



New Malden
Methodist Church

At the *heart* of the High Street

SPOTLIGHT

APRIL 2026

MESSAGE FROM KARL

There is some debate about who coined the phrase, “The first casualty of war is the truth”. However, there can be little doubt that this maxim has played out once again, in the context of the current conflict in the Middle East between Iran, Israel and America. At the time of writing and with Trump having just declared that a multi-point peace plan is being thrashed out, it was somewhat surreal to hear a professor from the London School of Economics, being interviewed on BBC News, setting out how Iranian news agencies are proving more reliable sources as to what talks and negotiations are and are not happening than the President of the United States! I also note the satirists’ field day at the expense of Laura Kuensberg, for asking a UK government minister if the Israeli military, the IDF, tells lies...

In the midst of this, I found myself reflecting on some words of Jesus, from John 8:32 – “The truth will set you free” – and from 14:6 – “I am the way, the truth and the life”. Taken

together, these act as a reminder that Jesus himself embodied the truth of God in his very person, and demonstrated the essence of that truth in the words he said and actions he performed. Jesus did not simply talk a good game, but acted with integrity and freedom even when this drew the anger of others and put him in danger.



As such, we see the abundance and overflowing generosity of the Kingdom of God when Jesus turned gallons of water into top quality wine at a wedding in Cana (2:1 – 11), and fed a crowd of thousands with just the packed lunch brought by a young boy (6:1 – 15). God’s commitment to justice is evident

in the prevention of a woman being stoned to death by a group of Pharisees consumed by their misogyny and hypocrisy (8:1 – 11), and that he is the way to abundant life is spelt out in his healings (9:1 – 41), his teaching (10:1 – 10), and most spectacularly in the raising of Lazarus from the dead (11:1 – 45). The truth Jesus embodies, makes tangible and lays bare really is the way to new and eternal life, redeeming and transforming love, and to wholeness and fullness of being and relationship.

What might it mean, then, to be disciples of such a God in these times, when it seems dishonesty, self-interest, ruthless ambition and hatred of the 'other' dominate our politics and how nations relate to one another? Well, if there was an easy answer, we would not be in this mess! However, I do think there is a challenge here to which God calls us to respond:

Will we follow the way of Jesus, even when it might cost us much and demand all we are?

Are we committed to the deeply challenging truth that all people matter infinitely to God?

Are we bearers of life and love and hope, or are we complicit in sowing seeds of division?

If we take these things seriously, we will be choosing the narrow road, rather than the broad path made by those who stand to profit

from setting people against one another, stirring up moral panic and even starting wars to further their own interests. Yet, this broad path is, Jesus teaches us, the very opposite of the freedom it promises; like a mirage in the desert, these temptations ensnare and seduce, rather than liberating and building up. The kind of Christian Nationalism being pushed by the Trump administration and Stephen Yaxley-Lennon (Tommy Robinson's real name) alike is categorically not of God, because Jesus' life, death and resurrection show him not on the side of division and hatred and grasping after power, but instead of self-giving love. When we come to the foot of the cross, we do not find rabble-rousing and Islamophobic sloganising, but the forging of a new relationship between two people who became part of a family, bound together in love.

So, if we really want to be set free by the truth, let us commit anew to following the one who is in his very person the way, the truth and the life. As such, may we be people who refuse to be drawn into a culture of lies and division, but instead walkers of the narrow road forged by the Good Shepherd, whom we love because he first loved us.

Every blessing,

Karl

Church contact information



www.newmaldenmethodistchurch.com



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Charity Registration Number 1176621

CHURCH FAMILY NEWS

Sharon Lloyd would like to thank everyone for their gifts, cards, encouragement, prayers and presence at her accreditation and throughout her local preacher training.

Please pray for **Elsie** (Abacus Pre-School manager) who underwent major heart surgery on Monday 9 March. The operation went well but the road to recovery will be a long one.



Carol and John Dadds were in good spirits when I visited them on Monday 16th March. My visit was well timed before Carol's physio arrived. I also delivered Carol a bunch of daffodils which were handed out in church for Mother's Day.

