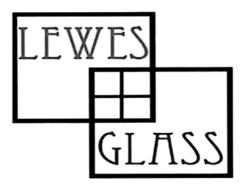
# RINGMER

### CHURCH & VILLAGE NEWS ( 2024 50p/£6

### **JANUARY 2024**

WHAT'S ON ~ CHURCH NEWS ~ FEATURESProduced by St Mary's Church PCC50p/£6 per annum



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## CHURCH CONTACTS

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Email <u>ringmerparishmag@gmail.com</u> with your news by midday on 20 January 2024 for the February 2024 issue.

## LETTER FROM ST MARY'S



#### Dear Friends

So that was Christmas! Another year starts and soon the Christmas decorations will be packed away. Unless, like the church, you leave them up until the end of January. We do this because the season of Epiphany, which starts on the Twelfth Night of Christmas and continues through January, is when we remember the visit of the wise men to the child Jesus and for the next weeks we remember the revealing of Jesus as God's son in

various ways. It is the second half of the wonder of Christmas - the realisation of just what the gift that we receive at Bethlehem truly means for us and for our lives.

One of the great claims of Christmas is a title given to Jesus – Emmanuel, which means 'God with us!' Epiphany is the season of realisation that God **is** with us and that we can work with God to make this world better than it currently is. This is summed up in the example of Jesus and his teaching to love God and love one another. As he puts it: "Do to others as you would have them do to you."

As we move into 2024 I hope and pray that we will, more and more, seek to make our homes, our village and our world a place where we care for one another and see the best in others. To keep the spirit of Christmas – the Joy and Peace – alive, not simply for 12 days, and not until all Christmas decorations are put away at the end of January but throughout this year. Have a very happy New Year.

#### With every blessing, Revd. David

#### JANUARY CHURCH SERVICES

| 2 | <b>SUNDAY 7 JAN</b><br>10am<br>6.30pm | <b>THE BAPTISM OF CHRIST</b><br>'First Sunday from 10'<br>Celtic Eucharist in the Chancel |  |  |
|---|---------------------------------------|---|--|--|
|   | <b>SUNDAY 14 JAN EPIPH</b><br>10am    | ANY 2<br>Eucharist  |  |  |
|   | <b>SUNDAY 21 JAN</b><br>10am          | EPIPHANY 3<br>Eucharist / 6.30pm Evensong in the Chance                                   |  |  |
|   | <b>SUNDAY 28 JAN</b><br>10am          | <b>EPIPHANY 4</b><br>Eucharist with the Ministry of Healing                               |  |  |
| 1 |                                       |   |  |  |

There is also a Said Eucharist in the Lady Chapel every Thursday at 10am

## WHAT'S ON AT ST MARY'S

For all church services for January, see p2 or ringmerchurch.org.uk/Information



### FIRST SUNDAYS @ 10

This service is at 10am on 7 January 2024 and everyone is welcome to come along. In the evening at 6.30pm, we have a Celtic Eucharist in the Chancel to which you are also welcome.

### PRAYER VIGIL

Please join us at 9am on Tuesday 9 January 2024 in the Lady Chapel, where prayers will be said for the needs of the world, the country and our village and church. This is an informal time and prayers can be silent or said aloud.

At our 10am Sunday services each week we pray for the people living in a specific area of

Ringmer. This month they are: Oakmede Way on 7 January, Hayes Close and Penn Crescent on 14 January, Springett Avenue and Church Mead on 21 January and Ashcroft Close on 28 January.

#### **BIBLE STUDY GROUP**

We are beginning a new Bible Study group on Thursday 4 January via Zoom. We shall be looking at "Exodus: the story of Moses". Details of how to join us will be available on the weekly church news-sheet, which you can see on our website at ringmerchurch.org.uk.





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### ST MARY'S | NOTICES

#### FLOODLIGHTING - DECEMBER 2023/JANUARY 2024

| 2 December<br>us" | Tony Armitage  | "We miss you, we know you are always with |
|-------------------|----------------|---|
| 16 December       | Hannah Blake   | "Happy Birthday memories, much love"      |
| 1 January         | Kenneth John N | ewth "In loving memory"                   |

If you would like to remember a loved one by having the St Mary's church floodlit on a specific evening, please contact Shirley Squires at <u>sasxyz@talktalk.net</u> or on 01273 752167/07552492354 or at 26 Danforth Way). A donation of £10 is requested.



