We are in this together - and we will get through this, together. "

UN Secretary-General António Guterres

This week, marks 5 years ago since the start of the first COVID Lockdown and for us at St Nic's a new way of working and for us all a new way of living.

The quote above fits just as well then as it does now in that our school is at its most wonderful, best when our St Nic's family comes together.

Have a wonderful weekend Mr Lincoln and the Senior Leadership Team

1. COMMUNICATION

- Website: please check the website for answers to queries before contacting the office. General information can be found under the Parents & Carers tab. Bulletins/letters are under Parents & Carers > News & Events.
- Email: office@stnm.org.uk please do not email staff directly (unless agreed previously).
- Calendar: Follow the link for instructions on how to <u>use or subscribe</u> to the calendar.
- Language of the Month: British Sign Language (BSL).
- Sign of the Week: Spring
- Facebook page: facebook.com/stnmschool
- 2. DATES AND EVENTS: click here for the dates list.
 - Tuesday 25 March: Year 5 River Walk
 - Tuesday Ist April 2pm: KS2 Easter Service @ St Mary's (Note change of original date)

3. REQUESTS, REMINDERS AND GENERAL NOTES

- a. **Stranger Danger Update:** Please note that it is possible that you may see the individual in the local area, but if he is seen loitering around the school premises, please report this directly to the police. The police are continuing to support and update the school with regards to this matter.
- b. **Trading Cards and Toys:** children must not bring in trading card collections into school, this includes cards from Yoyo fruit snacks. Also, a gentle reminder that toys should not be brought into school.
- c. **Arbor Payments has now replaced sQuid:** Please note that we are no longer using sQuid for payments and have moved to Arbor Payments. Further information can be found on the school website https://www.stnicolasmary.w-sussex.sch.uk/page/?title=Online+Payments&pid=1337
- d. Spaces in Samba Band: St Nic's Samba Band are looking for extra band members! Now open to years 3, 4, 5 and 6! We rehearse on Tuesdays straight after school until 4.10pm. The fee for the summer term will be £30. Please email Mrs Ellis if your child is interested office@stnm.org.uk
- e. Little Fishes Nursery 30 Hour Free Childcare Code Reminder Just a reminder to apply now to ensure you have renewed your 30 hours free childcare code by 31 March 2025. Log in to your childcare account to check your details are up to date and reconfirm your eligibility by 31 March 2025 to ensure you continue to be eligible for 30 hours free childcare gov.uk/sign-in-childcare-account.
 - Contact the HMRC helpline if you are experiencing issues applying or reconfirming on 0300 1234 097.
- f. Free School Meals (FSM) Means-tested FSMs are provided to children whose families meet specific incomerelated criteria. If you think your child may be eligible for FSMs and you are not already in receipt of them, please apply before the end of March 2025 to ensure your claim and future funding are protected. Only applications processed before I April 2025 will maintain transitional protection.
 - **Transitional Protection Arrangements –** From 1 April 2025, the Government's transitional protection arrangements for means tested Free School Meals (FSM) will end. Any eligible claims confirmed from this date will no longer be protected. This means any child confirmed as eligible for free school meals from 1 April 2025 will be subject to ongoing checks to confirm continued eligibility. This will not impact any children who are already confirmed as eligible. Those already confirmed as eligible will maintain their eligibility until the end of

their current phase of education. At that point, they will be re-assessed for their eligibility status. This will apply to all year 6 moving into year 7 in September 2025. These children will then be subject to ongoing checks to confirm continued eligibility. For further information and to check your eligibility please click on the following link - https://www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/free-school-meals/

Please send any queries to the Free School Meals Eligibility Team at fsm@westsussex.gov.uk

g. FSM Vouchers for Easter School Holidays 2025 - West Sussex County Council is pleased to confirm that families with Free School Meal (FSM) eligible children will, once again, be entitled to a voucher for each FSM child during the upcoming Easter school holiday 2024. FSM eligible families in West Sussex will be entitled to a £10.00 voucher per FSM child per week, which is a total of £20 per FSM child for the two-week holiday. Free School Meal vouchers for Easter school holiday 2025