Carol and John would like to thank everyone for their visits, cards, flowers and good wishes.

– Tina Mensah



Our grandson Louis (26 years old) was recently admitted to hospital in Basingstoke and quickly transferred to hospital in Southampton because he sustained a bone fracture in his neck while playing football.

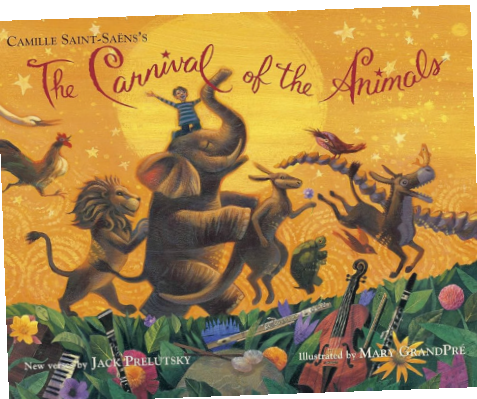
The hospital want to avoid surgery although they admit his fracture has caused them much concern. They have fitted a cage around Louis' head and around his torso which the doctors hope will allow the bone to knit. He has been told that he must maintain that position for 3 months. It is causing him much pain and anxiety and he needs us to intercede on his behalf and those of his little family as he fights to gain normality.

We would be most grateful for your prayers so he can climb his mountain with dignity and assurance and return to a safe haven in time.

Thank you, Mick and Gloria

AN EXTRA TREAT

An extra Sunday afternoon concert was slipped in for March. This was something different in format – a piano duet accompanied by a narrator. ‘The Adventures of Babar, the Little Elephant’ began as a 20th Century children’s story for which French composer François Poulenc composed the music. By contrast, Camille Saint-Saëns’ ‘The Carnival of the Animals’ began as a less serious piece of music for which American poet Ogden Nash wrote a set of humorous poems. The piano



duets were played by Elizabeth Mucha and Nigel Foster accompanied by professional actress Julie Teal.

All three artistes are experienced performers before audiences. The music clearly required remarkable rapport between the pianists. I wondered at the sight of four hands working together in very close proximity. This was a joy to behold as well as to hear. Additionally we heard an account of the rather sad life of the little elephant but were relieved to learn of his final triumph.

The Carnival of the Animals presents a delightful variety of music. This allows us to imagine a huge range from a lion to a tortoise via hens, wild donkeys and characters with long ears. The piano also managed to emulate a beautiful cuckoo which sounded more cuckoo-like than any of our feathered friends. This was all enhanced by the amusing narration with lines like,

‘If you think the elephant preposterous,
You’ve probably never seen a rhinosterous.’

The Sunday afternoon concerts, ‘an hour of music followed by tea and cake’, are always a delight. They attract a good audience from outside the church but I am surprised that we don’t get more from our regular congregation. Do come along. They are a real pleasure.

– Aubrey Allen

SPOTLIGHT’S SAFEGUARDING SPACE

The Foundation Training refers to the 4 Ps – Policies, Procedures, Premises & People.

Policies – A copy of our Safeguarding Policy is displayed by the servery & is a requirement of the Methodist Connexion & the Charity Commission. It makes clear what we do to keep everyone safe & tells us what we should do to meet our safeguarding responsibilities.

Liz Edwards – Safeguarding Officer



The **Methodist** Church 

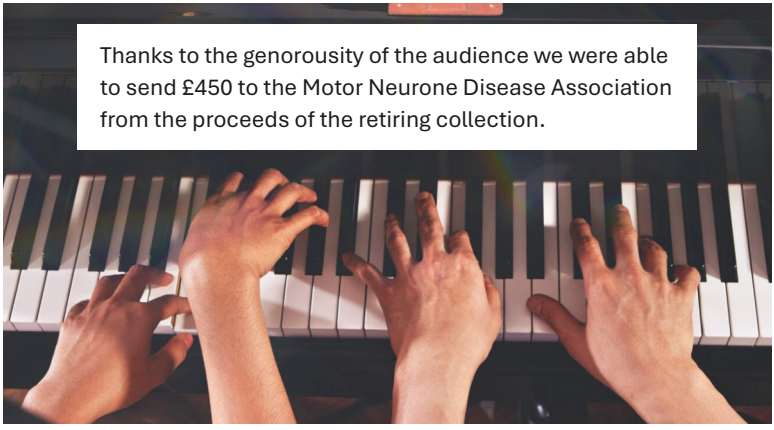
2 PIANOS, 8 HANDS...