#### HOLY COMMUNION AT RINGMER CARE HOMES

Holy Communion will be said at our Ringmer Care Homes during the month.

The schedule is as follows: Parris Lawn on 2 January at 11am, Holm Lodge on 23 January at 11.30am and at Lime Tree House on 25 January at 11am.

#### ST MARY'S TODDLERS GROUP

The group continues on Wednesdays between 10.30am and 12noon in the Symons Hall at the Village Hall. Parents and/or carers with pre-school children are welcome to come along. Teas and coffees are available. There is no charge but donations for coffee are welcome.



### **RINGMER VILLAGE UPDATES**



#### ECO EXTRAVAGANZA - NEXT STEPS?

Rosemary Colebourn from St Mary's Eco Team explains what's next following the successful Eco Extravaganza event last year.

She says: "As promised, we are exploring how to move forward in the village to meet the climate challenge. Three strands have emerged from the feedback after our event, which I

have outlined below."

#### 1. ESTABLISHING A REPAIR CAFÉ IN RINGMER

An initial discussion will take place at an 'open' u3a Eco Group meeting on Thursday January 18 January at 2.30pm in the Scout Hut (behind the well on the Green). All who left contact details at the event will be contacted and everyone is welcome. Tea and biscuits are included in the  $\pounds2$  covering charge.

#### 2. PROGRAMME OF TALKS

As a result of the high level of interest in the three speakers involved at our event, the team will consider a short initial programme of talks in 2024.

#### 3. THE CLOTHES SWAP

This was impressive! The Mother's Union will look into whether this can become a separate future event sometime this year.

Adds Rosemary: "Watch this space! Any ideas, topics, names and suggestions are aways welcome." Contact St Mary's Eco Team on 07552487694.

#### LEWES FLOWER CLUB

With the recent closure of Ringmer Flower Club, you may be interested in the Lewes Flower Club. The club meets in Cooksbridge Village Hall on Beechwood Lane, Cooksbridge at 12.30pm on the second Thursday of the month (except for January when there is no meeting).

Bring sandwiches as it's



lunchtime. Subscriptions are  $\pounds$ 38 per annum, with a charge of  $\pounds$ 7 for visitors. We look forward to seeing new members from 8 February 2024 onwards.

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Elder: Neil Thornicroft 01825 750283 / 07780 605930 / thornicrofts@btinternet.com Deacon: Malcolm Hart 07494 656725 / mchart.uk@gmail.co.uk Deacon: Ken Starnes 01273 471409 / <u>kstarnes@mistral.co.uk</u> Deacon: Joy Thornicroft 07412 027274 / thornicrofts@btinternet.com Treasurer: Ken Starnes (as above).

A warm welcome and a joyful time of fellowship awaits all who join us at our services to worship the Lord Jesus Christ and to hear what God is saying.

Sunday Morning services are at 10.30am in the Village Hall and over Zoom. Please contact Malcolm Hart for the code and password details. Evening Services are at 6pm.

Thursday Home Group is at 7.30pm and Tuesday Prayer Meeting is at 10.15am, both in the Library. Communion is usually every second Sunday morning and fourth Sunday evening.

For pastoral or other needs, contact Neil Thornicroft and head to our website for our Programme and Speakers for January 2024,

#### RINGMER FOOD BANK

Open from 11am to 12pm every Monday (not Bank Holidays) in the library. For individuals and families referred to us by local welfare organisations and churches for emergency aid. Donations of food and finance are gratefully received. All food parcels need to be collected. Further details are available from Neil Thornicroft or Malcolm Hart (details above).

#### CHRISTIAN FAITH EXPLORED - Every Friday at 10am – 11am in the library

All welcome to learn more about the Christian faith over a coffee. Contact Neil Thornicroft.

#### 2023 CHRISTMAS LUNCH

A big thank you to all who helped make the occasion really enjoyable, whether that was through contributing financially, with gifts or their time.

#### **FELLOWSHIP LUNCHES**

There is no formal lunch on 7 January and the next is on 4 February 2024.

## WHAT'S ON IN RINGMER

## Mothers' Christian care for families

#### **MOTHERS' UNION**

Shirley Squires says: "Our first meeting of the New Year is on 9 January at 7.30pm in the

Church Room when we will start our year with a Eucharist, kindly led by Revd David. This will be followed by a very short AGM and then coffee and chat.

