



Meadows Community Centre

January 2025 Programme

January Programme

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Upcoming Comedy Night!



We are hosting a Comedy Night with Custard Comedy on 7 February 2025! Our show will feature the hilarious Christian Reilly, Abbie Edwards and Carl Jones!

"If you're a fan of Bill Bailey or Rich Hall, you're probably a Christian Reilly fan already," The Guardian.

Advance tickets are 10% off, available for £13.50 from Corn Exchange or [Meadows Comedy Night - Cambridge Live Tickets!](#)

Book an event with us!



We have bright and spacious meeting rooms upstairs available for anyone in the community to hire depending on availability! Pictured above is an example set up for Rooms 3 and 4 with the divider down for a larger space! Rooms 3 and 4 are accessible via two lifts.

If interested, send us your information and any questions regarding a room booking to meadows@cambridge.gov.uk

January Programme

Custard Comedy  PRESENTS

Stand up Comedy

CHRISTIAN REILLY
CARL JONES
ABBIE EDWARDS



07.02.2025

Doors open 7.30PM
299 Arbury Rd, CB4 2JL



Meadows
Community
Centre

TICKETS £13.50 ADV/£15 DOOR
Tickets available from Corn Exchange or online
cambridgelivetickets.co.uk/events/meadows-comedy-night

January Programme

Leisure Activities



Bingo Night

Bingo meets every **Friday**; doors open at 6.30pm for a 7 to 9.30pm fun social event. Come play Bingo, no membership needed. Call Emma for more information: 07984 123680



NEW Breath Bootcamp

Kumbhaka Kissed

Friday 25 January, 10am to 3.30pm. Feeling overwhelmed, stressed, constantly busy, or disconnected with yourself and what lights you up? This workshop merges fun with learning, empowering yourself to use your breath to reduce stress, improving physical health and wellbeing. An Early Bird offer of 30% off through 31 Dec 2024. One-time payment £120, or 2 monthly payments £65. Register here: [HERE](#)



Community Theatre

Bedazzle

Saturdays, 2.30 to 5pm. Performing arts classes for adults with disabilities. Learn new dance moves, get your vocal cords moving and most importantly have fun!

Call: 07494 091077, Email: OfficeAdmin@BedazzleArts.org More information is available at [Home | Bedazzle Arts](#) or [Bedazzle Arts | Twitter, Instagram, Facebook | Linktree](#)



Quilting Workshops

Cambridge Quilters

Meetings take place from 7 to 9pm on the **second Wednesday** evening of each month, except August. All abilities welcome. If you would like to become part of the Quilters community and join like-minded people with a passion for quilting, email Marion Curtis at chair@cambridgequilters.com. More information is available at [Cambridge Quilters - Join Us](#)



Watercolour Painting Classes

Arbury Artists

Tuesdays, 10am to midday. Watercolour art classes for adults. Call: 01223 523680 Email: abfabcelia@yahoo.co.uk

January Programme

Health and Fitness



Bat and Chat

Get Moving Cambridge

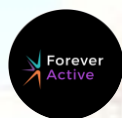
Thursdays, 10.30am to midday for those aged 50+. Bat and Chat is an informal, non-competitive game of table tennis, boccia, and curling, with time for tea, coffee, and a chat at 11.30am. Sessions are only £3, and you can drop in anytime once booked. You can view more information or book your place at [Bookwhen Cam Sport Bat and Chat](#)



“Beezee Families” Healthy Lifestyle Programme

Maximus

Tuesdays, for 4- to 12-year-olds. Beezee Families is a free 12-week healthy lifestyle programme to help 4-to 12-year-olds eat well, stay active and have fun doing it! You and your family will get practical advice from experts, a range of recipes, and a chance to get involved in lots of fun activities. Sign up today at [Maximus UK](#)