...or as I mistakenly described to Isabel, “8 pianos, 4 hands” which would be interesting to see.

It was a bright and sunny day when many New Maldenites wisely sought refuge from the strange and unfamiliar yellow object in the sky. By happy coincidence there was a very fine concert that same lunchtime in the church and a capacity crowd enjoyed a rich, varied and entertaining programme of classics arranged for four pianists. My personal favourite was the homage to Scott Joplin and his honky-tonk alluring ragtime, but there was something for everyone with a couple of movements from Beethoven 7,

Carmen, Eugene Onegin, and some Bach thrown in for good measure. The crowd wanted more and were promised an encore fit for St Patrick's day... What could it be? Thin Lizzie's Whisky in a Jar? Not very Methodist... Perhaps something by the Pogues? In fact it was everyone's favourite ballad, Danny Boy.

Shout out to our quartet of performers: Alison, Peter, Anthea and Linda – and here's to next year. Remember to get there early, after Oasis at Wembley this was the gig everyone wanted to see.



Thanks to the generosity of the audience we were able to send £450 to the Motor Neurone Disease Association from the proceeds of the retiring collection.



SONGS OF PRAISE

Local Arrangement – Sunday 12th April, 10.30am

Please let one of the stewards know if there is a particular hymn you would like to sing during this time of worship. If you would like to introduce the hymn yourself then that would be welcomed or if you would like someone else to explain its significance to you then that also is acceptable. Please let us know by Easter Sunday – 5th April.

COULD YOU BE A LISTENER?

The NMMC Bereavement Café has been running since 2019 with a small and dedicated team of volunteers. Would you like to join us?

The Bereavement Café is a drop-in session open to all bereaved people, regardless of how, where and when their loved one died. We offer a warm welcome, and, more importantly, a safe place to talk with other bereaved people over a cup of tea.

The volunteers have all had training from the Princess Alice Hospice on how to listen and help facilitate conversations, but not to counsel. There are tears and sometimes laughs as people share their experiences and find solace in knowing that what they are going through is something that other people are coping with as well. It is surprising and heartening to see the positive effect a client feels when they talk about something 'daft' they do, only to find that it is not uncommon amongst others.

Sometimes there are only one or two

clients, sometimes it can be more. We have had people come back several times and it is uplifting to see them learning to cope with their bereavement. If a client comes only once we can but speculate on whether they felt one session was enough of a help or whether it was not for them, but our service is in being available and it is always rewarding.

There are several Bereavement Cafes in the area which are overseen

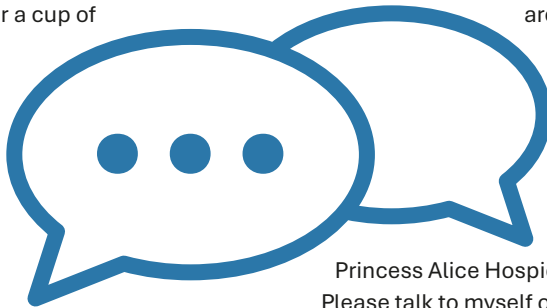
by Donna Pariser who works as the Bereavement Support Volunteer Co-ordinator – Community Engagement for the

Princess Alice Hospice.

Please talk to myself or Karl if you think this is something you would like to get involved with and we can book you a place on the course or just have a chat and answer any questions. If you are unable to make these dates for the training, there will be other courses later in the year.

It would be great to have more people involved in this helpful and rewarding community service.

