

DIARY DATES

- Wed 1 7.00 p.m. Hornby Bridge Club in Hornby Institute and will meet at same time every Wednesday. Visitors and new members welcome. For more information contact Ian Bride 71125.
- Sat 4 Bentham Show. Something for all the family.
- Wed 8 7.30 p.m. Wennington & District W.I. in Wray Institute. Crafts with Chris. Visitors very welcome.
- Sat 11 10.00 a.m. to 12 noon. Coffee Morning in High Bentham Town Hall. Raffle, Cake Stall etc. In aid of the Church of the Good Shepherd, Tatham Fells.
- Sat 11 Organic Fruit Open Day. 11.00 a.m. to 4.00 p.m. Backsbottom Farm, Middlewood, Roeburndale. Guided Walks, Orchards, Forest Garden, Fruit and trees for sale, Woodland Crafts, Teas. Entry £4 per person. £2 if arrive by bike or walk.
- Sat 11 Bentham Film Group will be showing 'An Education' Cert. 12A in the Victoria Institute, Low Bentham. A coming-of-age story about a teenage girl in 1960's suburban London. Film starts at 7.30 p.m. interval for refreshments and a raffle will be drawn. Tickets £5 on the door. Further details : www.benthamfilms.co.uk
- Sat 11 Hornby District Ramblers. The walk will be in the Tebay area. Approximately 5 miles. Led by Fiona Humphreys (21306). Meet on Hornby Car Park at 9.30 a.m. Bring a packed lunch and suitable footwear. No dogs allowed.

- Mon 13 7.30 p.m. Wray with Botton Parish Council Meeting in Wray Institute.
- Mon 13 7.30 p.m. Wennington Parish Council Meeting in Wennington Hall School.
- Tues 14 7.30 p.m. Tatham Fells W.I. in Lowgill Old School. Slides of New Zealand by Ian Wright. Comp: A photograph of mountains or hills. Visitors very welcome.
- Wed 15 7.30 p.m. Scottish Country Dancing at Ingleton Community Centre.
- Fri 17 8.00 a.m. to 11.00 a.m. Waste Paper Collection at Lairgill Car Park, High Bentham in aid of N.S.P.C.C.
- Sat 18 **Grand Jumble Sale** in Hornby Institute at 2.00 p.m. in aid of Tatham Church. We would be grateful for donations of good jumble, bric a brac (no electrical items), books, toys, home produce, cakes, plants etc. to be taken to the Institute on that morning or if you wish items to be collected please contact Linda 21486; Kay 21286 or Brenda 21110. Thank you for your support.
- Tues 21 Wray Over Sixties Half Day Autumn Outing to Huntleys of Salmesbury taking a circular route. Please note that the venue has been changed as other one not suitable. Coach to leave Wray Institute at 1.00 p.m. arriving back approx. 5.30 p.m.
- Tues 21 7.30 p.m. Tatham Parish Council Meeting in the Old School, Tatham Fells.
- Thurs 23 **Yoga** in Wray Institute starting at 7.45 p.m. and on subsequent Thursdays through the autumn and winter. Beginners and regulars welcome. Mats are provided. Wear loose or stretchy clothes and bring something warm to put on for relaxation. £5 per session. The session finishes at 9.15 p.m. Tel: Kathy Cartledge for further info.

Fri 24 **Take part in the World's Biggest Coffee Morning** at High Ivah, Lowgill, LA2 8QZ. 10.00 a.m. to 12 noon. Come and enjoy a cup of coffee or tea and **put a smile on your mug!** Admission by donation. All proceeds for **Macmillan Cancer Support**. Contact Carole Butcher (015242 63095) for more information.

Advance Dates

Friday 1st October 2010. 7.00 p.m. in Holy Trinity Church, Wray. Malcolm Binns celebrated concert pianist plays Chopin. Tickets from Wray Post Office Tel: 015242 21253 and at the door £8 or £2 (children and students).

Friday 12th November 2010. The most amazing promises have been offered for the **Grand Auction of Promises** in Hornby Institute at 7.30 p.m. for Wray, Tatham and Tatham Fells Churches. Look out for the catalogues at the end of September in many places throughout the Lune Valley. Keep the date free and join us for a wonderful evening.