Beginners Yoga

Forever Active

Tuesdays, 9.45 to 10.45am and 11am to midday for those aged 50+. This class takes the approach of developing strength, flexibility, good breathing habits, relaxation & concentration. Call: 07432 480105 Email: enquiries@forever-active.org.uk More information is available at [Forever Active Cambs](#)



NEW Classes added! DDMIX Dance Fitness

Diverse Dance Mix

Tuesdays, 7.30 to 8.30pm and **Fridays**, 9.30 to 10.30am. DDMIX is a great workout covering different dance genres and eras, delivered by local dance teacher, Victoria Quirke and no experience is necessary. All classes run term time only and no experience necessary, just enthusiasm and a pair of trainers! £8 drop in price or £32.50 for a block of 5 classes with 1 free! Book your space by email victoriaquirke@gmail.com, phone 07967 220497 or visit [DDMIX](#)

Want to play?

BADMINTON

at

Meadows
Community
Centre



Nigel Gawthrope Hall
Monday to Friday
£12 per hour
Ask at reception

*Book on the day or the week of.
Children must be accompanied by an adult.*

January Programme



NEW DDMIX Family Fitness

Get Moving Cambridge

Wednesdays, 4.30 to 5.30pm, starting on 8 January for 5 weeks!

Come join this high-energy, dance-inspired family fitness course whether you are a seasoned dancer or a beginner! Family tickets just £10 for all 5 dates. Please book online [HERE](#)



Exercise to Music

Forever Active

Fridays, midday to 1pm. Aerobic fitness routine to improve stamina and work the cardiovascular system, followed by arm and floor exercises. Equipment required: resistance band & mat. Call: 07432 480105, Email: enquiries@forever-active.org.uk More information is available at www.forever-active.org.uk/classes/



Fitness Pilates

Pound Rock Out with Me

Wednesdays, 6.30 to 7.30pm. Join an amazing Fitness Pilates class and enjoy exercising in a fun fitness community of like-minded women! £6 PAYG or £25 for 5 classes. To book your FREE trial visit [Fitness Pilates](#) Email: poundrockoutwithme@gmail.com



Indoor Badminton or Table Tennis

Meadows Community Centre

Want to play Badminton or Table Tennis? You can book on the day or the week of for only £5 for a half hour session of table tennis or £12 an hour for badminton. Table tennis is provided in the downstairs hall and badminton in Nigel Gawthrope Hall, provided the room is free. Just ask at reception or call 01223 508140.

Want to play?

TABLE TENNIS

at

Meadows
Community
Centre



Downstairs Hall
Monday to Friday
£5 half hour session
Ask at reception

*Book on the day or the week of.
Children must be accompanied by an adult.*

January Programme



Long-Term Conditions Circuit exercise

Heartbeat Fitness

Tuesdays, 1.15 to 2.15pm. Circuit fitness class for adults who have a musculoskeletal disease, cardiac or respiratory events, chronic pain, Parkinson's Disease, Multiple Sclerosis, or Stroke. Call: 01223 571431, Email: heartbeatfitness@ntlworld.com More information is available at [Cambridge City Council](#)



Mixed Martial Arts

GPC MMA

Tuesdays, 6.15 to 8.15pm. Children's, teens and adult's classes teach easy to learn, real self-defence. Classes build self-confidence, refine balance and coordination and put your personal development at the centre of our work. Call: 07748 683827, Email: gpcmartialarts@gmail.com. More information is available at [GPC MMA](#)



NEW Pound Fitness Family Workout

Get Moving Cambridge

Mondays, 6.15 to 7pm. This is a fun, full-body workout using exercise drumsticks that will help you and your kids not only improve their physical health, but also boost their confidence and self-esteem. Each weekly class is a 45-minute electrifying jam session that combines cardio, strength training and mat exercises – all set to your favourite soundtrack! £3 for adults and £1 for children. Book your place [HERE](#)



