Walkie **Talkies**



Hello from Hallam

Pilates

The Hallam Citizen 2021/ 2022





Indoor

Bowling



T'ai Chi

Bridge

Hallam **Community Hall**

Rooted in the Community!

www.hcya.org.uk HCYA Registered Charity 523702



Wine Guild

Timetable for **2021/2022**

Monday 19:45 - 21:45	Hallam Choral Society	
Tuesday 09:20 -10:20 10:30 - 11:30 15:15 - 20:00 20:00 - 21:30 19:45 - 21:15	Pilates Class Pilates Class The Heights Ballet and Theatre School Yoga Badminton	Term Time Term Time Term Time Tapton School
Wednesday 13:15 - 20:00 19:15 - 22:30 20:00 - 21:30	The Heights Ballet and Theatre School Bridge T'ai Chi	Term Time
Thursday 09:20 - 10:20 10:30 10:30 16:00 -19:30 19:30 - 21:30 20:00 - 22:00 20:00 - 21:30	Pilates Yoga for the Young at Heart Walkie Talkies (4-6 miles short, 6-9 miles long) The Heights Ballet and Theatre School Hallam Art Group Hallam Wine and Beer Guild HCYA Council Meeting	Term Time Alternate Shorter/Longer Walks Fortnightly Monthly
Friday 13:00 15:30 - 19:30 19:00 - 21:30 19:45 - 22:00	Rambling The Heights Ballet and Theatre School Indoor Bowling Westside Wine Club	Monthly Sept to April 3rd Friday - Monthly
Saturday 09:00 - 17:00	The Heights Ballet and Theatre School	Term Time
Sunday 10:00/10:30	Rambling (8 miles)	Monthly

All timings are approximate due to revised Covid compliant cleaning schedule.

Section Contacts

For more information visit our website

www.hcya.org.uk



If you are interested in joining a section please contact the person listed below. You will find an Application form at the back.

Art Group	Rosie Gregory	0114 2304975 Friends@hcya.org.uk
Badminton	Andrew Coomer	0114 2307302 Friends@hcya.org.uk
Bridge	Peter Pond	07919005535 Friends@hcya.org.uk
Gardening	Trish Hill	0114 2305872 Friends@hcya.org.uk
Indoor Bowling	Stuart & Wendy Wilson	0114 4383127 Friends@hcya.org.uk
Pilates	Hilary Shenton	0114 2306421 Friends@hcya.org.uk
Rambling	Carol Hove	0114 2630184 Friends@hcya.org.uk
Tai Chi	Gillian Riley	0114 2305148 Friends@hcya.org.uk
Walkie Talkies	Dennis Dixon	0114 2301398 Friends@hcya.org.uk
Wine & Beer Guild	lan Saunders	hwg@saundersofsheffield.co.uk
Westside Wine	Christine Bowman	christine.bowman007@gmail.com
Yoga	Pam Mathieson	0114 2682709 Friends@hcya.org.uk
Yoga for the Young At Heart	Zoe Marciniak	0791 225 7899 zoe@life-yoga.co.uk or friends@hcya.org.uk

Each HCYA Section has a Rep who attends the monthly Council meeting and helps form HCYA Policy and future direction.

Section Reps have a vital role to play in this and are the interface between their section and the Council. They bring Section concerns to the Council for discussion and report back to their Sections on decisions and matters raised. Section members are encouraged to bring matters to Council via their Reps. The role of Section reps is vital for democratic decision making and effective operation of HCYA.

Hello from the Chair

Since I first joined the HCYA in 1989, the Association has managed to produce our annual magazine "The Citizen" every year, except the last one. Covid halted Section activities for most of 2020 and the Hall itself was mothballed for most of that time.

