

# In the Heart of Hook

♥ Hook Village Halls 2024 ♥



**WIN a free children's party hire – see page 18 inside**



**There's so much to see and do  
Look inside and at  
[www.hookvillagehalls.org.uk](http://www.hookvillagehalls.org.uk)**



# HOOK Books

at the Elizabeth Hall

**JOIN US EVERY FIRST THURSDAY  
OF THE MONTH 2-4PM**

**Books only 50p!**

**Thousands of fictional paperbacks  
and children's books to choose from.**

**Refreshments are available too, so  
stay a while and enjoy a drink and a  
delicious slice of cake.**

**Elizabeth Hall is in Raven Road, Hook RG27 9HH**

**Organised and run by volunteers for the  
community with all proceeds to your village halls**



# Finding Out More.....

## CONTENTS

What to look for:	Page
Hook Books	2
Just For Children	4, 5 & 6
Half Term Fun (14 <sup>th</sup> February)	7 & 20
Music, Theatre & Dance For All	8,9 & 10
Healthy Living	10 & 11
Education, Social & Support	12 & 13
Adult Exercise	14 & 15
Faith & Worship	16
Hook Books – Your Questions & Answers	17
Children’s Competition	18
The Club Room	19
Facts About Your Village Halls	20
Half Term Fun (14 <sup>th</sup> February)	20
Want to Influence What Happens at Your Village Halls	21
Hartletts Café	21
Elizabeth Hall & Community Centre Facilities	22
Hiring a Hall / Free Hire for New Groups	23
Hook Flower & Produce Show (8 <sup>th</sup> September)	23
Macmillan Coffee Morning (26 <sup>th</sup> September)	23
Hook Flower & Produce Show	Back Cover

As well as the Hook Village Halls website and Facebook page, there are other ways to find out what’s on at the halls, including regular articles in Hook Focus and Community Ad Magazine.

Other village Facebook pages can also carry information, such as Hook People, Hook Community Noticeboard and the new community Facebook page - Hook Life (Hampshire).

In particular, HVH is working in partnership with the Hook Life (Hampshire) Facebook page. The page will carry news and events at the halls. So, if you’re not yet on Facebook, here’s a good reason to get started. Individuals and businesses can join the group and it aims to be a central place to find out what’s going on each day.

**This magazine is published by Hook Village Halls Charitable Association, Raven Road, Hook RG27 9HH (Reg. Charity No: 1117754). E&OE.**



## BOOGIE BUGS

Boogie Bugs offers music, movement and sensory classes for children aged between 0-5 years. At Boogie



Bugs, they are passionate about children's growth and development, tailoring their unique fun and exciting classes to enable children to develop and flourish in a

warm and friendly environment. Using their popular and original music, puppets, bespoke props, lights, bubbles and sensory aids, the fast-paced sessions incorporate everything to keep children focused and engaged whilst gaining key developmental skills, taking you and your little ones on a magically-themed journey each week.

Each 40 minute class finishes with a calming breathing exercise helping teach both the children, parents and carers the benefits of emotional wellbeing.

Boogie Bugs (birth to 5 years), suitable for busy toddlers, pre-schoolers and siblings.

Baby Bugs (birth to 18 months), a calmer setting for babies and crawlers.

Sibling and Childminder discounts available on request.

For more details, [www.boogiebugs.co.uk](http://www.boogiebugs.co.uk). Contact Kathy on: M 07803 480256 Email: [boogiebugs33@gmail.com](mailto:boogiebugs33@gmail.com)

## COOK STARS

At Cook Stars they take care of all the preparation to make it easy for young Cook Stars to simply come along and enjoy the sessions. They offer classes for pre-school children, primary school age children, tweens and teens, plus special event workshops, birthday parties and classes within schools and the community. All ingredients, cooking equipment, an apron, packaging and cooking know-how is provided!

"Everyone takes home their lovely dish along with a recipe card to cook again at home," says Nicola Doublet. "We even see to the clearing away and washing up!"

All classes can be found at <https://cook-stars-thatcham-to-hook.class4kids.co.uk> Contact Nicola on 07379 031156 or email [nicola@cookstars.co.uk](mailto:nicola@cookstars.co.uk)



## LITTLE KICKERS

Four different football classes, each tailored to a different age group, from ages 1.5 up until 8 years old! They have two core beliefs embedded into every Sunday morning session.

"We believe in something we call 'Play not Push'. It means teaching football in a fun, pressure-free environment. We want to give children a positive introduction to sport as a whole, not just football, so they're more likely to stay healthy and active throughout their lives," says Luke Tuffs.

"We also believe football can be educational. Coached in the right way it can stimulate imagination and aid early development skills such as learning colours and numbers, following instructions and playing as a team."

Email [admin.ltuffs@littlekickers.co.uk](mailto:admin.ltuffs@littlekickers.co.uk) or call 07554 901903 for a FREE taster class.



## LITTLE VOICES

Little Voices brings fun and inspirational singing and drama lessons to children & young people. Children make friends for life at Little Voices, grow in confidence and learn new skills for life.

“Whether they love to act or sing, or need a bit of a confidence boost, we’ll help your child be the best they can be!” says Jackie Harrison, Principal of Little Voices North Hampshire. “We teach singing and acting, and play lots of team building drama games to develop confidence and life skills.”

Little Voices also gives every pupil the opportunity to take the London Academy of Music and Dramatic Art exams up to Grade 8.

Classes are Wednesdays during term time at Elizabeth Hall. There are classes for MINIS (aged 4-7), LITTLES (aged 8-12)



and VOICES (aged 13-18). Max class size is 8 pupils, with two tutors.

For a free trial or to find out more, visit [littlevoices.org.uk/northhamshire/](http://littlevoices.org.uk/northhamshire/), email [northhamshire@littlevoices.org.uk](mailto:northhamshire@littlevoices.org.uk) or phone Jackie on 07754 776918

## MONKEY MUSIC



Award winning music classes offering a four-stage curriculum based on your child’s age. Classes are run by trained teachers to provide innovative and progressive pre-school music classes with singing, music, instruments, movement, sensory elements and lots of fun for children aged from 3 months to school age.

