

# HESTERS WAY & SPRINGBANK COMMUNITY CENTRES ACTIVITIES

Activity / Day	Time	When	Cost	Contact	Venue
<b>MONDAYS FROM MAY 2026</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	Drop in - visitors welcome!	SCRC
Watercolours with John and Mel	13:00 - 15:00	Weekly	Donation only	Just drop in! Materials provided.	HWCRC
Knit and Natter	13:00 - 16:00	Weekly	FREE	Drop in - visitors welcome!	SCRC
Samurai Martial Arts	17:00 - 20:00	Weekly	£TBC	Brian Jarvis • 07971 584901	SCRC
<b>TUESDAY</b>					
Charlies Charity	10:00 - 14:00	2 <sup>nd</sup> Tuesday	FREE	Emotional support for Cancer • Bereavement Support	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 TRIAL £3	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
Yoga	17.00 – 18-00	Weekly	£5	Book via email; <a href="mailto:1estersway.yoga@gmail.com">1estersway.yoga@gmail.com</a>	HWCRC
Turkish Classes	17.00 – 18-30	Term Time	£TBC	Saime Aksit • <a href="mailto:saimeaksit2@gmail.com">saimeaksit2@gmail.com</a>	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>	HWCRC
Community Pantry	10.00 – 13-00	Weekly	£4 members	07483 125289 <a href="mailto:info@westcheltenhampantry.org">info@westcheltenhampantry.org</a>	HWCRC
Listening Post Café	10:30 – 12:30	Fortnightly	FREE	01242 256060 <a href="mailto:ipostcheltenham@listeningpost.org.uk">ipostcheltenham@listeningpost.org.uk</a>	HWCRC
Springbank Fitness	10:30 – 11:30	Weekly	£6.50	<a href="mailto:contact@lukeyoungpt.co.uk">contact@lukeyoungpt.co.uk</a>	SCRC
Art with Graham	12:00 – 14:00	Weekly	FREE	Just drop in – visitors welcome!	SCRC
Carers Lunch	13.00 - 14.00	Monthly	FREE	Just drop in! 2 <sup>nd</sup> Wednesday of the month	HWCRC
Skills Hub with CBH	13:00 – 15:00	Weekly	FREE	Gayna (CBH) <a href="mailto:tes@cbh.org">tes@cbh.org</a>	HWCRC
West Cheltenham Creative Writing	13:30 – 14:30	Weekly	FREE	Drop in all welcome! From Feb 4 <sup>th</sup> 2026	HWCRC
<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>	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
Benefits and Advice Drop In	10.00 – 12-00	Weekly	FREE	Drop in – no appointments necessary	HWCRC
Infinite Tai Chi and Chi Kung	10:00 – 11:00	Weekly	£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
Community Board Games	11:00 – 13:00	Weekly	FREE	Drop in all welcome! Coffee & cake £2	HWCRC
Inclusion Hub	13:00 – 15:00	Weekly	FREE	Contact Maria or Claire	HWCRC
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	£ call Brian	Brian Jarvis • 07971 584901	SCRC
<b>FRIDAY</b>					
Move More (toddler exercise)	9.30 – 10.30	Weekly	Free	Just drop in!	SCRC
Knit & Natter	10.00 – 14.00	Weekly	FREE	Just drop in!	SCRC
Friday Crafty Club	11:00 – 13:00	Weekly	FREE	Drop in all welcome! Coffee & cake £2	HWCRC
Community Meal	12:30 – 13:30	Last Friday	PAY WHAT YOU CAN	Monthly community lunch - Drop in all welcome!	HWCRC
Carers Lunch	13.00 - 14.00	Monthly	FREE	Just drop in! 4 <sup>th</sup> Friday of the month	HWCRC
GKR Karate	17.00 – 19:00	Weekly	£ call	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>					
Church of Pentecost	10:30 - 13:00	Weekly	FREE	Visitors welcome	SCRC
Turkish Classes	12.00 - 14-00	Term Time	£TBC	Saime Aksit • <a href="mailto:saimeaksit2@gmail.com">saimeaksit2@gmail.com</a>	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!	HWCRC
Listening Post counselling services	Appointments	Weekdays	£ on request	01242 256060 • <a href="mailto:ipostcheltenham@listeningpost.org.uk">ipostcheltenham@listeningpost.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
Physiotherapy / Speech and Language and Occupational 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	09.00 – 18.00	Daily		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
Talk Well– teen counselling services	Appointments		FREE	<a href="http://www.ticplus.org.uk">www.ticplus.org.uk</a> • 01594 372777 • text 07520 634063	SCRC
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
Chinese Childrens and Parents Association	Appointments		£ on request	07474 280323 • <a href="mailto:cms.ccpa@outlook.com">cms.ccpa@outlook.com</a>	SCRC