



## Strictly No Falling classes in: Erewash



Organisation/ group	Address 1	Address 2	Address 3	Instructor name	Contact No.	Day	Time	Class details	Cost
Charnos Hall CBE & Otago 1	Charnos Hall, Ilkeston Community Hospital	Heanor Road, Ilkeston	DE7 8LN	Michelle Edmonds-Jackson	07983 456286	Mon	9.45-10.45	CBE/Otago	£4.00
Charnos Hall CBE & Otago 2	Charnos Hall, Ilkeston Community Hospital	Heanor Road, Ilkeston	DE7 8LN	Michelle Edmonds-Jackson	07983 456286	Mon	10.45-11.45	CBE/Otago	£4.00
Ilkeston CBE Exercise for the Heart	United Reform Church Hall	St Andrews Drive, Ilkeston	DE7 5FE	Jane Bancroft	07930 975681	Mon	1.00-2.00pm	CBE/Otago	£4.00
Ilkeston CBE/Otago	United Reform Church Hall	St Andrews Drive, Ilkeston	DE7 5FE	Jane Bancroft	07930 975681	Thu	10.00-11.00am	CBE/Otago	£4.00
Breaston CBE/Otago	Breaston Methodist Church Hall	Breaston	DE72 3DX	Jo Briggs	07837 277252	Mon	11.00 - 12.00	PSI	£3.50
Ilkeston Tai Chi 2	Flamsteed Centre	Albert Street, Ilkeston	DE7 5GU	John Collinson	07768 279583	Mon	1.30-3.00pm	Tai Chi	£3.00
Long Eaton CBE/Otago 2	St Marys Church	Wilsthorpe Road, Long Eaton		Maria Sladen	07979 536413	Thu	2.00-3.00pm	PSG	£4.00
Borrowash Tai Chi	St Hughe's Church Hall	Derby Road Borrowash	DE72 3HB	Janette Jackson	01332 348903	Mon	1.00-2.00pm	Tai Chi	£4.00
Epha House CBE	Epha House	Shipley Common Lane		Lesley Beresford	07855 409858	Tue	10.00-11.00	CBE	£3.00
Ilkeston Fire Station CBE/Otago	Ilkeston Fire station	Derby Road, Ilkeston		Maria Sladen	07979 536413	Thu	10.30-11.30	CBE/Otago	£3.50



## Strictly No Falling classes in: Erewash



Organisation/ group	Address 1	Address 2	Address 3	Instructor name	Contact No.	Day	Time	Class details	Cost
The Green Asda CBE/Otago	Long Eaton United Reform Church	Ilkeston	NG10 1HQ	Michelle Edmonds	07983 456286	Mon	12.30-1.15	CBE/Otago	See instructor
Little Eaton Tai Chi	Village Hall	Vicarge Lane, Little Eaton	DE21 5EA	Carol Gascoyne	07920 080443	Tue	8.15-9.15pm	Tai Chi	£5.00
Horsley Tai Chi	Horsley Village Hall	Church Street, Ilkeston	DE7 6GE	Janette Jackson	01332 348903	Wed	11.00-12.00	Tai Chi	£5.00
Lace Maker Court CBE/Otago	Lace Maker Court	Tamworth Road, Long Eaton	NG10 1BH	Michelle Edmonds-Jackson	07983 456286	Wed	12.15-1.15	CBE/Otago	£3.00
West Hallam CBE	Methodist Church Hall	1 Kiln Close, West Hallam	DE7 6JN	Marian Robinson	07961 264893	Thu	10.30-12.00	CBE	£2.50
Sandiacre PSI	Sandiacre Town Football Club	Stanton Road	NG10 5DZ	Michelle Edmonds	07983 456286	Thu	2.00-3.00pm	PSG	£5.00
Sandiacre PSI (2)	Sandiacre Town Football Club	Stanton Road	NG10 5DZ	Michelle Edmonds	07983 456286	Thu	12.45-2.00pm	PSG	£5.00
Draycott PSI	Draycott Table Tennis Centre	New Street	DE72 3LZ	Michelle Edmonds	07983 456286	Tue	12.45-1.45pm	PSG	£5.00
Long Eaton Tai Chi - Beginners for Arthritis 1	Broad Street Spiritualist Church	Broad Street, Long Eaton	NG10 1LF	Julie Barker	07944 111190	Thu	7.30pm-8.30pm	Tai Chi	£5.00
Long Eaton Tai Chi - Improved for Arthritis 1	Broad Street Spiritualist Church	Broad Street, Long Eaton	NG10 1LF	Julie Barker	07944 111190	Thu	6.30pm-7.30pm	Tai Chi	£5.00
Long Eaton Tai Chi - Beginners for Arthritis 2	Petersham Hall	Grasmere Road, Long Eaton	NG10 4DZ	Julie Barker	07944 111190	Mon	2.45pm-3.45pm	Tai Chi	£5.00



## Strictly No Falling classes in: Erewash



Organisation/ group	Address 1	Address 2	Address 3	Instructor name	Contact No.	Day	Time	Class details	Cost
Long Eaton Tai Chi - Improved for Arthritis 2	Petersham Hall	Grasmere Road, Long Eaton	NG10 4DZ	Julie Barker	07944 111190	Mon	1.30pm-2.30pm	Tai Chi	£5.00
Borrowash PSG	St Hughe's Church Hall	Derby Road, Borrowash	DE72 3HB	Teri Brealey	07531 995822	Wed	10.00-11.00	PSG	£4.00
Littlewick Otago & CBE	Littlewick Medical Centre	42 Nottingham Road, Ilkeston	DE7 5PR	Maria Sladen	07979 536413	Wed	10.00-11.00	Independent	£4.00
Petersham CBE 1	RAFA drop-in Centre	Grassmere Road, Long Eaton	NG10 4DZ	Marian Robinson	07961 264893	Mon	11.00-12.30	CBE	£2.50
Petersham CBE 2	RAFA drop-in Centre	Grassmere Road, Long Eaton	NG10 4DZ	Marian Robinson	07961 264893	Mon	2.00-3.30	CBE	£2.50
Little Eaton PSG	OAP Hall	20 Barley Close, Little Eaton	DE21 5DJ	Teresa Williams	0777 234 4450	Thu	11am-12noon	PSG	£4.00