

Horham Village Hall



Fit Villages have been working with a dedicated group of volunteers from the small village of Horham in Mid Suffolk, where the Old School (that was closed 80 years ago) has been transformed into a vibrant, friendly hub of activity for the whole community to enjoy.

What is Fit Villages?

Fit Villages is a well-established and popular project that makes a real difference to local communities by bringing people together to socialise, have fun and become more active.

The project, which is run by Active Suffolk and is supported by the National Lottery Community Fund, helps villages in rural locations to set up physical activity sessions by using village facilities such as community centres, village halls, libraries and playing fields.

The project has already helped many villages across Suffolk to set up activities such as Pilates, Yoga, Table Tennis, Nordic Walking, Zumba, Badminton, Keep Fit, Walking Football and many more!

If you would like to see an exciting new activity come to your village, please get in touch—we are always looking for new villages to get involved! Visit our website to fill in an enquiry form: www.activesuffolk.org/fitvillages

The local population of Horham is predominantly older people, many of whom no longer like to venture out at night. Bus services are very limited and the importance of local facilities cannot be overestimated.

Three years ago, in response to requests from the village for a daytime activity, a weekly coffee morning began which has since been a huge success — regularly welcoming between 35-40 locals each time.

The daytime use of The Old School encouraged our customers to think of other ways they would like to use the building and again in response to the locals, we started free computer lessons. We applied for a grant from the National Lottery to buy computers for anyone in Horham and surrounding villages that needs a little help with IT and social media skills. We run these sessions in conjunction with the Coffee Morning helping with anything from using Skype to keep in better touch with families to ordering their online food shop.

The next request was for a Yoga class. This was set up with help from Fit Villages and has been a great success; the group have really noticed the health benefits and the instructor tailors the classes perfectly to the groups capabilities.

On Sunday lunchtimes, the hall is used for Step Dance and traditional music practise and once a month there is an art and craft session, a traditional music session and a Rapper Dance.

It's fantastic that a small Suffolk village like Horham has made the most of its facilities and is able to offer so much for its residents. All of the activities have a huge benefit on the local community, including helping to combat isolation, loneliness and improving health problems.