wife and I moved to the town several years ago as it was where she grew up and we wanted to raise our own family, plus I work in London and the commute is a lot easier than from Leicester where we were before. We now have two kids, Charlie and Belle who are 7 and 5 respectively. In my view the town is



Bespoke PCs designed to suit your budget  
Troubleshooting, installations and maintenance services  
Consultation and advice

One-Stop Shop for Home and Office PC Systems

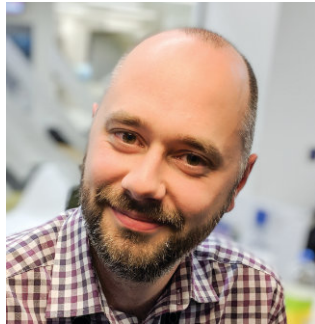


Contact:  
[enquiries@nervesystem.net](mailto:enquiries@nervesystem.net)  
[www.nervesystem.net](http://www.nervesystem.net)  
07902018834

the perfect place to raise them. When they're not at school we can generally be found in one of the parks or in the high street having a coffee.

**What prompted you to stand as a town councillor?**

I think that anyone who stands as a councillor will tell you that they're passionate about the town and want to give something back. Personally for me I have a real interest in retail and the St Neots Masterplan was an exciting opportunity to get involved. In the short time



Our new Town Councillor, Rob Simonis

I've been a councillor I've learned so much about what goes on under the surface of the town, the voluntary work in particular that benefits so many people, and the effort and cost it takes to keep a town running. I've also learned a lot about grass cutting, parking charges, the new Love's

Farm developments, the environmental initiatives (both on Love's Farm and more widely in the town) and of course, double yellow lines.

**What are your priorities for St Neots?**

# TRAVELLING ABROAD?

GET YOUR TRAVEL VACCINES HERE  
**LOVES FARM, 5 KESTER WAY, LOVES FARM, ST.NEOTS, CAMBS, PE19 6SL**

Web: [www.lovesfarmpharmacy.co.uk](http://www.lovesfarmpharmacy.co.uk)

Email: [lovesfarm@aah-n3.co.uk](mailto:lovesfarm@aah-n3.co.uk)

Will you be travelling to countries in which water quality may be of a lower standard?

Will you be travelling to the wilderness or into rural areas where you are likely to be exposed to farm animals or wildlife?

Will you be spending a lot of time outdoors where you may be exposed to mosquitoes?

**FREE PRESCRIPTION COLLECTION & DELIVERY SERVICE ALSO AVAILABLE.**

**WHY NOT GET OUR FREE APP (HEALTHERA) TO ORDER YOUR PRESCRIPTIONS.**

Contact us on: 01480 215665  
 5 Kester Way, Loves Farm,  
 St. Neots, Cambs, PE19 6SL  
 Web: [www.lovesfarmpharmacy.co.uk](http://www.lovesfarmpharmacy.co.uk)  
 Email: [lovesfarm@aah-n3.co.uk](mailto:lovesfarm@aah-n3.co.uk)



**Loves Farm Pharmacy** provides a full range of services including:

**Travel Vaccinations\***  
 Yellow Fever, Rabies, Japanese Encephalitis, Hepatitis B, Tick Borne Encephalitis, Meningitis ACYW, Cholera, Tetanus, Diphtheria, Polio, Hepatitis A and Typhoid.

**Childrens Vaccinations\***  
 Chickenpox, Meningitis B, MMR.

**Adult Vaccinations\***  
 Shingles, HPV.

Please contact the pharmacy for further information  
 01480 215665  
 or just pop in.

\*Consultation fee applies

The more I learn the more my priority list gets revised, but bringing the Masterplan to life is a key objective, as are the environmental ambitions. In the shorter term I'd like to understand from residents what they feel my priorities should be, so please email me at [robert.simonis@stneots-tc.gov.uk](mailto:robert.simonis@stneots-tc.gov.uk) with any thoughts, questions, views or opinions.

