

Supported by

Chelsfield R//I Park Hospital

The Newsletter and "What's On" Guide for **Residents & Friends of Chelsfield Village**

The Tawny Owl	2
Chelsfield Housemartins	4
Community Archive	4
Demelza Open Day	6
Local History Group	6
Moths	7
Short Story part 3	9
Produce Show Report	10
WW1 Exhibition	11
Crime Summit	12
Terrorist Threats	12
Broadband Update	12
Church Ride-On Mower	13
Tryhorn Field	13
Christmas Shopping	13
Speeding Motorists	14
Station Parking Space	14
Speed Signs	14
The Lighter Side	14
Useful Contact Numbers	15
Dates for your Diary	16

Contributions

Send any events, articles, photos, drawings or stories for the November issue to: chelsfieldvillagevoice@gmail.com or post to: **Chelsfield Village Voice** 2 Bucks Cross Cottages Chelsfield Village **BR6 7RN** by Monday 27th October

Visit: www.chelsfieldevents.co.uk





Owls do not seem to be very prevalent around Chelsfield but in recent months I have heard the call of a Tawny Owl (Strix aluco) as I make my way to the Five Bells on a Saturday evening and these appear to be coming from the area of Skibbs lane. This is the owl that makes the classic 'towhit-to whooo' call that echos through the night air during the mating season. At other times of the year the call is usually restricted to a simple 'towhit'. An alternative name for the Tawny owl is the 'screech owl' in recognition of its call. Other names include 'brown' and 'wood' owl. The taw-

The Tawny Owl

ny owl's call has different connotations for different people. Many associate the owl's call as a presage of death or misfortune. Personally I think the this owl's call has a wonderful haunting tone that reminds us that at night, we humans are no longer the masters of our environment and that we have to make way for those better suited to the dark. Shakespeare had an opinion when he referenced the screech owl at the end of 'Love's Labour's lost': "Then nightly sings the staring owl: 'Tu-who; Tu-whit, Tu-who' - A merry note, while greasy Joan doth keel the pot."

My favourite story relating to tawny owls is about a man who moved into a village setting and one evening heard the classic screech owl call. He called back and started a "conversation". Over many months he got into the habit of taking the evening air and talking to his new found friend. One day, while talking to a neighbour, he found that he also liked to take the evening air to exchange calls with his local owl...!

This owl is the most widely distributed throughout Britain, although strangely not found in Ireland. So why I have seen and heard so few around







Chelsfield over the years is something of a mystery. These owls are quite comfortable living in urban areas so it cannot be due to the close proximity of Orpington. My one clear memory of a tawny owl in the village must have been 20 years ago when one afternoon I saw a tawny owl sitting on the telegraph pole opposite my cottage in broad daylight. It stayed there long enough for me to find my pair of binoculars and study it for ten minutes or more. Many people believe this owl has exceptional night vision. However, its retina is no more sensitive than a human's although its night vision is better due to the large size of its eyes and the fact that it has only black and white

vision due to the use of only 'rod cell's on the retina which are more sensitive to low light levels (no colour sensitive cone cells). Consequently it is clear that this bird hunts primarily by sound using its asymmetrically located ears to find its prey. These owls have a history of being aggressive at times and will fly at intruders if startled. The best known story of one of these attacks concerns a young wildlife photographer called Eric Hoskins who was studving a pair of owls in Wales in 1938. In pitch-darkness he was returning to his hide to retrieve equipment when, in complete silence a heavy blow struck his face. Despite being rushed to Moorfield's Eye Hospital, Eric lost the use of one of his eyes. Within 24 hours of being discharged from hospital he was back in the same hide (albeit with the use of a fencing mask). Eric went on to become the most celebrated British wildlife photographer of the twentieth century and owls were his favourite subject.

Steve Fuller



Chelsfield Housemartins

The Housemartins meet every Monday for a variety of activities and at various meeting places. The main venue is the Village Hall where we meet 2nd, 4th and 5th Mondays. The club has been running for over nineteen years and is mainly for local people who cannot get out without a helping arm and from Maidstone this transport. All of the helpers and drivers are volunteers and many of them have been with us since we started. We are self financing although we are always grateful for donations especially from the village fair who recently gave us a very substantial gift.

On the first Monday in the month we meet for lunch in the Brass Crosby room at St Martins and the third

week we go out to a restaurant or pub for lunch. During the summer. weather permitting we visit gardens and sometimes have tea at Lullingstone visitors centre as well as visiting The Highways school. We are looking forward to a three hour boat trip up the Medwav month

Sometimes we have visiting entertainers and play games, hold quizzes, crafts and enjoy each others' company.

