

Meadows Community Centre October Programme

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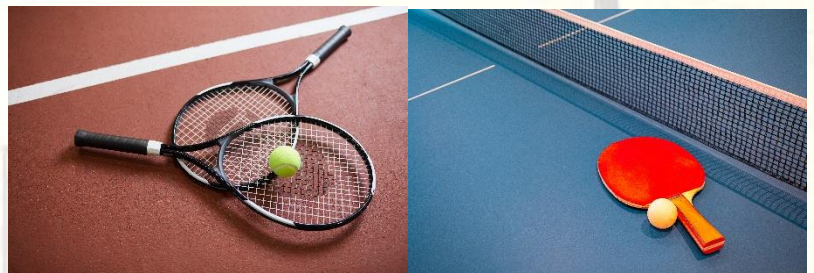
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Come and play!



We offer a FREE Lego Club for children aged 3+ every Monday from 3.30 to 5pm during term time in the Café. No booking necessary. We also offer FREE board games to play in our Centre all day, every day the office is open. We have a range of games ranging from children's, strategy, trivia, classic, cards, and so much more. The list seems to keep growing! Come to the office to sign a game out or to find out more.



Interested in playing Badminton or Table Tennis with your friends or family? We have the space and equipment for you! For just £5 for a half hour session of table tennis or £12 for an hour of badminton, we will set up the space for you! Table tennis is provided in the downstairs hall and badminton in Nigel Gawthrop Hall, provided the room is free. Just ask at reception or call 01223 508140 the week of or day of your booking.

Save the date: Meadows Market Day



Join us on Saturday, 2 November for a fun filled market day with [Cambridge Pop-Up Markets](#)! The event runs from 11am to 4pm and entry is FREE! From arts and crafts, handmade items, cakes and sweet treats, and many more unique stalls.

Meadows Community Centre October 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



- **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](#)



- **Macmillan Coffee Morning**

Thursday, 10am to 2pm, 3 October. Meadows Community Centre is hosting a Coffee Morning to raise money for [Macmillan Cancer Support](#). [Garg's Animal Encounters](#) will be here from 10 to 11am with his animals. We have also put on an amazing Raffle with prizes being generously donated by different companies so be sure to buy your tickets, £1 per strip, at the office before the winners are drawn!



- **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

Meadows Community Centre October Programme

Health and Fitness



Baby and Postnatal Yoga

Yoga Bright

Mondays, 10.30 to 11.30am, until 14 October and restarting in February. A safe space for mums and babies from 6 weeks old to crawling, £48 for 6 weeks or £9.60 for a single session. We will sing songs together, whilst you learn some massage and movement techniques to help your baby. Book your place at [Yoga | Yoga Bright](#)
Email: lisa@yoga-bright.com Call: 07855 429934



- **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](#)



- **DDMix Dance Fitness**

Get Moving Cambridge

Fridays, 9.30 to 10.30am from 20 September to 13 December (excluding 1 November). DDMix is a great workout covering different dance genres and eras, delivered by local dance teacher, Victoria Quirke and no experience is necessary. More information available at [12 Weeks to Wellbeing: Programme information - Cambridge City Council](#)

Meadows Community Centre October Programme



- **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 for those aged 50+. Equipment required: resistance band & mat. Call: 07432 480105, Email: enquiries@forever-active.org.uk More information is available at [Forever Active Cambs](#)



- **NEW 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 www.picktime.com/book/poundbooking Email: poundrockoutwithme@gmail.com



- **NEW 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 Gawthroppe Hall, provided the room is free. Just ask at reception or call 01223 508140.



- **Long-Term Conditions Circuit exercise**

Heartbeat Fitness

Tuesdays, 1.15 to 2.15pm. Circuit fitness class for adults who have a referral by a health professional due to reduced mobility caused by 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 LTC Fitness](#)



- **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](#)

Meadows Community Centre October Programme



- **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! Join Family tickets are £10 for the 5-week course and can be booked [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](#)



- **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 Cambs](#)



- **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.

Meadows Community Centre October 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: targetdancecompamy@gmail.com or visit [Target Dance Company](#)



- **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: [Book When Yoga for Health](#)

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](#)

- **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 More information is available at [The Meadows Children & Family Wing](#) or [MCFW Facebook](#)



- **NEW 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!



Meadows Community Centre October Programme



- **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. Call or Text: 07780 187003 (Monday to Friday 9am to 3pm). More information is available at [Moonbeams Preschool](#) or [Moonbeams Facebook](#)



- **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! Join Family tickets are £10 for the 5-week course and can be booked [HERE](#)



- **Soft Play and Family Worker Drop-In**

Cambridge City Child and Family Centre

Mondays, 9.30 to 11.30am. Soft Play activities for children up to 4 years with Child and Family Centre staff available for advice and signposting. Free to attend and no booking required. More information is available at [Child and Family Centres | Cambridgeshire County Council](#) or [Cambridge City Child and Family Centre Facebook](#)



- **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: targetdancecompamy@gmail.com or visit [Target Dance Company](#)

Meadows Community Centre October Programme



- **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](#) or [Romsey Mill Facebook](#)

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](#)



- **Baby and Postnatal Yoga**

Yoga Bright

Mondays, 10.30 to 11.30am, until 14 October and restarting in February. A safe space for mums and babies from 6 weeks old to crawling, £48 for 6 weeks or £9.60 for a single session. We will sing songs together, whilst you learn some massage and movement techniques to help your baby. Book your place at [Yoga | Yoga Bright](#) Email: lisa@yoga-bright.com Call: 07855 429934



- **Hearing Help**

Cambridgeshire Deaf Association

Do you wear NHS hearing aids? Come along to our Hearing Aid Maintenance session and get them cleaned, have new domes and tubes fitted and pick up batteries – all for free! We are here on the **fourth Thursday of every month** from 10am to midday. More information is available at [Cambridgeshire Hearing Help](#) Call: 01223 416141 Text: 07429 231230 E-mail: office@cambsdeaf.org

Meadows Community Centre October Programme



- **NEW National Energy Action Event Series**

National Energy Action

Tuesday, 1 October from 10am to midday. Come along and receive advice and support on staying warm and safe over winter, reducing heating loss at home, switching suppliers, fuel debt, and smart meters. You can also enter their free prize draw to win an air fryer or slow cooker.



- **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

Religious and Faith Groups



- **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**

The 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](#) or [Church of United Nations Facebook](#)



- **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](#)

Meadows Community Centre October Programme



- **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](#)



- **NEW 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 [Messy Church Cambridge — Cambridge Vineyard Church](#) or contact us at office@cambridgevineyard.org.uk

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](#)
<http://www.royalvoluntaryservice.org.uk/> or [RVS Cambridgeshire Facebook](#)

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



- **“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](#)

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