

THE ROOTED LIFE

Colossians 2:7

'.....continue to live your lives in him, rooted and built up in him.....' from the Bible

Date - February/March 2025

A WBC MAGAZINE

Welcome to news from the Baptist family of Wymondham, Roots Community Café and the local community.



IN THIS EDITION... More information about activities at WBC and in the community

This magazine is brought to you by Wymondham Baptist Church. If you would like to know more about us, please call, e-mail us or visit our website.

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Welcome to this edition of our bi-monthly magazine.

We hope that you found the earlier editions interesting, this issue has more items of interest contributed by a variety of different people - we hope there will be something of interest to everyone. If you would like to write something for our next magazine, please drop it in to Wymondham Baptist Church Office by Sunday, 30th March 2025.

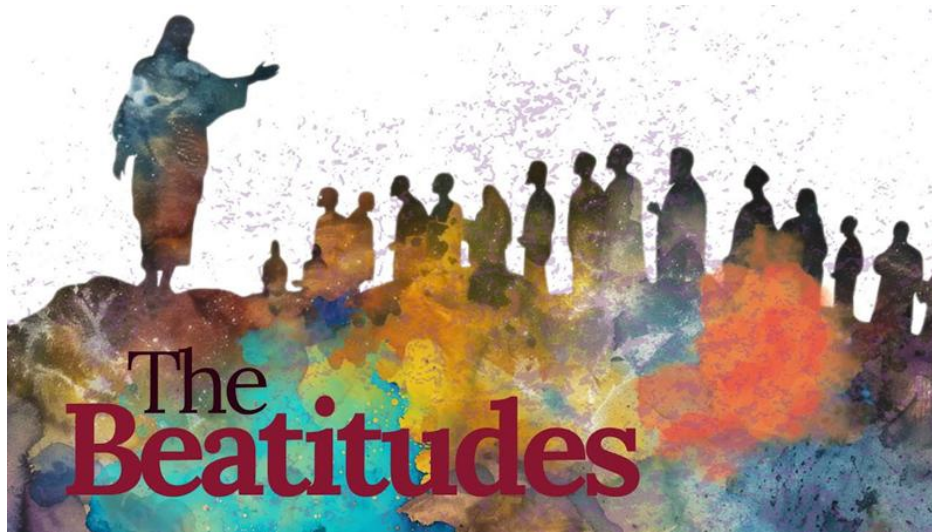
In this edition we hope you enjoy the following...

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A message from Paul Smith, our Pastor at WBC.....



Happy new year to you! It's a greeting we all share with each other at this time of year isn't it? I do not know what the protocol is for how far into the new year that you can say that to someone you haven't seen since last year? I seem to still be saying it to people even in mid - late January. It's a very British thing to do, say 'happy new year' and then the conversation generally moves on to either of the following"have you made any plans for this year?" or "made any resolutions or promises for the coming 12 months?"

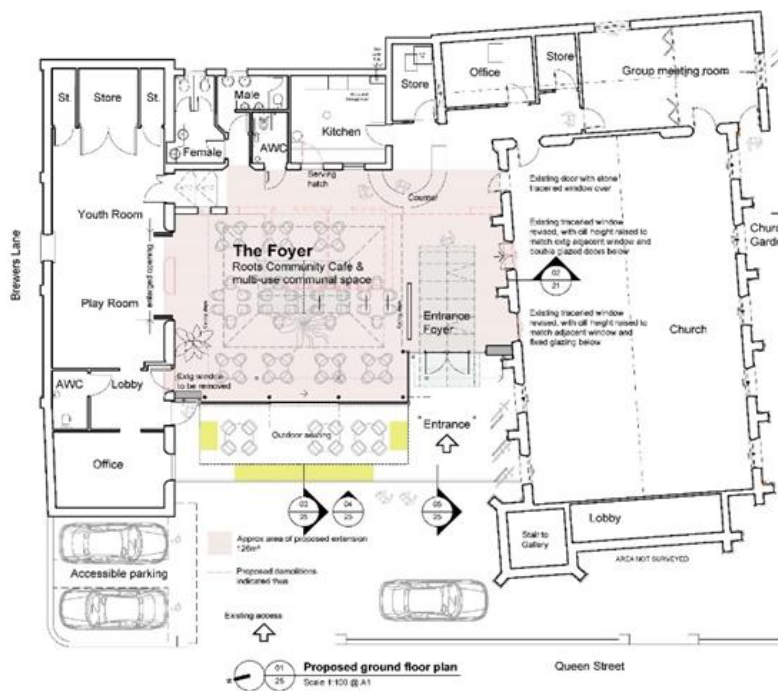
Have you made any plans for this year yourself? Or a resolution at all? As a church we start this year looking at one of the most famous speeches of all timeknown as the sermon on the mount. Part of that message is known as the beatitudes. This is simply Jesus delivering his 'manifesto' to what it means to be a follower of his. However I think it's even deeper than that! I believe that what Jesus was saying was what it means to be human! What are we here for? Why do we exist? What meaning does our life have and how should we live it? Big questions !!