Any queries or issues can be directed to support@evouchers.com in the first instance or for further queries, please contact welfarecommunities@westsussex.gov.uk

- 4. Christian Values Creativity Competition: This week we have been exploring our value of creativity and thought about the many different forms our creativity can take, whether it be artwork, music, photography, writing, dance, drama or gymnastics. In the assembly on Tuesday, I launched a competition which invites the children to share examples of their own creativity linked to our school values: creativity, friendship, compassion and respect. If your child would like to enter, they can submit an entry based on any or all of our school values. They can work independently or as part of a group with their peers (demonstrating friendship). Entries can include:
 - A painting, drawing or collage no bigger than A4 size.
 - A sculpture or model e.g. Lego/junk modelling (or a photo of it if easier)
 - A piece of creative writing such as a story, poem, prayer or poster
 - A photograph they have taken to demonstrate the theme
 - Performance of a song or piece of music linked to a value
 - Performance of a dance or gymnastics routine linked to a value

All entries should be clearly labelled with the child or children's names and class names, and state which value/values they have chosen. If children are working on a performance piece, they must come and speak to me to let me know what they are working on so that I can arrange to see it once it is ready.

The closing date for entries is the first day back after Easter (Tues 22 April). All children who enter will receive a certificate and there will be a small prize for 1st, 2nd and 3rd places. The best entries (or photos of them) will be displayed on our values celebration board and the best performances will be showcased in assembly. I look forward to seeing the children's creativity shine through and for them to be able to share this with others. Dr Bishop.

- 5. WSCC Food Waste Action Week 17th 23rd March: Saving food from going to waste is good for the environment, as when you throw food away, you're not just wasting the product but also the energy, water and other resources that have gone into producing and transporting it. Reducing your food waste can also save you money; waste food is the equivalent of £20 per month per person, or £80 for a family of four. Here are some tips to help you reduce food waste and money:
 - Buy loose fruit and vegetables <u>Take part here</u>
 - **Get composting** If you're interested in home composting, visit our <u>waste prevention</u> page for information on how to get started and details on how to get a subsidised compost bin.
 - Freeze with Ease Want to make the most of your freezer? See our top 10 tips for freezing food online.
 - Love your leftovers If you're struggling for inspiration or recipes that make the most of your leftovers, visit the Love Food Hate Waste website or BBC Good Food for fun, tasty leftover recipes that help you make the most of what you have.
 - Food waste prevention events West Sussex Recycles will be attending various food waste prevention events, including a stand at all the WSCC funded UKHarvest Community Food Hubs. You don't need a referral, just pop along and bring a reusable bag to fill with fresh fruit and vegetables. Drop by for waste prevention tips, giveaways and a chance to win a compost bin!
 - Thurs 20 March 9.30–I Iam, Worthing Community Food Hub, Sidney Walter Centre, BNII IDS
 - Sat 22 March 10am—4pm, Worthing Library, Richmond Rd, Worthing, BN11 1HD
 - > Wed 26 Mar 9.30-I Iam, Storrington Community Food Hub, Chanctonbury Leisure Centre, RH20 4PG
 - Wednesday 9 April 9:30-11:00am, Southwick Community Food Hub, Southwick, BN42 4TE

Training

Spring 2025

(2nd half-term)

Reaching Families offer a range of free training courses and workshops to parents and carers of children and young people with special educational needs and disabilities in West Sussex



Training Workshops

February

| Understanding ADHD | Friday 28th | 10.30am |
|--|----------------|---------|
| March | | |
| Making Sense of Wellbeing: Understanding & building resilience | Tuesday 4th | 7.30pm |
| Understanding Sensory Processing Differences | Thursday 6th | 10.00am |
| Making Sense of Anxiety in Children (Primary age) | Tuesday 11th | 10.30am |
| Making Sense of Wellbeing: Key skills to improving communication | Tuesday 18th | 10.30am |
| Understanding Demand Avoidance | Thursday 20th | 7.30pm |
| Making Sense of Personal Independence Payment (PIP) | Wednesday 26th | 7.30pm |
| Making Sense of Transition to Secondary School | Thursday 27th | 7.30pm |
| April | | |
| Understanding Autism | Thursday 3rd | 10.30am |

The SEND Foundation Course

An introduction to SEND and the key issues parents and carers will encounter as their children grow and develop.

