



Love's Farm News

April - May 2019

www.ourlovesfarm.co.uk



Mr Bubbles is coming to Love's Farm House — get your tickets now



The Bubbly Circus is Coming to Town

Wednesday 17 April, shows at 11am and 1:30pm, Love's Farm House

Join us for a day of balloon modelling and magic from Bubbly Circus. Mr Bubbles can make anything out of balloons! Watch in

amazement as he creates something special for you and your friends. Then sit back and enjoy a magic show to remember. With lots of audience participation, Mr Bubbles will surprise and baffle you at the same time with his colourful, visual magic, sure to

enthrall children of all ages.

Shows are at 11am and 1.30pm. Tickets cost £5 and are available from the Love's Farm House office or at www.lovesfarmhouse.com/tickets. All children must be accompanied by a parent or carer. Ages 3+. Under 3s are welcome but may not be able to participate in some elements of the show. Siblings under 3 or over 12 and parents and carers don't need a ticket.

National Award for Cox's at the Lighthouse

Our local fish and chip shop has been honoured in Fry Magazine, making it into the Top 50 Best Takeaways in the UK.

Cox's at the Lighthouse first opened its doors at Kester Way, Love's Farm in July 2018, and it's an amazing achievement that it has won this prestigious award so quickly.

The fish and chip shop was judged on ten aspects of the job including service, staff, first impressions, the

quality of fish, batter and chips as well as price and lasting impressions. It scored 98% overall, with a perfect 100% on nine out of the ten sections.

Owner Mick Cox's aim for 2019 is to be the go-to shop for fish and chips in St Neots and the surrounding area.

Cox's is open Monday to Saturday – visit www.coxslighthouse.co.uk for full opening hours or follow them at facebook.com/CoxsattheLighthouse

Gin Lab 3

Friday 10 May, 8pm
Love's Farm House

Gin lovers rejoice, science geeks get giddy with excitement, for it's the return of Gin Lab: St Neots' premier gin-tasting experience.

Our team of intrepid lab technicians have spent the last six months painstakingly hunting down and analysing the best boutique gins from around the world. We're going high end this time around, so while there's slightly less quantity on the tasting menu, the quality will be off the chart.

Your £20 ticket will give you a half-measure taste of eight sumptuous gins, plus tonic and a plate full of garnishes with which to adorn your glass. Try the distiller-recommended garnish, follow our lab technician's advice or come up with your own experimental concoctions. When you've found your winning combination, your ticket also gets you a double gin and tonic from the bar



Cox's at the Lighthouse is already making waves



Prepare to get experimental at Gin Lab 3

(and you can buy more too). A world of scientific discovery awaits!

Tickets are available from www.lovesfarmhouse.com/tickets or the Love's Farm House office (open Mon-Fri 9am-3pm). Over 18s only; under 25s will need ID on the door.

Love's Farm Community Money Advice

Are you struggling with debt or having difficulty managing money? Whatever the cause, Love's Farm Community Money Advice can help, working with you and negotiating with creditors if appropriate, to find an affordable solution to your debt and money issues. We will support you through the whole process.

Love's Farm Community Money Advice has been set up by Love's Farm Church (who run Breakfast Church, Messy Church and Little Loves) to offer a free debt and


st neots
players
founded 1927

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Be inspired by amateur theatre

ARNOLD RIDLEY'S
THE

GHOST TRAIN

Written by the late Arnold Ridley (Dad's Army), the plot involves a party of rail passengers who become stranded in an isolated rural station in Cornwall. The station master, Saul, tries to persuade them to leave as he fears the ghost train, which locals say speeds through the station at night, claiming the life of whoever sets eyes on it. Despite the harrowing story the travellers decide to stay. As the long night passes and the Ghost Train steams closer, how can they avoid disaster and the mystery deepens when they are joined by three strangers. The Ghost Train terrifies and delights in equal measure ... do not miss it!

16TH - 18TH MAY

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ST NEOTS

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budgeting advice service to communities in and around St Neots, and Love's Farm in particular.

We are a small team of trained volunteers, led by a Chartered Accountant and regulated by the Financial Conduct Authority, offering friendly, confidential, professional advice and support.

We offer appointments during the day or in the evening, taking place at The Round House School or in the meeting room at Love's Farm House.

Our service is impartial, confidential and completely free — please email moneyadvice@lovesfarmchurch.com or call 01480 260234 to make an appointment.