– Sarah Moore



The next training course is as follows:

Dates	Friday 8th May and Friday 22nd May
Times	10am (tea / coffee & registration from 9:30am). Finish at 3pm Lunchtime 12.30 - 1.15, with tea/coffee breaks and nice biscuits.
Address	Princess Alice Hospice, West End Lane, Esher KT10 8NA

It's fair to say that NMMC is a well used building – there's not a day goes by when it's empty. Hiring out the various rooms makes up a significant amount of the church's income. From one-off events – large and small – to groups that use various rooms more than once a week, hundreds of people make use of our facilities. So in this new series we're going to get to know some of the groups that are here regularly. Starting with...

NEW MALDEN THEATRE ACADEMY

New Malden Theatre Academy isn't just a performing arts school, it's a welcoming, creative community where children feel supported, inspired and truly at home. Our

classes are full of energy, imagination and laughter, led by passionate teachers who care deeply about every child who walks through our doors.

We offer high quality drama, dance and singing classes for children aged 4 to 16, helping young performers grow in confidence, develop new skills and discover the joy of being on stage.

Our term time classes run on Tuesdays and Fridays at New Malden Methodist Church, making them easily accessible for local families.

Whether a child is a complete beginner or already dreaming of the West End, they will



find a place here. We welcome everyone, the shy, the bold, the curious and the wildly creative, and make sure each student feels encouraged, challenged and celebrated.

At the end of every term, students take part in a performance where they can showcase everything they have learned. These shows

are joyful, inclusive and full of heart, and we take pride in making sure every child has their moment to shine.

Alongside our weekly classes, we also run creative holiday workshops, and we are excited to be hosting two fun packed weeks of workshops this summer.

New Malden Theatre Academy is more than a class, it is a place where children grow, shine and belong. Enrollment is now open for our Summer term!

Find out more at www.newmaldentheatreacademy.com

Bookings and free trials can be made at newmaldentheatreacademy.classforkids.io

DEMYSTIFYING ... HOLY COMMUNION

This is the third article in a short series of pieces trying to demystify some of the things we do in the Methodist Church that might not immediately make sense.

The subject of Holy Communion is a fascinating one to ponder, not least when writing from within a context connected with a lot of Tudor history, during which hundreds of people were burnt at the stake because of their views about what happens when we celebrate this sacrament. Indeed, the very fact it has at least four names – the Mass, the Eucharist, Holy Communion, the Lord’s Supper – is a testimony to how Christians have, since the Protestant Reformation of the 1500s, held a variety of theological stances in relation to what I will simply thence call Communion.

Our understanding of Communion has been shaped by a variety of sources, which in good Methodist style can be characterised as aligning to the four quarters of the Quadrilateral – Scripture, tradition, reason and experience. Briefly, it is helpful to note a few things:

- **Scripture:** When we think about Communion, the first texts which spring to mind are probably the four accounts we have in the New Testament of the Last Supper that Jesus shared with his disciples before his arrest on Maundy Thursday (Mark 14:12–25, Matthew 26:17–29, Luke 22:14–20, 1 Corinthians 11:23–26), but there are other influential pointers. Jesus’ sharing of table fellowship with marginalised people, for example, reminds us that Communion gives us an insight to the radically inclusive community centred around him. The

presence of Christ in the fellowship meal is pointed towards by the story of the disciples who recognised the risen Jesus in the breaking of bread after walking with him to Emmaus, and the story of the ‘feeding of the five thousand’ in John 6 makes a connection between Jesus’ flesh and the bread shared.