In my recent sermon, in the first part of the series, I referred to the beatitudes as 'the beautiful attitudes'. Perhaps what we could all do with is not a new year promise or a resolution to lose weight or read more or any of those type of things, perhaps what we need is a new beautiful attitude. Let's face it the whole world could do with a new beautiful attitude. I, like many of you, get very down when I look at my news app and see anything but! I see horrible attitudes towards each other as humans, towards our planet, how our leaders try and deceive and coerce things for their own agendas. We need a new way of thinking.

But where can we find this...from Jesus himself! It is so simple yet so life changing. So why not join us over the coming weeks to see what Jesus said and how this can be applied to us all.

And I pray you would come to see the God who not only challenges us to a new way of thinking but also the God who provides it..... and we can live in a world with beautiful attitudes.

Proposed Extension - God's provision is amazing



Summary

Phase 1 - Planning Permission

Received December 2022

Phase 2 - Detail Design Development

- Prepare detailed drawing
- Prepare specifications for the work
- Identify Building Control requirements
- Engage architect, structural engineer and independent energy consultant
- Obtain contractor pricing and refine cost estimate

Phase 3 - Construction

No commitment to construction will occur without specific approval of the Church Members - approval was given at the January church meeting to go out to tender. We are hopeful of a construction in the summer of 2025.

Progress on Phase 2

Having now nearly completed the Phase 2 work approved in November 2023, we can report that the costs are expected to come in just under the budget costs of £29,852, with just a few outstanding costs still to come in.

With the detail design work now done, the architect John Western has been preparing the documents required to go out to tender, including the detail design drawings, the specification and the schedule of works. By the time you read this we should have issued the documents to several contractors to tender to us. The returned tenders will be evaluated by the architect and a recommendation made to us for the selected contractor. This should be sometime in March. Pray the contractors will be keen to do the work and provide us with competitive prices. Subject to having all the finance in place we would hope to be able to break ground in July and start Phase 3, the actual construction!

The detail design for the extension incorporates an air-to-air heating (and cooling) system rather than the air-to-water heating system, coupled with underfloor heating, as originally suggested. (Both systems use heat pump technology.) The air-to-air heating approach is also expected to be the longer-term solution for our overall building heating. We already have a similar type of air-to-air heating (and cooling) unit in the upgraded kitchen.

Information has been received during Phase 2 from the energy consultant on the feasibility of installing solar panels. It is predicted that these could pay for themselves in about four years, and serve to reduce our electricity bills. Likewise incorporating further air-to-air heating in the rest of the buildings (as is now in the kitchen and as is being included in the extension) could potentially reduce our heating bills by half. A draft strategy paper has been accepted in principle as being the direction of travel for the future. If we do proceed it will be carried out

separately from the extension project itself. It is likely that we would need to apply for planning permission for this work.

How do we pay for this?

We thank God for the work achieved to date and the funds to do it. The upgraded kitchen has been paid for as has the Phase 2 work. We are thankful too for the Pride in Place community grant from South Norfolk Council which has paid for over £18,000 of this Phase 2 work.