Tuesday 16th November 2010. **Music in the Fells - Harald Haugaard Quartet featuring Helen Blum (vocalist).** 7.30 p.m. at the Church of the Good Shepherd, Tatham Fells. **Tickets £7.50 (students £5)** available from David and Carole Butcher: Tel: 015242 63095. Further details on Tatham Fells website.

Wray Chapel

Ladies Meeting. September 9th at 2.00 p.m. Eric & Dorothy Brennand. Tea to follow.

Bridge House Farm Tearooms - Wray bridgehousefarm.co.uk
11th September. Join me and the team for nibbles and drinks, live music, samples of the new menu and a taster of things to come /.....

24th September. "Taste of Provence" Rustic mediterranean buffet of good home cooking, two courses and a glass of wine £20 per person.

Opening hours 10.00 a.m. till 5.00 p.m.

Traditional roast every Sunday and outside catering from family parties to weddings.

Tel: 015242 22496 email: bridgehousefarm@gmail.com

Tatham History Society. Advance notice: winter talks programme

All talks will be on Saturdays at 7.30 p.m. in the Old School, Lowgill.

30 October, 'People and properties in Tatham a century ago';

13 November, 'Farm life in the 1930s';

27 November, AGM followed by 'Slavery, sugar and cotton; local connections with the West Indies'.

Further details will be posted in the Wrayly Mail and website.

www.tathamhistory.org.uk All welcome.

Bentham Local Food Week, 18-25th September 2010

www.benthamlocalfood.org.uk

Saturday 18th September, 2.00 p.m. to 4.00 p.m.

Apple and Herb Day including: Gardeners' Question Time, Keeping Bees, Jam & Chutney Stall, Refreshments. At the Looking Well Garden, King Street, High Bentham. Free, but donations welcome to cover venue hire.

Sunday 19th September, 2.00 p.m. to 4.00 p.m.

High Bentham Edible Garden Crawl. Pick up a map (from Looking Well in King Street) and meet the growers!

Wednesday 22nd September. 10.30 a.m. Bentham Auction Mart - guided visit.

Thursday 23rd September, 7.30 p.m. "How Bad are Bananas?" a talk by Mike Berners-Lee, based on his book about the carbon footprint of everything. Followed by local food Jacobs Join. Bring your own plates and cutlery. Prize for the plate of food with the lowest carbon footprint!

Victoria Institute, Low Bentham. Free but donations welcome to cover venue hire.

Saturday 25th September. 7.30 p.m. 100% Local Food Feast. A four-course sit-down buffet. Cost £10. Numbers limited: book early to avoid disappointment. Town Hall, High Bentham.

Flu Clinic for patients of the Lunesdale Surgery Kirkby Lonsdale and West View Surgery, Hornby.

The NHS is being encouraged to reduce costs wherever possible and as a result we will not be sending individual letters to our patients this year.

Flu vaccination clinics will be held on:

Tuesday 12th October, 9.30 a.m. to 12.30 p.m. Kirkby Lonsdale Institute.

Wednesday 13th October, 9.00 a.m. to 12.00 p.m. Hornby Institute

Friday 22nd October, 9.30 a.m. to 12.30 p.m. Kirkby Lonsdale Institute

The above clinics are for patients who are over 65 years old or who fall into a priority group entitled to free vaccination.

The priority groups are: Asthma, Diabetes, COPD, Chronic Heart Disease, Chronic Kidney Disease, Chronic Liver Disease, Immunocompromised, anyone undergoing Chemotherapy, Chronic neurological conditions e.g. Stroke, multiple sclerosis, Registered carers. Pregnant women who have not already received swine flu vaccination.

Courses at Hornby & Whittington this Autumn

Lancashire Adult Learning is offering the following courses starting in September. Fees are reduced to £5 per course for those in receipt of certain income-related benefits. For further information or to enrol, please telephone 01524 581269 or call into the Adult College, Lancaster.

Courses at Hornby Institute:

Computer: Beginners starts Mon. 8 November 6.30 - 8.30 p.m. for 5 weeks. £44

French: Beginners starts Thurs. 30 September 7 - 9.00 p.m. for 8 weeks. £70.40

Gentle Tai Chi for Beginners starts Friday 24 September, 10 a.m. to 12 noon for 5 weeks. £44

Reflexology: Intro. to on Wednesday 6 October 10am to 3pm (one day course). £17.60

Yoga Workshop starts Thursday 23rd September. 7 - 8.30 p.m. for 8 weeks. £52.80

Courses at Hornby Pool:

Family Learning - Parent & Toddler Swimming

Courses are free although a contribution towards pool hire of £4.00 per adult per session is required.