## Love's Farm Out of Doors

*With Phyllis Hooper*

We've had a little extra breathing time (ref. my last blog about trees producing the oxygen we breathe) because the leaves are late falling this year. But I also learnt something new about autumn colours. I had always thought that the yellows, orange and reds were the green chlorophyll getting tired and fading to brown but nature is much cleverer than that. All the good stuff is transported back down to the roots and stored til spring and it's "empty" leaves that drop off, though even they get chewed up by mini-beasts and rotted by fungi and become nutrients for more plant growth next year.

We've had some amazing fungi on the farm this autumn. Even though I'm a country person, I never trust my knowledge to be sure which I can eat safely. I once made my family very sick after eating field mushrooms, only one of which was a baddie. Find a real expert or stick to the Deli!

I was musing about my "field of vision", whether I was looking to the wide horizon or just watching my feet. When I lived in Devon I was a keen member of a weaving group and it became a regular practice to find "weaving subjects" in nature – any pattern that could be repeated to become a fabric. It could be anything from cloud formations, field shapes, woodland or forest textures right down to fallen leaves on the grass, frost on a window or puddle, even down to tiny things like patterns on snail shells or fossils in gravel – a fossil always has that "little something" that differentiates it from the surrounding chips of rock. I took my grandchildren on holiday and planned all sorts of exciting things to do but every evening they were most absorbed, while I was cooking dinner, by crawling in the gravel car park collecting fossils.

Back to Love's Farm! We planted lots of tulip and narcissi bulbs this weekend and have more to do, so I hope we'll have some patches of colour next spring. I've had a lot of comments about the tree-guards and



Beech leaves — try to count the colours



Beware — unidentified mushrooms!

how ugly or strangling they are.

Hind-sight is a great thing but, unfortunately, 15 years ago it was thought right to (over)plant and protect our young trees. Now, the

people who did it have moved on and left us and HDC to do what we can. The same with the tree supports which are now leaning on their trees. If anyone really wants an action gang we could try to set one up over winter — good excuse for some exercise?

Anything out of doors, ideas or queries, try me.

*phyllis.hooper@btinternet.com*

## Advertise Here

Advertise your company or event with a half-page, quarter-page or classified advert. This newsletter is delivered to 1,400 homes on Love's Farm. Please contact Jenny on 01480 262626 (9am-3pm Monday-Friday) or email [jenny@lovesfarmhouse.co.uk](mailto:jenny@lovesfarmhouse.co.uk).



## Host your party at Love's Farm House

Children's parties (12-3pm or 3-6pm) - £75

Saturday night (6pm-midnight) - £220

Saturday all day (midday-midnight) - £370

Call 01480 262626 or email [jenny@lovesfarmhouse.co.uk](mailto:jenny@lovesfarmhouse.co.uk)

[www.lovesfarmhouse.com](http://www.lovesfarmhouse.com)

## Get In Touch

### Love's Farm News

Editor: Ben Pitt  
[ben.pitt@ourlovesfarm.co.uk](mailto:ben.pitt@ourlovesfarm.co.uk)  
Advertising Enquiries:  
Jenny Bishop 01480 262626  
[jenny@lovesfarmhouse.co.uk](mailto:jenny@lovesfarmhouse.co.uk)

### Love's Farm Community Association (LFCA)

Chair: Marcus Pickering [marcus.pickering@ourlovesfarm.co.uk](mailto:marcus.pickering@ourlovesfarm.co.uk)  
[www.ourlovesfarm.co.uk](http://www.ourlovesfarm.co.uk)  
 [ourlovesfarm](https://www.facebook.com/ourlovesfarm)

### Love's Farm House

Bookings and general enquiries (Mon to Fri, 9am to 3pm): Jenny 01480 262626,  
[jenny@lovesfarmhouse.co.uk](mailto:jenny@lovesfarmhouse.co.uk)  
Chair of trustees:  
Raymon Gompelman  
[raymon@lovesfarmhouse.co.uk](mailto:raymon@lovesfarmhouse.co.uk)  
[www.lovesfarmhouse.com](http://www.lovesfarmhouse.com)  
 [lovesfarmhouse](https://www.facebook.com/lovesfarmhouse)

