



[www.liss-triangle-centre.org.uk](http://www.liss-triangle-centre.org.uk)



# groups

## classes, clubs & societies

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Liss Community Association  
Registered Charity No.1050032



Hampshire  
County Council

# HEALTH & FITNESS



## Liss Runners

Wed 7—9.30pm &  
Sun 9.30—11.30am  
Sarah Wade 01730 231670  
[www.liss-runners.org.uk](http://www.liss-runners.org.uk)

## Pilates—Hey Joe

Mon 7—9pm  
Lucy Garrad 07717 021348  
[heyjoepilates@btinternet.com](mailto:heyjoepilates@btinternet.com)

## Pilates—Whole Body

Mon morning sessions  
Tue evening sessions  
Jane Crinnion 07753 868351  
[jane@wholebodypilates.co.uk](mailto:jane@wholebodypilates.co.uk)

## Pilates—Beth Ellis

Thurs 9.30—10.30am  
Beth Ellis 07734 908205  
[bethellis101@gmail.com](mailto:bethellis101@gmail.com)  
[www.poisepilates.co.uk](http://www.poisepilates.co.uk)

## Walking for Health

Tues & Thursday 10.15am  
Charmian Porton 01730 891306  
or Kirsty Cope 01730 234067  
EHDC Active Lifestyle Co-ordinator

## Tai Chi

Wed 12—1pm  
Joyce D'Silva 01730 301262  
[joycedsilva@yahoo.co.uk](mailto:joycedsilva@yahoo.co.uk)

## Yoga—Lee Breeze

Mon 7.30-9pm  
01730 895126 / 07740 928043  
[lee.breeze@ntlworld.com](mailto:lee.breeze@ntlworld.com)

## Yoga—Hatha

Wed 7—8pm / Sat 8.30—9.30am  
Sharon Downes  
01428 480581 / 07879 844574

## Yoga—Hatha

Wed 10am –11.15 am  
Thurs 7.30pm – 8.45 pm  
Maria Anderson 07984 462087  
[maria@wild-nest.com](mailto:maria@wild-nest.com)



4th Wednesday of every month  
2—4pm at The Triangle  
NO APPOINTMENT NEEDED  
03444 111 444  
[www.citizensadviceeasthampshire.org.uk](http://www.citizensadviceeasthampshire.org.uk)



## Village Agent

Ray Betsworth  
[villageagent@ageconcernhampshire.org.uk](mailto:villageagent@ageconcernhampshire.org.uk)  
[www.ageconcernhampshire.org.uk](http://www.ageconcernhampshire.org.uk)



## INTERESTS

### **Liss Archaeology Group**

Various dates

Chris Wilkins

[lissarchaeology@gmail.com](mailto:lissarchaeology@gmail.com)

[www.lissarchaeology.uk](http://www.lissarchaeology.uk)

### **Liss Area Historical Society**

Third Wed of month 7.30pm

Penny Briggs 01730 892297

[www.lissareahistorical.co.uk](http://www.lissareahistorical.co.uk)

### **Liss Horticultural Society**

Monthly on Tuesdays 7.30pm

Mike Boocock 01730 893569

[www.liss-horticultural-society.co.uk](http://www.liss-horticultural-society.co.uk)

### **EHSS East Hampshire Self-Sufficiency Group**

Second Wed of month

7.30—10.30pm

Dru Furneaux 07910 335073

[www.ehss.org.uk](http://www.ehss.org.uk)

### **Liss Bridge Club**

Thur 6.45—10pm

Clare Davies 01730 895196

### **Liss Investment Club**

First Mon of month 8pm

Mike Carter 01730 892657

### **Triangle Book Club**

Third Wed of month, 1.30—3pm

Triangle office 01730 301000

### **Triangle Computer Club**

Mon 5—7pm

The Triangle 01730 301000

## ART & CRAFT



### **Life Drawing**

Fourth Wed of month 6.30pm

[georgespearl@me.com](mailto:georgespearl@me.com)