Swimming: over 2 years - Wed. 9.30 - 10am , starts 22nd Sept. 10 weeks.

Swimming: over 2 years - Wed. 10-10.30am, starts 22nd Sept. 10 weeks.

Swimming: under 2 years -Wed. 10.30 - 11am, starts 22 Sept. for 10 weeks

Swimming: over 2 years - Fri. 9.30 - 10am, starts 24 Sept. for 10 weeks

Swimming: under 2 years - Fri. 10 - 10.30am, starts 24 Sept. for 10 weeks.

Swimming: under 2 years, Fri. 10.30 - 11am, starts 24 Sept. for 10 weeks.

Course at Whittington Village Hall:

Yoga: Workshop starts Wed. 22 September 7 - 8.30pm for 8 weeks. £52.80

Do you want to stop smoking?

Support and advice can make all the difference!

Your local NHS Stop Smoking Service is holding a weekly clinic from 3pm to 5pm at Caton Health Centre on Thursday afternoons. Evening appointments are also available on Mondays in Lancaster. For advice and support, including nicotine replacement and other products on prescription, please contact Irene for a one to one appointment on 07717667472 or telephone 01524 845145

Wray Institute telephone number is 22311, Frank Gretton is the caretaker

Wray Endowed School - Ofsted report

Many of you will know that our school was inspected by Ofsted earlier this year. As the new school year starts, we thought you would like to share our pride in it being a good school with several outstanding features. We are particularly pleased that the inspector noted it is an exceptionally happy school which is at the heart of the community. Pupils enjoy school, and

describe being in school as like being part of a big family. They work hard in lessons and make good progress in their learning and achieve well. The school provides excellent care, guidance and support, with the result that each child feels valued as an individual, and all feel exceptionally safe. School provides an outstanding curriculum, which gives children a very wide range of memorable experiences.

If you would like further information about the school, please phone the Secretary (015242 21337) and we would be delighted to show you around.
Claire Gillham (Headteacher)

Vale O'Lune Young Farmers Club - Past & Present Members

We are missing cups & trophies that members have been presented with years ago and have never returned to the Club. Please turn out your lofts & cupboards as present members are missing out on them. Thank you!

Vale O'Lune YFC 65th Dinner Dance - Friday 1st October 2010 at Arkholme Village Hall. 7.30 p.m. prompt. Tickets £12.

New Members Night. Monday 18th October 2010 in Melling Institute. 7.30 p.m.

Phone Alison Grieve on 07968416649 for more information.

Lune Valley Police Report July 2010. By Pc327 Carl Wood **Farm Crime**

There has been a recent increase in opportunist farm crime. High powered vehicles and power tools from outbuildings have been stolen from Lowgill and Quernmore areas. It is believed that two criminal teams are travelling into the Lune Valley and committing these crimes. They use different vehicles to travel onto us therefore anything suspicious should be reported to Lancaster Police 01524 63333. Remember to secure your vehicles and lock away valuable equipment in secure buildings when possible.

Local officers will be continuing farm visits during the months of August and September to sign all farmers onto the new Farmwatch Scheme. You can alternatively contact Pc Wood on 07769823181 or call in at Caton

Police Station to sign up beforehand.

Hornby Drug Dealing

Drug dealing is suspected to be on-going from vehicles in the public car park opposite the Institute at different times of the day and evening. If you see anything suspicious would you please note the registration numbers or descriptions of persons and contact Pc Wood via Lancaster Police Control Room 01524 63333.

Wray Damage

There has been recent damage caused to a property currently being renovated in Wray near to the Bridge Inn. This is extremely unusual for this village but it does appear to be the act of youths. Any information or sightings of similar incidents in Wray village please report to Pc Wood on 01524 613333

Lancashire Constabulary Website

To see the latest information on crime and policing in your area why not visit the constabulary website. www.lancashire.police.uk

Victoria Institute, Caton

We are now booking for our IT Courses starting in September. For more information Tel: 01524 771733

Jen and Martin would like to thank everyone for their generous support for the heart unit at the Freeman Hospital, Newcastle. Although the evening was wet we managed to have fun and raised £2,400.

