

# Meadows Community Centre May Programme

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## Recycle bras for charity



You can recycle bras for Breast Cancer Research at Meadows Community Centre! Our bra bank is located next to the entrance to our Centre. More information is available at [Bra Recycling - Against Breast Cancer](http://www.againstbreastcancer.org.uk/recycling/bra-recycling)

## Board Games Available!

We have board games, card games, and puzzles available to play in the Centre! Just ask a member of staff at Reception and they will sign out the game to you. Games are free to play in the Centre, and adult puzzles are available to keep. \*Please make a purchase at the Café if you use this space. Alternatively, all are welcome to use the space in the foyer.



## Thank you to SGI-UK!

This gorgeous bench was donated by SGI-UK in commemoration of Daisaku Ikeda's visit to the University of Cambridge, 7 May 1972. SGI-UK is a socially engaged Buddhist movement for peace, and a regular group at Meadows Community Centre. More information about the donation can be found on the bench outside Meadows Community Centre on St Alban's Rec! A perfect location to enjoy the sun!



# Meadows Community Centre May Programme

## Leisure Activities



- **Bingo**

Bingo meets every **Friday**, 7 to 9.30pm for a fun social event. Come play Bingo, enjoy a hot refreshment and win prizes.

Call: 07984 123680



- **Community Theatre**

Bedazzle

**Saturdays**, 2.30 to 5pm. Performing arts classes for adults with disabilities. Learn new dance moves, get your vocal cords moving and most importantly have fun!

Call: 020 4511 4500, Email: [OfficeAdmin@BedazzleArts.org](mailto:OfficeAdmin@BedazzleArts.org) More information is available at [Home | Bedazzle Arts](#) or [Bedazzle Arts | Twitter, Instagram, Facebook | Linktree](#)



- **Quilting Workshops**

Cambridge Quilters

Meetings take place from 7 to 9pm on **the second Wednesday** evening of each month, except August. All abilities welcome. If you would like to become part of the Quilters community and join like-minded people with a passion for quilting, email Marion Curtis at [chair@cambridgequilters.com](mailto:chair@cambridgequilters.com). More information is available at

[Cambridge Quilters - Join Us](#)



- **Watercolour Painting Classes**

Arbury Artists

**Tuesdays**, 10am to midday. Watercolour art classes for adults. Call: 01223 523680

Email: [abfabcelia@yahoo.co.uk](mailto:abfabcelia@yahoo.co.uk)

## Health and Fitness



- **Baby and Postnatal Yoga**

Yoga Bright

**Mondays**, 10.30 to 11.30am. A safe space for mums and babies from 6 weeks old to crawling, £35 for 6 weeks or £7 drop-in. We will sing songs together, whilst you learn some massage and movement techniques to help your baby. Book your place at

[Yoga | Yoga Bright](#) Email: [lisa@yoga-bright.com](mailto:lisa@yoga-bright.com) Call: 07855 429934



# Meadows Community Centre May Programme



- **Bat and Chat**

Get Moving Cambridge

**Thursdays**, 10.30am to midday for those aged 50+. Bat and Chat is an informal, non-competitive game of table tennis, boccia, and curling, with time for tea, coffee, and a chat at 11.30am. Sessions are only £3, and you can drop in anytime once booked.

You can view more information or book your place at [Bookwhen Cam Sport Bat and Chat](#)



- **Beginners Yoga**

Forever Active

**Tuesdays**, 9.45 to 10.45am for those aged 50+. This class takes the approach of developing strength, flexibility, good breathing habits, relaxation & concentration. Call: 07432 480105 Email: [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk) More information is available at [Forever Active Cambs](#)



- **Aerobic Dance Workout**

Diverse Dance Mix

**Fridays**, 9.30am to 10.15am, £6.50 per class. This is a new full body aerobic workout using easy to follow steps. In a class you will experience up to 10 different dance styles from Line dance to Bollywood, Jive to Charleston. Call Victoria Quirke on 07967 220497 to book. More information is available at [Diverse Dance Mix](#)



- **Exercise to Music**

Forever Active

**Fridays**, midday to 1pm. Aerobic fitness routine to improve stamina and work the cardiovascular system, followed by arm and floor exercises. Equipment required: resistance band & mat. Call: 07432 480105, Email: [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk) More information is available at [Forever Active Cambs](#)



- **Long-Term Conditions Circuit exercise**

Heartbeat Fitness

**Tuesdays**, 1.15 to 2.15pm. Circuit fitness class for adults who have a referral by a health professional due to reduced mobility caused by musculoskeletal disease, cardiac or respiratory events, chronic pain, Parkinson's Disease, Multiple Sclerosis, or Stroke. Call: 01223 571431, Email:

[heartbeatfitness@ntlworld.com](mailto:heartbeatfitness@ntlworld.com) More information is available at [Cambridge City Council LTC Fitness](#)

# Meadows Community Centre May Programme



- **Mixed Martial Arts**

GPC MMA

**Tuesdays**, 6.15 to 8.15pm. Childrens, teens and adult's classes teach easy to learn, real self-defence. Classes build self-confidence, refine balance and coordination and put your personal development at the centre of our work. Call: 07748 683827, Email: [gpcmartialarts@gmail.com](mailto:gpcmartialarts@gmail.com). More information is available at [GPC MMA](#)



- **Pre-Ffit**

Forever Active

**Tuesdays**, 12.15pm to 1.15pm for those aged 50+. This class includes standing strengthening exercises, with seated options, balance exercises, with support options, and exercises to help you feel more steady on your feet and gain more confidence with your balance.

Call: 07432 480105, Email: [enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk). More information is available at [Forever Active Cambs](#)



- **Rehabilitation Exercise Circuits**

And the Beat Goes On

**Thursdays**, 4.30 to 5.30pm and 6 to 7pm. Fitness classes suitable to those with cardiac and/or pulmonary conditions. Contact Steve Symonds. Call: 07861784455.

Email: [atbgo2018@gmail.com](mailto:atbgo2018@gmail.com) More information is available at [And the Beat Goes On](#)



- **Strength and Balance**

Forever Active

**Fridays**, 1 to 2pm for those aged 50+. This class is chair based and designed to improve your strength and balance. It is a great way of starting to get back to feeling confident and reducing your risk to falling. Call: 07432 480105 Email:

[enquiries@forever-active.org.uk](mailto:enquiries@forever-active.org.uk) More information is available at [Forever Active Cambs](#)



- **Taoist Tai Chi**

Taoist Tai Chi™ arts

**Wednesdays**, 7 to 8pm with an introductory course beginning 31 January. Taoist Tai Chi™ practice is a powerful way to let go of worry and anxiety. It is a moving meditation that reduces stress and helps you find joy and physically it makes you energetic, balanced and supple. Phone: 07597 613392 or email:

[fsargeant@taoisttaichi.org](mailto:fsargeant@taoisttaichi.org). Register in advance: [Taoist Tai Chi at Meadows Community Centre](#)



# Meadows Community Centre May Programme



- **Target Dance**

Target Dance Company

**Wednesdays**, 5 to 8pm and **Saturdays** 9am to 1pm for ages 3 to 18. Dance sessions from industry professionals ranging from ballet contemporary, commercial, acrobatic, singing and acting! From beginners to those auditioning for Vocational courses, everyone is welcome. To secure your place, email:

[Targetdancecompany@gmail.com](mailto:Targetdancecompany@gmail.com) More information is available at [TDC](#)



- **Yoga for Health**

Get Moving Cambridge

**Tuesdays**, 6 to 7pm. This yoga class is suited to the absolute beginner and anybody who is wishing to improve their flexibility, muscular poise, and state of mind. Mats are available to borrow, and the class starts from just £3 per session. For more information or to book your place: [Book When Yoga for Health](#)

## Children and Young Adults



- **Family Drop-in Services**

Meadows Children and Family Wing

We provide a community lunch on **Tuesdays**, 9.30am to midday and a community breakfast on **Fridays**, 9.30am to 12.30pm. Our family support workers offer advice, guidance and support for families and our play workers facilitate positive play and learning activities for families to enjoy together. Call: 01223 508144 Email:

[info@mcfw.co.uk](mailto:info@mcfw.co.uk), More information is available at [The Meadows Children & Family Wing](#) or [MCFW Facebook](#)



- **Mixed Martial Arts**

GPC MMA

**Tuesdays**, 6.15 to 8.15pm. Childrens, teens and adults' classes teach easy to learn, real self-defence. Classes build self-confidence, refine balance and coordination and put your personal development at the centre of our work. Call: 07748 683827, Email:

[gpc martialarts@gmail.com](mailto:gpc martialarts@gmail.com). More information is available at [GPC MMA](#)



- **Nursery**

Moonbeams

We are a small, friendly, independent charity-led Preschool serving the Arbury/King's Hedges communities. We provide full-time and session based childcare **Monday to Friday** during school terms for 2 to 3+ year olds. Call or Text: 07780 187003 (Monday to Friday 9am to 3pm). More information is available at [Moonbeams Preschool](#) or