- **Tradition:** It took a while (around three centuries) for Communion services to settle down into something like the pattern we know today. In Paul’s writings, for example, look ahead to the radical hospitality of the heavenly banquet, and the fellowship meals of believers in Jerusalem (Acts 2:42, 2:46) and Troas (Acts 20:7) are reminders that Communion would have originally formed part of a larger meal shared together. The Didache, which dates to around 80 CE, focuses on remembering Christ, and the bread and wine as spiritual food and drink, but with no mention of the Last Supper. In short, the picture from the tradition is quite complex, and that is before we get into debates about the scholastic doctrine of transubstantiation, which is still the official doctrine of the Roman Catholic Church...
- **Reason:** Especially since the revival of the doctrine of the Trinity brought about in the twentieth century by two other Karls – Barth and Rahner – and the ecumenical convergence also seen in that period, recognising the complete trustworthiness

of God, who as Trinity is complete in Godself and whose character is love all the way down, helps us remember that Communion is the fruit of God's grace, which goes before us and holds us even when we lack the faith to see it. This is reflected in the Methodist practice of having an open table, in which all are welcome to receive bread and wine, though this was not always in the case, and in its early days, members of Methodist societies were required to bring their membership ticket along if they wanted to receive Communion!

- **Experience:** There are a wide range of expressions of what Communion is about across the Methodist Church in Britain, and a variety of practices. It is easy to forget that the way it is done in one local church can differ notably from others even in the same Circuit. One really good example, which brings together radical inclusion, community and nurturing the body as well as the soul, is the Bread Church. This was started in the 1990s by Barbara Glasson in Liverpool, and centres around baking bread and sharing it together.

There is, therefore, more than one way to offer a Communion! Our liturgies in the *Methodist Worship Book* (1999) reflect a range of understandings as to the significance

of what happens when we gather around Christ's table and share bread and wine, and the last time the Methodist Conference examined the issue (*His Presence Makes the Feast*, 2003), no fewer than nine views were identified. I have tried to group them together in the diagram below:



It is also important to note that our practices when we celebrate Communion imply something about our theology. If we only offer meagre cubes of bread, for example, what are we saying about the generosity of God? When all are welcome to Christ's table, it reflects his own practice of sharing meals. If we serve one another with bread and wine, it cements our being part of a new community. There is no right or wrong way, but it is useful to take some time to think about what we do and what that says about our understanding of Communion.

TREK 26 FOR ALZHEIMERS

Ullswater is England's second largest lake, extending for 9 miles and surrounded by mountains, Munros, Wainwrights and fells; most famously Helvellyn and Arthur's Pike. At 250 metres, it is also the third deepest lake in the Lake District. Time Out recently awarded Ullswater the status of Sixth most beautiful place in the world.

I will be walking roughly halfway round it on July 4 for Trek 26, a large-scale fundraising event organised across many locations by the Alzheimer's Society to raise funds for its vital research, which is now at an exciting and crucial stage. The trek will actually be 13 miles as it includes a fair amount of scrambling up and down the afore-mentioned inclines. It is categorised as 'tough', a 12-week training programme is strongly recommended and is included with the registration pack. I also had to commit to

raising £200 which, thanks to a few generous friends, I have already done. I am particularly delighted about this as I now qualify for a free T shirt.

12 weeks ahead of July 4 is April 11, but the recent Spring-like weather has motivated me to begin some gentle training this week, involving squats and walks which will gradually increase in number, length and gradient, as well as my usual twice-weekly Moves and Pilates classes. I reckon starting a bit early means I can have a few days off, say around Easter.

I also felt it was time to rekindle my relationship with my serious walking boots, which had languished in the garage since I threw them off in Prestatyn last year at the end of my assault on the Northern half of Offa's Dyke Path. (I was also at the end of a very long and arduous week, my stamina and



my tether.) After checking no rodents had taken up residence in them, I dusted them off, gave them a good dubbing and slipped my feet into them once more, where I am relieved to report they were welcomed like two old and familiar friends, and I walked into Kingston. Great start!

However, there was one bit of Offa which I did not complete last year, so I am putting that right, straight after Trek 26. Yes, I'm going back to the same inn near Ruthin in N. Wales where I lost the will to continue last year, and will take a self-imposed trek up Moel Famu to Bodfari to fill in that missing leg, which will increase my total mileage to 26 over 2 days, which is a Marathon of sorts.

How you can help: Although I have met my initial Registration target, I want to raise as much money as I can to help beat this cruel and devastating disease. The target is now

£500 and the link to my JustGiving page is www.justgiving.com/fundraising/trek26lakedistrict202613miles-alisonbullet. I also hope to be organising at least one Coffee Morning at Church. I would be very grateful for any support you feel able to give.