WRAY PRIMARY SCHOOL has a vacancy for a Welfare Assistant to cover Thursday & Friday lunchtimes to start in September. Approx 1 hours per day. To help set up and serve lunches and playground duty. Tel: School Office after 1st September 21337 or before 21286.

FOR SALE:

Pink Chicco Highchair £20

Blue Bruin Highchair £20

Duo Aqua Pod (twin seat for bath) £20

Graco Twin Pushchair with raincover £25

“Splash About” Pink Baby Swim Wraps £10 each

Baby Seat for swimming £5

Car seat from birth £5

Baby Bath - I Love my Bear - Cream £2

Blossom Farm Play Mat/Gym £12

Microwave Bottle Sterilizer £2

Pink changing Bag & Mat £2

Selection of girls clothes 0 - 12 months.

Orbitrek Platinum Cross Trainer £60

WANTED: Stroller/pushchair, with hood, just for holiday use so not a very expensive one.

Contact Sarah on 015242 61394, Mobile 07792748927

CHURCH SERVICES IN SEPTEMBER

September 5th , Fourteenth Sunday after Trinity

8.00 am	Tatham	Holy Communion
11.00 am	Wray	Holy Communion
7.00 pm	Tatham Fells	Evening Service

9.30 am Melling Family Service 11.00 am Tunstall Sung Eucharist

Wednesday September 8th 7.00pm Holy Communion at Tunstall

September 12th , Fifteenth Sunday after Trinity

8.00 am	Wray	Holy Communion
11.00 am	Tatham	Family Communion
11.00 am	Tatham Fells	Family Service

9.30 am Melling Sung Eucharist 11.00 am Leck Sung Eucharist

Tuesday September 14th 7.00pm Holy Communion at Melling

September 19th , Sixteenth Sunday after Trinity

9.30 am Tatham Fells Holy Communion
11.00 am Wray Family Service

9.30 am Melling Sung Eucharist 11.00 am Tunstall Sung Eucharist

September 26th , Seventeenth Sunday after Trinity

Harvest Festival at St James, Low Tatham

8.00 am Wray Holy Communion
9.30 am Tatham Fells Morning Service
11.00 am Tatham Harvest Service

9.30 am Melling Sung Eucharist 11.00 am Leck Family Service

Wednesday September 29th 7.00pm Holy Communion at Tunstall

October 3rd , Eighteenth Sunday after Trinity

**Harvest Festivals at Holy Trinity, Wray, and at
the churches of Tunstall, Melling and Leck**

8.00 am Tatham Holy Communion
11.00 am Wray Harvest Service
7.00 pm Tatham Fells Evening Service

*11.00 am Joint Harvest Family Eucharist at Tunstall for
the churches of St Wilfrid, Melling, St John the Baptist, Tunstall
and St Peter, Leck.*

Church Contacts:

Revd Mark Cannon, Wray Vicarage (21030)

Readers: Ann Dawson (62936), Peter Osborne (61029),

Mary Winter (21784)

Nathan Harrison - Window Cleaning. Domestic window cleaning throughout the Lune Valley. Clean frames, Fascias, conservatory roofs, awkward windows etc. *Friendly *Reliable *Local
Phone now for a quote: 015242 22231 or 07775838719

Richard Hope - Wooden Gates. Specialist in Design, Manufacture and installation of Wooden Entrance, Garden and Field gates. Robert Hall Farm , Lower Tatham. Tel: (015242) 61455. www.woodengates.net

TEMPTATIONS- 31 Main St., High Bentham.

For: Clothing, Underwear, Post surgery bras, Swimwear, Nightwear, Hosiery, Knitting Wool, Haberdashery, Cash's Name Tapes, Sewing Machine Repairs & Service, Sewing Alterations & Repairs, Household Linen, Dolls House Miniatures.

TEL: 61868

Sole to Soul -Grasmere Drive, High Bentham

As well as Chiropody/Podiatry, Reflexology, Massage and Healing, we now also offer Food Intolerance testing, Detox Footbaths, Medical Herbalism, Naturopathy, Counselling, EFT - and with more to come. There are also a variety of courses and workshops available as well as therapy space to let and a room for classes and courses and workshops. Please contact us for information.

Our phone number is still 015242 63067 and the web address is www.sole-to-soul.net.