Faces of St Neots Gallery Launch

Saturday 6 April, 6pm
Love's Farm House

A huge thanks to everyone who came along to our Portrait Workshop at Love's Farm House on 16 March, and to the artists and photographers who helped to run the event. There was a wonderful mix of painting, drawing, collage, photography and digital illustration, with people of all ages getting involved. We've also been receiving some amazing portraits that people have created in their own time.

We'll be displaying them all in the



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Some of the portraits created by local residents for our Faces of St Neots project at Love's Farm House

foyer at Love's Farm House from Saturday 6 April. Please join us for our exhibition launch event — like a private view except everyone's invited. The portraits look great on their own and even better when seen together. It's a beautiful snapshot of the people who make up our community — and their artistic talent.

Parking Restrictions Approved – and Progress on Chicanes

On 4 March Cambridgeshire County Council Highways formally approved parking restrictions for Love's Farm.

The council officers considered the feedback from the formal and earlier consultations and recommended a scheme largely in line with the one that was published in November 2018. This recommendation was approved. The main difference between the final approved scheme and the earlier published one is that no re-

strictions will be implemented initially for Hogsden Leys from a point north of the junction with Cockrells. This is to try and accommodate concerns from residents in that area.

Implementation of the restrictions should be this summer, the main delay being that the council needs to get a temporary order to close some roads to parking so that they can paint the lines.

Getting this far has been a long journey but the restrictions will hopefully provide a good balance between safety, traffic flow and the needs of residents to park.

On a related topic, LFCA has been successful in getting initial approval for another local highways initiative (LHI) bid to remove or modify the chicanes on the Dramsell Rise bridge and junction of Hogsden Leys and Cockrells. Final funding of this needs agreeing but the aim is to complete the work this financial year.

Wintringham Primary Academy Children Finally Move In

After a long wait, the Reception children at Wintringham Primary Academy now have a classroom to call their own.

The new school officially opened in September 2018, two years earlier than the permanent building on the Wintringham development is due to open. This was brought forward because of a shortage of primary school places for Love's Farm children, and a high-profile Round House Capacity Campaign staged by local residents. The outcome was to open Wintringham Primary Academy initially on the Round House site in September 2018, and so a new building was commissioned by the County Council to accommodate it. This was designed and built in record time, ready for the new term in September, but sadly there was a long delay in getting the utilities connected.

This has now been completed, and the children have finally been able to



There's lots of light inside the new classroom

move into their brand new classroom.

Headteacher Tracy Bryden said, "The children are absolutely delighted to be here. Instead of a little pod in the corridor of the Round House, they now have a beautiful classroom, and their teacher Miss Edgington has done a fantastic job of decorating it."

The children said their favourite things about their classroom are the computers, the toys, the bookcase and the kitchen they can cook in.

The school will be accepting a new set of Reception children in September 2019, and the following year they will all be moving over to the permanent site on the Wintringham



Simba the Round House School Dog gives us a tour of the Wintringham Primary Academy classroom

development. The temporary building is designed to last, though. From 2020 it will be used for for extra-curricular activities such as music and for Magpies (wraparound care) club.

Love's Farm Community Church

There's lots going on with Love's Farm Church this April. Everyone is welcome to come along.

Breakfast Church

Sunday 14, 21 & 28 April, 10am - 11:30am, Love's Farm House

Breakfast Church has been running for the last three-and-a-half years,

each Sunday except for the first of the month. It draws between 50-60 people for Sunday papers and buffet breakfast before taking some time to explore a theme or story that might just help to reimagine who God is and why that matters.

Adults and children are welcome on these Sundays or at the monthly Messy Church — details of the next one below. Everything is free of charge, although your donations are always welcome.

Easter Sunday Breakfast Church will be a celebration of the Easter story followed by lunch at 12.30pm for anyone who wants to attend.



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Messy Church

Friday 5 April, 3:30 - 5pm
Love's Farm House

At our next Messy Church we'll be exploring the Easter story. We have a ton of crafts planned including: a mosaic cross, dotty Easter pictures, palm leaf weaving, an Easter garden, resurrection biscuits, some Messy Easter science and more besides. The afternoon concludes with an altogether time to recap the story, sing and pray before hot dogs, salad, tortilla chips and cake to go!

Children and their grown ups are very welcome.