Members must be able to get in a car and live in the locality.

If you, or you know someone who would like to join please contact Anne on 01689 826349



Chelsfield Community Archive

Chelsfield is fortunate in having a wealth of local history, often featured in the pages of Village Voice! Now the village has its own history website.

With the help of Geoffrey Copus - our Chelsfield historian, and Philip Lane - our local photographer, I have set up a site for anyone interested in the history of the village and

its people. If you want to see what the village looked like in days gone by, or find out more about people and places from Chelsfield's past, then have a look at



www.chelsfieldhistory.org .uk.

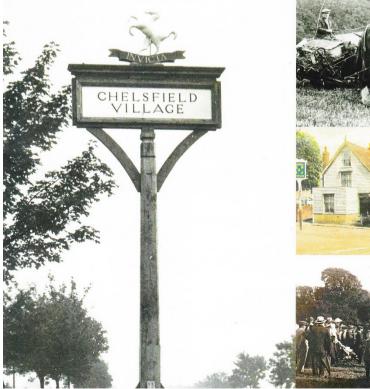
It's called a Community Archive because it's for the community here, and we have managed to include lots of first hand or original records. I'm hoping the site can grow with contributions from people who know about Chelsfield's past. So if you have photos, stories or info you would like to share, please let me know via the site's contact box, or e.mail info@chelsfieldhistory.

org.uk

There's plenty more interesting stuff out there. Thanks to all others who have contributed or helped, especially Phil Waller for technical support.

Pam Temple







Demelza Hospice Care for Children Open Day

We are holding an Open Day on Saturday, 11th October between 10.00am and 4.30pm.

The Hospice is in Wensley Close, Eltham, SE9 5AB but the children who visit us are from all over the SE of London

and so several come from this area. The Open Day gives an opportunity for visitors to see what happy places Children's Hospices are and what marvelous work they do. It is well worth a visit.

Anyone who is interested

should telephone me on 020 8859 9800 to book a tour.



Local History Group

Paul Rason spoke to us about the Army and Navy store. The institution started as a co-operative in 1871 for army and naval officers (no air force then) serving in the forces throughout the world as well as retired personnel. This huge buying power enabled it to negotiate favourable prices. Members could buy just about everything you could imagine. The main store was located in Victoria Street. London and employed 350 people, with many family groups. People did not browse shops in those days but expected and received informed and helpful service. Other stores later appeared, one being in

Bromley which took over the Harrisons and Gibsons store. The Army and Navy store was later taken over by House of Fraser.

A thick catalogue was produced every four years, prices being much more stable then. Paul had a couple of cataloques for us to look at. The range of goods was vast. You could even book entertainers, such as bands, dancers, clowns, ventriloguists and marionettes for parties and events Orders were sent by telegramme, much like today's Internet, with notification of delivery being sent by telegramme. much like today's email.

Deliveries to some areas took place four times a day using a fleet of fifty delivery vans. Larger goods such as furniture and carpets were delivered to the nearest railway or port and fresh provisions were sent by passenger train. There was free carriage on stock items

And the local connection? There were obviously retired army or naval officers living locally as Orpington and Chelsfield were on the list of delivery rounds.

The archives of the Army and Navy stores at the University of Glasgow and that of the carters (delivery drivers) is held at the National Archives.



When the subject of butterflies comes up In conversation it usually conjures up images of beautiful coloured winged creatures which are welcome guests to our gardens and countryside. When the subject of moths comes up, it's usually accompanied by complaints about holes in carpets, woollens and a mild disgust at that ugly 'grey' uninvited guest flying around the porch and nightlight indoors. It's interesting to note that in Britain we have just 59 species of Butterfly (six of which are on the endangered list) but more than 900 species of moths which encompass a huge variety of colours, sizes and shapes many of which are just as beautiful as butterflies. So why do we give moths such a hard time compared to their Lepidoptera cousins? The answer is quite straightforward: the majority of our moths are nocturnal and many are only inflight for a few weeks at the end of their life cycles. The chances of stumbling across these

Moths

moths is very slight at best unless you know how to find them and attract them to you.

Since recently moving to the village I've been setting up moth traps in the nearby fields on a weekly basis and the results are quite stunning. Chelsfield Village is alive with some of the most beautiful and diverse species in the country and even some of which are regarded as 'scarce' in the UK.