The fund-raising efforts for Phase 3 have continued. Thank you for your prayers and contributions. God has been good to us. We continue to give thanks that the efforts of Grace Burke, Kate Kinsey and a small team of dedicated helpers (the “External Fund-Raising Team” have been rewarded.

Praise God, we have now raised a total of nearly £430,000 towards the project. Included in this is a listing of the project for funding in the 5 year Infrastructure Investment Plan of the Greater Norwich Growth Board. Amazing answers to prayer! This means we now need to raise another £90,000 towards our budget for the entire project of £520,000. We need to close this “funding gap” before we can commit to starting the work. As some of these grants will not be available if we wait, we really believe that we need to grasp the opportunity this year and find ways to close this funding gap.

Please don't feel embarrassed if you are unable to contribute directly - prayer for the project is even more important. If you have other imaginative ideas for raising funds do let us know. Details of how to give are below.

The existing buildings

In looking at interfaces with the existing buildings, we are also looking at smartening up the north elevation of the church ... which may look scruffy compared to the new extension. Cleaning of the north wall has been completed - the brick cleaned up nicely but the stonework did not respond to treatment, much to the disappointment and surprise of the cleaners and their on-call experts. A quote has now been received for the windows. The costs of such work on the existing building are not included in the above project, and would in any case be carried out separately. Consideration is being given to grant funding, particularly those that specialise in environmental improvements.

How to give?

There are various ways you can give.

- 1) **On the premises.** There is always an opportunity for you to give to this project whenever the church is open. Envelopes marked “Building Fund” are available. A donation terminal is also available. Just indicate on the terminal that you wish your donation to go to the Building Fund.
- 2) **Giving through your bank** - if you would like to make a donation by BACS, please ensure that it is marked 'BUILDING FUND'. Details - **Sort code: 30-90-89 Account No. 47748863**
- 3) **By leaving a cheque or cash** at the Church Office or in the Offering Box in the church.
- 4) **By visiting the website** ...Just Giving..... and following the instructions using a credit card or debit card.

If you pay UK tax please consider Gift Aid - a form can be obtained from the office. This enables the church to increase the value of your donation by 25%.

If you need help or more details, please contact Cathy in the office on 01953 606520 or by e-mail at office@wymondhambaptist.org.

David Frith

News from the Eco Team

We always try to keep you up to date with what's going on 'eco-wise' at church so here are a few things to let you know about:



Ethical cleaning products.

As soon as we have used up existing products, we will be moving to more eco-friendly cleaning products throughout church. These include hand soap, washing up liquid, spray cleaners and floor, toilet and general cleaning liquids. We have also switched to recycled toilet paper. Our thanks to Cathy who has researched and ordered the new, more environmentally friendly products for us. We are now going to be looking at sourcing more sustainable paper towels for hand drying.



Coffee grounds.

We have started to collect the coffee grounds used on Wednesday and Friday at Roots and on Sunday from our refreshments after worship. Keith supplies a bag at Roots for the coffee grounds to go in and then he or Cathy take them home for composting. We have also been given a kitchen composter and the Sunday morning coffee grounds (including the filters) can be placed in this bin which is in the kitchen. Keith has also kindly agreed to empty this regularly. Thank you to all our lovely baristas not only for all the delicious coffee but for helping us to recycle these waste items.



Coming soon.....our next 'eco service'.

On 23rd March, our all-age worship will have the environment and creation as it's theme and we will be delighted to welcome again Hannah Gray who last came to talk to us in 2023 about the work of A Rocha and Eco Church. Hannah is a volunteer speaker for A Rocha and Eco Church and works with BUEN (Baptist Union Environmental Network) and is an excellent speaker.



Eco church fundraiser

On Saturday, 12th April, from 10.00 - 12.00, the Eco team will be hosting a



Seed Swap and Bring and Buy Plant Sale.

Could we ask you all to start saving any surplus plants you have in your gardens? Could you take any cuttings that we could sell or perhaps start growing some plants from seed ready for the 12th April? It would be great to have a good variety (and quantity!) to sell on the day.

Also, please sort out any spare seeds you may have and bring them along on the day. Coffee and cake will be on sale throughout the morning. Money raised will go to Eco Church projects at WBC in the coming year.

