

# REVIEW OF GUILDFORD SPIKE WI 2016 -2017

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# October 2016 4th BIRTHDAY

Party



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# Vintage Fair

8th October 2016



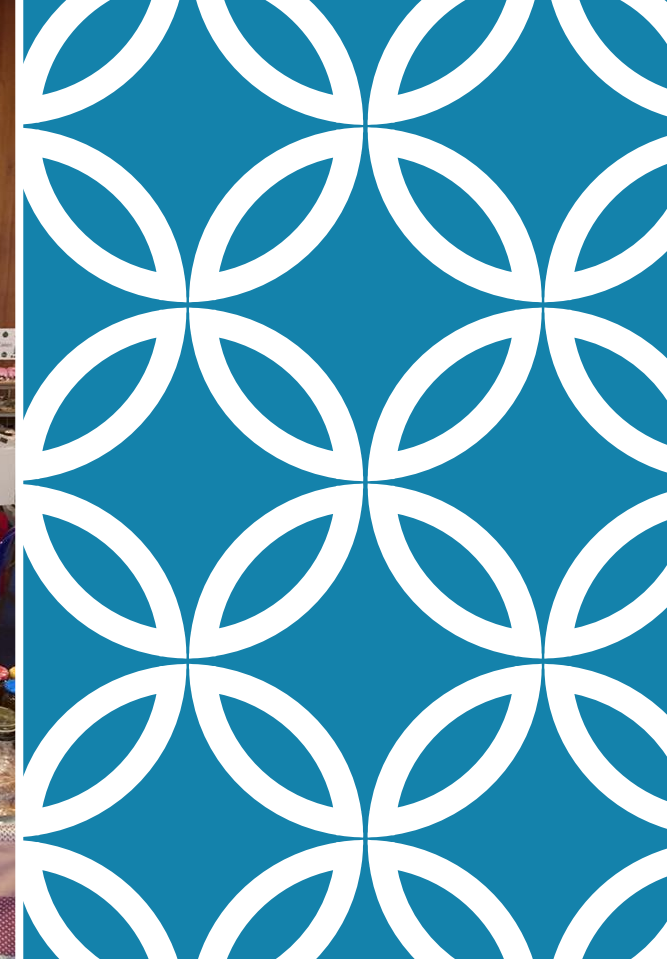
# Annual Meeting

November 2016 |  
ANNUAL MEETING



# DECEMBER 2016 CHRISTMAS PARTY

We also made RSH gift boxes  
and started contributing to  
the local food bank



# Worplesdon School Christmas Fair

4th December 2016



# RHS Wisley Glow

December 2016

The logo for Turnfit Studio is centered in a dark grey square. The word "TURNFIT" is written in a large, white, sans-serif font. The "FIT" portion is highlighted in a light green color. Below "TURNFIT", the word "STUDIO" is written in a smaller, white, sans-serif font.

TURNFIT  
STUDIO

Be Inspired | Be Positive | Be Better

JANUARY 2017

Gaynor and Beccy  
from Turnfit Studio





## The Signs That I Was in the Wrong Job

- Nothing came naturally.
- I felt like an imposter.
- I had no desire to talk about my job or tell others what I did.
- Just in it for the money.
- I couldn't be me.
- I was bored.



**See Yourself in a Different Light**

**FEBRUARY 2017**

Photographer:  
Anna Saveramuttu



MARCH 2017

Fire Safety Talk



Champneys - March 2017



APRIL 2017

Pets as Therapy



# Spring Social - April 2017

Bingo Evening



MAY 2017

Resolutions and  
Victoria Sponge competition!