01730 266833

[petersfieldartsandcrafts.org.uk](http://petersfieldartsandcrafts.org.uk)

### **Exploring in Paint (& Other Media) Fri 2—4.30pm**

Lee Breeze

01730 895126 / 07740 928043

[lee.breeze@ntlworld.com](mailto:lee.breeze@ntlworld.com)

### **BLACS Bramshott & Liphook Art & Crafts Society**

Workshops: Sat 10am—4pm

Various dates

Ann Cruickshank 01428 725269

[anncruickshankdesign@googlemail.com](mailto:anncruickshankdesign@googlemail.com)

[liphookartsandcrafts.org.uk](http://liphookartsandcrafts.org.uk)

### **Learn to Paint**

Mon & Thur 9.30—11.45am

Trevor Glover 01730 894397

[trevorglover@hotmail.co.uk](mailto:trevorglover@hotmail.co.uk)

### **PACS Petersfield Arts & Crafts Society**

Saturday Workshops 10am—4pm

Various dates

Kim Archer, Workshops Coordinator

[pacsworkshop@gmail.com](mailto:pacsworkshop@gmail.com)

07813 942479

[petersfieldartsandcrafts.org.uk](http://petersfieldartsandcrafts.org.uk)

### **Liss in Stitches**

Third Tue of month 7.30—9pm

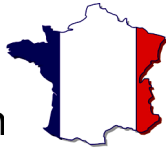
Sue Organ 01730 262904

[lissinstitches.wordpress.com](http://lissinstitches.wordpress.com)

# LANGUAGES

## FRENCH

Level 3 Mon 2—3.30pm  
Level 2 Tues 9.30—11am  
Level 4 Wed 9.30—11am  
Lee Breeze 01730 895126  
[Lee.breeze@ntlworld.com](mailto:Lee.breeze@ntlworld.com)



## ITALIAN

90 min classes  
Various levels:  
Thur 10.30am—2pm  
Fri 8.30am—2.30pm  
Francesca Ardiccioni  
07814 903253 / 01420 562136  
[ardiccioni@gmail.com](mailto:ardiccioni@gmail.com)



# YOUNG PEOPLE

## Pilates for Young People

Mon 5.30—6.30pm  
Jane Crinnion 07753 868351  
[jane@wholebodypilates.co.uk](mailto:jane@wholebodypilates.co.uk)

## Liss Forest Ballet School

Sat classes 9.10am—12.30pm  
Yolande Parkin 02392 596676  
[www.lissforestballetschool.co.uk](http://www.lissforestballetschool.co.uk)

## Cookery Club

Sat—2-4pm  
Bi-weekly during term time  
[www.thenaturalcookcompany.com](http://www.thenaturalcookcompany.com)  
01428 86 22 86 / 07970 171 836

## Triangle After School Club

Mon—Fri 3.15—6pm  
Sandy Turner 07504 997166  
[triangleafterschoolclub@gmail.com](mailto:triangleafterschoolclub@gmail.com)

## First Steps Pre-School

Mon—Fri various times  
Jane Fisher 07775 517185  
[jane.m.fisher@btinternet.com](mailto:jane.m.fisher@btinternet.com)

## Open Door Parent & Toddler

Fri 9.30am—12 noon  
Karen Lowe 01420 472637

## Child Health Clinic

Tues 9.30—11am  
Liss Team 0300 0030285

## NCT B.A.B.I.E.S

Tues 9.30—11am  
Sarah Bowsher  
[sarah.bowsher65@btinternet.com](mailto:sarah.bowsher65@btinternet.com)



We can provide a cold buffet for weddings, parties, wakes, christenings, business meetings  
We can also provide hot and cold drinks.  
Costs to suit all budgets. Minimum one week's notice required.  
Please contact The Triangle office for more details.



Wednesdays 3—4pm

Annie 01730 300659 | Angie 01730 890073 | Sue 01730 300921