

Triangle News

The newsletter of Liss Community Association

Summer 2014

Annual Arts Exhibition

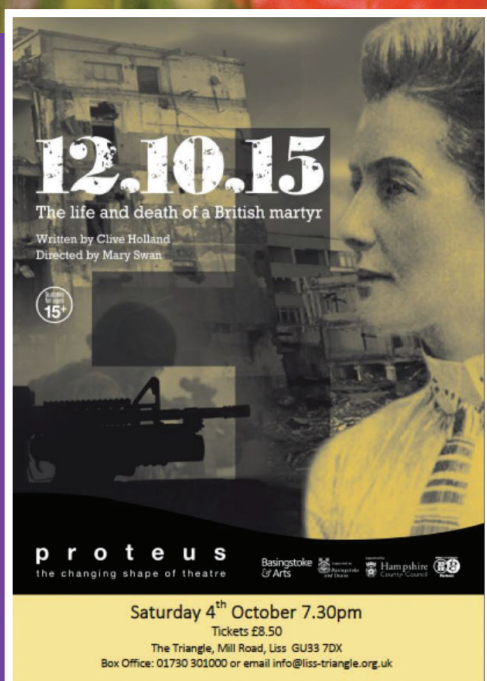


New Foreign Film Season and cinema dates



proteus perform
12.10.15

Hard hitting, intelligent and contemporary, '12.10.15' explores the female perspective of conflict and lifts the lid on one of the great untold stories of WW1.



The story of Edith Cavell, a caring and compassionate nurse who worked in occupied Belgium during the "war to end all wars", is revealed and recounted by a war hardened, weary and cynical contemporary female war correspondent.

One hundred years after the outbreak of the First World War, what have we really learned? Could Edith Cavell's death have been avoided? Was she used as a propaganda tool by the British Government? And in the 21st century theatre of war, are aid workers, journalists and civilians murdered and martyred as Cavell was, in the hope that a jaded world will listen?

Saturday 4th October
7:30pm
Tickets £8.50

So much going on! Check out the classes, clubs & courses available at the Triangle

TRIANGLE ARTS EXHIBITION

Wednesday 29th October – Sunday 2nd November 2014.

Are you an artist interested in displaying your work? Entries for the annual Arts Exhibition at the Triangle are now being invited. Please get in touch by calling the office on 01730 301000 or simply download an application form from the website. Entries are welcomed from all areas including, but not limited to, ceramics, paintings, textiles, jewellery, woodwork, sculpture and glassware.

The work displayed is of a very high standard so why not come down and have a look and perhaps purchase a unique Christmas present.

WOULD YOU LIKE TO FEEL FABULOUS?

Half day workshop on **Saturday 27th September**. This workshop will be fun and packed with information and learning. There is a special early bird price for the first eight places of £35, and £49 thereafter. Bring a friend as you can buy 2 places for £60!

For more information visit www.suebakerwellbeing.com or contact Sue on 01730 893713 or hell@suebakerwellbeing.com



September 27th The Love Punch

Cert. 12A, 94 mins, starring Pierce Brosnan, Emma Thompson, Timothy Spall & Celia Imrie.



October 18th Edge of Tomorrow

Action/sci-fi, 113 mins, cert 12A. Starring Tom Cruise, Emily Blunt, Bill Paxton.



November 15th Belle

Drama, 104 mins, cert 12A. Starring Gugu Mbatha-Raw, Tom Felton, Miranda Richardson.



NEW SEASON FOREIGN FILMS



October 1st Untouchable

Comedy/drama, French subtitled. 112 mins, cert 15. Starring Francois Cluzet, Omar Sy and Anne Le Ny.

Further titles are still to be confirmed, please check the website or notice boards for an update. All the films will be subtitled and will alternate between French, Spanish, Italian and German.

COMPUTER CLUB

The ever popular computer club will be starting again in the Autumn. Details are still to be finalised, however, if you are not on our mailing list please contact the office with your email address so we can update you as soon as details are finalised, or keep an eye on the website and notice boards.



REFURBISHED TOILETS

We are delighted to announce that the long overdue refurbishment of the toilets is well under way! The ladies is completed and the men's, disabled and children's toilets should be finished before Christmas.

The trustees wish to thank everybody who has helped with fundraising or donated funds for the refurbishment.

PROJECTIONIST REQUIRED

Do you enjoy the Triangle Cinema Nights? Are you looking for a new challenge? Would you like to be part of the cinema team? We require a projectionist for the monthly films, starting in September. If you are interested and can commit to regular availability, we will train you to use the projector and sound system, and of course you get to watch the films for free! Contact Sally on 01730 301000 or email info@liss-triangle-centre.org.uk

LISS HAS TALENT 2014

Do you fancy a night out to see something different? Why not pop down to the Triangle to support Liss Has Talent.

A showcase from local people of all ages sharing their hidden talents with the community. If you fancy joining in but have missed the billing sessions, it's not too late, contact Roy on 01730 300725 or



07545 448033.

Performance starts at 7:30pm, tickets £6 adults, £3.50 children.

MONTHLY INDOOR MARKETS



Come down to our Saturday morning monthly indoor market. There is something for everyone from crafts, cards and ceramics to textiles, soaps and preserves.

Forthcoming dates:

Saturday 6th September, 4th October and 8th November, between 9:00am and 12:00pm.

RUNNING BEAR PHYSIOTHERAPY & ACUPUNCTURE

Bookings are being taken now.