Simply Good Friday

Friday 19 April, 10-11:30am,
Love's Farm House

On Good Friday morning the Breakfast Church team will host a morning for children and their grown ups wanting to take some time to go a little bit deeper into the story of Good Friday. We'll make and eat hot cross buns, tell the story and do some craft together. You are welcome to come BUT need a free ticket in advance so that we can track numbers! Tickets can be obtained from Helene (Love's Farm community chaplain) — please message her via her Facebook page or by text on 07938 803501.

Good Friday Compline and Communion

Friday 19 April, 9-10pm,
Love's Farm House

You are welcome to come and conclude Good Friday with compline (night prayer) and communion in the meeting room at Love's Farm House, starting promptly at 9pm and lasting for an hour.

Contact Helene on 07938 803501 or community.chaplain@yahoo.co.uk for more details.

Bpha: Here to Help



Lindsey Smith, bpha

Do you rent your home from bpha? Do you have a question about your property? Would you like to discuss your tenancy?

bpha owns 520 properties on Love's Farm and Home Agent Lindsey Smith visits Love's Farm House once a month to chat to residents about housing matters.

She'll next be at Love's Farm House on Tuesday 2 April between 10am and 2pm and, alongside her regular visits to see residents, will be hosting future drop-ins on Tuesday 7 May and Tuesday 4 June, also between 10am and 2pm.

As well as advising on housing matters, she is able to help support residents as they work through financial difficulties and refer them to a wide range of support services available locally.

Alternatively, if you'd like to make

an appointment for Lindsey to visit you in your home please call 0330 100 0272 or email info@bpha.org.uk.

What's New at Love's Farm House

Yogabellies Loving Touch Baby Massage

| Fridays 12.30pm

Yogabellies are bringing their Loving Touch Baby Massage sessions to Love's Farm House. Baby massage is a wonderful way to relax and bond with your baby through the first language of touch. In each class parents learn how to soothe and settle their babies, finishing off with

drinks, snacks and chat. Booking is essential — please contact niki@yogabellies.co.uk.

Cambs Planner Con

| Saturday 20th April, 10am-4pm

Love's Farm House is the new venue for the 4th annual Cambs Planner Con, a fun get-together for creative planner enthusiasts. The day includes workshops from Mrs Brimbles, Geraldine Jayne and Little Rainbow Moon (with all materials provided), a vintage afternoon tea and a chance to shop for goodies from some of the finest companies in the UK planner community.

Tickets cost £65 and must be

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Love Your Birth Hypnobirthing Classes

| Tuesdays 5.30-8.30pm

The Love Your Birth programme gives you tools and techniques to cope with each stage of labour. Hypnosis refers to the natural state of consciousness we are all in at least once a day — those relaxed, zoned out moments just before we drop off to sleep. Hypnobirthing uses a combination of hypnotherapy techniques, breathing techniques and an in-depth understanding of what happens during the birth process, to empower you to remain calm, in control and positive throughout your birth experience. Sessions are run by Lauren, a Registered Midwife.

£199 per couple for Hypnobirthing only (3 sessions), £249 per couple for Hypnobirthing and Prep for Parenthood (4 sessions). Spaces are limited and must be booked in advance. For more information and to book your space visit www.loveyourbirth.org.

Sakura Shotokan Karate Club Cambridge — Training & Grading

| Saturday 13th April 10am-12noon,
£5 per adult & £3 per child

Sakura Shotokan Karate Club Cambridge is hosting its first grading

on Saturday 13th April and will be joined by their Chief Instructor, Sensei Dorian Fretwell, 7th Dan. The first hour will be a training event where anyone (adults and children), whether or not they already belong to a karate club, can come along to train with a world-renowned instructor. The grading will begin at 11am, and everyone is welcome to stay and watch. Please contact Sensei Lucas for more info on cambridgekarate@gmail.com.

Spotlight On...Parent & Toddler Exercise Classes

Are you a parent who wants to get fit but isn't sure how to go about it with a toddler in tow? If so, Love's Farm House has a class for you! From relaxing double yoga poses with your child to energetic workouts using your toddler's weight as part of the exercise, Mum and Toddler classes at Love's Farm House cater for everyone.

Fit Mum

| Wednesdays 9.25-10.10am,
£30 for a 6-week block

Fit Mum is a 45-minute workout that will strengthen muscles, improve balance, increase energy levels, improve your core and pelvic floor and leave you feeling great! The session uses a variety of equipment to keep exercises varied and fun. Babies and toddlers can play on the mats with the toys provided. Booking



Yogabellies Mum & Toddler Yoga

is essential; please visit www.njfitnessandmassage.com for more info and to book your place.

