

'HML proud sponsors of Hyndburn voluntary and Community Resource Centre'

Please see our useful links on the front page to direct you to HML website and find out more of what they have to offer.

OkSo whats happening?

To start the week off on a healthy path we have Fiona and the ladies Tone Fit Pilates session @ 1.30pm-2.30pm, this is a pay as you go class and you choose what you can afford to pay (min £2 to max £5), this class is a great way to start your week without it being too taxing on the body for further details call Fiona Enticott 07906 628719 or email fiona@enticott@gmail.com

We continue to host on Monday evenings, in the Main Hall, dance classes with The Dorothy Bruce Dancers whilst on Thursday, Friday & Saturday the energetic group of The Hyndburn Comets train both groups in preparation for events throughout the year in our community...

Tuesdays we have Kath and her excellent Yoga classes @ 11.30am-1pm and again @ 7pm-8.30pm, Kath is a very friendly and experienced Yoga instructor and welcomes all levels & abilities. Call Kath to discuss any questions you may have on 07816 159767 or email kathpickering2003@yahoo.co.uk

Tuesday afternoon at 1.15pmHVCRC becomes a magical musical ballroom, where an agile senior group of like minded dancers meet for a dance, a chat, and a time to remember over tea and biscuits. 1pm arrival.

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Written by Administrator

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Wednesdays we have another session of Yoga with Kath 10am-11.30am and in the afternoon why not join us @ 1pm-4pm for our senior citizens games afternoon of Dominoes with tea and biscuits and lots of friendly chat.

Thursdays we see the lovely Lighthouse Tai Chi here at the Centre. Learn the gentle art of Tai Chi to keep the joints strong, improve posture, balance and co-ordination. Improve your health and well being and make new friends. Classes run from 9.30am-1pm, £4 per session. Contact Helena or David 0787 6377321 www.lighthousetaichi.com

Friday Night Project is here 4pm-6pm to let the little ones burn of some steam before the weekend, we have toys and games for lots of fun

www.hvcrc.org which shows all activities for the year. (Right hand menu, second link down)

Now..... To relax

HVCRC adore the fact that School of Healing not only chose to join the building as a place to help people from the community needing healing, yet not having sufficient funds to pay, also offering training courses and sharing their strength to pass on. See school of healing FB or call Tracey on. 07706 319330

Office Space available to rent : We currently have one office space to rent with great facilities.

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Room and Hall Hire: Looking for a room to hire for an event/classes we have a large hall available 7 days per week, great access, full use of kitchen facilities, please feel free to contact us to have a look around. We also have a large boardroom/meeting room available for hire.

As always if you have any questions please call in or email and we will do always do what we can to help.

See you soon.

Tony