Pre-Ffit

Forever Active

Tuesdays, 12.15pm to 1.15pm for those aged 50+. This class includes standing strengthening exercises, with seated options, balance exercises, with support options, and exercises to help you feel more steady on your feet and gain more confidence with your balance. Call: 07432 480105, Email: enquiries@forever-active.org.uk. More information is available at [Forever Active Cambs](#)



Rehabilitation Exercise Circuits

And the Beat Goes On

Thursdays, 4.30 to 5.30pm and 6 to 7pm. Fitness classes suitable to those with cardiac and/or pulmonary conditions. Contact Steve Symonds. Call: 07861784455. Email: atbgo2018@gmail.com More information is available at [And the Beat Goes On](#)

January Programme



Strength and Balance

Forever Active

Fridays, 1 to 2pm for those aged 50+. This class is chair based and designed to improve your strength and balance. It is a great way of starting to get back to feeling confident and reducing your risk to falling. Call: 07432 480105 Email: enquiries@forever-active.org.uk More information is available at [Forever Active](#)



Taoist Tai Chi

Taoist Tai Chi™ arts

Wednesdays, 7 to 8pm. Taoist Tai Chi™ practice is a powerful way to let go of worry and anxiety. It is a moving meditation that reduces stress and helps you find joy and physically it makes you energetic, balanced and supple. Visit our website to register for introductory sessions: [Taoist Tai Chi at Meadows Community Centre](#) Phone: 07597 613392 or email: fsargeant@taoisttaichi.org.



- **Target Dance**

Target Dance Company

Wednesdays, 5 to 8pm and **Saturdays** 9am to 1pm for ages 3 to 18. We have classes in Ballet, Jazz, Musical Theatre, Contemporary, Street Dance, Acro and Tap. All teachers are highly experienced industry professionals, and everyone is welcome! Please enquire for a free trial class in September: targetdancecompany@gmail.com or visit [Target Dance Company](#)



- **Team Games**

Rabble

Monday evenings. Exercise sessions are remixed team games, so each one is different. They are fun social team games, from playground classics to games based (loosely) on famous tales. To book a slot visit [Cambridge - Fun Fitness - Rabble](#). For more information, visit [Join Rabble](#) or email: hello@joinrabble.com



Yoga for Health

Get Moving Cambridge

Tuesdays, 6 to 7pm. This yoga class is suited to the absolute beginner and anybody who is wishing to improve their flexibility, muscular poise, and state of mind. Mats are available to borrow, and the class starts from just £3 per session. For more information or to book your place: bookwhen.com/camsport

January Programme

Children and Young Adults



“Beezee Families” Healthy Lifestyle Programme

Maximus

Tuesdays, for 4- to 12-year-olds. Beezee Families is a free 12-week healthy lifestyle programme to help 4-to 12-year-olds eat well, stay active and have fun doing it! You and your family will get practical advice from experts, a range of recipes, and a chance to get involved in lots of fun activities. Sign up today at [Maximus UK](https://www.maximusuk.com)



Daytime Multi-sports

GK Fit

Monday sessions on 2 and 9 December. Little Skills for 3+ 11am to 11.30am, multi-sports for 5+ 11.30am to 12.30pm, and multi-sports for 7+ 12.40 to 1.40pm. Fun and inclusive multisport sessions for children under 16 who are out of school or home educated. To book, go to [Sports at the Meadows: Booking and consent form](#). Any questions, please get in touch before you complete the form at: info@gkfit.co.uk or visit [GK Fit](#)



NEW DDMIX Family Fitness

Get Moving Cambridge

Wednesdays, 4.30 to 5.30pm, starting on 8 January for 5 weeks! Come join this high-energy, dance-inspired family fitness course whether you are a seasoned dancer or a beginner! Family tickets just £10 for all 5 dates. Please book online at <https://bookwhen.com/activefamiliescambridge>



Drama for Home Educated Children

Cambridgeshire Home Educating Families

Monday sessions dependent on age and experience, for children aged 5 to teens. These sessions are run in collaboration with an engaging DBS-checked drama teacher and are a great way to make friends, negotiate and collaborate. For more information or to book please visit [Monday drama venue](#) or email mondaydramacambridge@gmail.com