Classes are at four levels: Rock ‘n’ Roll from 3 months old, Heigh-Ho from 12 months old, Jiggety-Jig for 2 and 3 years olds and Ding-Dong for 3- and 4-year-olds.

Term time only, with the first trial class being complementary. Book a space at [monkeymusic.co.uk/area/fleet-hartley-wintney-hook-yateley](http://monkeymusic.co.uk/area/fleet-hartley-wintney-hook-yateley). Or contact Jennifer Griffin at [fleet@monkeymusic.co.uk](mailto:fleet@monkeymusic.co.uk) or DM on Facebook and Instagram.

## PHONICS BEAR

Phonics Bear classes offer an award-winning introduction to learning about letters and sounds through movement, music, crafts, games and stories that are perfect for pre-schoolers and their grown-ups. Carefully planned classes include multi-sensory learning activities that will develop and improve your little ones’ fine motor skills, gross motor skills, speech, language and listening as they learn about letters and their sounds through play. Activities are varied, engaging and exciting, with lots of fun for everyone!

Sessions at Elizabeth Hall, Tuesdays at 9.45-10.45am. To book your trial session: <https://phonics-bear-hart.classforkids.io>. Email: [phonicsbearhart@gmail.com](mailto:phonicsbearhart@gmail.com) or contact Chree on 07375 321111.





## BUSYBEES

This toddler craft group for children aged 18mths-4 years, runs in the Elizabeth Hall Friday mornings 9.45-11.15, during term-time.

“Each week we have a different theme - and linked to this theme two different craft activities, as well as having a range of other creative options (painting, play dough, junk modelling) we also have a range of exciting toys, puzzles, dress-ups and a baby area for younger siblings,” says Steph Brown. “After lots of play there is always a snack provided (linked to the theme of the session) and song time to finish.”

Included in the price are much needed refreshments for the grown-ups! Busy Bees operates on a drop-in basis, so no need to book or sign-up for a full term - just come on the mornings you are free and enjoy the session. Further details available at [busybeeshook@gmail.com](mailto:busybeeshook@gmail.com) or find the Facebook page: Busy Bees Toddler Craft Group

## HOOK VILLAGE NURSERY

Located at Hook Community Centre, the nursery was established in 1988 and is run by an elected committee. It offers childcare on a minimum of 3-hour sessions over a termly basis and registered for funded childcare places.

### Aims:

- To enhance the development and education of children under statutory school age.
- To provide a safe, secure, and stimulating environment
- To work within a framework that ensures equality of opportunity for all children.

### It offers your child:

- A specially tailored curriculum leading to approved learning outcomes
- Opportunities for the child's family to be directly involved in the activities of the group and in their child's progress

- Outdoor activities including play in our garden, outside learning area, visits, and nature walks
- A stimulating environment and a range of toys and activities on offer
- Excellent preparation for school and the next step of the child's learning
- Universal and Extended 30hr grant (if eligible)



## 1st HOOK BROWNIES



### *We are, Curious, Courageous, Energetic, Excitable!*

Brownies welcome girls from 7-10 years old for non-stop fun, learning and adventure. Girls have the opportunity to make new friendship groups outside of school, learn new skills, play games and earn badges. There are opportunities throughout GirlGuiding for Duke of Edinburgh awards and overseas travel and many more.

1st Hook Brownies meet at Elizabeth Hall on Wednesdays (term time) from 17:30-18:45.

“Girls can do anything”. Visit the GirlGuiding website to register: <https://www.girlguiding.org.uk/what-we-do/brownies/>

**FREE**

# **FEBRUARY HALF TERM FUN FOR KIDS**



**Wednesday 14th February  
2024 11am-4pm  
Hook Community Centre,  
Ravenscroft,  
RG27 9NN**



**Come along to:**

- \* **Meet the animals from Mill Cottage Farm**
- \* **Make mini willow sculptures with Special Branch**
- \* **Organisations such as Hart Rangers, Hampshire & Isle of Wight Amphibian & Reptile Group, and the Wildlife Trust**

*Refreshments will be available in Bartley*

**We also have Safari Pete!**

**Meet reptiles and other animals with Safari Pete – book tickets on [thelittleboxoffice.com/hookvillagehalls](http://thelittleboxoffice.com/hookvillagehalls) (£3.50 per child. Children must be accompanied by a responsible adult. An adult can accompany more than one child. No charge/ticket needed for adult).**

**Make a date whatever the weather**

We are able to put the event on thanks to support from Hook Parish Council and Jonathan Glen's HCC devolved budget; & support also from the Tesco Stronger Starts Grant. For more information and to book contact Hook Village Halls on 01256 764000 or email [enquiries@hookvillagehalls.org.uk](mailto:enquiries@hookvillagehalls.org.uk) In the event of unforeseen circumstances Hook Village Halls Charitable Association reserves the right to alter or cancel any of the above events. E&OE



**brought to you by:**



# MUSIC THEATRE & DANCE FOR ALL

## HOOK EAGLE MORRIS MEN

Hook has its very own Morris Dancing Team and they've been at it for more than 30 years! New members are always welcome (and needed) to keep this ancient English tradition alive. Everyone is welcome. As John Ellis says, "No experience necessary. If we can do it, you can!"

Pop along to one of their open and friendly practices on Fridays from 8pm in the Elizabeth Hall. "We finish around 10pm to rehydrate at the pub," adds John. Practice takes place from October to April.

Performances are April to July-ish and over Christmas. You will find them at local pubs, public and private events and Morris/Folk Festivals all over the place. Check out the website for details of their Dance



Program: [www.hookeagle.org.uk](http://www.hookeagle.org.uk), News is on Facebook and Twitter. Don't just learn about our heritage – dance it!