Sweaty Mama

Thursdays 11.40am-12.25pm, £40 for a 6-week block

At Sweaty Mama you can bond with your child while working out, utilising their weight to intensify the exercise, all done to fun, upbeat music your child will love. Over the 6-week course you will build up your fitness level and strengthen your core to rehabilitate your body after having a child. Booking is essential; visit elly.sweatymama.com for more information and to book your place.

Yogabellies Mum & Toddler Yoga

Fridays 9.30-10.30am

Introduce your little one to the world of yoga, helping them to stretch their little bodies and bringing them into your own practice, working and bonding together at the themed sessions, before learning to relax together at the end of class. Followed up with a cuppa, cake and a chat with

other mums! Booking is essential, contact niki@yogabellies.co.uk for more information and to book your place.

Friday Nights at the Farm House

Friday nights are packed with fun at Love's Farm House. Here's what we have in store for April.

Cocktails and Karaoke

Friday 5 April, 8pm - midnight

From ABBA to ZZ Top, there is no song the people of Love's Farm aren't willing to make a complete dog's dinner out of. We have 10,000 songs on the karaoke jukebox, freshly made cocktails at the bar and four microphones for gang vocal sing-alongs. Expect good vibes, variable singing and slightly alarming dancing.

Well-behaved children (accompanied by a parent or carer) are welcome until 9pm.

Jam Night

Friday 12 April, 8pm - 11pm

If you can play an instrument, hold a tune with your voice or shake a maraca in time to the beat, you are more than qualified to join us for our jam night. All abilities welcome, and there are lots of instruments to pick up if you're not able to bring your own. Join the Facebook event at facebook.com/lovesfarmhouse/ to suggest songs to practice in advance. We'll start with those before the

evening descends into a free-for-all of covers and freeform jams.

St Neots Film Club Presents... Inside Out

Friday 19 April, bar from 6pm,
film starts at 6:30pm

Riley is a happy, hockey-loving 11-year-old girl, but her world turns upside-down when she and her parents move to San Francisco.

This delightful animated adventure plays out mostly inside Riley's head, as her competing emotions — Joy, Sadness, Anger, Fear and Disgust — struggle to get to grips with the challenges of growing up. Directed by Pete Docter (Monsters Inc), Inside Out is Pixar at its best, with loveable characters and an emotional depth that's rare to find in a family film.

£5 per child, free popcorn, and accompanying adults go free. The bar is open too.

LFCA Quiz Night

Friday 26 April, Bar from 7:30pm,
Quiz starts at 8pm

Our monthly quiz night isn't the most civilised in town but it's probably the most fun. With picture and music rounds to keep things lively, quizmaster Emma does her best to keep the hecklers under control. £1 per person, teams of up to six people. Don't have a team? It's always a friendly



Inside Out, 19 April at 6:30pm



Jam Night at Love's Farm House, 12 April

crowd so you'll find others you can join forces with. You can even sign up to set the questions and host your own quiz.

Love's Farm Out of Doors

By Phyllis Hooper
phyllis.hooper@btinternet.com

Well, what a strange winter and spring! Lucky, if you don't like frost and snow but I am not getting excited yet because my birthday is at the end of March and in my seventy-some years I remember several snowy birthdays.

I thought I would share something about our Love's Farm trees this time.

We only have a few old trees; eight Oaks, which could be over 150 years old, beside Fox Brook, along with two Aspens (a Poplar whose leaves quiver) and some Willows. Then there are the slightly younger Oaks in Auntie's Wood, perhaps 80-100 years old, interspersed by young Elms, which have regenerated from old ones



Old oaks on Fox Brook

that caught Dutch Elm Disease and are now our lovely camping logs! There are two Ash trees in the hedge east of Aunties Wood and we can tell that they were once coppiced (cut to the ground) because they both have several trunks.

Lastly, I think, is the Lombardy Poplar outside where I call Yard Gate (outside Embry Drive). There were several of these around the old Love's Farm buildings and they were all cut down but this one has grown back because it was not built on!

Amongst our young trees we only have one type of evergreen (stays green all year round) — Pines, probably a form of Scots Pine with two needles in each cluster. We can tell these are seedling trees because they all look as different as you do from your brother or sister. Have a look for them up the Eastern Boundary.

