



# little black book

CLUBS, SOCIETIES, GROUPS, CLASSES

## ALLESTREE

### Hatha Yoga

on Wednesday, 1.30-3.00pm  
both classes are @ Memorial Hall, Allestree  
Contact Margaret Rippingale (British Wheel of  
Yoga) on 01332 882200.

## CHADDESDEN

### Anna Michelles School of Dance

Established, friendly dance school based in Chaddesden.  
Ages 21/2 to adults. IDTA Ballet, Tap, Theatre Craft,  
Freestyle and Acro (associated with Royal Academy of  
Dance) Call Anna on 07980 756 586 email:  
agratton417@btinternet.com

## BELPER

### Artful Splogders

Arts, crafts and messy play activities for toddlers & pre-school  
children (18 months -5 years) at the Fleet Arts Centre in Belper.  
Weds & Fri 9.45am - 10.45am and 11.00am to 12.00pm, term  
times only. More info, call Dawn on 0845 643 2606 or see  
website [www.artfulsplogders.org](http://www.artfulsplogders.org)

### Belper Ladies Group

Meet at 2pm on the 2nd Tuesday  
in each month with speakers &  
outings. Come and make friends  
at the Masonic Rooms, Campbell St,  
Belper. Easy access for disabled.  
Further info from the Secretary  
On 01773 822510 or 01773 827720

### Belper U3A

For retired people to get together & continue learning.  
More info: Marian Chesters 01332 841319

### Mother & Baby Yoga

Fun exercise. Mondays 10.30am @ Splits Dance Studio  
6 week course More info: Tabitha on 01332 882855

### Yoga Classes

with Rachel Jennings – Kilburn Osteopaths.  
Contact Rachel for details of classes on 01332 780580

### Shape Fitness

Hi/Lo with Bums & Tums, Belper Leisure Centre.  
Monday 7.30pm - 8.30pm also: Openwoodgate @ St Marks  
Church Hall. Tuesday 8pm - 9pm, Pay as you go!  
For more details call Dawn 01332 830004 or 07917 728912

### Slimming World

Belper Community Centre (rear of library)  
Tuesdays 6.30pm  
Eileen 01773 760548 for info or just pop along.

### Twistin' Tots

Music & movement for babies,  
toddlers & pre-school (0-4).  
A fun mix of activities to tire out your  
children & keep them entertained.  
Tues: 2pm-3pm Fri: 9.45am-10.45am  
and 11.15am - 12.15pm

For more info call Jacqui on 07977 578359

## CHURCH CONTACTS

### St Clements Church, Horsley; St Susannas Church,

Horsley Woodhouse; St Marys Church, Denby Serving the  
Parishes of: Horsley, Denby, Horsley Woodhouse, Kilburn  
& Coxbench for all Church based enquiries please contact  
the Parish office on 01332 880284  
Email: [kenhorleston@tiscali.co.uk](mailto:kenhorleston@tiscali.co.uk)

## DENBY & KILBURN

### 1st Horsley & Kilburn Rainbows

Would you like your child to join?  
Call Mole on 01332 882170

### 55 and over's Club

Every Thursday 1.30-3.20pm  
Bown Close Community Centre.  
For more info Tel: 01332 882 666 Mrs M Sterland

### Angela School of Dance

Learn the latest hip hop & street dance  
Moves in our fun coached classes @  
John Flamsteed School, Denby.  
Every Thurs (excluding school hols)  
6pm-6.45pm – Learn MTV moves  
6.45pm-7.30pm – Keep fit dance  
All classes £3.00 For more info call  
Angela on 07899 041549 or email:  
[angelaschoolofdance@googlemail.com](mailto:angelaschoolofdance@googlemail.com)

### Beginners Adults Dance Classes @

Kilburn Village Hall, Church St, Kilburn.  
Introduction to Latin American, Ballroom inc.  
Cha Cha Cha, Merengue, Rock & Roll and Salsa.  
Fun, fitness & style. Thursdays 7.30pm-8.30pm  
Further info contact Patricia Cooke NATD  
on 01332 660837

### Chatterbox Café

Every two weeks on a Friday at Kilburn Village Hall to coincide  
with mobile library in car park. 10am – 12.30pm. Filtered coffee,  
fresh homemade cakes, relax, chat or read. All welcome.

### Connex Café-Bar

A relaxed evening of music & friendship  
2nd Fri of each month @ Kilburn Welfare & Social  
Club 8pm. Free entry. Live music, coffee, cakes,  
bar More info: Gill 01773 829512