T. & P. Sedgwick. Windows, Doors, Conservatories.

Workshop 015242 21759

P. McLachlan - Plastering, Pebble Dashing, All general building Maintenance. No job too small. For friendly service Tel: Paul (01524) 730563 or mobile 07581534317

Mark Routledge **PLUMBER** from bathroom alterations to leaking taps, no job too small. Ring Mark on 07900 558835 or Katherine Edge 01524 34942

Jonathan Buss - Painter & Decorator. 015242 51809 or 07956 582565

M H RESTORATIONS - SANDBLASTING SERVICES

Specialists in Stone & Brick Cleaning, Wet & Dry Blasting, Industrial & Domestic, Steel Work, Graffiti Removal, Cleaning on or off site. Plant & Machinery. Jobs of all sizes undertaken. TEL: 015242 21929.

Mob. 07794079939

Massage for Health and Relaxation - The Smithy, Lodge Lane,

Wennington: Stressed? Sore muscles? Suffer from headaches? Is everyday life becoming more of a challenge? Or perhaps you prefer to be pampered? Massage; Reflexology, Thermal Stone Therapy and Indian Head Massage treatments. Mobile/workplace visits possible. For further details and appointments please contact Sarah Rycroft. Tel: 015242 21166

WRAY POST OFFICE-The local shop for magazines,cards,stationery,

wines and spirits, cigarettes, fresh produce, local Bowland sausage and bacon. Small selection of mince, stewing beef, lamb & pork.

Fresh bread, sandwiches, pies and cakes. Fax machine @ 25p a copy.

Opening Times: Monday to Friday - 7.00 a.m. to 6.30 p.m.

Saturday - 7.00 a.m. to 4.00 p.m.

Sunday - 9.00 a.m. to 12 noon TEL: 21253

Trading Post - Animal Feed Store. We supply a wide range of feed,

bedding & accessories for all animals including, farm, horses, dogs, poultry, birds & pets. Also fishing bait & tackle. Free delivery to Wray and local area. TEL: 01524 781268

Greenhall Riding Centre, Tatham.

*** Riding lessons. *Hacking. * Children's farm rides.**

All now available by fully qualified instructor.

Telephone Rachael on: 015242 61594 or 07817918234

www.greenhallridingcentre.com

C-Hair. Claire Burrow Mobile Hairdressing. Specialist in cutting, colouring, styling, perming, hair-up, wedding packages. Hair & Make-up. Fudge-Wella-TIGI. Tel: 62383. M:07787325155. Flexible appointments

Steven Foster (CITB reg) Landscape & Groundworks.

Retaining walls, flagging, turfing, Gravel gardens, site clearance, ponds, Drainage and groundworks, Digger, tractor and trailer work.
Free phone: 0800 955 8780 www.FostersLandscapes.com

G. Walker - Local Handyman. Home Maintenance & Repairs,

Painting, Decorating, Floor & Wall Tiling. Friendly, Reliable & Quality Service. No job too small. For free estimate with no obligation call Graham on 015242 22511 or Mob: 07704454264

Kitchen Installations North West Ltd - suppliers of German Kitchens by "Schuller". A local family firm with over 15 years experience and our reputation built upon recommendations. **Kitchens - Utilities - Studies.**

Replacement work surfaces in laminate, granite, zodiac and encore. We provide a complete intstallation service which includes joinery, building, plumbing, electrics, floor and wall coverings. **Visit our showroom by Appointment. Unit 3, Low Mills, Mill Lane, Low Bentham.**

Tel: 015242 63388/61236 or 07831 151839.

email: mark@kitcheninstallationsnw.co.uk

www.kitcheninstallationsnw.co.uk

J. Lawson - Electrical Contractor. Tel: 07786222566 or 015242 62916

The Pottery - Workshops, Drop in, Commissions, Parties. Greenlands Farm Village, Tewitfield, Carnforth LA6 1JH. Tel: 01524 784197
email: wyn@wynabbot.com

Family Funeral Directors: Cliff Small Funeral Service. 20 Brookhouse Road, Caton. Tel: (01524) 770886 (24 hours). Personal, caring attention. Private Chapel. Prepaid Funeral Plans. Headstones.

Telford Building Ltd. Stonework, Brick/Block Work, Indian Flagging, Paths, Patios, Repointing Work, Extensions. No job too small. Friendly service. Tel: m. 07971387678 or 015242 21908

Mark Watson - Home & Garden Maintenance

Digging, fencing, hedge trimming, mowing, paving, planting, power washing, rockerys, rotavating, seeding, spraying, strimming, turfing, gutter clearing.