As I write this, at the beginning of April, government "Roadmap" Regulations are allowing the first steps out of the third National Lockdown. We hope that these first tentative steps towards a more normal life will be successful and that "normal service will be resumed" sometime around September 2021. HCYA Council have been holding virtual "Zoom" meetings and a tremendous amount of Covid-safety organisation has already been put in place in preparation for YOUR safe return to the Hall, notably:-

- The foyer has hand gel dispensers
- Sheffield City Council have marked the floor with social distancing symbols and a one-way system.
- Users of the Hall must follow a generic Covid-safe Risk Assessment
- Individual Sections will be expected to produce their own Section-specific risk assessments to augment the generic risk assessment.
- Our cleaners now operate enhanced cleaning protocols on commonly touched surfaces as well as the usual routine floor and toilet cleaning
- We have bought a "fogging machine" that sprays a fine covid-disinfecting mist into the air inside the Hall. This mist quickly settles onto the floor and dries. We hope we can use it between sessions, for example between the exit of a Heights dance class and the entry of a Section eg Yoga
- We are currently investigating ways of improving Hall ventilation to reduce the risk of aerosol transmission of the virus
- It will probably be necessary to alter changeover times between Section activities. Changes may be
 necessary to accommodate use of the fogging machine between departure of one activity and entry
 of the next. Decisions will be made in the light of discussions with YOUR Section leaders over the
 course of the next few months. Do let your Section Leader know your views.
- We are planning to upgrade the patio area outside the Hall to make (weather dependent) outside space available for any Section wishing to use it, for example by organising a BBQ.

I expect that over the coming months some members may be reluctant to return to an activity inside the Hall. I hope the above shows that HCYA Council has put in place a well thought out and complete Covid-safe policy to give our members the confidence to return in safety. Your Section leaders will no doubt be in touch about details of your first meetings and full details of all Section contacts can be found at the front of this booklet.

We look forward to welcoming you back to the Hall and its many activities.

Sam Saunders, Chair HCYA email: Chair@hcya.org.uk April 2021 _____









2021/2022

The Hallam Citizen 💋

2021/2022

HCYA Executive Committee & Council Members 2021/22

HCYA Hallam Community & Youth Association

For more information visit our website **www.hcya.org.uk**



Honorary	President &	Trustee
----------	-------------	---------

Chairman, Trustee & Fête

Vice Chairman

Hall Manager & Trustee

Secretary

Treasurer and Trustee

Membership Secretary Data Protection Officer

Membership & Fête

Minutes Secretary

Trustee

St Luke's Representative & Fête

Publicity Officer, Citizen

Hall Bookings Secretary & Website

Present Hall Subcommittee Chair

Graham Blincow	0114 2304108		
Sam Saunders	0114 2307663 chair@hcya.org.uk		
Tracy Kent	publicity@hcya.org.uk		
Alan Bone	0114 2306351		
Gillian Riley	0114 2305148 Friends@hcya.org.uk		
Andrew Coomer	0114 2307302 treasurer@hcya.org.uk		
Patrick Riley	0114 2305148 dpo@hcya.org.uk		
Sophie Kelly	07855215731 Friends@hcya.org.uk		
Nicola Brown	0114 2304118 Friends@hcya.org.uk		

0114 2301683 Friends@hcya.org.uk

Harry Sadler

Tracy Kent

Peter Curtis

Helen Curtis

Peter Curtis

harry.j.sadler@gmail.com

Publicity@hcya.org.uk

07779100314 bookings@hcya.org.uk

friends@hcya.org.uk

The Hallam Citizen 💋

2021/2022



For more information visit our website www.hcya.org.uk/membership

HCYA is a registered Charity and run as an unincorporated Members' club (a club owned and run by its members).

Standard Membership Rate for 2021/22 = £23 (or £20 if paid by Direct Debit)



Please contact the relevant **Section Leader** who will be happy to discuss your request. The Application Form, towards the back of the booklet, needs to be completed and your yearly membership fee (currently £23 reduced to £20 if paid by Direct Debit) paid. NB: The Executive Committee has the power to accept or refuse any application

Stay in touch with



Join our ever increasing mail list to keep up to date with

- Developments in the Community Hall
- What's planned on Hallam Fete Day
- Updates on Section activities
- Support on starting up new sections
- Private hire opportunities in the Hall

Simply email: friends@hcya.org.uk

Want to Hire the Hall?

Email: **bookings@hcya.org.uk** for the latest availability





HALLAM COMMUNITY FETE

Family fun for everyone!

Donkeys & Petting Zoo | Climbing Wall Coconut Shy & Charity Stalls | BBQ & Licensed Bar

Come and Celebrate!