[Moonbeams Facebook](#)

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**Wednesdays**, 5 to 8pm and **Saturdays** 9am to 1pm for ages 3 to 18. Dance sessions from industry professionals ranging from ballet contemporary, commercial, acrobatic, singing and acting! From beginners to those auditioning for Vocational courses, everyone is welcome. To secure your place, email:

[Targetdancecompany@gmail.com](mailto:Targetdancecompany@gmail.com). More information is available at [TDC](#)



- **Youth Club**

Romsey Mill

Romsey Mill provides afterschool clubs every **Friday** from 3.30 to 5pm for Years 6, 7, 8, **Thursday** from 3.30 to 5pm for Years 8 and 9, and **Thursday evenings** from 7.30 to 9pm for Years 10+. Romsey Mill is a Cambridgeshire-based charity providing programmes to enhance personal and social skills and assist in education and training. Call: 01223 213162 Email: [info@romseymill.org](mailto:info@romseymill.org) More information is available at [Romsey Mill](#) or [Romsey Mill Facebook](#)

## Support and Guidance



- **Advice for Citizens**

Citizens Advice Bureau

**By appointment only**, [caba@cambridgecab.org.uk](mailto:caba@cambridgecab.org.uk) (for enquiries only), 0808 278 7808 (Free advice line Monday to Friday 9.00 to 5.00pm), more information is available at [Citizens Advice Cambridge & District Homepage](#). For a new Universal Credit claim, call 0800 144 8444 or chat online Monday to Friday, 8am to 6pm.

[Citizens Advice Cambridge & District Contact Page](#)



- **Antenatal and Postnatal Courses**

National Childbirth Trust (NCT)

Courses run on **various dates** and times depending on due date. Please contact us to find the ideal course for you or to ask any questions: Email:

[bookingsupport.team2@nct.org.uk](mailto:bookingsupport.team2@nct.org.uk) Call: 020 8752 9192. More information is available at [The UK's leading charity for parents | NCT](#)



- **Baby and Postnatal Yoga**

Yoga Bright

**Mondays**, 10.30 to 11.30am. A safe space for mums and babies from 6 weeks old to crawling, £35 for 6 weeks or £7 drop-in. We will sing songs together, whilst you learn some massage and movement techniques to help your baby. To book: [Yoga-Bright](#)

Email: [lisa@yoga-bright.com](mailto:lisa@yoga-bright.com) Call: 07855 429934



# Meadows Community Centre May Programme



- **Hearing Help**

Cambridgeshire Deaf Association

Hearing Help provides a range of information, advice and NHS hearing aid maintenance and battery supply services to thousands of local people with hearing loss, and their family and carers. Drop-off and wait service by appointment only on **the fourth Thursday morning** of every month. Book via the online service: [Cambridgeshire Hearing Help](#) Call: 01223 246237 Text: 07852 699196 E-mail: [office@camsdeaf.org](mailto:office@camsdeaf.org)



- **Smoking Cessation**

Healthy You

**Tuesdays, fortnightly**, 3 to 8pm. We offer FREE support to people who want to QUIT smoking. Call: 0333 005 0093, Text: Healthy you to 60777. More information is available at [Healthy You Stop Smoking Services](#) or [Healthy You Facebook](#)



- **Tinnitus Support Group**

Tinnitus UK

The group meets five times a year on **Saturday mornings**. These are the third Saturday of February, April, June, September and November. Phone: 01223 243570 Email: [alan.yeo622@outlook.com](mailto:alan.yeo622@outlook.com) More information is available at [Cambs Tinnitus Support Group](#)

## Religious and Faith Groups



- **Church Service**

Bethesda

**Sundays** 10.30am to 1.30pm. The Apostolic Faith Mission International Ministries (UK) is a vibrant, growing Pentecostal movement registered in England and Scotland. Our Assembly in Cambridge caters for men, women, students, children and all who believe in Jesus Christ. Contact: 07554 579140 or 07711 015305, [pastor@afmcambridge.church](mailto:pastor@afmcambridge.church) or [info@afmcambridge.church](mailto:info@afmcambridge.church) More information is available at [Bethesda Assembly Cambridge](#)



- **Church Service**

The Church of the United Nations

**Sundays**, 10.45am to 1.45pm. The Church of United Nations is a non-denominational church for all regardless of age, gender, race and class. Contact: [united-nations@hotmail.co.uk](mailto:united-nations@hotmail.co.uk). More information is available at [The Church of United Nations](#) or [Church of United Nations Facebook](#)