Dates: 5th March / 12th March / 19th March (3-part course) Wednesdays 7.30pm-9.30pm

All training above will be delivered via Zoom

For further information visit our website or email: outreach-training@reachingfamilies.org.uk



SCAN ME

All our workshops are free of charge, for more information or to book a place, please visit our Eventbrite page or scan the QR code.

https://reachingfamilies.eventbrite.com



www.reachingfamilies.org.uk

Registered Charity No: 1150906 Company Limited by Guarantee No: 8261096

We are pleased to announce that Christ's Hospital has fee assisted spaces available for day students in September 2025.

We warmly invite current Year 6 families to: Christ's Hospital's Open Morning on Saturday 26 April



To book now sign up here > Book an open morning - Christ's Hospital

If you would like to find out more at the Open Morning please speak to **Andrew Wines** (Assistant Head, Admissions) or **Clare Phillips** (Director of Marketing).

If you are unable to join us for our Open Morning but would like to find out more, please do not hesitate to contact us.





Thy a FREE
Starter harmonica and
Ongoing lessons Just
\$40.00 per half-term

DEDICATED HARMONICA CLASSES IN YOUR SCHOOL



A great way to make music

We recently showed your school how much fun it is to play the harmonica. It sounds great, it's easy to carry and it's cool for boys and girls alike. In fact it's the perfect way to access music for children of any age, from Pre-School to Key Stage 2, and it's much more affordable than other instruments. No tricky keys, frets or finger holes for small hands either. If you can breathe in and out, you can enjoy making music on the harmonica!

Thank you so much for introducing my daughter to this wonderful art form. She absolutely loves harmonica and will keep playing forever!

Woodingdean Primary School

Why learn harmonica?

- It sounds great
- ✓ It's affordable
- ✓ It's portable
 ✓ It's cool for boys & girls
- ✓ Free taster session
- ✓ Performance opportunities
- ✓ Music aids wider learning

Musical Enrichment with Harp Academy

We provide daytime harmonica classes at your school for groups of up to 8 children. Each session is half an hour and we provide ten sessions per term. We also offer individual tuition on request. Lesson content includes fun warm-up activities, instrument skills, exploring musical elements from the national curriculum and learning songs for enjoyment and performance. Our teachers are professional musicians, with DBS certification, safeguarding and first aid training.





Free Taster Session

Why not take advantage of a FREE TASTER SESSION? We'll provide a harmonica and music sheet to get you started. Dates and times for our termly 10 week schedule are advertised on the Harp Academy website. To register, simply click the Gold Harmonica on our homepage and we will email you further details. Subscription for further sessions is just £40.00 per half term. That's a third of the price for private music tuition. Further information is on our website.



WWW.HARPACADEMY.CO.UK





DEDICATED HARMONICA CLASSES IN YOUR SCHOOL





Harp Academy online

Children and parents who subscribe to Harp Academy also enjoy a complimentary backstage pass for the protected content on our website. There are carefully prepared support pages for the music we are learning, some helpful key skill advice and exercises to help build musical technique. For weekends and holidays, there is also an exciting Harp QI section to explore, with fun videos, music activity ideas and wider learning topics.





The home of champions

At Harp Academy having fun is top of our wish list, and playing to audiences is a vital part of our curriculum. We understand how performance builds self confidence and creates happy memories for everyone. When children are ready, their journey starts with playbacks in school assembly. From there we attend local festivals such as Paddle Round The Pier, Harpin' By The Sea and entertain in children's hospitals. There is also an opportunity to compete at the national harmonica festival, where we have been producing junior champions since 2011!