ECO Team

A Word from Rosedale

For some, the beginning of a new year can be a good time to make changes in life. A new year brings the possibility of a fresh start. Many people commit to new fitness or dietary goals or reassess career direction. In January, estate agents report a surge of properties coming onto the market as people decide to make changes to their living arrangements.

On a smaller scale, I like to take stock of my bookshelves, kitchen cupboards and wardrobe. There is something therapeutic about re-organising our personal space and clearing out things that are surplus to requirements. It feels good to donate clothes and books to charity shops, knowing that someone else can benefit from things we no longer need, whilst also making money for worthy causes. This form of recycling is also good for the planet.

For those who are bereaved, a new year is often **not** a cause for celebration but a reminder that the future must be faced without their loved one. For some, this fear can be quite overwhelming.

At our bereavement groups, we like to remind participants that they do still have a future (even though it might look very different to what they had planned.) None of us know the future or what good times may lie ahead.

We also remind our participants that they are still individuals of worth (even without their loved one) and they are still important - friends, family, colleagues etc, still need them.

No matter our circumstances, we all have something to offer. We each have a unique set of skills, characteristics and abilities that are needed in the world.

Most importantly, we all need to be reminded that we are not alone. Everyone is part of some kind of community, whether that be a family, a friendship group, neighbourhood, church, workplace or hobby club. At the most basic level, we are all part of the human race and have a part to play in making the world a better place.

I'll finish with a little story..... Whilst looking at some of the comments beneath an Instagram post about mental health, a doctor had commented that he was losing hope and didn't feel his life had a point anymore. I encouraged him to keep going and that I believed he had a unique combination of skills and abilities that no one else had. I reminded him that the world needed what he had to give. He replied with 'Thank you, I really needed to hear this today.'

We don't know what difficult situations someone else might be facing but we can all do a little something that might make a big difference- a smile, a helping hand, a kind word, or an act of generosity.

If you would like some support with your bereavement, call Rosedales on 01379 640810 to reserve your free place on our next course.

Sarah



Reduce, reuse and refill at Poppy's Pantry



Poppy's Pantry on Middleton Street in Wymondham is a café offering vital work-based opportunities for people with disabilities and/or disadvantages. All placements are given valuable experience in all aspects of retail and catering, customer service and teamwork.

However, Poppy's Pantry also operates as wholefoods shop and refill centre...so you can take along your own containers and have them filled up again and again, so reducing the amount of packaging we use.

They offer a range of home cleaning (toilet cleaner, general cleaner, laundry liquid and washing up liquid) and body care products including shampoo, conditioner, body wash, handwash and body lotion.

Why not pop along and enjoy the café then investigate the refill shop?

Walker available

Marj has a walker available to anyone in the fellowship who may need to have such a piece of equipment. Please see Marj Norman for more information.



*'Hope', such a small word
that conquers the past,
Inhabits the present
And points to the future.*

by a 'wayfarer'

Romans 15:13

"May the God of hope fill you"