SATURDAY 11TH SEPTEMBER 12PM - 4PM Brought to you by Friends of HCYA and Hallam School PTFA Hallam Community Hall, Hallam Grange Crescent, Sheffield

Covid 19 Risk Assessments completed

Free Wifi

FOR HIRE

Table Cloths <u>for hire</u>

HALLAM

COMMUNITY HALL



Mondays

Private Class

For more information visit our website **www.hcya.org.uk**

Hallam Choral Society

The Hallam Choral Society is an established choir striving towards excellence in performance. Our membership is diverse and currently at over sixty singers, who come from across the city and beyond to perform around four public concerts a year with an eclectic mix of music.

The Hallam Choral Society is proud to be associated with Classical Sheffield; an established organisation aiming to bring all of Sheffield's amazing wealth of musical groups together into a mutually beneficial community.

Please take a minute to visit them after you've had a look around our website - www.hallamchoralsociety.co.uk.

For further details please contact Sue Mills (Membership Secretary)

Tel: 07834 734445 hallamchoralsociety@gmail.com



Registered Charity 1141291

Please contact organiser for more information. You do not need to be a member of the Association to attend these sessions.

Annual General Meeting 2021

Find out what we have been up to!

Find out how Hallam Community Hall is rooted in the Community and has adapted to a Post Covid environment **Thursday November 4th 2021 @ 8pm**

All members are invited to attend Hallam Community Hall

ACTIVITIES FOR ALL AGES

@ St Luke's Church, Blackbrook Rd

For more information, visit our website: WWW.SICIM.Org



Reading Group | Poetry Circle | Bumps & Babies | Edge Youth Group | Ridge Secondary Youth Group | Modern Services Women's Coffee & Chat | Friday Toddlers | Men's Coffee & Chat Women's Evening Group | Seeds of Hope - Bereavement Group | Lunches Knit & Natter | Traditional Services | Wednesday Toddlers



St Luke's is a local Ecumenical Partnership between Anglican, Baptist, Methodist and United Reformed Churches in Lodge Moor. Registered Charity No. 1136795

Tuesdays

HCYA Section

For more information visit our website **www.hcya.org.uk**

Pilates

Why not come and join one of the Pilates classes?

Pilates will help you improve your posture, increase core stability and strengthen your back.

The classes run in term time only and bookings are taken for the half term. If you are interested give Tracey a call for more information and to arrange a booking. The classes are very popular so please check availability."

Please contact Tracey Wilson Tel: 07759274165 Email: tjwpilates@gmail.com



Badminton

Badminton is played on Tuesday evenings in **Tapton School Sports Hall**. We have the use of four courts and emphasis is on friendly games with a competitive edge. All abilities are welcome. Come along for a free session if you are interested.

We play on most Tuesdays with a two-month summer break.

Please contact Andrew Coomer Tel: 0114 2307302 Email: friends@hcya.org.uk



Tuesdays

HCYA Section

Yoga

For more information visit our website www.hcya.org.uk/activities

Yoga is a way of developing awareness of our bodies, how we use them and how we might be abusing them.

Our aim is to have a healthy body and a relaxed mind and free ourselves from the unwanted stresses and tensions of everyday life. We do this by improving breathing techniques and gentle stretching exercises, followed by postures (asanas) and finish with a short period of relaxation.

Wear loose clothing, such as leggings and a t-shirt and bring a yoga mat or exercise mat, along with a blanket for knee support and warmth in relaxation. All ages and mixed abilities are welcome. We adhere to COVID19 safety measures.

New members are advised to contact Pam beforehand in case the class is full. Pam is a fully qualified British Wheel of Yoga teacher with many years experience.

Please contact Pam Mathieson Tel: 0114 268 2709 Email: pam.mathieson@btinternet.com





The Village Green

The Village Green is the upper part of the field, north of the car park and school fence (red), together with the grassy walkway on the eastern side that leads down to the footpath to Hillcote Close.

This protected area is shown shaded with blue diagonal lines. On the field itself, the extent of the green is not marked out.

Wednesdays

Private Class

For more information visit heightsdancesheffield.com

The Heights Ballet and Theatre School

The Heights provides children's lessons in ballet, tap modern, theatre, street dance and contemporary. School pick up is available on Tuesdays and Wednesdays for those who attend Hallam Primary School.



Please contact Caroline Tel: **07714 025 122** Email: **heights4dance@yahoo.co.uk**

HCYA Section

Bridge

Ever fancy an evening's Bridge? You don't have to be an expert. Our only demand is that you are looking for some fun.

We'd love to see you on a Wednesday evening.