Thank you very much.

– Alison Bullett

PS. I'm sure you're dying to know what TimeOut considers the top FIVE most beautiful places in the world.

They are:

- 1. Picos de Europa, Northern Spain**
- 2. Komodo National Park, Indonesia**
- 3. Morgan Library and Museum, New York City**
- 4. Douro Valley, Portugal**
- 5. Big Sur, California, USA**

CHILDREN'S SPACE

Wesley's is a welcoming place for all and so the designated area for children has been reinstated with the low, red table, small chairs and toys making an inviting play space for children to enjoy while parents and carers can enjoy a coffee and conversation from Monday to Saturday. Over the next few months it would be lovely to see this area being used. Furniture will need to be re-arranged for Sundays when this area is used by the children and young people who meet with Sue for Sunday School.



NEXT SPOTLIGHT ISSUE

Please send Barry – nmmc@hotmail.co.uk – anything you think might be of interest: reports and images of NMMC events, memories, news of members, advice for life, poems, photos, recipes, quizzes, etc, by **Monday 27 April**.

THE WILBERFORCE OAK

For the last 2 years, Dave and I have been walking the London Loop. This is a circle of 24 walks ranging from 3.5 to 11 miles which make up a 150-mile circle round London, just inside the M25. We had previously completed the Capital Ring which is a smaller circuit further into London of 15 walks totalling 75 miles. Both sets of walks are well sign-posted and run between tube and train stations, with additional transport links. All the walks aim to take people across green space and it is indeed surprising how much woodland, commonland and parkland there is in and around built-up areas.

As well as the routes, the books of the walks (yes, we carry a book!), detail points of interest that you find along the way. We were able to complete walk 3 a couple of weeks ago (apologies to the purists among you, we have not done the walks entirely in numerical order!), enjoying the Spring sunshine and Dave's increasing health and fitness after his recent illness. This walk takes you from Petts Wood in Kent to West Wickham. We climbed quite a serious hill to find the Wilberforce Oak, and stopped to sit on a bench and have a snack (always a highlight). Nearby was this stone bench and plaque which reads:

This stone seat was first erected in 1862 in

memory of William Wilberforce.

The seat was re-sited in 1987 to commemorate the 200th anniversary of his resolve to abolish the slave trade.

The inscription on the seat includes the words of William Wilberforce:

"At length, I well remember after a conversation with Mr Pitt in the open air at the root of an old tree at Holwood, just above the steep descent into the vale of Keston, I resolved to give notice on a fit occasion in the House Of Commons my intention to bring forward the abolition of the slave trade."

The remains of the ancient Oak can be seen nearby. The replacement tree growing nearby was planted in 1992.

The conversation took place in 1788 between William Wilberforce and William Pitt the Younger the then Prime Minister who lived nearby in Holwood House. A hollow stump of the tree remains today and unfortunately a successor that was planted in the stump blew down in the Great Storm of 1987. The second replacement tree planted in 1992 will take centuries to bear the same gravitas which the original tree obviously once had, but in the meantime it remains a fitting tribute to an historical conversation.



SIGNIFICANT DATES IN APRIL

2
1982

The beginning of the Falkland Islands War as troops from Argentina invaded and occupied the British colony located near the tip of South America.

7
1739

Travellers throughout England breathe a sigh of relief, safe in the knowledge that the most notorious of highwaymen Dick Turpin, was hanged today in York.

15
1755

English lexicographer Dr Samuel Johnson published his Dictionary; he had taken nine years to compile it.

22
1870

Vladimir Lenin (1870-1924) was born in Simbirsk, Russia. He led the Russian Revolution of October 1917 which toppled Czar Nicholas and paved the way for a Communist regime.

28
1770

English explorer James Cook arrived in Botany Bay, Australia, the first European to do so.

3
1721

Robert Walpole became the first Prime Minister of Britain.