"Then on 16 January, thanks to Deirdre, members are meeting for a post-Christmas Bring & Share lunch. Members do remember to let Deirdre know if you are coming so she knows how many to seat."





#### RINGMER WI UPDATE

We were delighted to welcome 45 members and guests to our festive December meeting when Rob from Symposium Wine INSPIRING WOMEN Emporium in Lewes presented some obscure and unusual wines for us to taste [see picture above]. We can be pretty sure that

some of those present will beat a path to the shop and wine bar opened by Rob and his partner Henry in 2011, following his interesting presentation.

The next WI meeting is on Tuesday 9 January 2024 at 7.30pm in the Symonds Room of the Village Hall, when Andrew Glaysher from Marston Barrett will test our knowledge of jewellery. He will tell us how to identify what is fake and what is real and cast a professional eve over any items brought for him to look at.

Visitors and new members welcome. Anyone needing a lift, please ring Ross Meers on 07723 423245 or Judith Cox on 07971 659557.



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## WHAT'S ON IN RINGMER



#### RINGMER HISTORY GROUP NEXT MEETING

The speaker at our next meeting at 7.30pm on Friday 26 January in Ringmer Village Hall will be Kathleen Buckland. Her topic will be 'Five thousand years of life on the Downland' and the talk will include the latest news about the 'Changing Chalk' project's explorations of the Neolithic Butts Brow site, on the Downs near Eastbourne. All are welcome.

#### About Changing Chalk

Led by the National Trust, Changing Chalk is a landscape-scale partnership connecting nature, people and heritage on and around the South Downs. It aims to create a more sustainable future for the Downs' rare and fragile chalk arassland, its unique cultural heritage and multicultural urban fringe.

Supported by a £2.23m National Lottery Heritage Fund grant and funding from People's Postcode Lottery and The Linbury Trust, Changing Chalk will:

- Support nature's recovery and climate resilience in the area.
- Create opportunities for work, learning and leisure time for people in the area.
- Provide engaging activities for people to enjoy, enhancing health and wellbeing.

For more information head to nationaltrust.org.uk/visit/sussex/the-changing-chalk-partnership



#### **RINGMER BARN DANCING**

Make new friends, have a good laugh and keep fit. No experience needed. No need to bring a partner. Only £5 per session(cash please).

Bring your own liquid refreshment. The group meets monthly, mostly on the third Wednesday of the month, 8-10pm in the Village Hall. For more information call Julia on 01273 813595 or Maureen 07946 735674.

#### Dates for 2024:

17 January, 21 February, 13 March, 17 April, 15 May, 19 June,

17 July, 21 August, 18 September, 16 October, 13 November and 18 December.

### **RINGMER LIBRARY**



First of all, Happy New Year! If you are only making one New Year's resolution, it could be to use the local library? It'll save you money, be more sustainable, and you can meet other readers in a welcoming atmosphere.

Our opening hours are Tuesday, Thursday AND FRIDAY 2 to 5pm and Wednesday and Saturday 10 to 12pm until the end of March 2024. Fridays are

extra during the winter so that we can offer a Warm Space to anyone who may need it during the colder weather. There is plenty of seating and space to relax, as well as the free use of our computers and Wifi, tea or coffee, magazines, newspapers and, of course, plenty of books.

We generally run story-time sessions at 2pm on Thursdays, and at 10.30am on the first Saturday of the month. There's no need to book, just bring your children at those times and join in the fun.

The library offers a wide range of books and jigsaws and new stock is added each month. There is also book sale trolley – ideal to buy books for small gifts at prices from  $\pounds 1$ . In January, watch out for these special dates:

- Saturday 6 January at 10.30 am children's storytime
- Thursday 18 January 3pm-4:30pm Hearing Aid Maintenance session

We're very aware that bills will be coming in thick and fast in January, so we hope to host an energy advice session, but we await confirmation of the date. When we know, we'll put up posters, add it to our Facebook page and announce it in the Sussex Express. If you don't want to miss it, please give your name to the library desk and we'll make sure we inform you personally.

In December, we had a very enjoyable talk from local author, Denise Barnes and we were also delighted to welcome a class visit of nursery age children from Ringmer Primary School [see picture above].