Be bold. Don't say to yourself "I don't think I'll be good enough". We can accommodate you and don't demand that you be an expert. More important that you want to have fun. We don't stand on ceremony. We are a friendly bunch. You don't even need a partner, we would provide one, should you come alone.

So, please just come along. We meet each Wednesday evening and settle down to play from 7:25pm. Over the course of the evening we aim to play some 24 or 25 exciting hands of duplicate Bridge. We charge everyone £1.50 "table" money each evening to cover our outgoings (these include tea, coffee and biscuits).

For more information visit our website **www.hcya.org.uk/activities**



Please contact Peter Pond Tel: 07919005535 Email: friends@hcya.org.uk

Wednesdays

HCYA Section

For more information visit our website **www.hcya.org.uk**

T'ai Chi

T'ai Chi is a gentle form of exercise suitable for young and old, whatever your fitness level. Its gentle, slow, movements help to exercise all parts of the body, improving balance and mobility and relieving stress.

In our small, friendly group we learn Tai Chi movements as well as breathing and stretching to promote well-being in a COVID safe environment. No previous experience of Tai Chi is necessary - we welcome anyone who would like to give it a try.

We meet on Wednesdays from 8:00pm to 9:30pm. Please wear light clothing and footwear. Please contact Gill Riley Tel: 0114 2305148

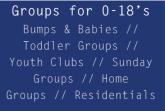


For more information contact office@slclm.org



St Luke's Church











Fun Friendship Faith

Thursdays

HCYA Section

For more information visit our website www.hcya.org.uk

Pilates

Why not come and join one of the Pilates classes?

Pilates will help you improve your posture, increase core stability and strengthen your back.

The classes run in term time only and bookings are taken for the half term. If you are interested give Tracey a call for more information and to arrange a booking. The classes are very popular so please check availability."

Please contact Tracey Wilson Tel: 07759274165 Email: tjwpilates@gmail.com

The Walkie Talkies

For more information visit **www.hcya.org.uk/walkie-talkies**



We walk every Thursday morning starting at 10.30am alternating approximately between shorter (4-6 miles) and longer (6-9 miles).

Meeting venues are arranged in advance and posted on our website. All walks are led by walking members, volunteering to lead on an occasional basis with help

and support from others if required.

If you would like to try this fun and beneficial form of exercise then some suitable hiking footwear, outerwear, a packed lunch and your enthusiasm are all that are required. Although we like to think of these outings as healthy we also consider it to be a social event and an optional visit to a local hostelry is usually arranged to restore our drained energy.

Please contact Dennis Dixon (Walkie Talkies Secretary): Text: 0114 2301398 Email: Friends@hcya.org.uk



Thursdays

HCYA Section

For more information visit our website **www.hcya.org.uk**

Yoga for the Young at Heart

This class is intended especially for the "young at heart" although it is open to anyone and no experience of yoga is necessary. As long as you can get down to the floor and up again you are fit enough!

The aim is to undo all the stiffness and the aches and stresses that have accumulated in our bodies over the years and also improve strength and suppleness.

We usually start on the floor with lots of gentle and relaxing warm up movements to get the joints mobilised and some simple techniques to improve breath awareness. This is followed by stronger strengthening movement and stretches that you can do at your own level and pace, and it's always fine to miss something out! I like students to take what they need from classes.. resting where needed or adapting. The purpose of these classes is to gently strengthen and mobilise our bodies so we can carry on enjoying the lives we lead.

We end with a period of relaxation. Classes are small to allow for individual attention and cost £7 a session. I am a Yoga Alliance UK teacher with over 8 years of experience and I specialise in teaching functional yoga. I'm also qualified to teach Somatic Yoga (no stretching, but an amazing way to release tight muscles and erase life long pain). I regularly blend the technique into the classes. You are welcome to come to just one class to see if you like it. Usually I can provide mats and but currently it's advised that students will need to bring their own. Please wear loose clothing and bring something warm to wear/or to cover yourself for the relaxation

Please contact Zoe Marciniak: Email: zoe@life-yoga.co.uk or friends@hcya.org.uk



360 Fulwood Rd Sheffield, S10 3GD **0114 230 9200**





Thursdays

HCYA Section

For more information visit

www.hallamartgroup.wordpress.com

Hallam Art Group

The Hallam Art group is one of the largest groups within the HCYA with a membership of up to 70 who give support to each other and to the group as a whole, both in the day to day running and with exhibitions. There is no selection process for new members. An interest is art is all that is needed.