January Programme

Family Drop-in Services



Meadows Children and Family Wing

We provide a community lunch on **Tuesdays**, 9.30am to midday and a community breakfast on **Fridays**, 9.30am to 12.30pm. Our family support workers offer advice, guidance and support for families and our play workers facilitate positive play and learning activities for families to enjoy together. Call: 01223 508144 Email:

info@mcfw.co.uk <mailto:info@mcfw.co.uk>, More information is available at [The Meadows Children & Family Wing](#) or [MCFW Facebook](#)

Lego Club



Mondays, 3.30 to 5pm. We offer a FREE Lego Club for children aged 3+ during term time in the Café. No booking necessary. Children must be supervised by an adult. Lots of Lego available to play so come and join us after school!

- **Mixed Martial Arts**



GPC MMA

Tuesdays, 6.15 to 8.15pm. Children's, teens and adults' classes teach easy to learn, real self-defence. Classes build self-confidence, refine balance and coordination and put your personal development at the centre of our work. Call: 07748 683827, Email:

gpcmartialarts@gmail.com. More information is available at [GPC MMA](#)

Nursery



Moonbeams

We are a small, friendly, independent charity-led Preschool serving the Arbury/King's Hedges communities. We provide full-time and session based childcare **Monday to Friday** during school terms for 2 to 3+ year olds. Please email Stephanie Champion on

Moonbeams.preschool@gmail.com or call or text: 07780 187003 (Monday to Friday 9am to 3pm). More information is available at [Moonbeams Preschool](#)

NEW Pound Fitness Family Workout



Get Moving Cambridge

Mondays, 6.15 to 7pm. This is a fun, full-body workout using exercise drumsticks that will help you and your kids not only improve their physical health, but also boost their confidence and self-esteem. Each weekly class is a 45-minute electrifying jam session that combines cardio, strength training and mat exercises – all set to your favourite soundtrack! £3 for adults and £1 for children. Book your place [HERE](#)

January Programme



Target Dance

Target Dance Company

Wednesdays, 5 to 8pm and **Saturdays** 9am to 1pm for ages 3 to 18. We have classes in Ballet, Jazz, Musical Theatre, Contemporary, Street Dance, Acro and Tap. All teachers are highly experienced industry professionals, and everyone is welcome! Please enquire for a free trial class in September: targetdancecompany@gmail.com or visit our website [Target Dance Company](#)



Youth Club

Romsey Mill

Romsey Mill provides afterschool clubs every **Friday** from 3.30 to 5pm for Years 6, 7, 8, **Thursday** from 3.30 to 5pm for Years 8 and 9, and **Thursday evenings** from 7.30 to 9pm for Years 10+. Romsey Mill is a Cambridgeshire-based charity providing programmes to enhance personal and social skills and assist in education and training. Call: 01223 213162 Email: info@romseymill.org More information is available at [Romsey Mill](#)

Support and Guidance



Advice for Citizens

Citizens Advice Bureau

By appointment only, caba@cambridgecab.org.uk (for enquiries only), 0808 278 7808 (Free advice line Monday to Friday 9.00 to 5.00pm), more information is available at [Citizens Advice Cambridge & District Homepage](#). For a new Universal Credit claim, call 0800 144 8444 or chat online Monday to Friday, 8am to 6pm. [Citizens Advice Cambridge & District Contact Page](#)



Antenatal and Postnatal Courses

National Childbirth Trust (NCT)

Courses run on **various dates** and times depending on due date. Please contact us to find the ideal course for you or to ask any questions: Email: bookingsupport.team2@nct.org.uk Call: 020 8752 9192. More information is available at [The UK's leading charity for parents | NCT](#)