# Meadows Community Centre May Programme



- **Church Service**

Mountain of Fire and Miracles Citadel of Grace

**Saturdays, and Sundays** 10.30 to 12.30pm. MFM Ministries is a full gospel ministry devoted to the Revival of Apostolic Signs, Holy Ghost fireworks and the unlimited demonstration of the power of God to deliver to the uttermost. Call: 07561 292712  
Email: [pastor@mfmcitadelofgrace.co.uk](mailto:pastor@mfmcitadelofgrace.co.uk). More information is available at [Home - MFM Citadel of Grace, Cambridge, UK](#)



- **Buddhist Group**

SGI-UK

Soka Gakkai UK (SGI-UK) holds a monthly meeting on **the first Sunday** every month. SGI UK is a socially engaged Buddhist movement for peace based on the Buddhist teachings of Nichiren Daishonin. For further information, please consult their official website: [SGI-UK Buddhism in Action for Peace](#)

## Food and Drink



- **Café**

Royal Voluntary Service

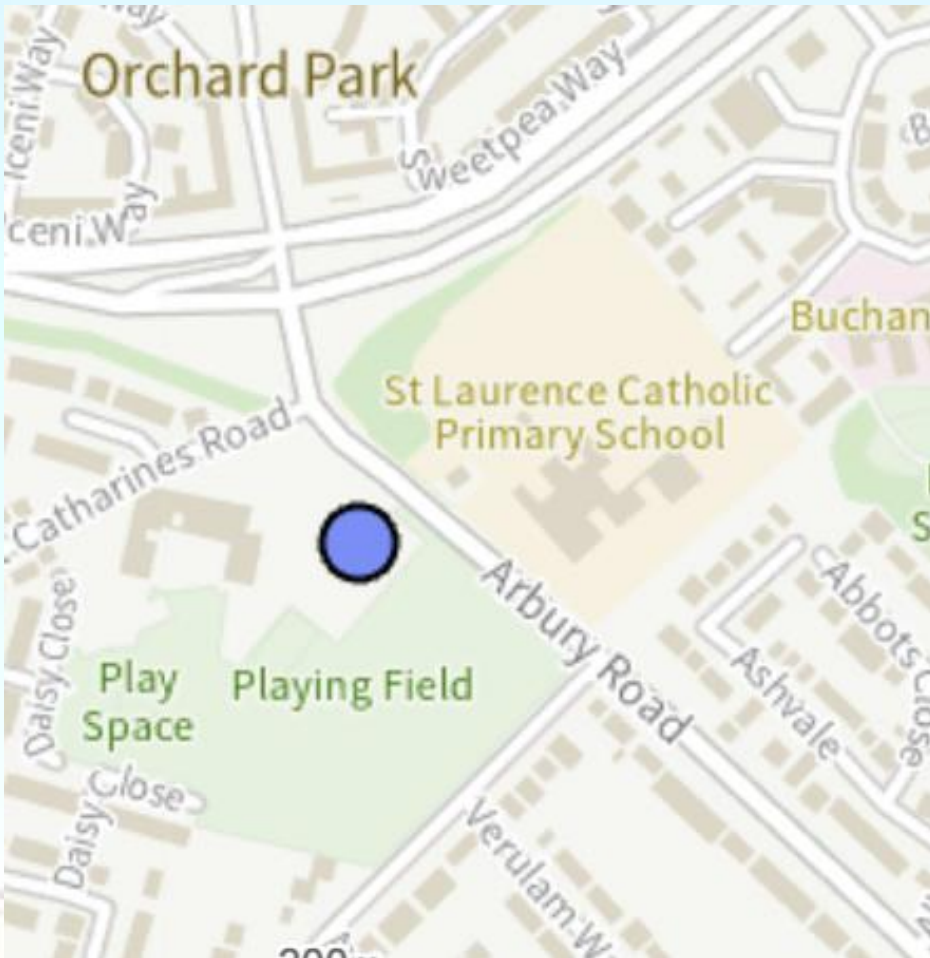
Open 8.45am to 3.15pm, **Monday to Friday** and **Saturday** 9am to 2.30pm. Royal Voluntary Service supports people, communities and the NHS in every part of Great Britain. Our café is run by volunteers who prepare and sell food and drinks to the community. More information is available at [The UK National Volunteer Charity | Royal Voluntary Service](#) or [RVS Cambridgeshire Facebook](#)

To volunteer, apply here: [Volunteer roles and opportunities | Royal Voluntary Service](#)



# Meadows Community Centre May Programme

## Location



Meadows Community Centre  
299 Arbury Road  
CB4 2JL  
Cambridge