We meet to paint weekly on Thursday evenings, 7.30 to 9.30pm in the main room of the Community Hall. Lessons are not provided, and the atmosphere is informal, but help is given if requested, and members enjoy the mutual creativity of the group. Members' work is also exhibited in various local venues.

Once a month we hold optional DVD presentation evenings in the side room, when learning from a professional and the following discussion is much enjoyed. We have an excellent library of DVD's and books to borrow.

The Autumn Exhibition on the 2nd and 3rd of October will be held in the Hallam Community Hall and on the May day weekend 2022 in the Botanical gardens 10.00am to 5.00pm each day.

For more information please contact: Isabel Blincow: iablincow@gmail.com Membership Secretary, Caroline Egglestone: rodney.egglestone@btinternet.com

For more information visit our website

www.hcya.org.uk

Hallam Wine and Beer Guild

Our wine tasting sessions are held in the Community Hall on alternate Thursdays beginning at 8:00pm

Tastings are either presented by Guild members or by an outside speaker from one of several wine merchants who are invited so we can sample and enjoy wines recommended by them from vineyards around the world.

Each year we have a few themed evenings where we enjoy a meal prepared by members with appropriate accompanying wines and we also have both a Summer and Winter BBQ.

Several events take place away from the hall during the year, for example a meal at a local restaurant, a trip to a brewery or even a night at the dogs! An early autumn holiday, usually abroad, is arranged each year and at Christmas we hold both a party in the Hall and a 'black tie' dinner dance at a local venue.

We are a very sociable group and as our membership is currently full, we operate a waiting list. If you are interested in joining us your name can be added to the list.

Please contact lan Saunders (Chairman) Email: hwg@saundersofsheffield.co.uk

Thursdays

Private Class

For more information visit heightsdancesheffield.com

The Heights Ballet and Theatre School

The Heights provides children's lessons in ballet, tap modern, theatre, street dance and contemporary. School pick up is available on Tuesdays and Wednesdays for those who attend Hallam Primary School.



Please contact Caroline Tel: **07714 025 122** Email: **heights4dance@yahoo.co.uk**

HCYA Section

HCYA Council Meetings

Monthly Thursday

The HCYA Council meet monthly.

The Council is formed of individual section reps and full members of the Association

including the Honorary Offers (Chair, Treasurer, Secretary and a few other positions). They help form HCYA policy and future direction. Meetings commence at 8pm and usually last around 90 mins with section reps reporting back to their members any relevant information. Meetings are currently held by Zoom.

For more information visit our website www.hcya.org.uk/activities



Fridays

HCYA Section

For more information visit our website www.hcya.org.uk

Rambling

Our walks take place on the last Friday of each month.

Walks are led by volunteers from the group and cover a distance of around 6 miles, followed by pub meal.

Starting times: Winter - 1 p.m | Summer - 2 p.m

Please contact Carol Hove:

Tel: 0114 2630184 Email: friends@hcya.org.uk





Indoor Bowling

Please contact Stuart and Wendy Wilson: Tel: 07980 259 285

This is a very social occasion. It is very much for pleasure, relaxation and fun (with the emphasis on fun).

Our sessions are held in the main hall of Hallam Community Center.We play throughout the winter months from mid September until approximately mid April. We play on large indoor mats stretching the full length of the hall and woods of various sizes and weights are provided.

Don't worry if you've never played before because that's how many of the present players started. If you are interested and would like to know more please contact us for details.



×

Fridays

HCYA Section

For more information visit our website www.hcya.org.uk/activities

Westside Wine Club

3rd Friday of the Month

Independent of the Thursday Wine and Beer Guild, Westside Wine Club is well-established and meets in the Community Hall at 7.45 pm on the third Friday of the month.

Our programme incorporates social events in the summer and winter. We are an informal sociable group with the aim of cultivating a good fellowship amongst our members and enjoy tasting both "affordable " wines as well as having the opportunity of sampling a selection of more expensive ones. Due to space restrictions our membership level is set at around 50 but we do have a waiting list. Those on the waiting list are invited as guests whenever possible.

Our objectives are to participate in wine tastings and samplings in order to learn more about the different types of vines grown around the world and the variety of tastes that expert blending creates. We hold a varied programme of events with presentations from professional wine experts as well as presentations from within our membership.

