

What's going on in Ingatestone.

Fitness and Health (Last updated November 2021)

1. **Ingatestone Pedlars.** (Cycling Group) Robert Fletcher 01277 354431/07910 679379
2. **Aerobics.** Community Centre. 7.30 -8.30pm Mondays. Pat Cotter 07935 232495
3. **The Wellness Barn.** 18, Little Hyde Lane. www.wellnessbarn.co.uk 07806615265
4. **Zumba.** Community Centre. 10am. Mondays. Jan Calvert 07802 443018
5. **Power Hoop Class.** Community Centre. Mondays 5.45pm – 6.45 Jess Harding 07746 082182
6. **Chat 1st Walking Group.** Seymour Pavilion. Wednesday 10 – 11am Spring - Autumn. Contact Ingatestone and Fryerning Parish Council for details.
7. **Aerobics.** Community Centre. 7.30 – 8.30pm Wednesdays Pat Cotter 07935 232 495
8. **Stones Athletic YFC** Paul Bellamy 07757 341684
9. **Redstones Football Club** Ben Webber 07727 420296
10. **Pilates.** Christy Hall. Thursday 9.45am. Carol Taylor 07917 412477
11. **Buggy Beat.** Wednesday at 10am @ Fairfield Ingatestone. Contact Petra 0789 424 4977
12. **Zumba.** Tuesdays. Community Centre. 6.30pm. Christina.somers@hotmail.co.uk 07737 3515001.
13. **Pilates.** Community Centre. Fridays.9.45 – 10.45am. Lisa Power 07861711678
14. **Tennis.** Rear of Community Centre. Mrs S Emond 01277 353280.
ingatestonetennis@hotmail.co.uk
15. **Bowls.** Rear of Community Centre. Bernard Palmer 01277 354855
16. **Cricket Club.**(includes winter indoors) Jordan McManus 07964 840012
ingatestonecricketclub@gmail.com
17. **Keep Fit** dance based group. Christy Hall. Mondays 10 -11am and Tuesdays 2-3pm.
Tina Kaufman 01277 654615.
18. **Keep Fit.** Christy Hall, Pemberton Ave. Tuesdays 9.45 – 10.45am Sue Burton 07977219996.
19. **Keep Fit Dance Group.** Margaretting Community Centre. Wednesday 9.30 – 10.30am. Jackie Dartnell 01277 350746.

20. **Walks on second Sunday** of the month. Approx 5 miles long. Finish at a pub! www.walk-on-a-single-side.org.uk

21. **Body Balance.** Wednesdays 10-11am with Jo Ellis Contact Community Centre.

22. **Cue Sports.** Contact 01277 352064 or email welcome @ ifcc.org.uk

Clubs, Societies and groups (Last updated November 2021)

1. **Ingatestone and Fryerning Angling Club.** John Bassom 01277 354855/Martin Peters 01245 248750

e.mail martinpeters21@hotmail.com

2. **The Decorative and Arts Society,** Brentwood District. Meets 3rd Wednesday of each month (not August or December) in Community Centre Main Hall from 8 – 9pm, tea and coffee served from 7.30pm. Anne Oxley 01277 354382

3. **Bowling Club.** Every Sunday in May@10am free instruction sessions for newcomers. Also, midweek and weekend fixtures. Bernard Palmer 01277 525994/Brian Meyer 01277 354683

4. **Scrabble.** Last Friday in each month. Parish Rooms, Stock Lane 2pm. Everyone welcome, contact Marie Davidson on: 01277 3528888

5. **Boys Own Club.** Pemberton Hall, Community Centre Car Park. For boys over 10 for activities including snooker, table tennis, darts, pool, football and cricket. Richard Bonnington 01277 355 259

6. **1st Ingatestone Rainbows** Nicola Hunt 01277 356547 e-mail Ingatestonerainbows@gmail.com

7. **Scouts.** Dan Screen 07712630858 email daniel_screen_2@hotmail.com

8. **Fryerning WI.** Meets 1st Wednesday of the month @2pm Community Centre. Secretary Vanessa Diebellus 01277 355210

9. **Ingatestone Community Cinema.** For details, www.ifcc.org.uk/ 01277 352064

10. **Coffee and Cake morning,** every Tuesday morning 10 - 12noon at the Community Centre.

11. **Coffee and Cake morning,** every Wednesday morning 10 - 12noon at Seymour Field Pavilion(closed now until Spring 2022).

12. **Over 60's Lunches.** Every Thursday in Community Centre. Turn up between 12noon and 1.30.

13. **Musical & Operetta Group.** Rehearsals on Tuesdays in Community Centre 7.30 – 10pm. Contact Anne Horemans 01245 460 644.