### Town Councillors

Stephen Ferguson, [stephen.ferguson@stneots-tc.gov.uk](mailto:stephen.ferguson@stneots-tc.gov.uk)  
Caroline Gregson, [caroline.gregson@stneots-tc.gov.uk](mailto:caroline.gregson@stneots-tc.gov.uk)  
Rob Simonis  
[robert.simonis@stneots-tc.gov.uk](mailto:robert.simonis@stneots-tc.gov.uk)  
Ben Pitt, [ben.pitt@stneots-tc.gov.uk](mailto:ben.pitt@stneots-tc.gov.uk)

### District Councillors

David Wells, 01480 211629,  
[davidjwells@hotmail.co.uk](mailto:davidjwells@hotmail.co.uk)  
Nik Johnson, 07957 210183,  
[nikmagpiejohnson@btinternet.com](mailto:nikmagpiejohnson@btinternet.com)

### County Councillor

Julie Wisson, 07725 791459,  
[julie.wisson@cambridgeshire.gov.uk](mailto:julie.wisson@cambridgeshire.gov.uk)

### Community Chaplain, Breakfast Church

Helene Tame, 07938 803501  
[community.chaplain@yahoo.co.uk](mailto:community.chaplain@yahoo.co.uk)

### Sakura Shotokan Karate Club Cambridge

£5 per session. Email Lucas on [cambridgekarate@gmail.com](mailto:cambridgekarate@gmail.com)

### BPHA

Contact Customer Services on 0330 100 0272 [www.bpha.org.uk](http://www.bpha.org.uk)

### Hartbeeps

Ages: 0 to 4, £7 per child. Contact Anna on 07903 142133 [annac@hartbeeps.com](mailto:annac@hartbeeps.com)  
[www.hartbeeps.com](http://www.hartbeeps.com)

### Little Miracles

Email [stneots@littlemiraclescharity.org.uk](mailto:stneots@littlemiraclescharity.org.uk) or [facebook.com/LMSstNeots](https://www.facebook.com/LMSstNeots)

### Abacus Mental Maths

Contact Abi on 07712 659961 or [Bedford@brainup.uk](mailto:Bedford@brainup.uk), [www.brainup.uk](http://www.brainup.uk)

### Zumba, Fitness Pilates and Fit Mums

£30 for a block of six, or pay-as-you-go at Zumba at £6 per class. Contact Nicola at [njfitnessandmassage@outlook.com](mailto:njfitnessandmassage@outlook.com)

### Narcotics Anonymous

<https://ukna.org> or call the helpline on 0300 999 1212

### Baby Sensory

Birth to 5 years, £70 for 10 classes. [beds@babysensory.co.uk](mailto:beds@babysensory.co.uk) 07538 502587, [www.babysensory.com](http://www.babysensory.com)

### Shining Stars

Email [natalie@shiningstars.org.uk](mailto:natalie@shiningstars.org.uk) or search Facebook for "Shining Stars Children's Charity"

### Pilates

£78 for 12 classes. Contact Laura on 07900 242904 or [laura@laurasfitness.co.uk](mailto:laura@laurasfitness.co.uk)

### Everyone Health

Call 03330 050093 for appointments, or visit [www.everyonehealth.co.uk/camb](http://www.everyonehealth.co.uk/camb)s

### Tiny Tots Dance

Ages: 2½ to 4, £4.50 per child. Contact Amy at [hello@tinytotsdance.co.uk](mailto:hello@tinytotsdance.co.uk), [facebook.com/tinytotsdanceclasses](https://www.facebook.com/tinytotsdanceclasses)

### Youth Café

School years 7 to 11. Contact Helene on 07938 803501, [community.chaplain@yahoo.co.uk](mailto:community.chaplain@yahoo.co.uk)