Demolition, dry lining (plaster boarding), insulating lofts, plastering, pointing, rendering, painting.

Tel: 015242 62038 Mob: 07759680938 or 07759680943

B&W Funerals Ltd - Funeral Director, James G Macdonald. Tel: 015242 61370. Mobile: 07758002260. We are an independent company and are members of the N.A.F.D. 24 hour service, Private Chapel of Rest. 39 Main Street, Ingleton, Carnforth. Office Tel: 015242 41293

Valley Lawns - Gardening, landscaping, groundwork, summer garden maintenance, fencing, turfing, power washing, painting & staining. Specialise in large areas for grass cutting. Hedge cutting and much more. All jobs considered. materials available.

Dave: 07970352126 - Stephen: 07967219213

*Mini Diggers and large digger work

Toll House Computers -Repairs, Upgrades, Servicing. Networking & Security. Virus & Spyware Removal. All work undertaken. Reasonable prices. No Fix - No Fee. Call Martin on 015242 62605

Handyman - Full garden & home maintenance. No job too big or small. Gardening, Turfing, Fencing, Painting & decorating, Tiling, Flat packs, Doors & locks. Call Terry on 015242 62605

Gardener/Handyman for Garden and House maintenance. Lawns. Boarders. Shrubs. Ponds. Patios. Paths. Painting. Decorating. Repairs. Terry 015242 62605 07702229207

Busy Bodies Pre School - Based at Melling St Wilfrid's CE Primary School. Open Monday and Wednesday afternoon 12.30 until 3.00 p.m. Only £6 per session. For children aged 2yrs until they start school. Fully qualified staff. Ofsted registered following an Early Years Curriculum. Busy Bodies offers places regardless of the choice of primary school. For an informal chat please phone Sue Newsham 07870 160886

Woodwork Tuition - Come and make furniture with Iain Robertson (formerly of Spout House, Lupton). Tables, cupboards, shelves etc. Beginners welcome. ***Introductory Offer Half Price morning or afternoon session.*** Bookshelves made to order, repairs taken. Lower Thrusgill, Wray. Tel: 015242 61410

Advance Travel - Your local Airport Transfer Service - Up to 5 Passengers. Ford Galaxy People Carrier. Friendly Reliable Service. Call Richard: 07706053769

Copy Date for the Wrayly Mail

ONLY Diary Dates (as they are free) can be emailed to:

wraylymail@woodengates.net by the 14th of each month.

ALL other items are collected from the tin in Wray Post Office on the 15th of each month. Business advertisements £2 per month, announcements etc. £1. Please could a name and contact number accompany each item. Please indicate if you do not wish your entry to be published online. (Diary Dates can also be put in tin if preferred).

If you would like a page on the village website please email chris@wrayvillage.co.uk or if you would like a link to your own website on ours just ask. A link back to us is the only payment required. <http://www.wrayvillage.co.uk>

Square Dancing For Beginners

LUNE VALLEY SQUARE DANCE CLUB is recruiting new members. On Mondays 20th and 27th September 2010, we are offering free taster sessions at The Centre@Halton, Low Road, Halton LA2 6NB starting at 7.30 p.m. We last recruited two years ago so don't miss this opportunity to join in the fun. We have a thriving membership from a wide area.

Even if you think you can't dance, give square dancing a go and you'll be dancing from the very start. There's no fancy footwork or complicated routines to remember. The challenge is to learn the moves but we have a very experienced Caller who will teach you. He will quickly have you dancing to a variety of music from Country and Western to all-time favourites and modern pop. Learning to square dance opens up a whole new world of fun and friendship. Square dancing is a good healthy exercise, mentally stimulating, emotionally uplifting, promotes overall fitness, cardiac conditioning and burns off calories. Above all, it is great fun - we laugh a lot, which is the best medicine of all. We can only accept new dancers for this limited period. So, come and join our newcomers' group - everyone welcome - couples or singles - two left feet no problem! Join us on one or both of the free nights - there's tea and biscuits at break time - and you will be dancing straight away.

For more information or directions contact Peter (01524 771415) or Sheila (01524 411439).

Club website: www.oceanwavers.co.uk

email: oceanwavers@hotmail.co.uk