RUNNING BEAR
Physiotherapy & Acupuncture

- Physiotherapy
- Acupuncture
- Sports Massage
- Personal Training
- Sports Specific Workshops
- Joint Mobilisation
- Stretching Techniques
- Lower back pain
- Joint Pain
- Sciatica

Alex Coomber BA (Hons)
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Chartered Physiotherapist
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OLYMPIC MEDAL WINNING
PHYSIO (SALT LAKE 2002)

PRICE GUIDE:
Initial Assessment 45 mins - Treatment Sessions 30 mins
All sessions £30 adults - £15 age 16 and under
Fully mobile service - have treatment in the comfort of your own home!
Book and pay for 3 sessions in advance receive £5 discount per session

NEW CLINIC OPENING AT THE TRIANGLE CENTRE IN SEPT.
RING/EMAIL FOR MORE INFO.

FIRST EVER BEER FESTIVAL!

Saturday 23rd August saw Liss's first ever beer festival held at The Triangle.

The event proved to be a popular occasion & was attended by over 300 people. The festival supported the local community by offering 14 locally sourced beers & ciders, local catering included The Shah Manzil & local bands performed throughout the day with The Hanging Tree rounding off the evening with a great set. Due to it's popularity it will hopefully become a yearly event.



Various clubs and classes going on throughout the week...

Adult Education Classes

French, Italian and German at various levels. Please see our website or enquire at reception for details.

Art Classes

Learn to paint
Exploring in paint & other media.
Petersfield Arts & Crafts Society –
Next Workshop 13th September.

Children & Young People

Child Health Clinic
Triangle After School Club
Triangle Pre-School
Parent & Toddler Groups
Breast Feeding Support
Woodcraft Folk
Tiny Talk
Petersfield Academy of Dance
Liss Forest Ballet School
Brownies

Fitness & Wellbeing

Liss Forest Ballet School
Yoga
Pilates
Liss Runners
Walking for Health
Shiyong Tai Chi
Slimming World

Special Interest Groups

East Hampshire Self Sufficiency
Liss Area Historical Society
Liss Horticultural Society
Liss Knitting Club
Liss in Stitches
Liss Investment Club
Liss Bridge Club
Liss Archaeology Group
Genealogy Group
Rogate Bowls Club Social

Find us on Facebook



www.facebook.com

Tickets £6.00 adult when bought in advance, £7.00 on the door. Doors for all films unless specified open at 7pm for film at 7:30pm. Further details of each film, together with programme times, can be found on the Triangle website.

Health & Fitness



The Triangle has something on offer for everyone. Whether you like fast pace exercise; keeping fit in a more gentle and sociable setting; or fancy trying something new, have a look at the variety of classes, clubs and services available at The Triangle.

HEY JOE! PILATES

When he was eighty-six years old, Joseph Pilates said "I must be right. Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They'd be happier." So, if you're eighty-six, or sixteen, drop Lucy a line on 07717 021348 or visit www.heyjoepilates.com, and together you'll see if you can be as healthy (and as confident...) as Joe Pilates! Standard or Core classes on Monday from 7pm.



LISS RUNNERS

Tired of the local gym? Why not join the Liss Runners at The Triangle, who cater for all categories of runners from novice to experienced. Must be over 18 years old. Meet every Wednesday at 7 – 8:30pm & Sunday 9:30 – 11:30am. Visit www.liss-runners.org.uk.

SHIYONG TAI CHI

A practical approach and method of learning that is simple, relevant and useful in daily life. The course deals with learning the underlying principals of Tai Chi and Qigong that are beneficial to health and is particularly beneficial for stress management and deep relaxation. Meets every Friday 1:15pm at The Triangle. Contact Gareth on 07790793859 or email shiyongtaichi@yahoo.co.uk.



WALKING FOR HEALTH

Meets every Tuesday & Thursday 10:15am at the Triangle for short, sociable & safe walks led by trained leaders. The Liss group is small & friendly & always welcomes new members. Why not join us to improve your health & mobility while making new friends. Contact Charmian Porton on 01730 891306.

YOGA FOR ALL WITH LORRAINE GROCCOTT

Tuesday 10am at The Triangle (starting on 23rd September). The course will help you learn to relax through breathing exercises and meditation and will focus on posture work to enable you to work to your own particular physical situation. Run by Alton Community, contact 01420 85057 or for an enrolment form visit www.altoncommunitycentre.org.uk/adulteducation.asp



GENTLE YOGA

With Lee Breeze. Monday at 7:30pm at The Triangle. Contact Lee on 01730 895126 or 07740928043 or email lee.breeze@ntlworld.com

AROMATHERAPY

The use of essential oils in the treatment of the physical & mental imbalances of the body, combined with massage, enhance both their effects.

Clinic is held all day Thursday & Friday morning. Contact Maureen Dugan on 01730 893923.

REMEDIAL MASSAGE

A combination of holistic and sports therapy to treat soft tissue injuries to relieve pain and swelling and encourage healing, concentrating on the area affected. Offers relief from stress, aches and pains and minor injuries.

PILATES

Pilates is excellent for improving your posture and increasing your strength and fitness, and can be used to great effect for all kinds of musculoskeletal issues.

New for the autumn term – Monday 9:30am, all levels welcome. Increase your flexibility, alignment and general well-being with Jane, a Pilates Foundation-trained teacher. Call Jane any time to discuss how Pilates could benefit you. Limited spaces so booking essential. Contact on 07753 868351 or email jane@wholebodypilates.co.uk. Starter and core sessions available depending on experience, call Lucy now to book a class.

For further information on all of the above please call the office on 01730 301000, visit www.liss-triangle-centre.org.uk or email info@liss-triangle-centre.org.uk.