## ECHO HOTEL MUSIC CLUB

The Elizabeth Hall is home to Hook's very own live, rock music club, Echo Hotel Music Club. For each gig, the Hall is transformed, showcasing original bands from the UK live music scene - bands that sell thousands of albums (some recorded live at the Club!), are lauded by the music media and fill much bigger venues than Echo Hotel. Most gigs are sold out and such is its reputation, it draws audiences from as far as the West Country, South Wales and the Midlands. Upcoming gigs are advertised on Hook Parish Council and Ticketsource websites as well as Facebook and flyers/posters around the village. Call 07871 640237 for more info.

## LAKESIDE LEGENDS LINE DANCING

Aimed at intermediate to advanced level line dancers, they love country music. However, this form of line dance "newline" incorporates a multitude of dance styles, from waltz and nightclub rhythm to hip-hop and swing to all genres of music! The upbeat energetic teaching style and passion for dance always make for a fun learning environment.

With a new routine each week and recap dances for up to 4 weeks, you can also keep dancing between the 'teaches'! Requests for previously learnt dances and any classic popular dances are

welcome and their seasonal social dance parties are a highlight. Love to dance, enjoy a friendly and sociable space to express yourself and are up for a challenge? Then come and join them!





# MUSIC THEATRE & DANCE FOR ALL

## BASINGSTOKE SILVER BAND

A vibrant, friendly, social band welcoming players of all ages and abilities. Join them every Friday evening from 7 pm to 8.30pm at Elizabeth Hall.

“Having started in 1898, we play regularly at community events in and around Basingstoke and are very proud of our inclusive family-like atmosphere, aiming to make the band a positive experience for all,” says secretary Eloise Smith. “Whether you're kicking off your musical journey, dusting off your instrument after a hiatus, or seeking a new challenge, BSB has a seat for you! We're gearing up for an exciting 2024 and would love for you to join the adventure.”



Interested? Contact via [Basingstokesilverband.square.site](http://Basingstokesilverband.square.site) or shoot an email to [bsbsec@hotmail.co.uk](mailto:bsbsec@hotmail.co.uk)

## HOOK PLAYERS

Hook Players have been providing quality entertainment of all sorts for more than 30 years. They have staged dramas, comedies, whodunnits, revues, parodies and pantomimes.

“We stage two productions each year, one in Spring the other before Christmas at Elizabeth Hall,” says Ros Shepherd. Rehearsals take place once auditions have taken place. Prior to these we get together and read various scripts with a view to choosing the next production.

“We don't ask people to commit to anything, other than paying a £2 annual membership fee (or £10 if you would like to have voting rights at meetings). Throughout the year we hold play readings, organise social events, and aim to stage at least two productions. There are plenty of ways of getting involved but you can decide your own level of involvement.”

As well as adult members any junior members are very welcome. Although they don't have voting rights they



form a very important part of the group particularly at Pantomime time.

As well as acting there are other skills they need including painting, sewing, carpentry, singing, producing, directing – all are welcome at Hook Players.



## KAREN BLACKBURN DANCE ACADEMY

KBDA welcomes students to experience the joy of dance, through both recreational dance and technical dance programmes. Enjoyment and creativity have always been at the heart of the school, and for more

than 20 years, KBDA has been helping students of all ages discover their 'inner dancer,' develop self-confidence and strong friendships as part of a unique dance community.

For more information go to <https://karenblackburndanceacademy.co.uk>

## MUSIC THEATRE & DANCE FOR ALL

### Vibrant Voices

Come and Sing with Us  
A new daytime adult singing group

#### VIBRANT VOICES

This daytime adult singing group meets on Wednesdays 10 - 11am at the Community Centre. It's a relaxed and social singing group with all ages and abilities welcome. They sing a wide variety of songs, something to suit everyone, led by an experienced and qualified vocal leader and accompanist.

Singing releases endorphins into our brains that improve mood. Singing, especially as part of a group, can relieve stress and make you feel full of positive energy and enthusiasm. The group is all about having fun and enjoying yourself, but you will also improve your singing skills along the way too. Come along and sing with us?  
vibrantvoicesuk@gmail.com  
07548 278204



#### LETS ALL DANCE

lets all dance!

Catering for all levels of dancers from absolute beginners to experienced dancers, Lets All Dance covers all aims and ages. There are group classes and private lessons available in Ballroom & Latin dancing (Jive, Salsa, Cha Cha Cha, Waltz, Quickstep, Tango), Wedding Dances, Rock n' Roll, Salsa, and Linedancing. Plus ZUMBA® fitness. They host team building events, parties, social evenings.

"Our aim is to teach you to dance in a relaxed and fun way at your own pace," says Michele. Questions or details, contact Michele, 07815 499837  
<https://www.facebook.com/letsalldanceHampshire/>

## HEALTHY LIVING

### Weight Watchers NEWS

Improve your wellness with Weight Watchers: a healthy living plan for life where no foods are off limits! Sarah Hall, WW coach, says, "I lost 7 stone with Weight Watchers and it changed my life. Come and join our friendly and supportive group every Wednesday at Elizabeth Hall, Raven Road. Doors open at 9.15am. I hope to see you soon." Go to [www.weightwatchers.com/uk](http://www.weightwatchers.com/uk) to purchase a membership. You will need to buy a Premium membership to be able to attend workshops. Or phone 0345 345 1500 to discuss your options.





HOOK

# Self Care

EXHIBITION

Saturday 12th October 2024

Elizabeth Hall, Raven Road,  
Hook, Hampshire, RG27 9HH

If you are interested in finding out more about this event,  
please email [enquiries@hookvillagehalls.org.uk](mailto:enquiries@hookvillagehalls.org.uk)  
or phone 01256 764000

The venue is **wheelchair accessible**

SEE YOU THERE



## EDUCATION SOCIAL & SUPPORT

### HOOK COMMUNITY LUNCH CLUB

"Everything about this lunch club is excellent," so says a contributor on a Hook community Facebook page.