By now the Street trees will be flowering. The first ones are Pears with white blossom, then pink Cherries. The honey

bees are really happy when these are in bloom, but those of you who know about pollination will be disappointed because they don't set fruit! Our happiest young trees are Alders which have catkins (male with pollen) and cones (female with seeds). Don't confuse these with Hazel catkins where the female, that will make the nuts, is a little tiny red tuft, long gone for this year.



Pussy willow

You may see me in my pink HiViz chopping trees. I'm lucky to have learned to look after them and people trust me to chop wisely! When a tree is first planted it has to get its roots going to feed the top but

it needs leaves to feed the roots. But once it is growing well, I think it may need help to become a handsome tree so I cut the "whiskers" off the trunks.

There are lots more to tell you about, but next time perhaps. Tell me if you spot something interesting as spring springs!



Alder catkins and cones

Get In Touch

Love's Farm News

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www.ourlovesfarm.co.uk

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Love's Farm House

Bookings and general enquiries
(Monday to Friday, 9am to 3pm):
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jenny@lovesfarmhouse.co.uk
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ben@lovesfarmhouse.co.uk
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  lovesfarmhouse

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Caroline Gregson, caroline.gregson@sntc.co.uk
Neil Hook, cllr.neil.hook@gmail.com
Ben Pitt, ben.pitt@sntc.co.uk

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davidjwells@hotmail.co.uk
Nik Johnson, 07957 210183,
nikmagpiejohnson@btinternet.com

County Councillor

Julie Wisson, 07725 791459,
julie.wisson@cambridgeshire.gov.uk

Community Chaplain, Breakfast Church

Helene Tame, 07938 803501
community.chaplain@yahoo.co.uk

Movie Making Club

Ages 4-16. £27.50 per term.
www.movie-memoirs.co.uk

Sakura Shotokan Karate Club Cambridge

£5 per session. Email Lucas on
cambridgekarate@gmail.com

BPHA

Contact Customer Services on
0330 100 0272 www.bpha.org.uk

Hartbeeps

Ages: 0 to 4, £7 per child.
Contact Anna on 07903
142133 annac@hartbeeps.com,
www.hartbeeps.com

Abacus Mental Maths

Contact Abi on 07712 659961 or
Bedford@brainup.uk,
www.brainup.uk

Zumba, Fitness Pilates and Fit Mums

£30 for a block of six, or pay-as-you-go at Zumba at £6 per class.
Contact Nicola at njfitnessandmassage@outlook.com

Baby Sensory & Toddler Sense

Birth to 5 years, £70 for 10 classes. Contact Sam on 07538 502587 beds@babysensory.co.uk,
www.babysensory.com,
www.toddlersense.com

Pilates

£78 for 12 classes. Contact Laura on 07900 242904 or
laura@laurasfitness.co.uk

Tiny Tots Dance

Ages: 2½ to 4, £4.50 per child.
Contact Amy at hello@tinytotsdance.co.uk,
facebook.com/tinytotsdanceclasses

Minilinguals

Ages: 3 months to 7 years, £45 for 10 classes. Contact Vicky on 07979 503269 or
hello@minilinguals.co.uk

St Neots Tang Soo Do Karate Club

Ages: 6 to adult. £4.50 per person / £9 per family. Contact Paul on 07790 217170

Little Loves

Ages: Birth to Preschool, £1 per family. Contact Helene on 07938 803501, community.chaplain@yahoo.co.uk

Sweaty Mama Fitness

£40 per 6 week block, Contact elly@sweatymama.com

Love's Farm Rainbows, Brownies & Guides

Contact guides@lovesfarmguiding.org.uk,
www.girlguiding.org.uk

Yogabellies (inc. Mum & Baby, Mum & Toddler, Pregnancy)

Contact Niki on 07514 093907,
niki@yogabellies.co.uk,
www.yogabellies.co.uk

Junior Youth Club

Ages: School Years 3 to 6.
Contact Helene on 07938 803501, community.chaplain@yahoo.co.uk

St Neots Film Club

£5 per person. www.facebook.com/StNeotsFilmClub

Nia

£8 per class. Contact Ildi at ildiko.miklos@hotmail.com,
facebook.com/ildinia

Streetsdance

Various classes for ages 4+, £4 to £5.50 per class. Contact Katy on 07500 875060, www.katynorthdanceacademy.com