Dates for your diary - February

- February 2nd Worship including Communion
- February 3rd External Fund Raising Group Meeting - 12.30p.m.
- February 3rd Life and Death Course - 2.30p.m.
- February 4th POWER HOUR - 10.00a.m.
- February 4th Thrive@Roots - 3.15p.m.
- February 5th Roots Community Café - 10.00a.m. - 1.00p.m.
- February 5th Rosedale Monthly Meeting - 10.00a.m.
- February 6th Home from Home - 1.30p.m. - 4.30p.m.
- February 6th Home Group Leaders Meeting - 7.30p.m.
- February 7th Roots Community Café - 10.00a.m. - 1.00p.m.
- February 7th Friday Night Youth - 6.30p.m.
- February 9th Café Church - ET
- February 10th Life and Death Course - 2.30p.m.
- February 11th POWER HOUR - 10.00a.m.
- February 11th Thrive@Roots - 3.15p.m.
- February 11th Leadership Team Meeting - 7.00p.m.
- February 12th Roots Community Café - 10.00a.m. - 1.00p.m.
- February 13th Home from Home - 1.30p.m. - 4.30p.m.
- February 13th Menscraft - 3.00p.m. - 5.00p.m.
- February 14th Roots Community Café - 10.00a.m. - 1.00p.m.
- February 16th Worship - 10.00a.m.
- February 18th POWER HOUR - 10.00a.m.
- February 19th Roots Community Café - 10.00a.m. - 1.00p.m.
- February 20th Home from Home - 1.30p.m. - 4.30p.m.
- February 20th Menscraft - 3.00p.m. - 5.00p.m.
- February 21st Roots Community Café - 10.00a.m. - 1.00p.m.
- February 21st Friday Night Youth - 6.30p.m.
- February 23rd Worship at 10.30a.m.
- February 23rd Praise and Worship - 7.00p.m.
- February 24th Life and Death Course - 2.30p.m.
- February 25th POWER HOUR - 10.00a.m.
- February 25th Thrive@Roots - 3.15p.m.
- February 26th Roots Community Café - 10.00a.m. - 1.00p.m.
- February 27th Home from Home - 1.30p.m. - 4.30p.m.
- February 27th Menscraft - 3.00p.m. - 5.00p.m.
- February 28th Roots Community Café - 10.00a.m. - 1.00p.m.

Dates for your diary - March

- March 2nd Worship at 10.30a.m. including Communion
- March 3rd ECO Team meeting - 10.00a.m.
- March 4th POWER HOUR - 10.00a.m.
- March 4th Thrive@Roots - 3.15p.m.
- March 4th Leadership Team Meeting - 7.00p.m.
- March 5th Roots Community Café - 10.00a.m. - 1.00p.m.
- March 5th Rosedale Monthly Meeting - 10.00a.m.
- March 6th Home from Home - 1.30p.m. - 4.30p.m.
- March 6th Menscraft - 3.00p.m. - 5.00p.m.
- March 7th Roots Community Café - 10.00a.m. - 1.00p.m.
- March 7th World Day of Prayer
- March 7th Friday Night Youth - 6.30p.m.
- March 9th Worship at 10.30a.m.
- March 11th POWER HOUR - 10.00a.m.
- March 11th Thrive@Roots - 3.15p.m.
- March 12th Roots Community Café - 10.00a.m. - 1.00p.m.
- March 13th Home from Home - 1.30p.m. - 4.30p.m.
- March 13th Menscraft - 3.00p.m. - 5.00p.m.
- March 14th Roots Community Café - 10.00a.m. - 1.00p.m.
- March 15/16th Prayer and Giving Weekend
- March 18th POWER HOUR - 10.00a.m.
- March 18th Thrive@Roots - 3.15p.m.
- March 19th Roots Community Café - 10.00a.m. - 1.00p.m.
- March 20th Home from Home - 1.30p.m. - 4.30p.m.
- March 20th Menscraft - 3.00p.m. - 5.00p.m.
- March 21st Roots Community Café - 10.00a.m. - 1.00p.m.
- March 21st Friday Night Youth - 6.30p.m.
- March 22nd Litter Pick based at WBC
- March 23rd ECO Sunday Worship
- March 25th POWER HOUR - 10.00a.m.
- March 25th Thrive@Roots - 3.15p.m.
- March 25th Building Steering Group Meeting - 7.30p.m.
- March 26th Roots Community Café - 10.00a.m. - 1.00p.m.
- March 27th Film Show - The War Room - 2.00p.m.
- March 28th Roots Community Café - 10.00a.m. - 1.00p.m.
- March 29th Leadership Team Breakfast
- March 30th Worship at 10.30a.m. and Praise and Worship at 7.00p.m.

Rocky Road Holy Week Cake

The Rocky Road Holy Week Cake is a fun activity for children (and adults) to make and helps to remind us of Jesus' journey in the last few days before His arrest, trial and being taken away to die on the cross. It is His journey - His rocky road that he travelled because that was His Father's will - to take on the sins of the world - our sin - yours and mine.

What you need:

Large mixing bowl

Wooden or metal spoon

Dish/tray bake tin to put the cake in



Ingredients (NB the 'recipe' can be scaled up or down depending on how many want to eat the cake)

Any small green sweets

Raisins

4-5 digestive biscuits

Glace cherries - chopped up quite small and any other red fruits, e.g. cranberries that you might like.