The once-a-month community lunch club is run by volunteers and provides older people and people living on their own in Hook and surrounding villages with an enjoyable and sociable, warming, delicious home-made meal.

Now in the Elizabeth Hall, Raven Road, RG27 9HH Hook's Community Lunch Club is on the 4th Tuesday of the month at 12.15pm (arriving from noon).

If you would like to join us or know of anyone in the village who would like to come along do please get in touch.

So put the 4th Tuesday of the month in your new diary to make a date to come along for a delicious two

course meal and a glass of wine (or fruit juice) for just £6 a head. Afterwards whilst you enjoy a hot drink, we hold a free raffle where everyone brings a donated prize. Interested in joining us? Then please email [hooklunchclub@gmail.com](mailto:hooklunchclub@gmail.com) or call/text Linda on 07898 808985 for more details and to book.

It's a great way of meeting up with friends, keeping warm in the winter and enjoying delicious home cooked meals.



### HOOK SHED



Hook Shed are working towards providing workshop facilities, which will be a place to meet, socialise and engage in projects and activities together with others. We working closely with Hook Parish Council

to achieve this. In the meantime, they continue to provide a variety of sessions that people can get involved in, such as popular electronics sessions (which have been held at Elizabeth hall). They will also support local groups with projects where they can. If you'd like to find out more and how you can get involved- email [admin@hook-shed.org.uk](mailto:admin@hook-shed.org.uk). Or find them on Facebook -The Hook Shed

### YOUNG @ HEART



Young @ Heart is an intergenerational group for the over 60's and teenagers. The club takes place in The Club Room on Monday afternoons (3pm-5pm) term time only. They enjoy quizzes, crafts, playing pool, games, gentle exercise and much more. You'll find young and old chatting, sharing a joke and having catch up over a cup of tea and a biscuit.

To find out more call Claire Lambert on 07989 166220 or email [claire.mcintyre@btinternet.com](mailto:claire.mcintyre@btinternet.com)



### North Hampshire National Trust (NHNT) Centre

You do not have to be a National Trust member to join the NHNT Supporters Group. They get together for a variety of activities... day trips (not just to NT properties) and a range of social activities (many held at Elizabeth Hall, Hook) and entertainment including, to name just a few, talks, music, coach outings, cream teas, Christmas meal. These events are planned up to a year in advance and advertised in a six-monthly newsletter for members and on their website (currently being updated).

Find out more by ringing 01420 82704 and speaking to their Membership Secretary. All this for just £8 per annum (or £13 for joint membership).



## HOME-START HAMPSHIRE

Being a parent can be lonely, frustrating, heart breaking and overwhelming. Life-changing events can happen to

anyone. That is why Home-Start is ready to support families through their toughest times.

Home-Start Hampshire is a charity offering help, friendship, advice and support to families with young children, in their own home and at family groups. Support is available to any family that is finding life difficult and who have children under the age of 11. The Family Group in Hook is open to families living in Hook, Hartley Wintney and Odiham. It is a friendly, safe, supportive place where children can play and

parents can socialise and gain support. Groups are run by Home-Start staff. The Family Group offers a warm welcome to all parents and children in an environment where individual differences are respected and valued. They meet Wednesdays 10-11:30am at the Elizabeth Hall.

The Family Group is only for families referred to Home-Start. A family can be referred to the Family group by a professional involved with the family or parents can self-refer. If you would like to know more about the Family Group, contact them on 0330 124 2095 or email [familysupport@hshants.org.uk](mailto:familysupport@hshants.org.uk).



## DAISY FIRST AID

Julie Rayson (energetic mum of 3) delivers award winning, engaging first aid courses to parents, grandparents, childcare providers and duty of care courses for local businesses.

Parent & carer courses are for expecting, new and established parents and

grandparents covering first aid from newborn to 18 years, ensuring those attending leave knowing what to do in those first moments of an emergency, covering

worrying subjects such as baby CPR, choking & febrile seizures.

12 hour Paediatric First Aid Courses are available for nannies, childminders, nursery workers, teachers and children's activity providers. Courses are more in depth ensuring childcare providers know exactly how to deal with an emergency calmly and efficiently whilst waiting for emergency services.

Duty of care courses are for small businesses and/or those customer facing. Courses can be tailored, teaching skills relevant to your environment.

For regular venue courses please head to [www.daisyfirstaid.com/camberley](http://www.daisyfirstaid.com/camberley). If you do not find a course or date to suit, contact [julie@daisyfirstaid.com](mailto:julie@daisyfirstaid.com)

## NCT

Are you expecting a new baby soon? NCT is here to help you feel connected and supported.

Our sociable and informative antenatal courses are welcome to everyone. You'll meet other local parents going through a similar life-changing journey.

The friendly course leaders are highly trained and will help prepare you for every stage of pregnancy, birth and early childhood. You'll also have access to unbiased information beyond your due date, including feeding and adjusting to life as a new parent.

During your course, we'll help you feel equipped and confident to make your own decisions. It's no wonder we're trusted by more parents than any other



antenatal class – over 3 million people have taken our classes to date!

Are you ready to join the NCT community? Book your antenatal course at [www.nct.org.uk/antenatal](http://www.nct.org.uk/antenatal) to start your journey.

## ADULT EXERCISE

### PERFECTLY BALANCED PILATES

After a teaching career, Elaine Whyment decided to build on her love of Pilates and train as an instructor, creating Perfectly Balanced Pilates. The beauty of Pilates is its inclusivity as moves can be adapted to suit the beginner or the most advanced.

Elaine truly believes Pilates has a place for everyone with benefits including physical, mental and social, whether your goals are to improve mobility, posture, recovery or simply to have fun.

"It doesn't take long for the results of my Pilates classes to show," says Elaine. "My clients leave with their bodies feeling great, but also happy and revitalised. Classes are kept small to ensure quality and precision."

