

HESTERS WAY & SPRINGBANK COMMUNITY CENTRES ACTIVITIES

| Activity / Day | Time | When | Cost | Contact | Venue |
|--|---------------|-------------|----------------|---|-------|
| MONDAY | | | | | |
| Megan Baker House | 9.00 – 17.00 | Term Time | Appointments | www.meganbakerhouse.org.uk | 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 |
| TUESDAY | | | | | |
| 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 • PeggyPerez@hotmail.co.uk | 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 |
| WEDNESDAY | | | | | |
| Skills Hub with CBC | 10:00 - 12:00 | Weekly | FREE | Gayna (CBC) tes@cbh.org | HWCRC |
| Community Pantry | 10.00 - 13-00 | Weekly | £4 members | 07483 125289 info@westcheltenhampantry.org | HWCRC |
| Listening Post Cafe | 10:30 - 12:30 | Monthly | FREE | 01242 256060 • lpostcheltenham@listeningpost.org.uk | HWCRC |
| 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) tes@cbh.org | HWCRC |
| Maths Tutoring Exam tutoring for 9-11yrs | 17.00 - 19-00 | Term Time | £TBC | Tehreem Hajra • tehreem.hajra@hotmail.com | HWCRC |
| Turkish Classes | 17.00 - 19-00 | Term Time | £TBC | Saime Aksit • saimeaksit2@gmail.com | SCRC |
| GKR Karate | 18.00 – 19:00 | Weekly | £TBC | 07852 292218 • region34uk@gkrkarate.com | SCRC |
| THURSDAY | | | | | |
| Skills Hub with CBC | 10:00 - 12:00 | Weekly | FREE | Gayna (CBC) tes@cbh.org | HWCRC |
| Community Pantry | 10.00 - 13-00 | Weekly | £4 | 01242 575638 – see also above | HWCRC |
| 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 taichicheltenham.com | 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 • tes@cbh.org | HWCRC |
| Watercolours with John | 14:00 - 16:00 | Weekly | TBC | Just drop in! Materials provided. | HWCRC |
| Samurai Martial Arts | 17:00 - 20:00 | Weekly | £TBC | Brian Jarvis • 07971 584901 | SCRC |
| FRIDAY | | | | | |
| 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 |
| POPPS (Playtime for Older People Project) | 14:00 - 16:00 | Fortnightly | £1 | Contact Shirley for details tngwnp@yahoo.co.uk | HWCRC |
| GKR Karate | 17.00 – 19:00 | Weekly | £TBC | 07852 292218 • region34uk@gkrkarate.com | SCRC |
| SATURDAY | | | | | |
| GKR Karate | 10.00 – 12:00 | Weekly | £TBC | 07852 292218 • region34uk@gkrkarate.com | 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 st Saturday | SCRC |
| SUNDAY | | | | | |
| Cheltenham Community Church | 10:30 - 13:00 | Weekly | FREE | Visitors welcome | SCRC |
| Kingdom Academy | 15:00 - 20:00 | Weekly | £TBC | jess@kingdomacademy.uk | SCRC |
| DAILY | | | | | |
| Computer Access – Lobby | 08.00 – 18:00 | Weekdays | FREE | To reopen soon - Drop in! | HWCRC |
| Listening Post - counselling services | Appointments | Weekdays | £ on request | 01242 256060 • lpostcheltenham@listeningpost.org.uk | HWCRC |
| Andrew Bird Hearing – ear wax treatments | Appointments | Weekdays | £ on request | 01242 262551 • info@andrewbirdhearing.co.uk | 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 / Physiotherapy / Speech and Language Therapy / | Appointments | Weekdays | FREE | www.westcheltenham.org/springbank-crc for services contacts | SCRC |
| Emergency Dental Advice Line | | | | 0300 421 6440 option 1 | SCRC |
| Cheltenham Pharmacy | 10.00 – 18.00 | Daily | | 01242 255061 | SCRC |
| BOOKABLE SERVICES from the CRCS | | | | | |
| Read Easy – reading improvement classes | Appointments | | FREE | www.readeasy.org.uk • cgcoordinator1@readeasy.org.uk | HWCRC |
| Teens in Crisis – teen counselling services | Appointments | | FREE | www.ticplus.org.uk • 01594 372777 • text 07520 634063 | SCRC |
| Relate – relationship counselling services | Appointments | | FREE | www.relate.org.uk | HWCRC |
| Diabetes Prevention | Courses | | FREE | www.preventing-diabetes.co.uk/referral/ | HWCRC |
| Head To Toe - alternative health clinic | Appointments | | £ on request | philippa_horton@hotmail.co.uk • 01242 260697 | HWCRC |
| Dial-a-Cab - taxi service | 24/7 taxis | | £ on request | 01242 24 24 24 • info@dacchelt.com | HWCRC |
| Chinese Childrens and Parents Association | Appointments | | £ on request | 07720 637976 • mandarin.school@hotmail.co.uk | SCRC |