Life Drawing

Contact Stephen at lifedrawing@neotists.co.uk

Love's Farm Ladies (WI)

lovesfarmladieswi@gmail.com

Love's Farm Runners

Visit www.facebook.com/groups/lovesfarmrunners

2nd St Neots Beavers, Cubs and Scouts

tinyurl.com/lovesfarmcubs



What's On

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hartbeeps 9.30, 10.30, 11.30 & 12.45 Film-Making Club 4-5pm Shotokan Karate 6-7pm * Zumba 7-8pm Fitness Pilates 8.10-9.10pm	* Coffee Shop 9am - 12.30pm * BPHA drop in 10am - 2pm Baby Sensory 10am, 11.20am Toddler Sense 1.20pm Rainbows 3.45 - 4.45pm Brownies 4.50 - 5.50pm Pilates 6pm, 7pm, 8pm LF Runners 8pm @ Stn Sq	Fit Mums 9.25 - 10.10am Tiny Tots Dance 10.30am * Tang Soo Do Karate 5.30 - 7pm Yoga 7.15pm & 8.30pm LF Runners 8pm @ Stn Sq	* Little Loves 9.30 - 11am Sweaty Mama Fitness 11.40am-12.25pm LF Runners 2pm @ The Pirate Ship Brownies 6 - 7.30pm Guides 7.30 - 9pm	Mum & Baby Yoga 10.50am Baby Massage 12.30pm Messy Church 3.20 - 5.20pm Jr Youth Club 6 - 7pm * Cocktails & Karaoke at the Farm House Bar 8pm - 12am	* Nia 8 - 9am * Lazy Breakfast 9 - 11am * Councillor Surgery 10 - 11am Street Dance 9.15, 9.45, 10.30 & 11am * Faces of St Neots Launch at the FH Bar 6pm	Life Drawing 9.45 - 11.45am Pregnancy Yoga 6.45pm <i>Love's Farm House is available to hire for private parties. Please call Jenny on 01480 262626.</i>
Shotokan Karate 6-7pm * Zumba 7-8pm	Baby Sensory 10am, 11.20am Toddler Sense 1.20pm LF Runners 8pm @ Stn Square	Tiny Tots Dance Workshop 10 - 11.15am * Karate 5.30 - 7pm Yoga 7.15 & 8.30pm LF Runners 8pm @ Stn Sq	Sweaty Mama Fitness 11.40am - 12.25pm * Chocolate Bingo 6.30 - 8.30pm	Mum & Baby Yoga 10.50am * Jam Night at the Farm House Bar 7.30 - 11pm	* Nia 8 - 9am Shotokan Karate Grading 10am - 12noon * Rotary Club of St Neots Stroke Awareness 10am - 1pm	* Breakfast Church 10 - 11.30am Pregnancy Yoga 6.45pm
Sweaty Mama Fitness 10 - 11am Shotokan Karate 6 - 7pm * Zumba 7 - 8pm	Baby Sensory 10am, 11.20am Toddler Sense 1.20pm LF Runners 8pm @ Stn Sq	Bubbly Circus Balloon Modelling & Magic Show 11am & 1.30pm * Karate * LFCA Meeting 7.30pm LF Runners <i>Times as above</i>	Hartbeeps Spring Eggstravaganza 10.15am, 11.45am * LF Ladies (W) 8pm @ SNFC	Simply Good Friday 10 - 11.30am * FH Bar 6.30pm - 11pm * SN Jr Film Club: Inside Out 6.30pm Compline & Communion 9 - 10pm	Camb's Planner Con 10am - 4pm	* Breakfast Church 10 - 11.30am
	* Coffee Shop Baby Sensory Toddler Sense Rainbows Brownies Hypnobirthing 5.30pm-8.30pm Pilates LF Runners <i>Times as above</i>	Fit Mums Tiny Tots Dance Minilinguals Yoga LF Runners <i>Times as above</i>	* Little Loves Sweaty Mama LF Runners Brownies Guides <i>Times as above</i>	Mum & Toddler Yoga Mum & Baby Yoga <i>Times as above</i> * Quiz Night @ Farm House Bar 7.30 - 11pm	Nia * Lazy Breakfast Street Dance <i>Times as above</i>	* Breakfast Church 10 - 11.30am Pregnancy Yoga 6.45pm
Hartbeeps Film-Making Club Karate * Zumba Fitness Pilates <i>Times as above</i>	* Coffee Shop Rainbows Brownies Hypnobirthing Pilates LF Runners <i>Times as above</i>					

Events are at Love's Farm House **foyer**, hall or **meeting room**, or **out and about**. Events with a * mean just turn up. For others, please book in advance. Visit www.lovesfarmhouse.co.uk or call 01480 262626 for more information.