11
1968

A week after the assassination of Martin Luther King, the Civil Rights Act of 1968 was signed into law by President Lyndon B. Johnson.

17
1961

A U.S.-backed attempt to overthrow Premier Fidel Castro of Cuba failed disastrously in what became known as the Bay of Pigs fiasco.

24
1858

At the second attempt, the biggest bell in the world, Big Ben, is finally ready for hanging in the clock tower of Westminster Palace, London.

29
1884

Oxford University agreed to admit female students to examinations. However, women are not to be awarded degrees.

6
1199

Richard I (the Lion-Heart) of England dies from an infected wound while besieging Chalus Castle.

14
1983

The first cordless telephone went on sale in Britain.

19
1943

Jews in the Warsaw Ghetto staged an armed revolt against Nazi SS troops attempting to forcibly deport them to death camps.

26
1923

The Duke of York and Elizabeth Bowes-Lyon, later King George VI and Queen Elizabeth, were married in Westminster Abbey, London.

30
1945

In his hideaway bunker in Berlin, Adolf Hitler shoots himself. His wife of 48 hours and former mistress, Eva Braun, took a cyanide capsule.

Lunchtime Concert

Tuesday 14th April 1.10 pm

New Malden Methodist Church
KT3 4BY

Organ Recital by Mark Laflin

Kingston Grammar School

Mark is equally at home playing music from the classical pipe organ repertoire as he is presenting lollipops from the theatre organ world.

This promises to be an eclectic and entertaining recital on New Malden Methodist Church's refurbished organ (2019) with absolutely *something for everyone*.

40 minutes of music
Retiring collection to help defray expenses

DONATIONS

New Malden Methodist Church has a donations page set up with the Charities Aid Foundation (CAF). Scan the QR Code to donate.



Wesley's Volunteers' Recognition Day & Team Gathering

Dear volunteers and church members,

You're warmly invited to our Volunteers' Recognition Day – a little thank-you gathering for all our Cafe & Project Support volunteers and church members.

Delighted that the Mayor, Noel Hadjimichael, will be joining us, meeting the Knit & Natter group, our community and personally thanking our volunteers for all they do.

Date: Thursday 23rd April 2026

Time: 11:30am – 1:30pm

Location: Wesley's Cafe &/ the church

Light lunch & nibbles will be provided

Blessings, Lee



Together for Good



Love. Kindness. Peace.

Wesley's Community Hub

NMMC: WHAT'S ON IN APRIL

Thursday 2nd	10.30am	Knit & Natter
	2.00 – 4.00pm	Creative Arts Group
Friday 3rd	8.00pm	Good Friday Music
Saturday 4th	10.00am – 12.00pm	Charity Bake Sale – NMMC
Tuesday 7th	10.30am	Walking Group
Thursday 9th	10.30am	Knit & Natter
	2.00 – 3.30pm	Short Tennis (Upper Hall)
Friday 10th	11.00am	Writers Workshop
	2.00 – 4.00pm	Board Games
Saturday 11th	10.00am – 12.00pm	Charity Bake Sale – Malden & Coombe Flower Club
Tuesday 14th	10.30am	Tai Chi Qigong
	1.10pm	Lunchtime Concert
	2.30pm	Bereavement Cafe
	7.30pm	Wives & Friends – Canada and Other Trips
Thursday 16th	10.30am	Knit & Natter
	2.00 – 4.00pm	Creative Arts Group
Friday 17th	11.00am	Writers Workshop
Saturday 18th	10.00am – 12.00pm	Charity Bake Sale – Scout & Guide Bands
Tuesday 21st	10.30am	Walking Group
Thursday 23rd	10.30am	Knit & Natter
	2.00 – 3.30pm	Short Tennis (Upper Hall)
Friday 24th	11.00am	Writers Workshop
	12.30pm	Cancer Connections Group
Saturday 25th	10.00am – 12.00pm	Charity Bake Sale – TBC
Tuesday 28th	10.30am	Tai Chi Qigong
	7.30pm	Wives & Friends – History of Maldens & Coombe
Thursday 30th	10.30am	Knit & Natter