Privet Hawk Moth The biggest and most impressive of the bunch are the hawk moth family. During June till August one of the UK's largest moths the Privet hawk has been a regular visitor to the village. This four inch long beastie is often mistaken for a bird when in flight and has a great camouflage with its dark upper wings which make it hard to spot on trees. Despite it's large size these creatures are totally harmless and don't even have mouth parts so easy to handle -



Privet Hawk, wings open

If they open their wings you'll see this moth transform with pink underwings and pink striped body. Other members of the Hawks that have appeared include the Elephant Hawks -



Elephant Hawk on finger

smaller but more stunning with their pink and



green bodies these moths are so vibrant and colourful that it seems such a shame that they're never seen flying during daylight. There's also the small elephant hawk which takes this intense colour scheme even further. Of a similar size but with quite striking colours is the Sallow Kitty with it's combination of orange brown and black markings over a white body - it also rests with it's fury front legs held forwards for balance



Small Elephant Hawk

Aside from these 'big boys' there are many other families and groups of moths to be found with completely differing shapes, sizes and colours. Many of these species are quite happily dozing during daylight so can be handled and posed ready for photographing (and later released) Here we see a Burnished Brass - the middle and rear of the upper wings (held to the side) have a beautiful shiny metallic green colouring



Sallow Kitty

Certain groups of moths appear for short periods at two different times within one year (also known as Broods) - the Brimstone Moth (being yellow like sulphur and also similar to it's cousin the brimstone butterfly) is one such species - the first brood in early summer being bigger and a deeper vellow, the second brood towards the end of summer being smaller and lighter vellow Brimstone Moth

Another group of moths that are guite interesting are known as 'Thorns' these moths break with tradition and hold their wings upright when closed like Butterflies (and unlike most moths which rest with their wings held flat against their bodies) - these moths are also nocturnal but very jittery and eager to fly off at the slightest disturbance - which is why I was very lucky to have such a relaxed subject posing for these photos - the male 'August (male moths ten Thorn' to have frillier antennae and the females simple slender ones).



August Thorn

Some of the more beautiful smaller species include the 'Scarce Silver Lines' with is intense green colouring,



Burnished Brass



Brimstone Moth

Scarce Silver Lines



and the very sweet 'Rosy Footman'



Rosy Footman

Coming into Autumn, the numbers of moths flying has dropped, many of these species have now completed their life cycles and laid their eggs for the next generation but there are a few species which only appear towards this end of the year and are still to be found. Yellow Underwings, Lunar underwings, Angle Shades. Most surprising was to

find the rather scarce 'L-Album Wainscot' a moth noted as being an immigrant but seems to be established as a native in and around Chelsfield village ('Album' being latin for white so you can see the letter L on each wing)





Album Wainscot With Winter on it's way the numbers of moths flying will dwindle now until next spring but I hope that next year brings more exciting visitors to our village and hope that we'll start to see how beautiful these little night flyers are.

Lester Barnes

Give Me More Time - Part 3 (A Short Story)

In parts 1 & 2 Adolf Hitler bullet had finished you. has two near death experiences, one as a child and another during the Great War but manages to convince first his spirit guide and then the ferryman of the Acheron. the first river of Hades that he should be returned to the world of the living to complete his work.

'Corporal Hitler'....? 'Captain' 'Corporal ! I thought that Welcome back, Corporal'.

Angel Shades

Ten vears later..... Adolf looked about with disgust at the sullen marshes and black lagoons of the Styx, the second river of Hades. 'I want to see Phlegyas,' he demanded, 'the demon ferryman of the Styx.' A small flame danced over the misty stench, and Adolf shifted his

weight in the shallows. 'I wish to protest,' Adolf shouted again. But only silence and loneliness answered him. 'I was doing well,' he continued. 'I was on my way to something big. I know it - I felt it. 'I was to prove myself.' Adolf waited impatiently. 'Why won't they let me prove myself? Are they afraid ?' He turned to his spirit quide: 'This is vour fault,'



he said acidly. A voice then boomed from the marshes: 'Stay over there. Those conditioned by appetite find their place eventually.' 'And what about on the other side ?' 'Heretics and sceptics.'

Came back the voice out of the flame.

'l'm not heretical nor sceptical.' Adolf had to

shift his weight again. 'But neither am I a glutton or pervert. Let me go back and prove myself.' 'The deeper you come, the easier that request is'. Adolf looked about him and felt the side of his head where he'd been hit during a riot he'd instigated. Blood was on his hands.