[www.perfectlybalancedpilates.co.uk](http://www.perfectlybalancedpilates.co.uk)



### HOOK SQUASH CLUB

From juniors to over 70s, beginners to advanced, enjoying individual and internal league challenges and Monday "club night" squash is a great way to meet and play others.

There are beginner nights and a thriving junior section. Individual and group training is run by a local level 3 coach, the captain of Wales Squash.

Joining as an individual, junior, student or family member allows you to book courts and play other members. Booking hourly sessions is easy, with online booking.

"Our objective remains providing a high standard, two-court squash facility, at good value for the residents and workers of Hook and its environs. After annual membership is paid, you can play as much as you want for no extra cost," says Mike Pitt.

The club is open for use early morning to late evening, all year round. Interested?

[www.hooksquash.org.uk](http://www.hooksquash.org.uk). Questions?

Email: [hooksquash@googlemail.com](mailto:hooksquash@googlemail.com)

### HOOK TABLE TENNIS (AGE 50 PLUS)

A friendly group who play intermediate-level table tennis on Mondays 11am to 12.30pm at Hook Community Centre.

Everyone mixes in, playing games of doubles with different partners. While we all enjoy winning, the priority is to have fun so there's plenty of banter and laughter.

It's a great way to make new friends, exercise, develop new

skills or refresh old ones. The first session is free, with bats provided, so you can check it's for you before making a commitment. Charges are termly, working out at about £2.25 per session. If you'd like more information, call Jo on 07802 872672 or email [knightjoanna04@gmail.com](mailto:knightjoanna04@gmail.com) Alternatively, just come along one Monday.



### VINYASA YOGA

Mixed ability vinyasa yoga, which focuses on moving with the breath, a more aerobic type of yoga. Rebecca is a professional, caring and experienced teacher. Her classes are inclusive and welcoming. "We practice pranayama- breath techniques and mindful meditation. I like to help my students get the most out of the classes so I will encourage you to try tricky poses and have fun. I'll give regression of poses too, with or

without the use of props so that everyone leaves feeling wonderful."

Classes are every Monday 9.30-10.30am at Hook community centre. £8.50 per session or £28 for a 4 week block booking.

For more information contact Rebecca: 07843 855893.

Facebook: Vinyasa yoga with Rebecca



## ADULT EXERCISE



### BODY CONTROL PILATES CLASSES

Would you like to improve your posture and overall strength? Be more flexible and improve your stability and mobility? Body Control Pilates can help you to achieve this. With a maximum of 12 in a class, you get individual attention. It's suitable for all ages and fitness levels.

Classes held at Elizabeth Hall on Wednesdays at 11.15am and 12.30pm.

For more information & to book, please contact: Julie Nevile, Member of the Body Control Pilates Association (with additional qualifications in low back pain & osteoporosis).  
T: 07791 646789. E: [julie.nevile@gmail.com](mailto:julie.nevile@gmail.com),  
[www.bodycontrolpilates.com](http://www.bodycontrolpilates.com)

### HAMPSHIRE DANCE FITNESS (ZUMBA)

Kate Sadler runs Hampshire Dance Fitness, teaching a low impact Zumba Gold® class at Hook Community Centre every Wednesday at 11.30am during term-time.

"We're a welcoming, friendly group with a complete mix of ages and fitness levels. Our common ground is that we love music and dancing! Smiles and laughter run throughout the sessions!

The class is non judgmental and not about getting all the moves right, but moving at a pace that suits you and your body.

"Zumba Gold® is fun, great for losing weight, toning your body, boosting your heart rate, helping you



de-stress, improving coordination and..... it makes you happy! Simple!"

For more information, please contact Kate on 07738 668173 or book on  
[www.bookwhen.com/hampshiredancefitness](http://www.bookwhen.com/hampshiredancefitness)



### KATIE'S PILATES

At Katie's Pilates at Hook Community Centre, you'll get a warm welcome. Katie has a Physiotherapy degree, 20 years' experience teaching Pilates and a keen interest in bone and joint health, as well as exercise for menopause.

"Noticing more stiffness in your muscles or joints, or activities of daily life are becoming more challenging? A gentle weekly Pilates class might help," says Katie. "Movements can be tailored to suit you, and participants are encouraged to 'listen to your body' throughout each class. Even if you're not the sort of person that usually goes to exercise classes, you might be surprised how much you enjoy it!"

All adults welcome including beginners. Classes are paid in advance in blocks of 5-7 weeks. Your first Pilates Class FREE when you subscribe to the email newsletter at [www.katietarling.com](http://www.katietarling.com).

## NEW ANOINTING CHRISTIAN CENTRE (NACC)

“Our church stands as a beacon of faith in Hampshire since 2004,” says Carmen. “We are a place of prayer, peace and joy to all who join us. Our community is richly diverse, with people of different ages and backgrounds coming together to worship and serve together.

“We are dedicated to sharing the love of Christ through ministry, fellowship and worship. Our vision is simple: ‘Connecting the Community to the Creator’. Together we can connect our community to the Creator. Together we can build an uncommon trans-generational and multi-cultural church. Together we can make a mark that no man can erase.

“We do hope that you will feel the warm welcome, enjoy the elevating worship and be blessed by the edifying Word. Our church meet every Sunday at the Community Centre from 11am-12:30pm then you are welcome to stay for some refreshments and getting to know each other after.”



**LIFE CHURCH**

WE MEET EVERY SUNDAY AT 10.30AM AT ELIZABETH HALL

Life Church is a family of imperfect people working together in loving community to serve Hook, the Hart District and beyond.

On a Sunday you can expect a welcoming and friendly atmosphere with great coffee, teaching from the Bible and an engaging time of worship, as well as fun groups for children and youth.

Our meetings are open to everyone and we love to see new faces every week. We believe that Jesus perfectly revealed the heart of God, and that heart is for you. Why not come and see what we're all about this Sunday?

