

## 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
<b>TUESDAY</b>					
Hesters Way Health Walking Group	10:30 - 11:30	Weekly	FREE	Meet up outside the CRC	HCRC
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
Slimming World	17.30 & 19.30	Weekly	£5	Claire • 07779994050	SCRC
<b>WEDNESDAY</b>					
Skills Hub with CBC	10:00 - 12:00	Weekly	FREE	Gayna (CBC) <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HCRC
Slimming World	9.00 & 4.00	Weekly	TBC	Caroline • 07446157092	HCRC
Community Pantry	10.00 - 13-00	Weekly	£4 members	07483 125289 <a href="mailto:info@westcheltenhampantry.org">info@westcheltenhampantry.org</a>	HCRC
Listening Post Cafe	10:30 - 12:30	Monthly	FREE	01242 256060 • <a href="mailto:lpostcheltenham@listeningpost.org.uk">lpostcheltenham@listeningpost.org.uk</a>	HCRC
Art with Graham	12:00 - 14:00	Weekly	FREE	Just drop in - visitors welcome!	SCRC
Skills Hub with CBH	13:00 - 15:00	Weekly	FREE	Gayna (CBH) <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HCRC
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>	HCRC
Turkish Classes	17.00 - 19-00	Term Time	£TBC	Saime Aksit • <a href="mailto:saimeaksit2@gmail.com">saimeaksit2@gmail.com</a>	SCRC
GKR Karate	18.00 – 19:00	Weekly	£TBC	07852 292218 • <a href="http://region34uk@gkrkarate.com">region34uk@gkrkarate.com</a>	SCRC
<b>THURSDAY</b>					
Skills Hub with CBC	10:00 - 12:00	Weekly	FREE	Gayna (CBC) <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HCRC
Community Pantry	10.00 - 13-00	Weekly	£4	01242 575638 – see also above	HCRC
Crafts	10.30 - 12.30	Weekly	£2 (materials)	Just drop in!	SCRC
Infinite Tai Chi and Chi Kung	10:00 - 11:00	From Sept	£5.00 / £4	Gillian 01242 248663 <a href="http://taichicheltenham.com">taichicheltenham.com</a>	SCRC
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>	HCRC
Samurai Martial Arts	17:00 - 20:00	Weekly	£TBC	Brian Jarvis • 07971 584901	SCRC
<b>FRIDAY</b>					
Move More (toddler exercise)	10.00 - 11.00	Weekly	Free	Just drop in!	SCRC
Knit & Natter	10.00 - 13.00	Weekly	FREE	Just drop in!	SCRC
Art with Graham	12:00 - 14:00	Weekly	FREE	Just drop in!	SCRC
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>	HCRC
GKR Karate	17.00 – 19:00	Weekly	£TBC	07852 292218 • <a href="http://region34uk@gkrkarate.com">region34uk@gkrkarate.com</a>	SCRC
<b>SATURDAY</b>					
GKR Karate	10.00 – 12:00	Weekly	£TBC	07852 292218 • <a href="http://region34uk@gkrkarate.com">region34uk@gkrkarate.com</a>	SCRC
Church of Christ (Worship Service)	16:30 - 20:30	Weekly	FREE	Visitors welcome	SCRC
Springfield Park Litter Pick - Saturdays	10:00 - 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
Kingdom Academy	15:00 - 20:00	Weekly	£TBC	<a href="mailto:jess@kingdomacademy.uk">jess@kingdomacademy.uk</a>	SCRC
<b>DAILY</b>					
Computer Access – Lobby	08.00 – 18:00	Weekdays	FREE	Drop in!	HCRC
Listening Post - counselling services	Appointments	Weekdays	£ on request	01242 256060 • <a href="mailto:lpostcheltenham@listeningpost.org.uk">lpostcheltenham@listeningpost.org.uk</a>	HCRC
Andrew Bird Hearing – ear wax treatments	Appointments	Weekdays	£ on request	01242 262551 • <a href="mailto:info@andrewbirdhearing.co.uk">info@andrewbirdhearing.co.uk</a>	HCRC
Puddles Nursery – children 0-4 years	08.00 – 18.00	Weekdays	£ on request	Emma • 01242 527545	HCRC
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	HCRC
Occupational Therapy / Physiotherapy / Speech and Language Therapy /	Appointments	Weekdays	FREE	<a href="http://www.westcheltenham.org/springbank-crc">www.westcheltenham.org/springbank-crc</a> for services contacts	SCRC
Emergency Dental Advice Line				0300 421 6440 option 1	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>	HCRC
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>	HCRC
Diabetes Prevention	Courses		FREE	<a href="http://www.preventing-diabetes.co.uk/referral/">www.preventing-diabetes.co.uk/referral/</a>	HCRC
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	HCRC
Dial-a-Cab - taxi service	24/7 taxis		£ on request	01242 24 24 24 • <a href="mailto:info@dacchelt.com">info@dacchelt.com</a>	HCRC
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