**CONTACT:** Call 07934 046392, email <u>ringmervillagelibrary@gmail.com</u>, follow on Twitter @SaveRingmerLibr or on Facebook/RingmerVillageLibrary.

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#### CATS PROTECTION - LEWES, SEAFORD & DISTRICT BRANCH

CAT LOVERS - We welcome new Members to join our Group

If you would like to be a part of our local Branch and have a concern for the welfare of all our

feline friends then please phone Sheila Tiller on 01273 814722 for more information









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## VILLAGE UPDATES



#### Ringmer Against Greenfield Exploitation

The next hearing to directly affect Ringmer will be for the BokLok development (APP/P145/3319706) on Tuesday 9 January 2024. The

venue will be Marine Workshops, Newhaven, BN9 OER.

It would be good to have as many people there as possible. Proper provision has been made for the hard of hearing, but if you have other queries regarding facilities for the disabled, the person to contact is Rebecca Hutchinson on 01323 410000 or by email at customer\_first@lewes-eastbourne.gov.uk Remember that if you wish to speak on the day you must be at the venue no later than 10am. Parking close to the venue is very limited, but free. The surface is poor and seriously puddled in wet weather.

The consultation on the proposed Lewes Local Plan will hold a number of "in person" events in January 2024. Details will be available shortly. A number of webinars have already taken place and recordings can be accessed via the Lewes District Council website.

Ringmer Against Greenfield Exploitation is currently drawing up graphics on developer ambitions, which will appear in our next newsletter. Please join the hundreds of residents already signed up who receive regular briefings. We can also arrange to deliver a printed version if requested. Please phone 01273 814723, leaving a message if no-one home.

Thakeham's next application for 98 houses (LW/23/0752) has been published on the LDC website.



#### UPDATE FROM FAMILY SUPPORT WORK

Nikki Kerr, FSW Director of Fundraising and Marketing, says: "We are still supporting families with multiple challenging situations, and these unfortunately seem only to be increasing. We make between 250 and 300 home visits a month currently, and families

are so grateful for this regular, personal contact.

"We are so grateful to all of you who supported us with toys, food and financial donations over the Christmas period. It is such a huge help to our families and really helps to make things a bit more special for them.

We are looking ahead to events in 2024, including a Skydive in April. We'd love to hear from anybody who thinks they might like to get involved. With huge thanks to all our supporters for all that you continue to do for us."

### **RINGMER UPDATES**

#### RINGMER YOUTH PROJECT – CAN YOU HELP?



The youth café will be open on Friday evenings (6-8pm) throughout January. It runs in the Alan West Room of the Village Hall, providing a safe, warm space for young people. There's pool, table tennis, a Wii, board games and cards.

Admission is £2, including snacks and squash. Hot drinks, cans and

snacks are available for a small charge. BUT without help from the community (young and old alike) this facility may have to close.

We need feedback and ideas from young people in the community. We need to extend our membership of adults and young people too. You're welcome to pop in on a Friday evening to find out more or get in touch at <u>ringmeryp@outlook.com</u>

#### **RINGMER VILLAGE HALL UPDATE FROM TRUSTEES**

From now on, any property left at the Village Hall will be stored at the library. This should make it easier for you to track down any mislaid items.

The trustees of the Village Hall would like to thank you for your support in 2023, and wish you all the very best for 2024. We look forward to seeing you this year.

### ECO TIP FOR JANUARY 2024 FROM ST MARY'S ECO TEAM



Have you tried detergent sheets?

These are much greener than the detergents bought in bulky plastic bottles which have to be decanted into pods and placed in the drum of your washing machine.

Detergent sheets are easy to use with no plastic used in their manufacture. There is no overdosing, wastage or spills, they are lightweight to transport and store and their

packaging is entirely recyclable. Just add one leaf to your washing machine and your laundry comes out clean and sweet smelling.

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### **NEWS FROM RINGMER PARISH COUNCIL**



#### NEWS FROM RINGMER PARISH COUNCIL

The Parish Council would like to wish all residents a happy and prosperous New Year. Here is the latest news.

#### CONSULTATIONS

There are two current consultations that the Parish Council will responding to. We would invite you to complete the surveys as individual residents of Ringmer. The consultation on the Lewes Local Plan is probably most important as the plan will show areas identified for housing development and we are aware of how Ringmer is a target. You can find it at planningpolicyconsult.lewes-eastbourne.gov.uk

and as a paper copy at the library. It closes on 8 February 2024.