[lifechurchhook.org](http://lifechurchhook.org) [office@lifechurchhook.org](mailto:office@lifechurchhook.org) 01256 762022 Life Church Hook

## THE LIVING CHURCH OF GOD

The Living Church of God meets at the Community Centre on a Saturday afternoon. For more information contact Simon Roberts on [simondroberts@hotmail.com](mailto:simondroberts@hotmail.com)





## HOOK BOOKS – QUESTIONS & ANSWERS

### **Q: What is Hook Books?**

A: Hook Books is a monthly pop up library of donated second hand books at the Elizabeth Hall. With more than 3,000 books to choose from at incredible value, there's adult paperback fiction, plus children's books for all ages. Plus there's tea, coffee and cake to be had. It's become a regular social event for the community whatever the season, whatever the weather and the perfect place to pick your next month's reading fix.

### **Q: How much does it cost?**

A: Adult books are 50p per book and children's books are just 20p each or three for 50p. Entry is free.

### **Q: When is Hook Books?**

A: The pop up library is held every first Thursday of the month from 2-4pm, at the Elizabeth Hall.

### **Q: I can't get there, so how can I get books?**

A: Good quality hardbacks and paperbacks (fiction and non-fiction) for adults also go into the Hook Books bookcase at Tesco, Hook where there's a cash only honesty box. Again, it's just 50p per book. For children's books there is a bookcase at both the Elizabeth Hall and the Community Centre.

### **Q: Why are there no children's books in Tesco?**

A: Experience elsewhere shows that some people would leave their children browsing books, whilst they do the shopping. Sounds harsh, but it's true and we (and Tesco) can't risk the consequences. That's why children's books are available at both Elizabeth Hall and the Community Centre instead.



### **Q: Where do the books come from?**

A: All our books have been donated. We accept all books, whatever the subject, size (hardback and paperbacks) or condition and every book is put to work. Take them along to the Elizabeth Hall any weekday morning or to the pop up library (2-4pm, first Thursday of the month). Please don't donate books by taking them to Tesco as this can result in the bookcase overflowing and jeopardise our arrangement with the store.

### **Q: What if books are too tatty to sell?**

A: Any books beyond their useful life, or where we have too many copies, are collected by World of Books who pay us 5p per kilo and then either sell or recycle them.

### **Q: Why don't you run longer sessions on an evening or weekend, so that those working during the weekday and/or picking up children after school have more of an opportunity to come along?**

A: We rely solely on volunteers to organise and run Hook Books at every stage and there's only so much they can do. The average age of our volunteers is north of 70! That's why the Tesco bookcase is a good source of books for adults and the bookcases at the Elizabeth Hall and Community Centre for children's books.

### **Q: What happens to the money made by Hook Books?**

A: All proceeds go to support running your village halls, which in turn helps to keep down hire charges. As we go to press, Hook Books raises around £5,000 a year.



# CHILDREN'S COMPETITIONS

Win a FREE hire of a room/hall for your children's party. There are 2 age groups with a winner in each. Entry ages are 5-9 years and 10-14 years. Perfect for your child's next birthday party or an excuse to get friends and family together.

## THE PRIZE

The parent/guardian for each winner will be entitled to a free 3-hour hire of any room/hall at the Community Centre or Elizabeth Hall. The FREE hire is subject to Hook Village Halls standard hire terms and conditions. Hall/room capacities for the number of people attending apply. The hire period for children's parties must end by 6pm.

## Competition for 5-9 years

Draw a picture of your favourite animal on a piece of A4 paper, add your contact details and bring your entry along to the Elizabeth Hall or Community Centre by noon on Thursday 29th February 2024. Your entry should include:

Child's first name and age.

Parent/Guardian name, contact phone number and email address.

## Competition for 10-14 years

Write a short story (up to 500 words) about your favourite pastime or sport. Add your contact details and bring your entry along to the Elizabeth Hall or Community Centre by noon on Thursday 29th February 2024.

Your entry should include:

Child's first name and age.

Parent/Guardian name, contact phone number and email address.

## RULES

1. All entries must be received by noon on Thursday 29th February 2024 at the Community Centre or Elizabeth Hall.
2. One entry per child.
3. There will be one winner in each age group.
4. The judges' decision is final.
5. The parent/guardian of the winning children will be contacted by telephone/email.
6. There are no alternatives to the stated prize.
7. The parents/guardian agrees that entry into the competition is deemed acceptance of the entry rules.
8. No entries will be returned, but entries might be displayed at the Community Centre or Elizabeth Hall.



# THE CLUB ROOM

## THE CLUB ROOM

This large room is perfect for all sorts of activities – from yoga to parties, social gatherings to meetings and much more. There's a kitchen area with serving counter, comfortable seating area and an area that can be used for a dance floor or other activity. There's even two table tennis tables (that can be stored away to make more room), a pool table and table football. We're upgrading the audio/visual facilities. Lift access is also planned.

As we start the New Year we hope that we will be successful in our bid for a grant from Hart District Council's share of the UK Shared Prosperity Fund. Hart has earmarked £600,000 for community hubs and HVH

has applied for £60,000 towards the project that would give suitable, dignified access to the Club Room and Holt for people with mobility problems. Lifts would also mean buggies could be taken up to those rooms far more easily. The remaining funds (up to another £60,000) would come from HVH's accumulated reserves. Hook Parish Council, which owns the building, supports the project. Planning permission has been received, so subject to the grant, it'll be all systems go for building works in the summer.

If we are unsuccessful in the bid for funds from the UK Shared Prosperity Fund, the project will need to be re-assessed and scaled down.



# YOUR VILLAGE HALLS

## FACTS ABOUT YOUR VILLAGE HALLS

Both the Community Centre and Elizabeth Hall are run by a registered charity - Hook Village Halls Charitable Association (HVH). The charity has a board of trustees and three part time staff members. Contrary to what some people think, all of its income comes from licensees and hirers, with not a penny from your Council Tax. The only exception is IF the Community Centre makes a loss in any year, Hook Parish Council underwrites that loss. The same does not apply to the Elizabeth Hall.