# Crochet Workshop

May 2017



JUNE 2017

Yoga





# Summer Social 2017

BBQ - June



JULY 2017

Poisons



# Spike Extravaganza 2017





AUGUST 2017

Escaping the Holocaust:  
Beatrice Gould



# SEPTEMBER 2017

## Craft night

Also: Photo for entry into  
Surrey Centenary  
Commemorative Book



CHAMPNEYS -  
SEPTEMBER 2017



# COME FOR COFFEE AND CAKE



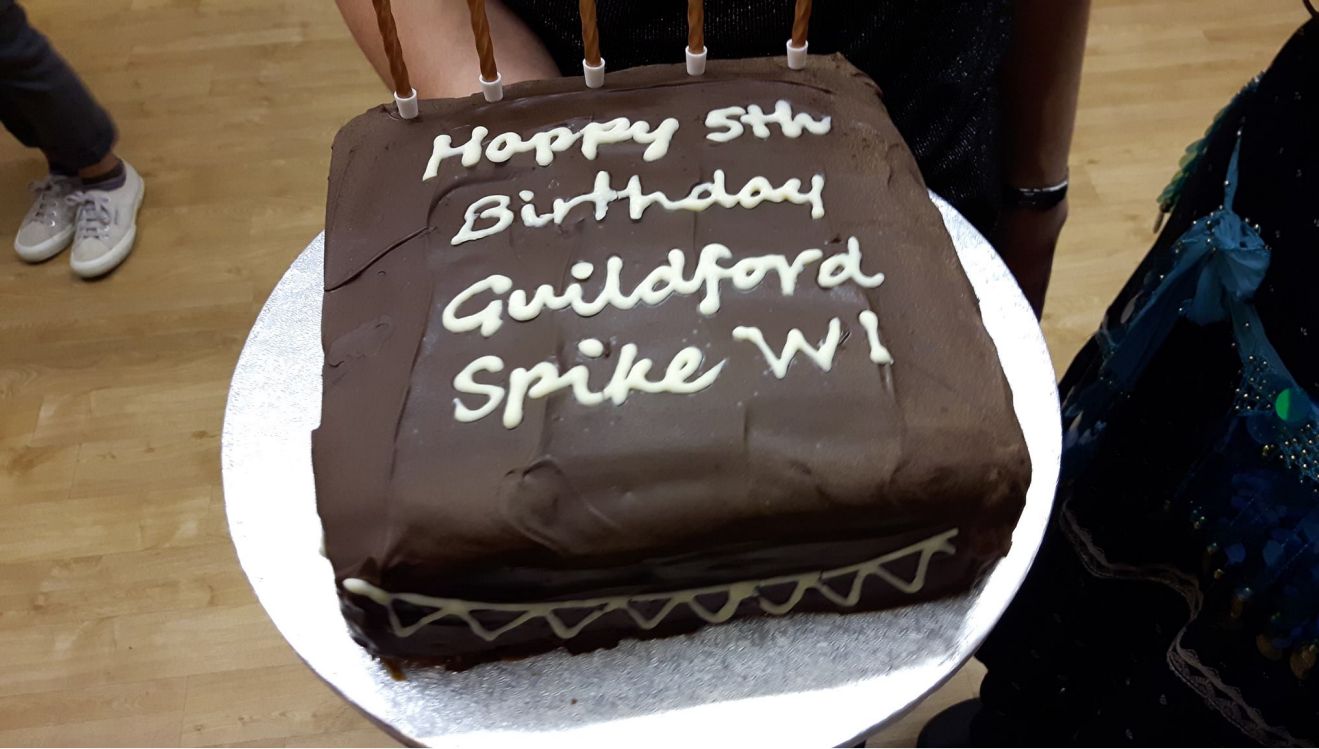
WE ARE  
MACMILLAN.  
CANCER SUPPORT



Organised in aid of Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.