January Programme



Hearing Help

Cambridgeshire Deaf Association

Hearing Help provides a range of information, advice and NHS hearing aid maintenance and battery supply services to thousands of local people with hearing loss, and their family and carers. Drop-in sessions run on the **fourth Thursday of the month** from 10am midday. More information is available at [Cambridgeshire Hearing Help](#) Call: 01223 416141 Text: 07429 231230 E-mail: office@cambsdeaf.org



Seniors Computer Club

Cambridge Online

Mondays and Thursdays, 9.30 to midday drop-in service. Free help with technology and the internet. Come learn stress-free, with friendly staff and access services safely online. More information is available at [Cambridge Online](#) Call: 01223 800450



Work and Health Employment Hub

Citizens Advice Bureau

Tuesday mornings. We can help those with a health condition or disability, aged 18 to 65 to access training, education, volunteering, CV support, links to confidence and wellbeing activities and connections to help you get back into work. Email healthemployhub@cambridgecab.org.uk to find out more. If you need advice about anything else, please see Advice for Citizen's information on page 8 of our programme.

Religious and Faith Groups



Buddhist Group

SGI-UK

Soka Gakkai UK (SGI-UK) holds a monthly meeting on **the first Sunday** every month. SGI UK is a socially engaged Buddhist movement for peace based on the Buddhist teachings of Nichiren Daishonin. For further information, please consult their official website: [SGI-UK Buddhism in Action for Peace](#)

January Programme



Church Service

Bethesda

Sundays 10.30am to 1.30pm. The Apostolic Faith Mission International Ministries (UK) is a vibrant, growing Pentecostal movement registered in England and Scotland. Our Assembly in Cambridge caters for men, women, students, children and all who believe in Jesus Christ. Contact: 07554 579140 or 07711 015305, pastor@afmcambridge.church or info@afmcambridge.church More information is available at [Bethesda Assembly Cambridge](#)



Church Service

Church of the United Nations

Sundays, 10.45am to 1.45pm. The Church of United Nations is a non-denominational church for all regardless of age, gender, race and class. Contact: united-nations@hotmail.co.uk. More information is available at [The Church of United Nations](#)



Church Service

Mountain of Fire and Miracles Citadel of Grace

Saturdays and Sundays 10.30 to 12.30pm. MFM Ministries is a full gospel ministry devoted to the Revival of Apostolic Signs, Holy Ghost fireworks and the unlimited demonstration of the power of God to deliver to the uttermost. Call: 07561 292712 Email: pastor@mfmcitadelofgrace.co.uk. More information is available at [Home - MFM Citadel of Grace, Cambridge, UK](#)



Messy Church

Cambridge Vineyard Church

Every first Sunday of the month. It's a church but not as you know it and all are welcome! We use fun, creative arts and crafts to explore faith and include a free sandwich community lunch! Find out more about Messy Church and to sign up for the free lunch go to [Cambridge Vineyard](#) or email office@cambridgevineyard.org.uk

January Programme

Food and Drink

Café



Royal Voluntary Service

Open **Monday to Friday**. Royal Voluntary Service supports people, communities and the NHS in every part of Great Britain. Our café is run by volunteers who prepare and sell food and drinks to the community.

More information is available at [The UK National Volunteer Charity | Royal Voluntary Service](#)

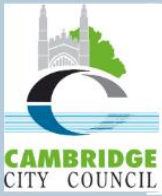
To volunteer, apply here: [Volunteer roles and opportunities | Royal Voluntary Service](#)

“Beezee Families” Healthy Lifestyle Programme



Maximus

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Meadows
Community
Centre

Open to the public from 8.45am
to 5pm every Monday to Friday,
excluding Bank Holidays.

Booking Inquiries: meadows@cambridge.gov.uk

General inquiries: 01223 508140 or visit during opening
hours from 8.45am to 5pm.

Social media: www.facebook.com/meadowscambridge



Webpage: www.cambridge.gov.uk/meadows-community-centre

View online: Visit our webpage above and scroll down to
Events and Activities.

299 Arbury Road CB4 2JL