The land at the Elizabeth Hall is owned by the charity (freehold). Hook Parish Council owns the building itself and leases it to HVH. When the lease expires, HVH will own the building as well.

The land and building at the Community Centre is owned by Hook Parish Council, which leases the building and grounds to HVH.

The two buildings are managed to deliver the charity's objects (as set out in it's

Memorandum of Association).

### These are:

(a) To provide or assist in the provision of

facilities in the interests of social welfare for the benefit of the inhabitants of the Hook Parish and within its vicinity for recreation or other leisure time occupation of individuals including those who have need of such



facilities by reason of their youth, age infirmity or disability, financial hardship or social circumstances with the object of improving their conditions of life;

(b) To advance education and the religious and intellectual development of the members of the community;

and  
(c) Such other charitable purposes as the Charity's officers in their

discretion shall see fit for such exclusively charitable objects or purposes in any part of the world.

The board of trustees meets ten times a year to oversee the direction and policies of the charity. It also takes decisions over investments in the buildings and major maintenance issues, licence and hire fees and many other matters that are inherent in running two busy buildings.

Currently there are eight trustees and the charity would welcome more. If you are interested in becoming involved, get in touch to find out more.

The staff manage the day to day operation of the buildings including lettings and hire management, overseeing contractors and interacting with its many hirers. This magazine shows you the wide variety and sheer quantity of opportunities available to you at the two buildings.



## HALF TERM FUN - WEDNESDAY 14TH FEBRUARY FROM 11AM

Thanks to grants from Tesco Stronger Starts, Jonathan Glen's County Councillor's HCC Devolved Budget and Hook Parish Council, Hook Village Halls can once again host their very popular Free Half Term Fun in the Hook Community Centre from 11am to 4pm on Wednesday 14th February.

All our engaging attractions have confirmed that they will be able to attend this hugely popular day and will be bringing lots of interesting activity to occupy the minds of our younger villagers as well as their parents, grandparents, and carers. All is, therefore, looking good for at least one super day out in the boring February half term. The core free activity will be in

the large hall (Sheldon) and in the enclosed garden to the rear of Hook Community Centre. Refreshments will be available in Bartley.

So whether your interest is British wildlife, bugs, birds, woodlands, farm animals, exotic or domestic animals and bugs there is sure to be something to interest all our visitors.

If you want to be sure of a place to see Safari Pete visit [thelittleboxoffice.com/hookvillagehalls](http://thelittleboxoffice.com/hookvillagehalls), as only a limited number of people can attend the sessions. We are once again able to keep the charge at £3.50 for Pete's superb talks.

We are also hoping to have a large selection of children's books at half term fun, but it will also depend on how many Hook Books volunteers we can persuade to help with that day too.

### Want to Influence What Happens at Your Village Halls?

With such a diverse range of activities taking place at the Community Centre and Elizabeth Hall, members of the community can play an important role in guiding the charity that runs both buildings (see also the article on page 20).

The Board of Trustees (called directors) sets the policies and procedures, decides all major matters relating to the running of the two buildings, and supports the 3 part-time staff who manage day to day operations.

Being a director/trustee is a rewarding role that takes just a few hours a month. The current board has 8 directors. The youngest is in their 20's and the oldest in their 80's – so it's a very diverse bunch of people in terms of experience, knowledge and ideas. It includes people with experience in public service, charities and all sorts of businesses.

The benefits to you can include developing skills and a wider network, contributing to a great cause in your community and gaining a sense of fulfilment. Younger

people can find that taking on such a role enhances their CV with prospective employers.

To be part of the team you need to live in Hook (i.e. your postcode must start RG27 9). Whatever your age (as long as you're 18 or over), skills and experience, you will have something to offer.

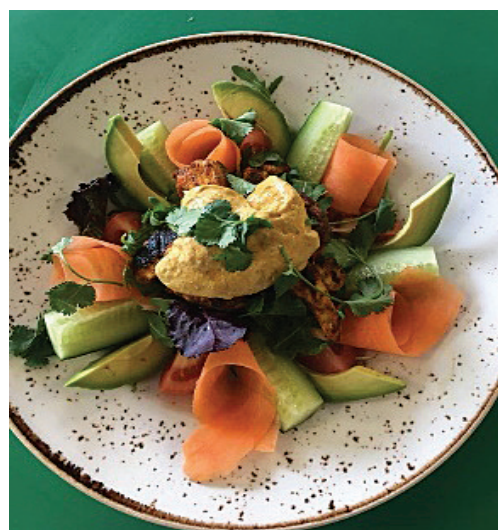
Interested? To find out more without committing yourself, contact the halls staff in the first instance. Phone 01256 764000 or email [enquiries@hookvillagehalls.org.uk](mailto:enquiries@hookvillagehalls.org.uk).



#### Hartletts Café

Based in the heart of the community centre, Hartletts Café is the multi award winning café, serving great coffee from a local supplier, home-made cakes and fresh local bakery baps and breads for a lunchtime snack all made with quality fresh ingredients.

"This is what sets us apart from our competitors," says owner Jen. "Our customers' and trip advisor

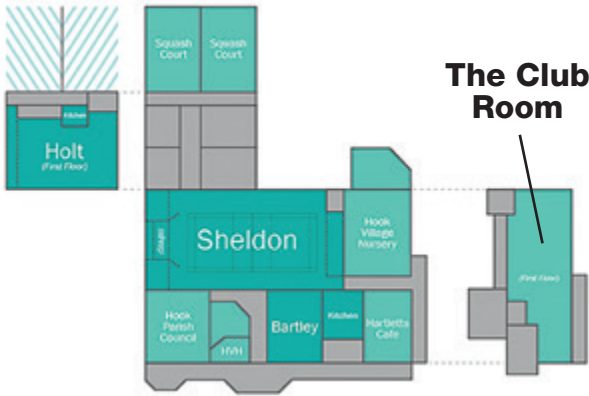


reviews have put us in the top 10% worldwide three consecutive years in a row."