3 layered chocolate bar - e.g. Mars, Topic etc

Small white marshmallows

Maltesers

Orange flavouring

Lots of melted milk chocolate - remember an adult needs to help with melting this.

Method

First into the bowl go some green sweets - these are to remind us of the palms that were waved by people as they welcomed Jesus into Jerusalem - they were so excited to see Jesus - he was their Messiah - the chosen one. We remember this on Palm Sunday.

Pop some raisins in with the green sweets - the raisins are sweet and juicy and remind us of the richness of our life with Jesus.

Break up the biscuits - and add them to the raisins and sweets. Breaking the biscuits - what does this remind you of? That's right - the breaking of bread - Jesus broke bread with his disciples at the last supper - and he asked them to do this to remember him.

Add in the red cherries and any other red fruits - this reminds us of the wine that Jesus shared with his disciples at the last supper.

Cut the three layer chocolate bars into small slices - as you cut through these layers remember the cock that crowed three times after Jesus had been arrested and all his friends had left him. Jesus had told his friends that this would happen.

Mix in the white marshmallows - these remind us of the white linen robes that Jesus' body was wrapped in when he was taken down from the cross and laid in the tomb.

Add in some Maltesers - they remind us of the sealed tomb - but when we break one open - we can see the emptiness inside. On Easter morning, Jesus rose from the dead and met some of the women who had come to anoint His body.

Give everything a good stir to mix it all up and add a few drops of orange flavouring - can you smell this? This reminds us of the perfume that Mary used to anoint Jesus when he went to Bethany.

Now it's time to pour on lots of melted chocolate and stir well.

Pop 30 silver balls on the top - what do they remind us of? It's the thirty pieces of silver given to Judas who betrayed Jesus.

And lastly add some mini eggs on top - to remind us of Jesus' resurrection!

Jesus gave his life on the cross so that we could be free from sin; he died so that we could live. And he gives us the choice to follow, to follow him on the rocky road.

What is our choice going to be?

Kate Kinsey



Reduce, Reuse, Recycle...let's recommit!



We are all familiar with the 'Reduce, Reuse, Recycle' mantra. Reducing the amount of stuff we buy, discouraging single-use items, reusing or repurposing items we already have and recycling the rest all help reduce our carbon footprint. It's also a great way of modelling the church's commitment to the environment both within our fellowship and to the wider community.

As a team, we would like to give you an update on our recycling project at WBC as things have changed again. For the last few years, we have worked with Val Keel from Wreningham to collect some of those hard to recycle plastics. However, Val will soon be moving so we need to focus our recycling efforts in a different way.



Soft plastics/packaging

Our 3 town supermarkets all have cages where you can place items such as pet and baby food pouches, confectionery wrappers, dried food bags, crisp packets, salad and vegetable bags and all other flexible plastic can go to supermarkets along with carrier bags. We encourage you to recycle as much as you can in this way. In all cases, please make sure that items are clean and dry. Here are the details for 3 of our supermarkets:

Morrisons:



Co-op (Market Cross)



Waitrose (small cage next to entrance):

Bread Bags

Toilet Roll Wrapping
Wrapping
Frozen Food Bags

Salad, Pasta and Rice bags
Delivery Bags
Baby & Pet Food Pouches

Bubble Wrap and Cling Film

Crisps, Biscuit and Chocolate

Cheese, Fish and Meat Wrapping

Toilet Roll Wrapping
Cereal Liners

However, if you are unable to get to a supermarket, please bring your recyclable items to church and place them in the bags labelled 'Supermarket'. Again, please ensure that everything is clean and dry.



