



Report for Tai Chi Relaxation...

The Tai Chi has been very popular and well attended, so well in fact that it has been split into two classes! It is a very relaxed class learning all of the essentials of the Yang style forms. We also now include chikung once a month which is very popular across all of the classes and is based on Chinese traditional medicine and philosophy, rather than a martial art form like Tai Chi. While the second class is currently full, there are a handful of spaces in the beginners class. There are a range of participants (it's not just for old people). This is held on Thursdays at 10am for the beginners class and 11am for the intermediate group. You'll improve balance, mood, coordination, strength, sleep and so much more. Everyone receives a free bi-monthly magazine with interesting articles, puzzle pages and colouring pages – something for everyone.



Report for Marine Cadet Force

Our group for youngsters aged 9+ has been running for almost a year. While small, we have the most amazing bunch of youngsters and all of the staff look forward to our Friday evenings! Due to the experience and knowledge of the staff, we teach from across the three main services, giving a wide range of knowledge to them. We've enjoyed shooting with the Bell Target club, we spend a lot of time outside and have learned a lot of fieldcraft and helped to encourage the youngsters to be fitter. At the end of last year they all completed their 'heartstart' badge which we continue to practice. We've even done cooking and tasting – everything from ration packs to home made cake!

In 2023 we were proud to be able to help out at the Illuminated Boat festival and we also attended the Remembrance Service which is extremely important to us.

There is lots of space for new cadets and instructors. Most of the time we operate as a 'uniformed youth club' making it fun and enjoyable for all. We meet on a Friday evening at 19:00 hrs finishing at 21:00 hrs and charge £15 per month. Here's a couple of photos...

