

## HESTERS WAY & SPRINGBANK COMMUNITY CENTRES ACTIVITIES

Activity / Day	Time	When	Cost	Contact	Venue
<b>MONDAY</b>					
Megan Baker House	9.00 – 17.00	Term Time	Appointments	<a href="http://www.meganbakerhouse.org.uk">www.meganbakerhouse.org.uk</a>	SCRC
Craft Club	10:00 - 12:00	Fortnightly	FREE	Just drop in - visitors welcome!	SCRC
Samurai Martial Arts	17:00 - 20:00	Weekly	£TBC	Brian Jarvis • 07971 584901	SCRC
Women's Alcoholics Anonymous meeting	18:30 - 20:30	Weekly	FREE	Online – Libby 07785363754	Online
<b>TUESDAY</b>					
Sweaty Mama – exercise classes	9.30 – 10.30	Weekly	£TBC	Contact <a href="mailto:laurawilliams@sweatymama.com">laurawilliams@sweatymama.com</a>	SCRC
Hesters Way Health Walking Group	10:30 - 11:30	Weekly	FREE	Meet up outside the CRC	HWCRC
Bowls Club	13:30 - 15:30	Weekly	FREE	Peggy Perez • <a href="mailto:PeggyPerez@hotmail.co.uk">PeggyPerez@hotmail.co.uk</a>	SCRC
Church of Christ (Worship Service)	16:30 - 20:30	Weekly	FREE	Just drop in - visitors welcome!	SCRC
<b>WEDNESDAY</b>					
Skills Hub with CBH	10:00 - 12:00	Weekly	FREE	Cathy 07818587058 • <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HWCRC
Active Fitness - Gentle Exercise	10:00 - 11:00	Weekly	£4.00	Abi <a href="mailto:abi.lloyd2@hotmail.com">abi.lloyd2@hotmail.com</a> • 07738 082246	SBCRC
Art with Graham	12:00 - 14:00	Weekly	FREE	Just drop in - visitors welcome!	SBCRC
Community Pantry	10.00 – 13.00	Weekly	£4 members	07483 125289 <a href="mailto:info@westcheltenhampantry.org">info@westcheltenhampantry.org</a>	HWCRC
Weigh and Go	10:30 - 12:30	Weekly	FREE	Weight management, just drop in!	HWCRC
Skills Hub with CBH	13:00 - 15:00	Weekly	FREE	Cathy 07818587058 • <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HWCRC
Maths Tutoring Exam tutoring for 9-11yrs	17.00 – 19.00	Term Time	£TBC	Tehreem Hajra • <a href="mailto:tehreem.hajra@hotmail.com">tehreem.hajra@hotmail.com</a>	HWCRC
Turkish Classes	17.00 – 19.00	Term Time	£TBC	Saime Aksit • <a href="mailto:saimeaksit2@gmail.com">saimeaksit2@gmail.com</a>	HWCRC
<b>THURSDAY</b>					
Prospect Training Services	10.00 – 17.00	Fortnightly	FREE	<a href="http://www.prospect-training.org.uk">www.prospect-training.org.uk</a> 01452 886 888	HWCRC
Skills Hub with CBH	10:00 - 12:00	Weekly	FREE	Cathy 07818587058 • <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HWCRC
Community Pantry	10.00 – 13.00	Weekly	£4	01242 575638 – see also above	HWCRC
Infinite Tai Chi and Chi Kung	10:30 - 11:30	Weekly	£5.00 / £3.50	Gillian 01242 248663	SBCRC
Springbank Health Walking Group	10:30 - 11:30	Weekly	FREE	Meet up outside the Springbank CRC	SCRC
Skills Hub with CBH	13:00 - 15:00	Weekly	FREE	Cathy 07818587058 • <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HWCRC
Samurai Martial Arts	17:00 - 20:00	Weekly	£TBC	Brian Jarvis • 07971 584901	SCRC
<b>FRIDAY</b>					
Knit & Natter	10.00 - 13.00	Weekly	FREE	Just drop in!	SBCRC
Art with Graham	12:00 - 14:00	Weekly	FREE	Just drop in!	SBCRC
POPPS (Playtime for Older People Project)	14:00 - 16:00	Fortnightly	£1	Contact Shirley for details <a href="mailto:tngwnp@yahoo.co.uk">tngwnp@yahoo.co.uk</a>	HWCRC
