

Health & Wellbeing:

Yoga – Susan Ainscough - 07582 547208

Pilates – Marie Dunn - 07975743370

T'ai Chi – Sue Rimmer – 01704 822519

Feldenkrais Method – Molly Jaeger – www.feldenkrais-lancs.weebly.com /
mollycjaeger@gmail.com

Mindfulness & Yoga – Ann Pennell – 07773 716237 /
ann@westlancsmindfulness.com

Arts & Crafts:

Cedar Beaders – Marlene – 07754 941372 / 01282 772896 /
mmbdgjazzy@aol.com

Ruskin Lace – Karen Quickfall – 01257 450339 / Karen.quickfall@talktalk.net

Croston Quilters – Pat Galvin – patricia.galvin@gmail.com

Douglas Valley Quilters – Lynne Prescott – 01704 808626 /
lynneprescott1@gmail.com

One Step On – Marguerita McBride – macbeezz@sky.com

Oil painting classes – Chris Mcloughlin – www.chrismcloughlin.co.uk /
07841046373 / info@chrismcloughlin.co.uk

Sewing classes with Louca – Louise – 07845 902999 / loucadesigns@aol.com