Free Taster Session

Why not take advantage of a FREE TASTER SESSION? We'll provide a harmonica and music sheet to get you started. Dates and times for our termly 10 week schedule are advertised on the Harp Academy website. To register, simply click the Gold Harmonica on our homepage and we will email you further details. Subscription for further sessions is just £40.00 per half term. That's a third of the price for private music tuition. Further information is on our website.



WWW.HARPACADEMY.CO.UK

You are invited Messy Church Mother's Day Tea Worship, food AND Crafts March 22nd

St Michael's Children's Workshop for **Mothering Sunday and Easter** (0) Sunday 23rd of March 12noon to 2pm St Michael's Church Hall, Church Lane * Celebration Food for the Children If you would like further information, please contact Sam in the Parish Office. st.michaelsoffice@btinternet.com

St. Giles Church, Upper Shoreham Road, Shoreham-by-Sea, BN43 6BT



Website: www.stnicolasmary.w-sussex.sch.uk

https://haf.bookinglab.co.uk/westsussex/37147/login



7 - 9 April

BOGNOR REGIS - Rap & Lyric Writing CHICHESTER - Interactive Soundtrack & Music CRAWLEY - Music Production & DJ

- Interactive Soundtrack & Music

LITTLEHAMPTON - "Soundz" Contemporary Choir WORTHING - Rock & Pop Band

- Interactive Soundtrack & Music

AGES 8 - 16YRS SIGN UP HERE

WWW.WESTSUSSEXMUSIC.CO.UK/HOLIDAYACTIVITIES







Due to high demand and limited spaces, please book here

https://www.penguinswimlessons.co.uk/



Dates: 7-11 April 2025

This Easter, give your child the opportunity to immerse themselves in swimming with our intensive 5-day course. Whether they are just starting out or looking to improve their skills, our small, friendly classes cater to all abilities.

Morning Classes

(Timings vary depending on ability)

Our dedicated, passionate team is here to nurture swimmers of all ages. Each day, your child will benefit from personalised attention in a supportive environment.

Term Time Classes

We also operate a weekly programme for children and adults.

For more information or to book, please email us at: E info@penguinswimlessons.co.uk

W https://www.penguinswimlessons.co.uk/



Defy Gravity

Age: 7 - 16 year olds Time: 10am - 4pm





Em: office@stnm.org.uk

SIGN UP

stagecoach.co.uk/worthing worthing@stagecoach.co.uk 07746 608459

Calendar: click on link for how to use or subscribe



Easter Holiday Bikeability Sessions

Monday 7th - Thursday 17th April 2025



£20 per child



Oak Grove College, Worthing Downview Primary, Bognor Holbrook Primary, Horsham Three Bridges Primary, Crawley



Is your child in **Year 6** or above?

Would they like to do Bikeability Level 1&2 or Level 3 Bikeability?

The West Sussex Road Safety Team are offering limited £20 places for a 2-hour Level 1&2 Bikeability session during the Easter Holidays for those that are not offered it through school or missed out on it when in Yr6.

Spaces are limited and will be allocated on a first come first served basis.

For more info, or to apply click here:



Cycle safety courses for schoolchildren - West Sussex County Council
Or pop us an email....



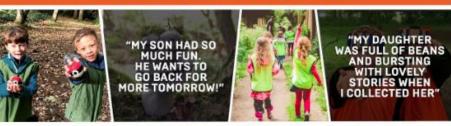
cycletraining@westsussex.gov.uk

We will be in touch to discuss your enquiry & offer you a date and time for the session

- Level 1 bike control will be checked off-road prior to commencing on-road to Level 2. Please let us know if you think we need to spend more time working with your child on their Level 1 bike control skills (so we can accommodate this in their session).
- Level 2 Bikeability introduces children to on-road cycling for riders that have reasonable control of a bicycle.
- Trainees will need a roadworthy bike and a cycle helmet.
- For any other training requests such as Level 3, please email us, as we should be able to accommodate these sessions.