# McMillan SEPTEMBER 2017

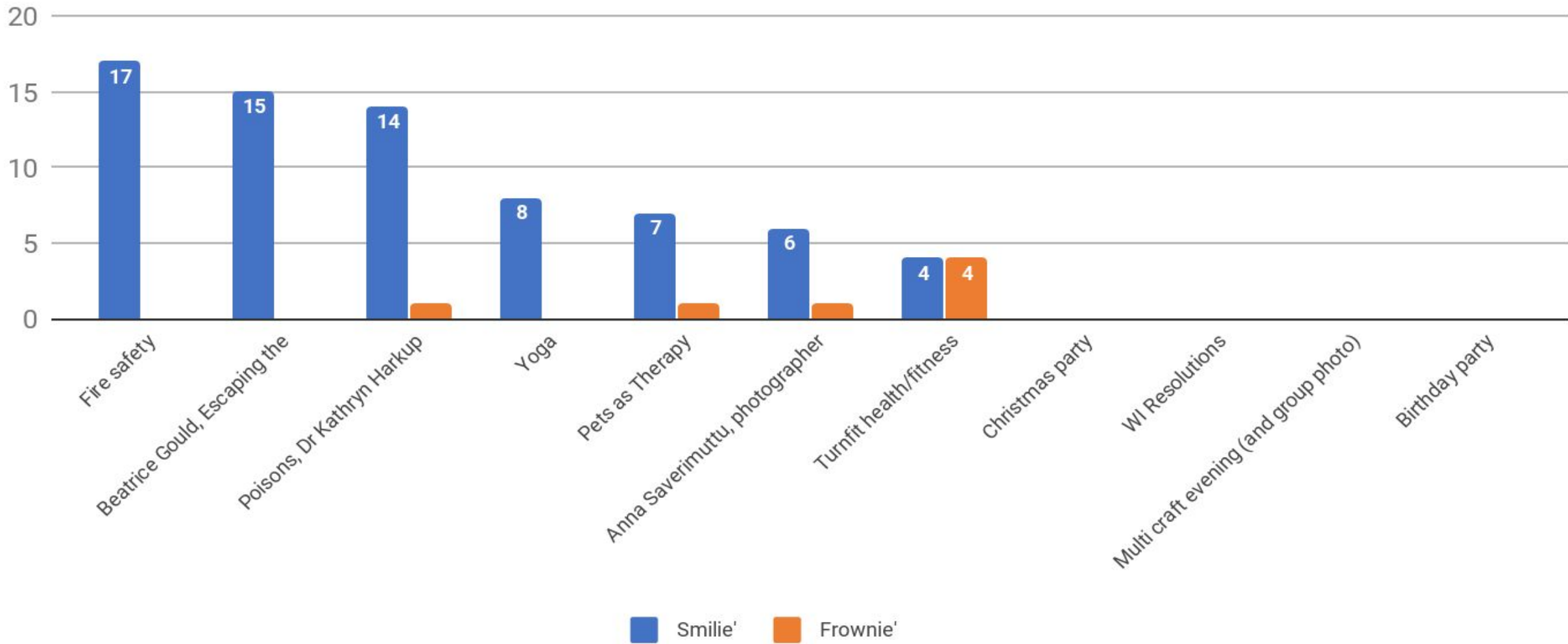


October 2017

Adding to our dance skills at our 5th Birthday celebration



# What speakers/activities did we like?



***Insight***

***Participation***

***Activity***



# Supporting Local Causes

Food Bank, RSCH (SCBU & Christmas boxes)



# Supper Club

Leader:  
Vickie Rampton



# Puds & Fizz

Leader:  
Sophie Woolliscroft



# Craft Club

Leader:  
Sara Lindsay/  
Wendy Bennett



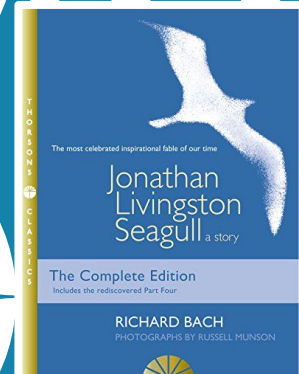
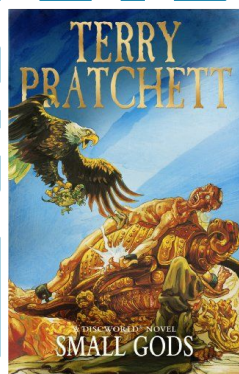
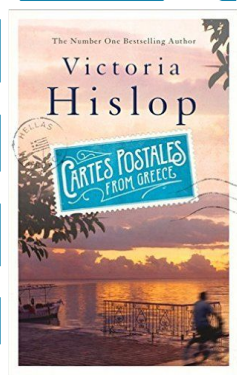
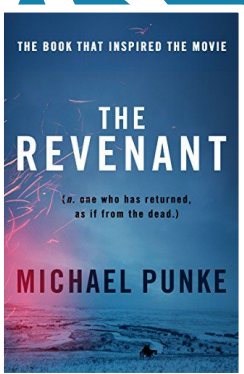
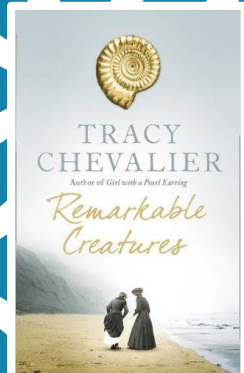
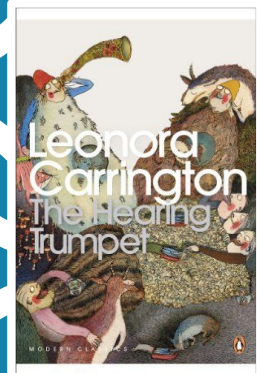
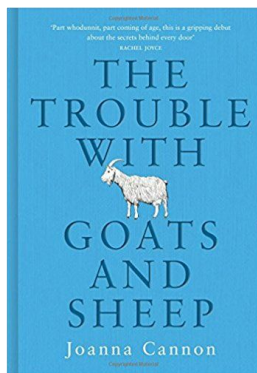
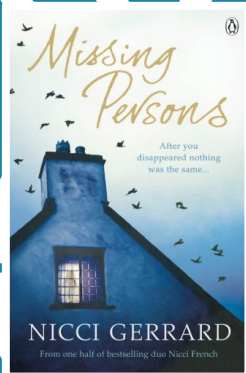
# Walking Club