The ESCC Local Transport Plan 4 consultation is at

consultation.eastsussex.gov.uk/economy-transport-environment/local-transport-plan-2024-2050 and closes on 25 February 2024.

#### **COMMUNITY POLICE REPORT**

There have been instances where a person claiming to be a gas engineer has called without an appointment and asked to see the gas meter. Please remember to always ask for an authentic identification badge and if any doubt don't let them into your home and phone the police on 101.

#### **SKATE PARK UPDATE**

The work on the new skate park is set to start on 28 February 2024 and is expected to take around 12 weeks to complete.

#### SWIMMING POOL UPDATE

No further information this month. The anticipated opening of the pool is set for Spring 2024.

#### **VILLAGE GATEWAY SIGNS**

The Parish Council is planning to install village gateway signs at Paygate Corner, Laughton Road, the Broyle and Ham Lane.

#### IMPROVING THE NATURAL ENVIRONMENT IN RINGMER

Work continues in The Almond Field with the removal of the diseased ash trees which was delayed due to the November storms.

The Parish Council would like to thank The Anchor Inn for providing the Christmas tree and lights on the Village Green.

## DEBT ADVICE FROM LEWES CITIZENS ADVICE



#### DEBT ADVICE FROM LEWES CITIZENS ADVICE

Times are tough for many people right now and it's all too easy to find yourself in debt.

The Lewes Citizens Advice bureau is here for anyone who needs help resolving money, debt, legal and other problems. Head to lewesdistrictca.org.uk for more information – you can also find them on X (formerly

Twitter) @lewescab1.

Here is their advice for dealing with debt in 2024:

I've built up a bit of debt and I am panicking. My rent has gone up and my pay cheque just doesn't stretch as far as it used to. I'm doing everything I can but it's not enough - what can I do?



"It's commendable that you're taking steps to address your situation. Remember, you're not alone, and support is available.

"Start by gathering all information about your debts, including contracts, bills, and statements. Create a comprehensive list detailing each debt, including the creditor's information, missed payment dates, amounts owed, and any actions taken by the creditor. Prioritize paying essential bills like rent, mortgage, energy, and Council Tax to avoid serious consequences.

"Communication is key. Reach out to your creditors to discuss your situation and explore manageable steps to reduce your debt. Once you have essential bills under control, address other debts like credit cards and payday loans.

"Consider potential sources of income by checking for eligible benefits, including support for energy and living costs. Citizens Advice offers a benefits calculator and advice on reducing living costs on their website. Additionally, explore emergency support options such as food banks, fuel vouchers, and assistance from Lewes District Council.

"It's important to know that you have options, and you don't have to face this alone. Reach out to Lewes District Citizens Advice for assistance in finding a way forward on Freephone 0808 278 7892 (lines open Tuesday-Thursday 10am-3pm) or visit <u>www.lewesdistrictca.org.uk</u>"



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There are times in your life when you may encounter difficult challenges, feel overwhelmed and find yourself struggling. You don't need to face this alone.

Accessing one to one support and being able to talk freely, feeling heard and supported in a calm, confidential and non-judgemental environment is central to making changes.

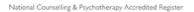
- · Facing the future
- Self-awareness
- · Clarity
- Understanding
- No problem too big or too small

In addition to my Counselling Practice I have supported Macmillan Cancer Counselling Services, NHS, Eastbourne, Cruse Bereavement Services, East Sussex and a local Charity which supports families after the death of a child or young adult. My practise is in a tranquil setting in the village of Ripe which has easy road access from A27, A22 and B2124 and free off street parking.



For additional information please visit my website or call me.

Angie Osborne MNCS Accred t: 01323 811253 / m: 07740 424949 e: info@angieosbornecounselling.co.uk w: angieosbornecounselling.co.uk





### HELP US MAKE THIS MAGAZINE BETTER THAN EVER



#### HELP US MAKE THIS MAGAZINE BETTER IN 2024

Deb Lancaster says: "I've been editing this magazine for three years now, and while we've made significant changes over that time, 2024 is a good time for a further refresh.