AFTER SCHOOL CLUB 2025 SUMMERTERM



FUN, EXERCISE, FRESH AIR & DIFFERENT ACTIVITIES EVERY WEEK

NEW ACTIVITIES FOR THIS TERM INCLUDE:

DEN MAKING: WOLF EDITION SPACE SHUTTLE RACERS BUSHCRAFT FIRE LIGHTING

NERF WATER BATTLES & GAMES

EGYPTIANS: CANOPIC JAR MAKING

ELDA: TEARS OF THE KINGDOM CRAFTS

STOMP ROCKETS MINIGAME TOURNAMENT



STNICHOLAS & STMARY PRIMARY SCHOOL

WEDNESDAYS 3:30 - 4:30PM YEARS 1 - 6

23RD APRIL - 16TH JULY 2025 TOTAL COST: £96/12-WEEKTERM



MORE INFO & BOOK: WWW.THEOUTDOORSPROJECT.CO.UK

LIDAYCLUBS - BIRTHDAYPARTIES - SCHOOL WORKSHOPS - AFTER SCHOOL CLUBS - SAPLINGS PARENT 6 TODDLER GROUP OFSTED REGISTERED & CHILDCARE VOUCHERS ACCEPTED

Website: www.stnicolasmary.w-sussex.sch.uk

Em: office@stnm.org.uk

Calendar: click on link for how to use or subscribe







THE HOLIDAY SKATE CLUB

CHILDREN AGED 6-12
ALL ABILITIES WELCOME
GAMES AND ACTIVITIES
EQUIPMENT PROVIDED
MOBILE SKATEPARK
ARTS AND CRAFTS

EASTBROOK PRIMARY ACADEMY SOUTHWICK

BRIGHTON ALDRIDGE COMMUNITY
ACADEMY (BACA)

£45 PER DAY
FULL-WEEK DISCOUNT

THE BASTS CLUB THE BASTS CLUB THE CAUTE THAT IS

MONDAY 7TH - FRIDAY 11TH APRIL | 9AM - 3PM

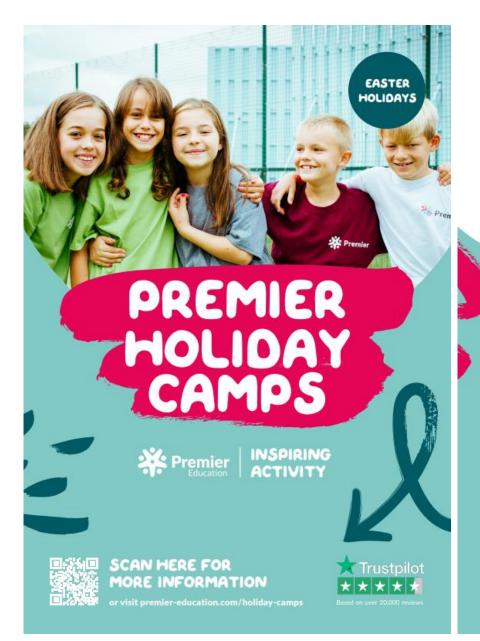
MONDAY 14TH - THURSDAY 17TH APRIL | 9AM - 3PM

FOR MORE INFORMATION GO TO:
THESKATECLUB.COM/HOLIDAYSKATECLUB









YOUR NEAREST MULTI-ACTIVITY CAMP

Venue: WEST BLATCHINGTON PRIMARY SCHOOL BN3 8BN

Dates: MONDAY 7TH - THURSDAY 10TH APRIL

Times: 8:30-3PM

Price: £24.99 PER DAY

Ages: YEARS 1-6

Additional info: HAF Places Available: https://eegu.org/

A pac
Our 5* Holiday Camps are the perfect place Plent

Our camps are a fantastic place for children to meet new friends, have lots of fun, and

Every day is different, with a mix of fun activities that children may not have tried before – from dodgeball to cricket, basketball to archery.

Book now for a school holiday full of fun!

CAMPS ARE BETTER WITH FRIENDS!