GKR Karate	17.00 – 19.00	Weekly	£TBC	07852 292218 • <a href="mailto:region34uk@gkrkarate.com">region34uk@gkrkarate.com</a>	SBCRC
<b>SATURDAY</b>					
GKR Karate	10.00 – 12.00	Weekly	£TBC	07852 292218 • <a href="mailto:region34uk@gkrkarate.com">region34uk@gkrkarate.com</a>	SBCRC
Church of Christ (Worship Service)	16:30 - 20:30	Weekly	FREE	Visitors welcome	SCRC
Springfield Park Litter Pick - Saturdays	10:30 - 12.00	Monthly	FREE	Equipment & refreshments provided 1 <sup>st</sup> Saturday	SCRC
<b>SUNDAY</b>					
Cheltenham Community Church	10:30 - 13:00	Weekly	FREE	Visitors welcome	SCRC
<b>DAILY</b>					
Computer Access – Lobby	08.00 – 18:00	Weekdays	FREE	Drop in!	HWCRC
Listening Post - counselling services	Appointments	Weekdays	£ on request	01242 256060 • <a href="mailto:lp@westcheltenham.org.uk">lp@westcheltenham.org.uk</a>	HWCRC
Andrew Bird Hearing – ear wax treatments	Appointments	Weekdays	£ on request	01242 262551 • <a href="mailto:info@andrewbirdhearing.co.uk">info@andrewbirdhearing.co.uk</a>	HWCRC
Puddles Nursery – children 0-4 years	08.00 – 18.00	Weekdays	£ on request	Emma • 01242 527545	HWCRC
Giggles Nursery – children 0-4 years	08.00 – 18.00	Weekdays	£ on request	Sophie • 01242 574511	SCRC
West Cheltenham Medical	Appointments	Weekdays	FREE	01242 507111	HWCRC
Occupational Therapy / Health Visitors Speech and Language / Physio / Nursing /	Appointments	Weekdays	FREE	<a href="http://www.westcheltenham.org/springbank-crc">www.westcheltenham.org/springbank-crc</a> for services contacts	SCRC
Dentist	Emergency appointments	Daily	FREE	0300 421 6435 • 0300 421 6440 option 1 • <a href="mailto:springbankdental@ghc.nhs.uk">springbankdental@ghc.nhs.uk</a>	SCRC
Cheltenham Pharmacy	10.00 – 18.00	Daily	£TBC	01242 255061	SCRC
<b>BOOKABLE SERVICES from the CRCs</b>					
Read Easy – reading improvement classes	Appointments		FREE	<a href="http://www.readeasy.org.uk">www.readeasy.org.uk</a> • <a href="mailto:cgcoordinator1@readeasy.org.uk">cgcoordinator1@readeasy.org.uk</a>	HWCRC
Teens in Crisis – teen counselling services	Appointments		FREE	<a href="http://www.ticplus.org.uk">www.ticplus.org.uk</a> • 01594 372777 • text 07520 634063	SCRC
Relate – relationship counselling services	Appointments		FREE	<a href="http://www.relate.org.uk">www.relate.org.uk</a>	HWCRC
Diabetes Prevention	Courses		FREE	<a href="http://www.preventing-diabetes.co.uk/referral/">www.preventing-diabetes.co.uk/referral/</a>	HWCRC
Head To Toe - alternative health clinic	Appointments		£ on request	<a href="mailto:philippa_horton@hotmail.co.uk">philippa_horton@hotmail.co.uk</a> • 01242 260697	HWCRC
Dial-a-Cab - taxi service	24/7 taxis		£ on request	01242 24 24 24 • <a href="mailto:info@dacchelt.com">info@dacchelt.com</a>	HWCRC
Brighter Homecare – care services	Services		£ on request	<a href="mailto:care@brighterhomecare.co.uk">care@brighterhomecare.co.uk</a> • 07597 510596	HWCRC
Chinese Childrens and Parents Association	Appointments		£ on request	07720 637976 • <a href="mailto:mandarin.school@hotmail.co.uk">mandarin.school@hotmail.co.uk</a>	SCRC