### St Neots Tang Soo Do Karate Club

Ages: 6 to adult. £4.50 per person / £9 per family. Contact Paul on 07790 217170

### Little Loves

Ages: Birth to Preschool, £1 per family. Contact Helene on 07938 803501, [community.chaplain@yahoo.co.uk](mailto:community.chaplain@yahoo.co.uk)

### Sweaty Mama Fitness

£40 per 6 week block, Contact [tatiana@sweatymama.com](mailto:tatiana@sweatymama.com)

### Dewey School of Dance

Ages: 5-12, £30 per half term. Contact Megan on 07801982389

### Love's Farm Rainbows, Brownies & Guides

[guides@lovesfarmguiding.org.uk](mailto:guides@lovesfarmguiding.org.uk), [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

### Yogabellies (inc. Mum & Baby, Pregnancy)

Contact Niki on 07514 093907, [niki@yogabellies.co.uk](mailto:niki@yogabellies.co.uk), [www.yogabellies.co.uk](http://www.yogabellies.co.uk)

### Junior Youth Club

School Years 3 to 6. Contact Helene on 07938 803501, [community.chaplain@yahoo.co.uk](mailto:community.chaplain@yahoo.co.uk)

### Nia

£8 per class. Contact Ildi at [ildiko.miklos@hotmail.com](mailto:ildiko.miklos@hotmail.com), [facebook.com/ildinia](https://www.facebook.com/ildinia)

### Streetdance

Various classes for ages 4+, £4 to £5.50 per class. Contact Katy on 07500 875060, [www.katynorthdanceacademy.com](http://www.katynorthdanceacademy.com)

### Life Drawing

£7 per session. Contact Stephen at [lifedrawing@neotists.co.uk](mailto:lifedrawing@neotists.co.uk)

### CoderDojo

[www.tinyurl.com/coderdojo-stneots](http://www.tinyurl.com/coderdojo-stneots)

### Love's Farm Ladies (WI)

[lovesfarmladieswi@gmail.com](mailto:lovesfarmladieswi@gmail.com)

### Love's Farm Runners

Visit [www.facebook.com/groups/lovesfarmrunners](https://www.facebook.com/groups/lovesfarmrunners)

### 2nd St Neots Beavers, Cubs and Scouts

[tinyurl.com/lovesfarmcubs](http://tinyurl.com/lovesfarmcubs)

### Community Money Advice

Call 01480 260234 or email [moneyadvice@lovesfarmchurch.com](mailto:moneyadvice@lovesfarmchurch.com)