"You'll notice that we have more adverts this issue, which is great news. This is in response to the demand from local businesses to be in Ringmer Church & Village News – testament to the quality of the content that you all send through every month. This month, I'd like to extend an invitation to anyone reading this to send in their thoughts/feedback/ideas for the magazine. Is there some kind of feature or news angle that you'd like to see? Or could we be reaching out to clubs/societies or organisations that haven't yet been included?

"If you have thoughts on what you'd like to see in the magazine this year, please do send them through on <u>ringmerparishmag@gmail.com</u>. Similarly, if you know someone who would like to start a subscription and have the magazine delivered to their house every month for just £6 per year, please contact Mary Greenwood on 01273 812768 or at <u>lilacgreenwood@aol.com</u>.

"I'd also like to remind all readers that we are happy to receive any photography that they would like to see in the magazine – it just needs to be high resolution and good quality enough to use in print. I look forward to hearing from many of you throughout the coming year and in the meantime would like to wish you all a very happy new year."

#### MAGAZINE CONTACT DETAILS

EDITOR: Deb Lancaster, ringmerparishmag@gmail.com

#### ADVERTISING CONTACT DETAILS

ADVERTISING MGR: Paul Dench, advertisingringmerparishmag@gmail.com

#### DISTRIBUTION + SUBSCRIPTION CONTACT DETAILS

Mary Greenwood, 01273 812768, <u>lilacgreenwood@aol.com</u>

EDITORIAL BOARD: St Mary's PCC/HON. TREASURER: Sue Tibbenham, 01273 812494

#### COPY DEADLINE IS MIDDAY ON THE 20th OF THE MONTH

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## **RINGMER COMMUNITY CONTACT NUMBERS**

Alcoholics Anonymous, Ringmer: AA Helpline 0845 769 7555, meetings Church Room Tuesday at 12.30pm and Village Hall Friday at 12.15pm. Barn Dancing Society: 3rd Wednesday of month at 8 pm in Village Hall. Contact Julia Morris on 01273 813595 or Maureen on 07946 735674. Bowls Club: Rinks: Cheyney Green. Sec: Martin Sargent. Cheyney Croquet Club: Sue Tompsett 01273813810 Cricket Club: Village Green, Secretary: D Bush on 01273 812522. Dramatic Society: Mark Croasdale, 01273 812795, mark.croasdale@live.com East Sussex Community Choir: Monday 7.30 to 9pm term time only at Lewes Town Hall. Mary Burke 01273 475885 or email burke.mf@gmail.com Evergreen Club: 55+ social club, meets most Thursdays at the Village Hall at 2 pm. For details ring Gill or Graham Stapley 01273 812976. Lewes & District Art Club: Tuesdays 2-4pm in Village Hall. Mavis Stanley 01273814359 or Angela Howard 01273 813097 Lewes & District Probus: Geoff Fitch on 07484721582, geoffrey@gmx.com. Lewes Daytime Music: House of Friendship, School Hill: Choir Mon 2-3pm. Ukulele beg. Wed 10.30am. Inter: 11am Debra Skeen 01273 476469. Lewes Social Group of East Sussex Vision Support meets monthly, every second Monday. Local contact Gill Salisbury 01273 812145. Library: Village Hall, 07934 046392 or ringmervillagelibrary@gmail.com **Memory Moments Café:** (for people with dementia & their family/carers) -Scout Hut, Thursday 9.30 - 12.30. 01273 494300 or info@knowdementia.co.uk Mothers' Union: Christine Smith, 01273 814993, christineesmith@me.com or Shirley Squires 01273 752167. **RADAR** Community Speed Watch Group Ray Eggleton 01273 812962. 1<sup>st</sup> Ringmer Guides: Scout Hut, Wed 7pm fifthlewesbrownies@hotmail.com 1<sup>st</sup> Ringmer Rainbow Guides: Scout Hut, Wed 5pm. Jennie Barnes 01825 769938, fifthlewesbrownies@hotmail.com. **3<sup>rd</sup> Ringmer Brownies:** Village Hall, Tues 5 pm Teresa Sutton 01273 814992, RingmerBrownies@outlook.com Parish Council: Call 01273 813242/ 07565 704342 or email clerk@ringmerparishcouncil.gov.uk. Website: ringmerparishcouncil.gov.uk

<u>Clerk@ringmerparishcouncil.gov.uk</u>. Website: ringmerparishcouncil.gov.uk <u>**Pilates:**</u> Village Hall Thursday evening and Friday morning. Contact Louise McAllen, 07841 397550 or <u>louisemcallenfitness@gmail.com</u>

Exercise Classes: Village Hall, Fri 9.30-10.30am. Wendy on 07980 307002. Ringmer AFC: RingmerAFC@outlook.com.

