

HESTERS WAY & SPRINGBANK COMMUNITY CENTRES ACTIVITIES

Activity / Day	Time	When	Cost	Contact	Venue
MONDAYS FROM SEPTEMBER 2025					
Megan Baker House	9.00 – 17.00	Term Time	Appointments	www.meganbakerhouse.org.uk	SCRC
Craft Club	10:00 - 12:00	Fortnightly	FREE	Drop in - visitors welcome!	SCRC
Baby and Toddlers Morning	10:00 - 12:00	Weekly	FREE	Drop in all welcome! Coffee & cake £2 Free snack	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
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 TRIAL £3	Peggy Perez • PeggyPerez@hotmail.co.uk	SCRC
Church of Christ (Worship Service)	16:30 - 20:30	Weekly	FREE	Just drop in - visitors welcome!	SCRC
Turkish Classes	17.00 - 19.00	Term Time	£TBC	Saime Aksit • saimeaksit2@gmail.com	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
Springbank Fitness	10:30 - 11:30	Weekly	£6.50	contact@lukeyoungpt.co.uk	SCRC
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
Community Board Games	14:00 - 15:30	Weekly	FREE	Drop in all welcome! Coffee & cake £2	HWCRC
Maths Tutoring Exam tutoring for 9-11yrs	17.00 - 19.00	Term Time	£TBC	Tehreem Hajra • tehreem.hajra@hotmail.com	HWCRC
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	09.30 - 12.30	Weekly	£2 (materials)	Just drop in!	SCRC
Infinite Tai Chi and Chi Kung	10:00 - 11:00	Weekly	£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	£call Brian	Brian Jarvis • 07971 584901	SCRC
FRIDAY					
Move More (toddler exercise)	10.00 - 11.00	Weekly	Free	Just drop in!	SCRC
Knit & Natter	10.00 - 14.00	Weekly	FREE	Just drop in!	SCRC
Carers Lunch	13.00 - 14.00	Monthly	FREE	Just drop in! 4 th Friday of the month	HWCRC
POPPS (Playtime for Older People Project)	14:00 - 16:00	Fortnightly	£1	Contact Shirley for details tngwhnp@yahoo.co.uk	HWCRC
GKR Karate	17.00 – 19:00	Weekly	£call	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					
Church of Pentecost	10:30 - 13:00	Weekly	FREE	Visitors welcome	SCRC
Turkish Classes	12.00 - 14.00	Term Time	£TBC	Saime Aksit • saimeaksit2@gmail.com	SCRC
Kingdom Academy	15:00 - 20:00	Weekly	£TBC	jess@kingdomacademy.uk	SCRC
DAILY					
Computer Access – Lobby	08.00 – 18:00	Weekdays	FREE	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
Chinese Childrens and Parents Association	Appointments		£ on request	07720 637976 • mandarin.school@hotmail.co.uk	SCRC