# What's On

## December 2019

Events are at Love's Farm House **foyer**, **hall** or **meeting room**, or **out and about**. Events with a \* mean just turn up. For others, please book in advance. Visit [www.lovesfarmhouse.co.uk](http://www.lovesfarmhouse.co.uk) or call 01480 262626 for more information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Hartbeeps</b> 9.30, 10.30, 11.30 & 12.45 <b>Abacus Maths</b> 5.30 - 6.30pm <b>Shotokan Karate</b> 6pm - 7pm * Zumba 7 - 8pm * NA 7.30 - 8.30pm <b>Fitness Pilates</b> 8.10 - 9pm	* <b>Farm House Coffee Shop</b> 9am - 12.30pm <b>Baby Sensory</b> 10am, 11.20am * <b>BPHA drop in</b> 10am - 12.30pm <b>Pilates</b> 6pm, 7pm, 8pm <b>LF Runners</b> 8pm @ Stn Sq	<b>Fit Mum</b> 9.25 - 10.10am <b>Tiny Tots Dance</b> 10.30 - 11.30am * <b>Youth Cafe for Secondary School Yr 7-11</b> 3.15 - 5.30pm * <b>Tang Soo Do Karate</b> 5.30 - 7pm <b>Yoga</b> 8.15pm <b>LF Runners</b> 8pm @ Stn Sq	* <b>Little Loves</b> 9.30 - 11am <b>Sweaty Mama</b> 11.40am - 12.25pm * <b>LFR Walking Group</b> 2pm @ Stn Sq <b>Contemporary Dance</b> 4pm & 4.45pm <b>Brownies</b> 6 - 7.30pm <b>Guides</b> 7.30 - 9pm	<b>Mum &amp; Baby Yoga</b> 10.45am <b>Messy Church</b> 3.20 - 5.30pm <b>Youth Club</b> 6 - 7pm * <b>Cocktails &amp; Karaoke at the Farm House Bar</b> 8pm - 12am <b>Love's Farm Community Craft Club</b> 8pm - 10pm	* <b>Nia</b> 8 - 9am * <b>Lazy Breakfast</b> 9 - 11am <b>Street Dance</b> 9.15, 9.45, 10.30 & 11am <b>Councillor Surgery</b> 10am - 11am	* <b>Breakfast Church</b> 10 - 11.30am <b>Emmabelle's Princess Parties: Festive Frozen Tea (Sold Out)</b> 4 - 5.30pm <b>Pregnancy Yoga</b> 6.45pm
<b>Hartbeeps</b> <b>Abacus Maths</b> <b>Shotokan Karate</b> * Zumba * NA <b>Fitness Pilates</b> <i>Times as above</i>	* <b>Farm House Coffee Shop</b> 9am - 12.30pm <b>Baby Sensory</b> 10am, 11.20am <b>Pilates</b> 6pm, 7pm, 8pm <b>LF Runners</b> 8pm @ Stn Sq	<b>Fit Mum</b> <b>Tiny Tots Dance</b> <b>Youth Cafe for Sec Sch Yr 7-11</b> * TSD Karate <b>Yoga</b> <b>LF Runners</b> <i>Times as above</i>	* <b>Parliamentary Election</b> 7am - 10pm * <b>LFR Walking Group</b> 2pm @ Stn Sq	* <b>Jam Night at the Farm House Bar</b> 7.30 - 11pm	* <b>Nia</b> 8 - 9am * <b>Lazy Breakfast</b> 9 - 11am <b>Street Dance</b> 9.15, 9.45, 10.30 & 11am	* <b>Breakfast Church</b> 10 - 11.30am <b>Pregnancy Yoga</b> 6.45pm
<b>Hartbeeps</b> 9.30, 10.30, 11.30 & 12.45 <b>Abacus Maths</b> 5.30 - 6.30pm * Zumba 7 - 8pm * NA 7.30 - 8.30pm <b>Fitness Pilates</b> 8.10 - 9.40pm	* <b>Farm House Coffee Shop</b> 9am - 12.30pm <b>Baby Sensory</b> 10am, 11.20am <b>Pilates</b> 6pm, 7pm, 8pm <b>LF Runners</b> 8pm @ Stn Sq	<b>Fit Mum</b> <b>Everyone Health</b> 9.30am - 1.30pm <b>Tiny Tots Dance</b> * TSD Karate <b>Yoga</b> <b>LF Runners</b> <i>Times as above</i>	* <b>Sweaty Mama</b> * <b>LFR Walking Group</b> <b>Contemporary Dance</b> <i>Times as above</i> * <b>Love's Farm Carol Singing</b> Meet at LFH @ 6.15pm	* <b>Christmas Cheers at the Farm House Bar</b> 7.30 - 11pm * <b>Love's Farm Book Club</b> 7.45pm	<b>Coderdojo</b> 3.30 - 5.30pm  <i>Love's Farm House is available to hire for private parties. Please call Jenny on 01480 262626.</i>	* <b>Breakfast Church</b> 10 - 11.30am <b>Pregnancy Yoga</b> 6.45pm
* NA 7.30 - 8.30pm		* <b>Breakfast Church</b> 11am				
* NA 7.30 - 8.30pm	<b>Emmabelle's Princess Parties: Super Sparkling New Year's Eve Party</b> 5.30 - 7.30pm					