Ringmer Baptist Church: Neil Thornicroft 01825 750283.

<u>**Ringmer Good Neighbour Scheme:**</u> 07340 118758 between 10 and 11 am or 3 and 4 pm or email <u>ringmergoodneighbours@gmail.com</u>

Ringmer History Study Group: John Kay, 01273 813388.

<u>Ringmer Horticultural & Home Produce Club:</u> <u>rhclub1970@gmail.com</u> Ringmer Primary & Nursery School: Please contact the school office on

01273 812463 or via email at office@ringmerprimary.school

<u>**Ringmer Ramblers:**</u> Fortnightly walks on Sunday at 10 am (about 5 miles) and more challenging monthly walks on Saturday mornings. Full

programme available. Contact Jim Elsam 01273 812335, jim@hteqa.com **Ringmer Rovers Junior Football Club:** Football training for players aged 4-

16 at Kings Academy Ringmer. Contact the secretary Catherine Kelly on secretary@ringmerrovers.org.uk for more information.

**<u>Ringmer Short Mat Bowls:</u>** The Bowls Pavilion, Cheyney Green. Mon 2-4.30 pm, Tues 7-10.15pm, Wed 10 am-12.30 pm. Pat Escott 01273 813295. <u>**Ringmer Stoolball Club**</u> - Played on the Village Green from May until September. Juniors on Wednesday & Seniors on Thursday evenings. Contact Stephanie Lambert 01273 812295.

<u>**Ringmer Table Tennis Club:**</u> We welcome players at all levels for our daytime and evening sessions in the Scout Hut. Please contact our Membership Secretary Jo Miller on 01273 812840 for more details.

<u>**Ringmer Tiddlers & Toddlers:**</u> Village Hall, Mon and Thurs 9.30am-11.30am. Debbie Pellett on 07930 907116 or email<u>ringmertiddlers@gmail.com</u>

<u>**Ringmer Footpath Clearance Group :**</u> Marilyn Linehan on 01273 812345 or marilyn@linehan.com

**<u>Ringmer u3a:</u>** Retired/semi-retired people study a variety of subjects, not for qualifications, but for its own reward. Info from the Chair Sarah Boot-Handford on 07962 109779.

**<u>Ringmer WI:</u>** Village Hall, 1<sup>st</sup> Tues in month, 7.30 pm. Call Judith Cox on 07971 659557 or email judithcox228@gmail.com

<u>Scout Group - 1st Ringmer:</u> Scout HQ, The Green. Group Scout Ldr & HQ Bookings: John Saunders 01273 812681. Scout Troop: Tuesday, 7 - 8.30 pm. Leader John Saunders Cub Pack: Thursday, 6 – 7.15 pm. Leader Jamie Faben 07960 272053 Beavers: Thursday 5 - 6 pm. Leader Claire Bouskill, contact beaversinringmer@gmail.com

<u>St John Ambulance-Ringmer Division:</u> Village Hall, Mondays. BADGERS age 5-10, meet 6.30 to 7.45pm. CADETS ages 10-16 meet 6.30-7.45pm and ADULTS meet 8-9.30pm; call Joan 01273 812187.

<u>St Pancras R.C. Church:</u> High Street, Lewes. Sunday:Mass at 9 am Latin Mass: 12.30pm. Parish Priest: Fr Jonathan Martin 01273 473309.

Village Hall Bookings: Administrator: Bren Bonner 01273 813303/ 07739 400408 or email bookings to <u>ringmervh.bren@gmail.com</u>

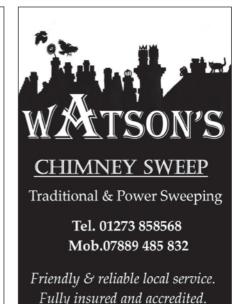
<u>Yoga Class in the Village Hall:</u> Tuesdays 1.30-2.45pm. Contact Sara McGowan on 07947 865876 or email: <u>saramcgowan@yahoo.co.uk</u>

## RINGMER GOOD NEIGHBOURS needs VOLUNTEERS



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