Please contact the Chairman, Christine Bowman Email: christine.bowman007@gmail.com

OR the Secretary, Pauline Young Email: **slayleigh@talktalk.net**



Private Class

For more information visit heightsdancesheffield.com

The Heights Ballet and Theatre School

The Heights provides children's lessons in ballet, tap modern, theatre, street dance and contemporary. School pick up is available on Tuesdays and Wednesdays for those who attend Hallam Primary School.



Please contact Caroline Tel: **07714 025 122** Email: **heights4dance@yahoo.co.uk**

Sundays

HCYA Section

For more information visit our website www.hcya.org.uk

Rambling

We walk on the second Sunday of the month and cover a distance of around 8 miles.

We take a packed lunch and also have a short coffee break in the morning. Walks are led by volunteers from the group.

Please contact Carol Hove Tel: 0114 2630184 Email: Friends@hcya.org.uk



Gardening

2021 marks the 30th year of our existence, and we would hope to be able to have some sort of recognition of this by the time of our anniversary in the summer.

Meanwhile we will continue with what became a favourite pastime in 2020, gardening in isolation or with family members.

The gardening section continues to own its collection of equipment. It costs $\pounds 10$ to buy into the equipment, and there has been a subscription of $\pounds 2$ per year thereafter. Over the years the most borrowed machine has been the shredder, the current one being our fifth. We also have a scarifier, hedge trimmers, lawn vacuum and ratchet branch loppers.

Please contact Trish Hill Tel: 0114 230 5872 Email: friends@hcya.org.uk





Ballet | Modern Theatre | Tap | Jazz Contemporary | Street Dance | Musical Theatre | Acro

Learning to dance is enjoyable as well as educational!

All of our teachers are professionally trained members of the Imperial Society of Teachers of Dance. We run a child friendly school enabling all of our pupil's from tot to teen to reach their own potential. Taught well and with care we can help our students gain confidence and poise as well as aiding the development of co-ordination, musicality and imagination.

VENUE:

Hallam Community Hall, Hallam Grange Crescent, S10 4BD

Please contact us for more information: heights4dance@yahoo.co.uk

heightsdancesheffield.com





Please complete your details below. If convenient, you may use this application form if there are two members at the same address who wish to make a combined payment. Please remember that each member must pay the full membership fee: Member 1: Full name and address (Block Letters Please)					
Mr/Mrs/Ms/other:	Name:				
Address:				Postcode	
Email:			Tel: Home/ Mobile:		
Sections to join:					
Member 2: Full r	ame (Block Le	tters Please)			
Mr/Mrs/Ms/other:	Name	:			
Email:			Tel: Home/ Mobile:		
Sections to join:					
Proposer (may l	be section lead	ler).	Seconder		
Name:			Name:		
HCYA Membership Number			HCYA Membershi Number	p	
OR: Address			OR: Address		
Postcode:			Postcode:		
PAYMENT: ⁻	The fee is for the yea Bank Transfer (£2		^t , 2022. Please tick ye (£23) If you jo		yment method: h 2022 the fee is £1 0.
*Please download and encl **Bank transfer to: Accourt				2)	
GIFT AID: If you can Gift Aid this and future subscriptions, please download and enclose a Gift Aid Form from www.hcya.org.uk					
Privacy Statement The HCYA uses the data you have provided on this application form to enable us to manage your membership of the Association and its Sections. The data will be held by the Association's Data Protection Manager and the Secretary/Administrator of any Section you join, for as long as you are a member of HCYA and for as long afterwards as is necessary to comply with our legal obligations. The data will be held securely in accordance with our GDPR policy which can be found on our website at www.hcya.org.uk.and will not be sold or transferred to any third party without your prior consent.					
Please TICK and SIGN here to confirm your agreement to your data being held by HCYA. Without this agreement we are unable to process your application for membership of HCYA					
Member 1 signature h	ere		Ň	Your tick here	
Member 2 signature h	ere			Your tick here	
Please return: 1) Your completed Membership form, 2) Direct Debit form (if applicable), 3) Gift Aid form (if appropriate) and, if paying by cheque, the Membership Fee to your SECTION REP listed on the website below or email to <u>friends@hcya.org.uk</u>					

www.hcya.org.uk/contact-us



See Membership Form on Reverse



www.hcya.org.uk friends@hcya.org.uk

Like us on Facebook!

