

Activities and Groups in Lound as of February 2026

TAUGHT CLASSES	Lound Village Hall	Who can join	When	Lead contact
Yoga	A yoga class offering a gentle flow with modifications for all levels	Everyone Welcome	Weekly Wednesdays 6-7pm	Bryony Spoerry 07736 016378
Tai Chi	Gentle exercise to promote health, balance and relaxation. For all abilities and levels of experience.	Everyone Welcome	Weekly Mondays and Tuesdays 10-11am	Lynn Tytherleigh 07887 560436
The Little Creatives Children's Art Club	Educational art club	For children aged 5 to 11 years.	Saturdays twice a month 10am - noon Dates in The Crier	Dayle Green loundlittlecreatives@gmail.com Instagram @thelittle_creatives
VILLAGE GROUPS	Lound Village Hall			
Lound Circuits	A fun circuit training session	Everyone Welcome	Weekly, Mondays 6.30 -7.30pm	Jeanne Pepper 07764 461953
Table Tennis	Table tennis for all abilities.	Everyone Welcome	Weekly, Tuesdays 2-4pm	Hanne Prout 07879 714613
Phoenix Group	Meet with friends and enjoy listening to a variety of interesting speakers	Mainly for ladies, but no one is excluded	Second Wednesday of the month. 7.30pm	Maureen Holgate 01777 818231
First Friday Club	A group for everyone to meet and chat	Everyone Welcome	First Friday of each month 2-4pm	Hanne Prout 07879 714613
Knit and Natter, Craft and Chatter	Learn new skills or bring your project, or just come for a cuppa and a chat	Everyone Welcome	One Saturday a month. Dates in The Crier	Lynn Sunderland 07368 188166
	Out and About			
Lound Lingerers	Take a gentle walk with friends then go for an optional lunch. A different venue each month	Everyone Welcome	Usually, second Friday of the month Meet at Willow Cottage 10.45	Gee White 01777 818792
Village Green Gardening Group	Come and join us to lightly maintain this semi wild garden.	Everyone Welcome	Usually, last Sunday in the Month 10-11am	Brian Horne 01777 818231
Linghurst Lakes Maintenance	Help keep Linghurst Lakes a pleasant environment for us all	Everyone Welcome	Various times in the year.	Jerry Kershaw 01777 818 217 07770 415051

WHATSAPP Groups

SOS LOUND	ALWAYS CALL 999 FIRST IN AN EMERGENCY. Please post here if you are in need of extra support in the event of a serious accident, serious illness, or a missing person. We are not trained, or offering professional help, but we are a supportive community willing to help. Please only comment if you are in need of help (stating the address where help is required), or if you are offering help. Our wonderful Lound community will always do their best to help, but we cannot guarantee your message will be seen.	For Lound Residents	Jen Sweeting 07977 062735 Jeanne Pepper 07764 461953 Lynn Tytherleigh 07887 560436
Lovely Ladies of Lound	This page was born out of the first social lockdown gathering of 30 people in Jen's garden. The LLOL community has continued to flourish. It's a lovely way to get to know one another better. Ladies chat and share info. In the summer we arrange get togethers in people's gardens, bringing a picnic, drinks, chair or a rug. If you know of any ladies new to Lound, please invite them to join.	For Lound Ladies	Jen Sweeting 07977 062735
Lound Lost and Found	Post here if you lose something or find something. Also post here if your pet goes missing or if you find one.	Everyone Welcome	Jen Sweeting 07977 062735
Lound List it	A page for Lound residents to sell or buy preloved items, find an item they are looking for, or to advertise their Lound business skills	Lound resident's welcome.	Jen Sweeting 07977 062735
The Lound Hound Society	A group to connect the dog owners of Lound	Dog Lovers Welcome	Jen Sweeting 07977 062735