

Centre News

Last month we included an article about a Film Premiere held on the 4th May 'Semolina Pilchard'. What we failed to say was a huge 'Thank you' to the Frodsham Film society who were an integral part of this event. Several members of the group turned up at short notice to set up the Film society's projector and speakers. The organiser of the film event and creator of the film 'Matthew George Walsh', praised the high quality of the film projection and sound. Frodsham Film Society meet at the Centre every month and have a noticeboard in the foyer of their upcoming film showings.

Thank you to all of the FCA Members and group reps that attended a very warm FCA AGM on the 24th June.

Frodsham Panto Group

Our next show is Sleeping Beauty which runs from the 3rd to 9th January 2027. But preparation for this show started as soon as Peter Pan finished! In February the Production team were finalised and scripts reviewed to finally decide on Sleeping Beauty by Ben Crocker. The Production team then spent many an evening discussing song choices and characters within the show. On the 7th June a morning workshop was held at the Centre in which children and adults could learn more about the show and meet the team. They also learnt a song and dance from the show and practiced some extracts from the script. Principal auditions were then held on the Friday 12th evening and Ensemble all day on the Sunday 14th June. We had over 60 people auditioning and many of them were new to Frodsham Panto which is great to see. Offer emails then went out the following week and we now have our wonderful cast in place ready for rehearsals to start in September.

Date For Your Diary!
PANTO TICKETS ON SALE
1ST NOVEMBER
ON TICKETSOURCE

200 Club Winners-June

No 55	E Jennings	£1000
No 42	B Price	£300
No 7	G Jones	£50
No 122	I Paddock	£25
No 102	RA Young	£15
No 46	B Williams	£15



Pause, Power and Purpose
with Ellie and Hayley

A 3 HOUR PERI/MENOPAUSAL RETREAT

A nurturing 3 hour session designed to support you through peri/menopause. You'll leave feeling supported, informed and inspired.

YOUR 3 HOUR RETREAT INCLUDES:

- EMOTIONAL WELLBEING SUPPORT**
Compassionate support to help you navigate the emotional ups and downs of peri/menopause.
- CLINICAL MENOPAUSAL GUIDANCE**
Expert guidance on menopausal symptoms, treatment options and HRT.
- MINDFULNESS & RELAXATION**
Gentle mindfulness practices to calm the mind and ease tension.
- BREATHWORK**
Powerful breathwork techniques to support balance, energy and wellbeing.
- CREATIVE WELLBEING ACTIVITY**
Enjoy a creative activity to spark joy, self-expression and relaxation.
- NUTRITION SUPPORT**
Practical nutrition advice to support your hormones, energy and overall wellbeing.
- REFRESHMENTS & CONNECTION**
Refreshments and connection in a calm, welcoming environment.

DATE: 5th September 2026
TIME: 3 - 6pm
VENUE: Frodsham Community Centre

Take time for you. You deserve to feel like yourself again.

INVEST IN YOU
EARLY BIRD £35 | BRING A FRIEND £60
NORMAL PRICE £40
SUPPORTERS FOR PERSONS TO SECURE BOOKINGS
EMAIL TO BOOK: menopausecenterbyhayley@gmail.com

PAUSE. RECONNECT. EMPOWER. THRIVE.
You are not alone, we are here to support you.

The Joe Beswick Sandstone Trail Challenge



Back in May the Joe Beswick Sandstone Trail Challenge once again used the Community Centre as one of its check points for runners. The Sandstone Challenge is a point-to-point journey across one of the most inspiring long-distance trails in the North West. Organised by Helsby Running Club - it's also one of the most welcoming. In one day out runners pass through three counties and thousands of years of history. If you've ever dreamed of stepping up to a long trail challenge but wanted something supportive, runnable and rooted in community spirit, this is your start line.

Check out the Helsby Running Club website for details of the 2027 event.





Frodsham Community Centre

Fluin Lane, Frodsham WA6 7QN

01928 732222

centre.frodcomm.org.uk

Fri 3 Jul 26 10:00 AM	webuyvintage	Valuation Day webuyvintage	07452 956149 roadshows@webuyvintage.co.uk
Thu 16 Jul 26 01:45 PM	U3A	Joyce Grenfell Jean Finney	07845 635721 karenlaird@btinternet.com
Tue 21 Jul 26 07:30 PM	Frodsham Guild	River Weaver Mac Carding	07730 403077 rjtone@aol.com
Sun 26 Jul 26 10:00 AM	Motor Show	Cheshire Motor Show Frodsham Rotary Club	07774 680059 secretary@fhrotary.org.uk
Wed 5 Aug 26 07:30 PM	Stroke Club	Bingo Stroke Club	07766 982757 jkpkpasha@googlemail.com
Wed 12 Aug 26 09:00 AM	EVOLVE workshop	Holiday Camp EVOLVE	07455 919616 eleanor.r.w2002@gmail.com
Thu 13 Aug 26 09:00 AM	EVOLVE workshop	Holiday Camp EVOLVE	07455 919616 eleanor.r.w2002@gmail.com
Fri 14 Aug 26 09:40 AM	Bloom Baby-special	Bloom Baby Specials start times on website	07858 416472 becca@bloombabyclasses.com
Wed 19 Aug 26 09:00 AM	EVOLVE workshop	Holiday Camp EVOLVE	07455 919616 eleanor.r.w2002@gmail.com
Thu 20 Aug 26 01:45 PM	U3A	Soldiers on the Streets, Warships on the Mersey David Hearn	07845 635721 karenlaird@btinternet.com
Thu 20 Aug 26 09:00 AM	EVOLVE workshop	Holiday Camp EVOLVE	07455 919616 eleanor.r.w2002@gmail.com
Thu 27 Aug 26 01:00 PM	Blood Donation	Blood Donation session NHS	claire.graves@nhsbt.nhs.uk
Tue 1 Sep 26 10:00 AM	Alexander Technique	Alexander Technique Alice Burke	07745 800933 alicecb22@gmail.com