14. **World Ship Society.** Regular meetings in Community Centre Committee Room. Contact David Brown 01245 465052.

15. Young Expressions, **Youth Musical Theatre**. 8 – 16 Years. Contact Jenny Fowle 01277 350823. Email jenfowle@yahoo.com
16. **Community Choir** was being held on Saturday mornings 10.30-12noon. St Edmunds & St Mary's Church in the High Street. Claire Renowden now hoping to restart the choir. 07718 742 084.
17. Ingatestone & District **Camera Club**. Meets Fridays 8 – 10pm Sept – end of May. Parish Rooms, Stock Lane. Contact John Norman 01277 214350
18. Ingatestone and Fryerning Archaeological and **History Society**. Meet 1st Tuesday of each month. 8pm. Parish Rooms, Stock Road. Richard Pusey 01277 355761
19. **Gardening Club**. Meetings at St John's Church Hall, Church Road, Mountnessing. First Thursday of each Month(not May) 2pm. Chair; Elizabeth Harcourt. elizabethharcourt@yahoo.co.uk
20. **Ingatestone Allotments Association**. www.ingatestoneallotments.org.uk. Geoff Monk 078489 379705 email geoffrey.monk@gmail.com
21. **Stroke Association**. Meets on the first Tuesday of each month. Ingatestone Community Centre main Hall; from 10am to 12noon.
22. **Community Choir**. Saturday mornings 10.30 -12noon. St Edmunds & St Mary's Church, High Street. Claire Renowden 07718 742084.
23. **Hope Cafe**. Ingatestone Elim Church. 9.30 to 3pm Fridays. Also, Stay and Play at Hope Cafe, Wednesdays 9.30 to 10.30 or 10.30 to 11am. See Church website <https://ingatestoneelimchurch.org.uk/>
24. URC Youth Group. Valerie Rees. 01277 222484.
25. **Horticultural Society**. Graham Slater. 01277 352142. Membership_secretary@ifhs.org.uk.
26. **Three Stones WI**. Meets 2nd Thursday @7.30pm. Community Centre. President Tina Cook. email tinacook739@aol.com
27. Ingatestone **Probus** Group .Meets Mount Avenue Banqueting Suite Hutton. Meets 1st Tuesday of the month @12.30pm.
28. Stock Harvard **Ladies Probus** 1st Thursday every month Ivy Hill Hotel 12noon.
29. **Beavers**. Contact Marie-Claire/Joyce Noguchi 01277 295527. mcjn2008@gmail.com
30. **Rotary Club**. Contact Andrew Clarkson : gandrewclarkson@hotmail.com. Meets 1st, 2nd & 3rd in month @ g. Ivy Hill Hotel, Margaretting. Website: <http://www.ingatestonerotaryclub.co.uk>
31. **Town Twinning** Membership: brentwoodfrench@gmail.com. Brentwood twinned with Montbazon.
32. **Choral Society**. Meets at URC, Wednesdays 8pm. Alison Archibald 01277 352688. alisonjarchibald@gmail.com.

33. **Signets.** Little ones, from 0-5yrs, Tuesdays 1.30 – 3pm incl. school holidays. United Reformed Church. Sue 01277 35291734.
34. **Meet and Paint.** Mondays. 2 – 4pm Seymour Field Pavilion. Susan Hart. 01277 353934. Email, susan_hart99@hotmail.com.
35. Barnraisers. **Patchwork and Quilting** Group. Every Friday, 9.45-12.15. Maragertting Village Hall. emsaunders21@gmail.com 07891002628
36. **Cinnamon Trust.** If you are elderly or terminally ill, this is a voluntary dog walking service.
Email volunteer@cinnamon.org.uk Tel 01736757900
37. Monthly **book** and/or audio book delivery for the housebound;
ingatestone.library@essex.gov.uk ???
38. **Bridge**, friendly & social. Fryerning Village Hall. 2.15pm, 2nd Thursday of the month.
Refreshments. Marian Clarkson 01277 353018
39. **Ballroom and Latin Club.** Alternating between Thursday afternoon&Thursday evenings @
Community Centre. All levels. Terence Everett 01621 853418
40. Elim **Sunday School.** Contact 01277 350 805
41. Ingatestone 2nd **Brownies.** Contact Mrs J Brandis 01277 352694
42. **Guides.** Contact 01376 570 464. Email; office@girlguidingsexne.org.uk
43. **Blue Flower Support Group.** For families facing the challenge of Dementia. Meets @ Seymour Pavilion. For more details ring Glenys Vallis tel: 07956 855038.or email george2short@aol.co.uk
44. Brentwood **Organ & Keyboard Club.** Meets at Mountnessing Village Hall. For details:
Jean Baugh 01277 824380 or 07933845803 jeanmbaugh@gmail.com