Twenty years later..... Adolf Hitler looked at the steep bank behind him and then to the river Phlegathon, the river of boiling blood which everyone of malice crosses, and the last river of Hades.

To be continued.....

Mike Taylor

Produce Show Report

Firstly I would like to thank our new Rector, John Tarrant and his wife Janet for taking part so enthusiastically at such short notice.

Entries for this year's show were down on last vear due to the nondistribution of the schedules in the Well Hill area. Someone from Well Hill has already volunteered to deliver these next year. However there were again several new entrants and, pleasinaly, entries from the local school. We had some different classes in the flower section. suggested by our judge a welcome addition as it is difficult to come up with fresh ideas year after year. We had a new judge from the local allotments to assess the fruit and vegetable classes. He was apprehensive at first but was very conscientious and did an excellent job.

The wine judge and assistant enjoyed their task as usual and the winning wines tended to end up with bottles that were less full.

The country fare judge was meticulous as usual, despite needing to get away to celebrate her son's birthday. I hope everyone took time to read her helpfully constructive comments on the entries. She is very keen on presentation – such a simple thing to get right yet some entrants still forget.

We are all always impressed by the talents of our neighbours displayed in the handicrafts section and yet again the best in show, an exquisite child's cardigan knitted by Ruth Cox, came from these classes. Several nestfulls of robins and a very large helping of Christmas puddings will be on their way to Harris Hospis Care. Thank you.

I'm not sure why the photography classes did not



attract more entries. Perhaps all the photographers live in Well Hill. The Chelsfield Village front Garden judged to most enhance the village was, as last year, Rosewood Farm. The only disappointment was again the number of children's entries. Please encourage your children to enter to give Alex a bit of competition. At least it was worth setting up a separate children's area this vear due to some lovely entries from the school. Thanks go to Anne Mead for masterminding this. Many thanks to Freda McClorey for providing the welcome refreshments.

those involved running and preparing the show. many tasks go unnoticed but all help is much appreciated by the organisers, from preparing the schedule, organizing the paperwork, polishing the trophies, assisting the judges, and running the legendary raffle to setting up Friday evening and clearing away afterwards - many hands do indeed make light work.

October 2014

The trophies were awarded as follows:

Knox Cunningham Cup: Rosemary Barrett and Susan Down

Well Hill Cup: Lyn Stone *QEII Golden Jubilee Plate:* Ron Morton

Triss and John Cottenden Flower Trophy: Susan Down

Allotments Cup: Susan Down

Wine Club Tankard: Andy Roberts

Country Fare Cup: Lyn Stone

Children's Cup: Alex Nikodem

Tom Castleton Rose Bowl: Rosewood Farm

Ken Pickering, Best in Show: Ruth Cox

Many thanks go to all

Exhibition: Caring for the Casualties of WW1 in Bromley

Date: 6-31 October Every day during library opening hours

Location: Orpington Library

Cost: Free

Exhibition focusing on the people, places and organisations that helped care for the military and civilian casualties of the First World War in Bromley.





Crime Summit

The Bromley Safer Neighbourhood Board Public meeting was held on the 27th September 2014, which was attended by a fair number of the public.

The event focused on a Seminar of domestic violence and was presented by the Bromley Youth Council and considered awareness of domestic violence to all persons, whether young our old. A display by the Police dog unit demonstrating the ability of dogs to undertake various duties, including sniffing out drugs placed on one of the volunteers.

It is a year since the latest model policing has

been in place. This is called the Mayor's Office for Policing And Crime (MOPAC). This is the strategic body which sets the direction and budget for the Metropolitan Police Service. A presentation was given by Steve O'Oconnell, who is the advisor to the Mavors team followed by the new Deputy Commander, Parm Sandhu who reviewed the progress in the 1st year. The police are required to effect savings and increasing police on the street. They are and have closed offices and cut senior p ositions. and at the same time increased the numbers. They say that in 2012 there were 428 officers in the Bromley

area, and their target is to reach 482 by 2015. The policing model require a more flexible force, with more rapid reaction units available to home into repeat crimes or hot spots. Perhaps, with us on the outer fringes of the borough, we will expect response in a rapid reaction time. Please let me know vour experiences. The next Public Board meeting will occur in Mottingham, its open to the public, so if you have something to say, do come along. (date to be announced)

Johnleach2000@hotmail. com.

