



William Sutton Memorial Hall Newsletter

Spring 2016

WILLIAM SUTTON MEMORIAL HALL, 6 SHELLEY WAY, ST BUDEAUX, PLYMOUTH, PL5 1QF

FREE Easter Egg Hunt!

Join us for on the **26th March 2016 - 10am to 12pm**

We will having an Easter egg hunt for the local children aged 0 to 6 years old.

This will be a **FREE** activity and every child gets an Easter egg. Registration is essential.

Please contact either: Tony Williamson on 01752 214166 or by email tawilliamson@blueyonder.co.uk

or Donovan Henn on 07890 257621 or by email dhenn@colebrooksw.org to register



WEB CONNECT

Where the locals learn to surf

Would you like free informal sessions on internet related activity such as accessing and creating Facebook & Twitter accounts, setting up and using email? Perhaps it's online shopping, using internet banking, accessing benefits and much more. Then join us!

Every Thursday from 10am to 12pm,
at William Sutton Memorial Hall,
6 Shelley Way, St Budeaux.

All ages abilities welcome. Just turn up on the day
or contact Dawn on **01752 211247** for further information



Argyle Community Trust
Learn . Play . Succeed

Come and join us in our free football sessions!

Session details:

Every Monday

Times 4-5pm for 7 to 11 year olds

Every Wednesday

Times 4-5pm for 7 to 11 year olds
5 to 6pm 11 to 25 year olds

Cost – FREE

Venue – William Sutton Memorial Hall, St Budeaux

For more information, please contact Dwain Morgan
on 01752 562561 ext4 or dwain.morgan@pafc.co.uk



Help and be helped

Opportunity Knocks Timebank What is Timebanking?

It is a flexible way for people to share time, skills, knowledge and experiences with others. Timebanking is a way of supporting others whilst benefiting themselves and being involved in the community as a whole. Opportunity Knocks is a city wide Timebank based in William Sutton Memorial Hall and has activities in various locations.

For more information about these events please check our website

www.colebrooksw.org/timebank

or call in to William Sutton Memorial Hall and pick up a Dates for Diary flyer or call us on 01752 211243.



LOTTERY FUNDED

AOD Dance School

www.aoddance.co.uk

Join our classes! Freestyle-Street or just dance for fun.

First session is FREE

(£4 thereafter with under 6year olds being half price).

When? Thursdays at 5pm to 6pm or 6pm to 7pm or 7pm to 8pm.

Everyone is welcome!

For more info please contact Paul on: **07855 067 123**

F.R.O.S.T

Friends.and.Residents.Of.Sutton.Trust

Is a residents Committee who run activities at the William Sutton Memorial Hall and would like to invite residents to their luncheon club and parent and toddler group.



Suttons Adventure Playgroup

To all parents, childminders and carers, we meet every Wednesday morning at William Sutton Memorial Hall on Shelley Way from 9.30am to 11 am and are open to all.

Grab a Bite to Eat

Luncheon Club Every Wednesday from 12pm to 2pm

We have a luncheon club called who meet up, have a good chat, enjoy a three course lunch and play a couple of games of bingo at a charge of just £3.50p for the meal and £1 for two games of bingo.



Blue Triangle Yoga

Blue Triangle Yoga meet on Tuesdays from 1.30pm to 2.30pm

If you are interested in improving your health and wellbeing, spiritually and physically.

Get in touch to book a place by contacting Ruth via email ruthmielek@bluetriangleyoga.co.uk or 07811 908502

£4 per session, booking is essential.

Ready2work

Are you in need of support with improving your employability skills or interested in finding employment? Then contact Affinity Sutton's Ready2work service visit affinitysutton.com/r2w or call Guideline on 0300 100 0303



If you are interested in any of the above activities or interested in hiring the Hall for your own event please contact us on: Tel: **07890 257 621** or **01752 211 247**, email: communitycentres@colebrooksw.org