Leader:  
Barbara Jutsum



# Gardening Club

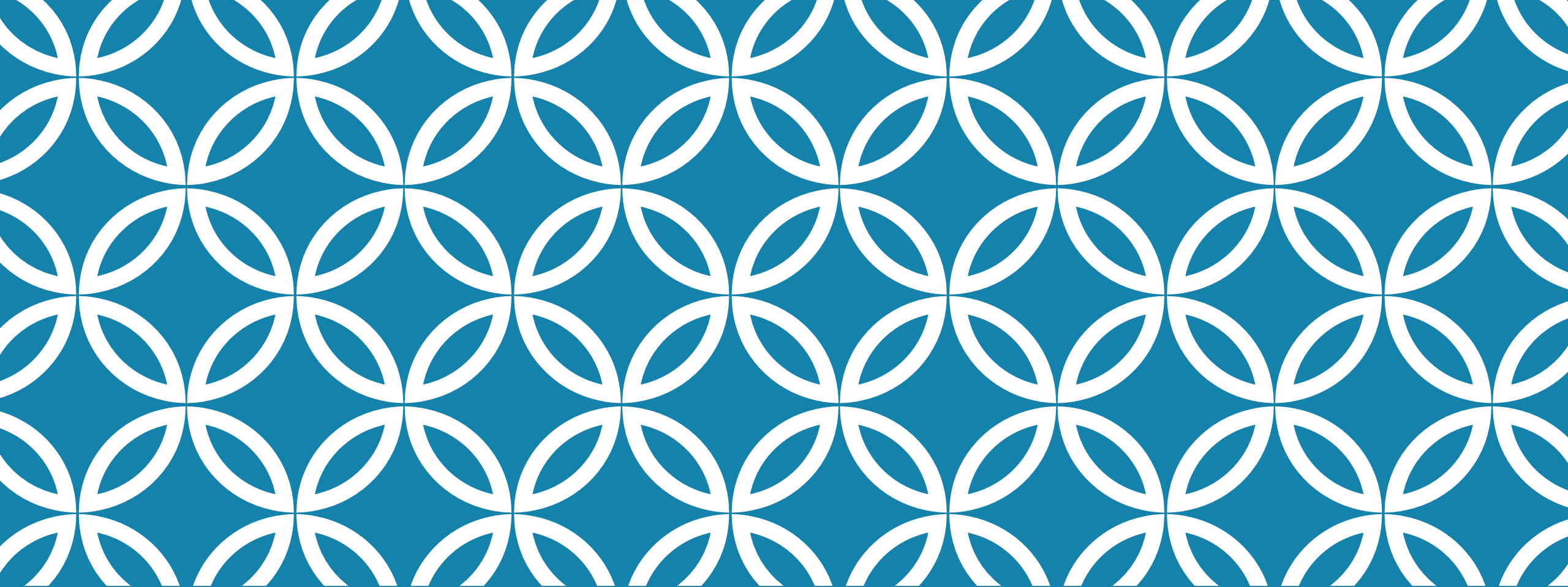
Leader:  
Sophie Woolliscroft



# Book Club

Leader:  
Helen Skinner





# Theatre & Cinema trips

Leader:  
Andrea Boulter