Chelsfield Safer Neighbourhood Watch

With security becoming ever more important in the fight against extremists, it is important to be aware of any issues and

Terrorist Threats

advise our local policeman if you have any suspicions or see any suspicious activities. Its better to alert the police of any concerns, rather than to wish you had at a later date!

Chelsfield Safer Neighbourhood Watch

Broadband Update

Coming soon – a questionnaire about your broadband hopes and requirements. Watch out

for it and please fill it in and return as indicated.

Church Ride On Mower

We have now acquired a good mower which had only been delivered for a day when burglars broke into the mower shed. They left this ride on but took our Hayter and two strimmers, smashing off two big locks and a steel door edging. The Hayter has been replaced and we were given a generous cheque to cover replacing the strimmers. All very depressing but we will not be beaten. The churchvard is a remote and guiet place at night

Tryhorn Field

and even alarms are seldom heard by our few neighbours. Tis five years since the shed was strengthened and 7 since previous theft.

Phil Lane

We have had our first interment, appropriately for the ashes of Nick Tryhorn whose father sold the land to the church. The next one looks like being, sadly, Charlie Whitehead, from a verv old Chelsfield family.

Phil Lane

Aerial View of The Tryhorn Field

Christmas Shopping

The bad guys will be on the prowl for all the lovely Christmas presents you will buying shortly. Don't leave them in the car, or if you have to, leave them be "fished" by somebody out of sight.

Lock house doors and windows and try not to leave packages and presents visible to anyone

looking through the front door, or from the front house windows. Do not leave car keys in

a location where the can through the letter box. Be vigilant at all times. Any suspicious activity you see across the road at somebody else's

house or car, give the police a ring. And remember, report any incident as your may be one of a pattern, if you don't report it, then the bad guys will aet bolder.

> Chelsfield Safer Neighbourhood Watch



Speeding Motorists

A new clamp down on speeding will occur in our area shortly. The police will be in action following complaints from local residents on speeding motorists. We are sure none of our residents exceed the speed limits.

Chelsfield Safer Neighbourhood Watch

Parking Space Near Orpington Station

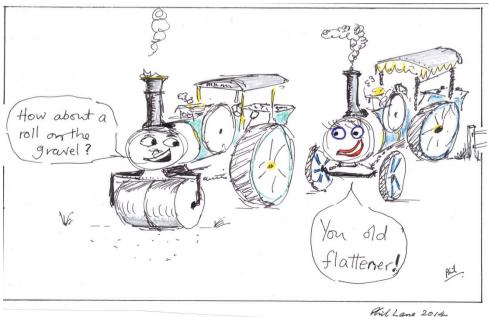
STATION PARKING I have a parking space available (even for a day's parking when you want to use the station), in a private drive, just a two minute walk from Orpington Station.

Please telephone or text 07879 470175 for more information and to discuss a reasonable fee.

Speed Signs

The Council has cleared and made prominent the speed restriction signs up to, and back from Coolings. You are reminded to watch your speed ! John Leach Chelsfield Safer Neighbourhood Watch

The Lighter Side





We would like to thank

CHELSFIELD PARK HOSPITAL for their sponsorship printing the Chelsfield Village Voice

Page 15

B⁄III

USEFUL CONTACT NUMBERS

TRADESMEN

CARPENTER 07803 234859 les FI FCTRICIAN Dean 07799 033363 GARDENER Sean Wickenden 07516112502 JOINER Paul 07966 194216 **PAINTER & DECORATOR-**07954 387236 Pat PLASTERER 07939 217725 James

Bromley Council

Main switchboard: 020 8464 3333 E-mail: csc@bromley.gov.uk

Opening hours Monday to Friday 8.30am to 5.30pm

Address: Civic Centre, Stockwell Close, Bromley, BR1 3UH

Reporting Problems to the Council

Can be reported via the CVS website, or if urgent by phone out of hours Emergency Duty Team 020 8464 4848.

Mobile Library

The mobile library stops outside Chelsfield Village School on Tuesdays between 11:15 and 11:45.