TREAT YOUR FRIENDS TO 20% OFF ... AND GET 20% OFF TOO!

*Ts&Cs apply. Refer a Friend discount on new bookings

PLEASE BRING

A packed lunch Plenty of water Suitable clothing Loads of energy!







ESERCION OUE

ST NICOLAS AND ST MARY - WEEK 1 Eastern Ave, Shoreham-by-Sea BN43 6PE

AMAZING ANIMALS: SNEAKY vs STRONG

Tue 8th April: EASTER ISLAND: MOAI MAYHEM!

Wed 9th April: THE BIG WILD EGG DAY: EPIC EGG HUNT

Thu 10th April: WILDTHINGS: THE CALLOF THE WILD

ST NICOLAS AND ST MARY - WEEK 2
Eastern Ave, Shoreham-by-Sea BN43 6PE

Mon 14th April: **EASTER ISLAND: MOAI MAYHEM!**

Tue 15th April: THE BIG WILD EGG DAY: EPIC EGG HUNT

Wed 16th April: WILDTHINGS: THE CALLOF THE WILD

Thu 17th April: CAMPFIRE COOKOUT: TOASTED FIRESTARTER

THE BIG WILD EGG DAY:

EPIC EGG HUNT Come for the eggs, stay for the laughs! Our main Easter activity: a spring wilderness scavenger hunt, a huge chocolate egg rescue mission, & smashing eggs from great heights (or not, with egg-paragliders!). A truly cracking time...!

EASTER ISLAND: MOAI MAYHEM!

Where's your head at? Craft your own Moai big heads, plant some island magic, & fashion a traditional headdress for the Tapati Festival. A wild day of mystery, exploration & moving mountains (sort of!). Rock & roll!

CAMPFIRE COOKOUT: TOASTED FIRESTARTER Tasty springtime treats & a sprinkling of bushcraft. Whip up some Mini Egg armpit fudge (yes, armpits!), toast marshmallows & hot cross buns over the campfire, & become a fire lighting genius! S'more fun than you can shake a stick at!

WILD THINGS: THE CALL OF THE WILD

Open the hidden door to a world of adventure! Build & map out a secret forest camp, then craft swords to battle the dreaded swamp monster. As the story unfolds, we'll meet a witch & transform ourselves into strange creatures of the forest! The wild is calling you!

AMAZING ANIMALS: SNEAKY VS STRONG Who's the King

of the Jungle? Who's the Queen of the Seas? Join us as we roam like animals (& avoid bein eaten!), build animal dens, & play games exploring the food chain, hunting & animal poop! Today is all about loving our amazing animal friends (& foes!)

"BEST THING EVER" CHLOE, AGE 9 ***

For more info on dates, locations, how the clubs run & to book: theoutdoorsproject.co.uk

LEGO-MUSIC-SCIENCE-ART

[ZERO SCREENS]

- HERE TO HELP CHILDREN WIND DOWN AFTER A LONG DAY AT SCHOOL.
- TAKING AWAY THEIR EDGINESS AND EXHAUSTION BY OFFERING A FUN, FASCINATING AND CREATIVE WAY TO BALANCE OUT BEFORE RETURNING HOME.
- CREATING A MORE HARMONIOUS FAMILY ENVIRONMENT.

JUST TURN UP, PLAY AND CREATE

4 - 9 years *Parents welcome to stay* We can collect your child from school Opening Wednesday 23rd April 3:30pm- 5:15pm