Hartletts café also offer catering service for your event, be it a children's party, birthday, funeral or just a good old fashioned knees up in one of the community halls.

You can find them on Facebook #hartlettscafe or the website [www.hartlettscafe.co.uk](http://www.hartlettscafe.co.uk)

# THE HALLS



## Community Centre Facilities

Stylish and well equipped, all hirers can benefit from use of modern, comfortable chairs and practical small and large tables. A high quality sound system, projector and screen can be provided.

Hirers can also make use of a full badminton set in Sheldon and table tennis in Holt.

## The Club Room

Dimensions: Approx 20m x 8m  
Capacity 75 - Disabled access via stair lift

### Sheldon

Dimensions: Approx 12m x 17m  
38' 4" x 55' 9"  
Capacity: 200 seated / 250 standing  
Large ground floor multi-purpose hall  
Sound proofed walls and ceiling  
Badminton net and marked court  
Hatch from the kitchen

### Bartley

Dimensions: Approx 8.5m x 6m  
27' 10" x 19' 8"  
Capacity: 45 seated / 75 standing  
Small ground floor hall/meeting room  
Adjoining door to Sheldon so ideal as bar/serving area  
20% discount if booked with Hatch to kitchen

### Holt

Dimensions: Approx 8m x 11.5m  
26' 3" x 37' 8"  
Capacity: 70 seated / 100 standing  
Bright and stylish first floor hall/meeting room  
Ideal for classes, meetings and parties  
Small self contained kitchen with cutlery and crockery for 100  
Disabled access via stair lift  
Two table tennis tables available at small additional charge



## Elizabeth Hall Facilities

Elizabeth Hall is bright and airy with wide corridors running between the halls and parking for 53 cars.

A selection of chairs, small and large tables are available for all hirers and storage space can be rented by regular users at an additional cost.

### Hall 1

Dimensions: Approx 13m x 14m 42' 8" x 45' 11"  
Capacity: 200 seated or standing  
Fully-sprung wooden floor  
Large fixed stage (useable stage area approx 8m x 5m)  
Hatch from the kitchen into the bar area adjoining Hall 1 foyer

### Hall 2

Dimensions: Approx 8m x 6m 26' 3" x 19' 8"  
Capacity: 45 seated / 60 standing  
Kitchenette unit with mugs for 40 people  
Sliding wall allowing division into 2 smaller halls  
Adjoining hallway with Hall 3

### Hall 3

Dimensions: Approx 8m x 6m 26' 3" x 19' 8"  
Capacity: 45 seated / 60 standing  
Kitchenette unit with mugs for 40 people  
Can be hired with Hall 2 to make larger space, ideal for parties

### Hall 4

Dimensions: Approx 7m by 5m 22' 11" x 16' 5"  
Capacity: 40 seated / 50 standing  
Large hatch to kitchen  
Adjoins Hall 1 and is ideal as food service or bar area  
Use of kitchen included in hall hire

## HIRING A HALL & CONTACTING THE HALLS

Whether it's a one-off or regular meeting or activity, or a party, wedding or wake, Hook Village Halls could be just the venue for your event.

You can contact the staff through the website, where you can also find our current hire rates and terms and conditions of hire. You can also contact us by email at [enquiries@hookvillagehalls.org.uk](mailto:enquiries@hookvillagehalls.org.uk) or by telephone on 01256 764000. If you phone, please bear in mind that our staff are part-time and might not be able to answer straight away as they could well be dealing with other tasks essential to running the halls. Do leave a message and they'll get back to you as soon as they can.



### YOU COULD GET FREE HIRE TO START A NEW GROUP

There are introductory packages for new classes and potentially some free hire for some village organisations or groups. Free use of a room can, subject to availability, be by a group or organisation that is established purely for the benefit of the village where the individual members of that group derive no financial or other direct benefits themselves. Any event that requires attendees to pay a fee for attending (e.g. a fundraiser so that the group can spend the proceeds

to benefit the village) must be able to show that the entire proceeds (less reasonable costs) benefit the village as a whole.

Free use of a room or hall can also facilitate a meeting to see if a group or organisation can gain sufficient interest to establish itself and become a potential hirer in the longer term. No fee must be charged to those attending the meetings, except to the extent required to cover prime costs. Such use to be no more than three meetings.



### SUNDAY 8TH SEPTEMBER - HOOK FLOWER & PRODUCE SHOW

See the back cover for details. Run in partnership with Hook In Bloom and Hook Allotments Association and sponsored by Bridges Estate Agents. The show is free to enter and free to visit. There are entry classes for growing, art, craft, baking and much more.

### RAISING FUNDS FOR

#### THURSDAY 26th SEPTEMBER (10AM TO NOON)

This year the Macmillan Coffee Morning will be held in the Club Room at the Community Centre. All cakes, coffee, tea, other drinks and prizes are donated so make it a date to come along and support the charity that supports people living with cancer. 1 in 2 of us are predicted to receive a cancer diagnosis at some time in our lives and nearly everyone knows someone in the village living with cancer.

WORLD'S BIGGEST  
**COFFEE**  
MORNING  
**MACMILLAN**  
CANCER SUPPORT

PROUDLY SPONSORED BY BRIDGES ESTATE AGENTS

**Bridges**

Hook and Surrounding Villages Office

# HOOK FLOWER & PRODUCE SHOW 2024

## SUNDAY 8th SEPTEMBER

Elizabeth Hall RG27 9HH

Staging (exhibitors only 09.30 to 11.00am)

Open to Public from 2.00pm



**HOOK**  
In Bloom

BROUGHT TO YOU BY:

**HOOK** Allotment Association

**HVH**  
Hook Village Halls  
Charitable Association  
Registered Charity 111774