Chelsfield Village Society cvscontact@gmail.com
 PLUMBER

 Jim
 07788 851688

 PLUMBER

 Robert Cameron

 01732 824389

 or
 07752 134858

 WINDOW CLEANER

 Darren Collins

 07872447448

 WINDOW CLEANER

 Alan
 07889 193391

 WINDOW CLEANER

 Christian
 07429 137555

 WINDOW CLEANER

 Del
 07940 048985

BMI Chelsfield Park Hospital Main Reception

01689 877855 Helpline 0845 6032932 Physiotherapy 01689 885914

Councillors

Keith Onslow keith.onslow@bromley.gov.uk Samaris Huntington-Thresher 020 8464 3333 samaris.huntington-thresher @bromley.gov.uk Lydia Buttinger lydia.Buttinger@bromley.gov.uk

Chelsfield Village Voice villagevoice@chelsfield.org

Chelsfield Primary School 01689 825827

BT Line Faults 0800 800151

THE PROPERTY DOCTOR (Locksmith & Property Maintenance)

Freephone 0808 1556805 or Mobile 07801 922006

BEAUTY & THERAPIES

Facials, Nails, Waxing, Threading, Make-Up, Massage, Eye lash and brow treatments Charlie 07540 487682

Any updates to our list, or further recommendations are welcome

EDF Electrical Power Failure 08007838866

Thames Water Emergencies 0845 9200800

Transco Gas Emergency Service 0800 111999

Bromley Police Station 24 hrs 0300 1231212

Samaritans 01689 833000

NHS Direct 0845 4647

Safer Neighbourhood Team 020 8721 2605

Chelsfield Village Hall

(bookings) **01689 831826** / **836808** or email to cvhlettings@gmail.com

Chelsfield Players

info@chelsfieldplayers.org www.chelsfieldplayers.org

Village Neighbourhood Watch

Contact John Leach 07711304965



DATES FOR YOUR DIARY

EVERY TUESDAY Five Bells Charity Quiz Night from 9.00pm

EVERY WEDNESDAY Hatha Yoga Classes

10.30am-12.00am Contact Pam Keeper on 01732 458930

EVERY WEDNESDAY & EVERY FRIDAY Pilates Classes

Chelsfield Methodist Church Hall, Windsor Drive Wed 8.00pm -9.00pm Friday 9.35am-10.35am Contact Bethany Lucas on 07415 638546 bethanylucaspilates@gmail.com

EVERY THURSDAY Chelsfield Village Hall Pilates Class 6.30pm-7.30pm

Contact Francesca on 07791073445

EVERY FRIDAY Chelsfield Village Hall

Pilates Class 3.00pm-4.00pm Contact Francesca on 07791073445

SPECIAL EVENTS

Sunday 5th October Five Bells Octoberfest End & Final Draw of 'Open the Box' Starts at 5.00pm

Wed 8th October (2nd Wednesday of Month) Chelsfield Village Hall Afternoon W.I. Newcomers Welcome

Contact Irene 01689 835143

Wednesday 15th October Five Bells **Open Mic Night** Starts at 8.30pm

Thursday 16th October (Third Thursday of every month) Brass Crosby Room Local History Group 10.30am

Saturday 18th October Chelsfield Village Hall Quiz Night 7.00pm for 7.30pm £6 per Person Contact Anne to book 01689 826349

Tuesday 21st October Chelsfield Village Hall Evenina W.I Newcomers Welcome From 7.45pm Contact Pat 01689862326

Wednesday 29th October Five Bells Halloween Open Mic Night Starts at 8.30pm

Sunday 2nd November Five Bells Halloween Meets Guy Fawkes Spook Night! Many Events from 16.30pm

Thursday 6th November Five Bells Just Friends (Live Jazz) Starts at 8.30pm

Tues 25th November Chelsfield Village Hall Village Society AGM Starts 7.30pm Members, Newcomers and Residents welcome

Sat 29th November Chelsfield Village Hall Christmas Fair

In aid of Village Hall 9.30pm—12.00 noon Table £6 Contact Anne 01689 826349

WEEKLY EVENTS

EVERY MONDAY

Chelsfield Methodist Hall Windsor Drive

Iyengar Yoga Classes

9.30am-11.00am Suitable for Beginners Contact Denise 01689 853215

EVERY MONDAY

Chelsfield Village Hall and Brass Crosby Room Chelsfield

Housemartins

Monday Afternoons, for local people who are unable to go out without help Contact Anne on 01689 826349

EVERY MONDAY

Chelsfield Village Hall **Pilates Class**

6.30pm-7.30pm Contact Francesca on 07791073445

EVERY TUESDAY

Brass Crosby Room St Martin's Toddler Group

10.30am-12.00 midday Contact Mary Tozer: 01689 600707 stmartinstoddlers@gmail.com

EVERY TUESDAY

Outside the Village School Mobile Library 11.15am-11.45am

EVERY TUESDAY Chelsfield Village Hall Pilates Class

10.00am -11.00am and 11.00am to 12.00 midday Contact Francesca on 07791073445