St. Giles' Church, Upper Shoreham Rd, BN43 6BT

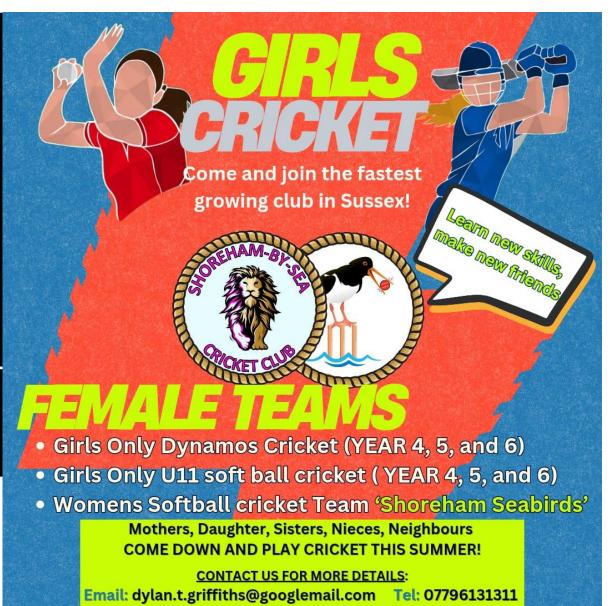
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TERM TIME CLASSES • HOLIDAY WORKSHOPS • PRIVATE TUITION



07982246981| HASSOCKS@CYGNETSARTSCHOOL.COM WWW.CYGNETSARTSCHOOL.COM/HOVE Cygnets' focus is on traditional drawing, painting, and sculpture, combined with unique projects; experienced teachers, and professional quality materials. Classes are always kept small with a high student-teacher ratio.

28th April - 7th July

(Excluding 26th - 30th May for Half Term)

FRIDAYS 3.20 - 4.20pm £150 per term (10 Classes)

Booking Link:

https://cygnets-art-school-hove.classforkids.io/info/61



St Nicholas & St Mary Primary, Eastern Avenue, Shoreham-by-Sea, West Sussex, BN43 6PE









VENUE: West Hove Art Studio, 16 Kingsthorpe Road, Hove, BN3 5HR COST: £30/Class | £55/ Day | £150/ Week



Students can attend individual workshops, or bring a packed lunch and stay for both. All materials included.

TERM TIME CLASSES • HOLIDAY WORKSHOPS • PRIVATE TUITION



07982246981 | HOVE@CYGNETSARTSCHOOL.COM WWW.CYGNETSARTSCHOOL.COM/HOVE











Spring 2025 Newsletter

FACE delivers online support via zoom for parents across the UK
Talks are 90 minutes long, £24 each - Book Online at facefamilyadvice.co.uk



Schools can now buy a

FACE School Annual Membership

which means ALL parents and ALL staff get unlimited FREE access to ALL 16 parent talks

Thursday 24th April 19:00 - 20:00



Responding to Angry Behaviour

What can we do in the moment?

FREE

Tuesday 18th March

10:00 - 11:30 £24



Anxiety Explained

Anxiety, especially in our young is rising. This session explains what it is, why it happens and how you can help.

Thursday 3rd April 10:00 - 11:30

£24



Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday 3rd April 19:00 - 20:30 £24



Improving Family Communication

How to reduce the shouting and arguing and start the talking.

facefamilyadvice.co.uk.

info@facefamilyadvice.co.uk



Spring Timetable

all sessions delivered live online via zoom £24 each 90 minutes long book online at facefamilyadvice.co.uk

| Anxiety Explained | 18 MAR 7pm | |
|---------------------------------|-------------|--|
| What is ACT? | 20 Mar 7pm | |
| Understanding the Teenage Brain | 24 MAR 10am | |
| Supporting Healthy Sleep | 24 MAR 7pm | |
| Decreasing Depression | 25 MAR 10am | |
| Raising Self-Esteem | 25 MAR 7pm | |
| AUTISM: Improving Communication | 2 APR 10am | |
| Supporting a Child with ADHD | 3 APR 10am | |
| Improving Family Communication | 3 APR 7pm | |
| Supporting Healthy Screen Use | 7 APR 10am | |
| Facing Defiance | 7 APR 7pm | |
| Anxiety-Based School Avoidance | 8 APR 10AM | |
| Understanding Anger | 8 APR 7pm | |
| Anxiety Explained | 14 APR 10am | |
| Cannabis & Ketamine Awareness | 14 APR 7pm | |

n.uk Em: office@stnm.org.uk

Calendar: click on link for how to use or subscribe