Stationery

We are still collecting old pens etc which we take to Ryman's in Norwich. Please place them in the bag labelled 'Stationery'



Merchant Gourmet sachets

For example, cooked rice and lentil pouches. These can be sent back to Merchant Gourmet free of charge for recycling. Please hand these (clean and dry!) to Nicki



Bras

Good quality ladies' bras (clean, no holes etc) which we will send to the charity 'Smalls for All'. Please hand these to Rose



Ink Cartridge

We now have a collection box to recycle ink cartridges with the company Recycle 4Charity. Please bring your old ink cartridges to us for recycling as we will receive some payment for them which will go to the Eco Church fund. And please spread the word to friends and family and encourage them to recycle these items with us. For more information: www.recycle4charity.co.uk

Thank you all for your support and help with our recycling project.....we are looking forward to seeing lots of full bags in the corridor, ready for recycling!!

Nicki, Rose and the Eco team

The Real Easter Egg



Last year many of you ordered the Real Easter Egg through the church. Once again we are planning to order some Easter Eggs - these will cost £5.50 each.

If you would like to purchase one of these eggs we need to place our order as soon as possible. Please order by putting your name on the sheet at the back of the church. Orders must be received by February 23rd as supplies are limited.

Top 5 Winter Wellness Tips

At this time of year, winter seems to be never-ending and we are not all able to get out and about as much as we would like. I was recently sent 10 'winter wellness tips' from the RSPB and I have selected my top 5 to share here.



Go outdoors for some Vitamin NNature!

Spending time in nature is good for our health and wellbeing. It can stimulate our senses, helping to put our minds at rest and our bodies at ease. So why not head into your garden, to your local park or nearest nature reserve and see what nature can do for you?



Listen to birdsong

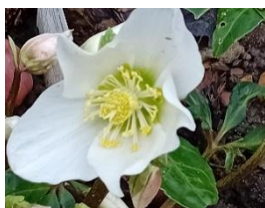
Slowing down and listening to birdsong can be very therapeutic. Open a window or go outside and listen for a Robin singing its heart out. They are one of the birds that you are most likely to hear singing at this time

of year, along with blackbirds, wrens and blue tits. Birds sing to mark their territories and to attract a mate, and their singing is a lovely reminder that spring is on its way!



Try nature photography

Trying your hand at something new can provide a boost. Nature photography can be very engaging and can even help you develop a deeper appreciation for nature. You could start with plants or flowers, taking time to capture the beautiful detailing on a Snowdrop. Or try your hand at photographing garden birds: simply fill up your bird feeder, then watch and wait with your camera at the ready.



Watch for signs of spring

It can be easy to get stuck in a rut, thinking that winter will just keep dragging on and that every day is going to be cold and grey. But nature is constantly changing. Noticing the changes can help connect us with seasons, making us feel closer to the world around us.



Spend time in your garden or plan a window box

Whatever the size of your outdoor space, time spent gardening or improving your outdoor space can be very rewarding. As well as the benefits of being outdoors, there is something very special about nurturing nature, whether that's flowers or plants or by helping your local wildlife. It's always exciting at this time of year to start thinking about your garden plans for the coming year.....flowers, vegetables, herbs, bird feeders?

For the full article, go to:

www.rspb.org.uk/whats-happening/news/the-rsps-top-ten-ways-to-boost-your-mood-this-january

Nicki

Jobs to do in the garden in February/March

- Chit potatoes
- Cut back sedum and other perennials
- Replant snowdrops
- Sow early seed under glass
- Prune roses
- Cut back ornamental grasses
- Sow sweet peas
- Early spring is the ideal time to sow quick-growing perennials under glass

Dates to book in your diary



Showing at



Wyndham Baptist Church
Queen Street,
Wyndham NR18 0YA

**Thursday 27th March
at 2.00pm**

Tickets £5.00

Including Ice Cream during interval
Tea & Coffee at the end of the showing.
Followed by a discussion

All proceeds in aid of Church Building Fund
Tickets available from Church Office

Running Time 2 hours



Wyndham Baptist Church
Queens Street

**Saturday 12th April
10.00am - 12.00am**

**Free Admission All Welcome
Refreshments Available**



Come along to our group to sing for fun

You are invited to join our new group to sing for fun - no particular skill or ability required, just come along, sing and have fun. Our first meeting is planned for Tuesday, 11th February starting at 1.15p.m. and finishing at 2.30p.m. We will meet in the Youth Rooms and will be singing for fun. The songs we have chosen to start with are all light hearted and ones that I am sure that you will know.

