



## **Groups who use our premises during the week include:**

### **The Band of the Gloucestershire Constabulary**

First formed in 1990 and initially rehearsing at the Police Headquarters in Lansdown Road, the Band moved to rehearse at St Marks Church Hall in the mid 1990s. Since then, there has been a close link between the 2 organisations.

Every year, in the weeks before Christmas the Band accompanies church members around the neighbourhood streets raising money for '*Action for Children*'. This has gone on, continuously for over 20 years - apart from forced cancellations due to rain or Covid! To celebrate the completion and commissioning of the St Marks Church refurbishment project, the Band played an inaugural concert inside the church and many years before that, during the early 1990's the Band also played for a concert at The Town Hall for the celebration of the Bethesda Church refurbishment.

On the wider front the Band is privileged to have played at some of Gloucestershire's most prestigious venues, including Gloucester Cathedral, Tewkesbury Abbey, Highgrove House and Gatcombe Park. The Band is now firmly established on the County's concert circuit and is proud to have assisted many charities and support organisations in the raising of an estimated total of £150,000

We are very proud and appreciative of our long standing connection with St Marks.

To see our forthcoming programme of events check out:

<http://www.glospoliceband.org/> or <https://www.facebook.com/pg/glospoliceband/posts/>

Our Musical Director is always keen to welcome new brass players [secretary@glospoliceband.org](mailto:secretary@glospoliceband.org)

### **Hearts in Harmony Choir**

First started in 2013 by Wendy Price with Jenny Wornham as Musical Director. The objective being to enhance the life of people living with M.S. and Parkinson's Disease, in the belief that singing is good for both. Some members of the congregation of St Marks Methodist Church were asked to join to swell the numbers.

We meet on the second and last Fridays of each month (except August) in the church hall at 1000 for tea, coffee and a chat, choir practice itself commencing at 1030. Membership is open to all and new members are made very welcome.

Our musical director is now Lorraine Payne but we are in need of an accompanist, as at present Lorraine is both conducting and accompanying on the piano. Anyone who feels able to assist us will be gratefully received. We sometimes perform in public when requested to do so.

If you would like to join us, please call Lorraine on 07504 301302.

### **The U3A SCOTTISH DANCE GROUP**

This group meets in the hall on the 2nd, 3rd, and 4th Wednesday afternoons of the month. It is a very happy social event attended by up to 20 'eager beavers'. No experience or partner is required, just a pair of comfortable shoes and the love of music and exercise.

We are very fortunate in being able to use the hall and dance on the lovely floor and also to have a tutor who takes us through all the dances.

Newcomers welcome – please contact Tanya [tmsmithy.2044@yahoo.co.uk](mailto:tmsmithy.2044@yahoo.co.uk) /01242 576043

### **U3A English Country Dancing Group**

English Country Dancing is gentle exercise for both the body and brain!

The dances are generally less energetic than those done at a Barn Dance or Ceilidh (Think Jane Austen!). We walk through dances first and have a caller who reminds us what to do.

We are a small friendly group and beginners are welcome; however, the group is only open to members of U3A (an organisation for retired and semiretired people over 55).

Further details from [jacksonae@btinternet.com](mailto:jacksonae@btinternet.com)

### **Cheltenham Trefoil Guild**

Trefoil Guilds are linked to Girlguiding and are Girlguiding for Adults. Most members have been, or are, leaders in Girlguiding though anyone is welcome to join if they feel able to make the Girlguiding Promise. We meet monthly and have a variety of activities eg speakers, crafts, quizzes or just for a social time together. We also have an annual outing and occasional theatre trips. Members of the group help at various Girlguiding events and help with maintenance at the local Girlguiding Activity Centre at Cowley.

Further details from [jacksonae@btinternet.com](mailto:jacksonae@btinternet.com)

### **Zumba with Clare – lower impact**

Claire is a Zumba Instructor licensed to teach Zumba Basic & Zumba Gold.

Although she has a passion for Music and Dance, she is not a professional Dancer, neither does she claim to be. Zumba classes create a party-like atmosphere, so although you are burning hundreds of calories, you will not feel as though you are actually working out! Zumba has many benefits for your physical and psychological well being, plus it is great for meeting new friends! Zumba is for EVERYBODY and EVERY BODY!

Claire's classes are lower impact and easy to follow. Whether you are an active older adult, new to fitness or returning to fitness, come along and try it out! In her classes, regardless of ability, there is no place for complicated steps or an intimidating atmosphere. So, as long as you are smiling and moving, you will fit in just fine!

£7 per class on a pay-as-you-go basis, £6 (for NUS & 50+)

10 Class Passes are also available, paid in advance, at a discount!

£60 for 10 Class Pass (saving £10), £50 for NUS & 50+ (saving £10)

Cash paid at venue or bank transfer, before attending.

Contact - [clairegreen.zumba.com](http://clairegreen.zumba.com)