

Meadows Community Centre July Programme

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Come drop in and stay awhile!



Here at Meadows Community Centre, we have many ways you can spend your time with us! Upon entering, you can go straight ahead into the foyer to relax on the couch, peruse some posters, or have a chat with friends at the table. We have water refilling stations in between the lifts to the left. To the right of the entrance, is the Royal Voluntary Service Café and 2 free computers available for public use. When in doubt, come say hi to us! There will always be someone at reception, to the left of the entrance for assistance.

Recycle bras for charity

You can recycle bras for Breast Cancer Research at Meadows Community Centre! Our bra bank is located next to the entrance to our Centre. More information is available at [Bra Recycling - Against Breast Cancer](#)

Board Games Available!

We have board games, card games, and puzzles available to play in the Centre! Just ask a member of staff at Reception and they will sign out the game to you. Games are free to play in the Centre, and adult puzzles are available to keep. *Please make a purchase at the Café if you use this space. Alternatively, all are welcome to use the space in the foyer, pictured above!



Meadows Community Centre July Programme

Leisure Activities



- **Bingo**

Bingo meets every **Friday**, 7 to 9.30pm for a fun social event. Come play Bingo, enjoy a hot refreshment and win prizes.

Call: 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: 020 4511 4500, Email: OfficeAdmin@BedazzleArts.org More information is available at [Home | Bedazzle Arts](#) or [Bedazzle Arts | Twitter, Instagram, Facebook | Linktree](#)



- **NEW Cambridge Civic Quarter Community Workshop**

Cambridge City Council

Saturday, 1.30 to 4pm 6 July.

This is a once-in-a-century opportunity to tell us how we can reimagine the area around the Guildhall, Corn Exchange and Market Square for residents and visitors. Come drop in to learn more about the project and share your thoughts on specific aspects of the development. Call: 07542 016586, Email:

info@cambridgecivicquarter.co.uk More information is available at [Cambridge Civic Quarter](#)



- **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 July Programme

Health and Fitness



- **Aerobic Dance Workout**

Diverse Dance Mix

Fridays, 9.30am to 10.15am, £6.50 per class. This is a new full body aerobic workout using easy to follow steps. In a class you will experience up to 10 different dance styles from Line dance to Bollywood, Jive to Charleston. Call Victoria Quirke on 07967 220497 to book. More information is available at [Diverse Dance Mix](#)



- **Baby and Postnatal Yoga**

Yoga Bright

Mondays, 10.30 to 11.30am. A safe space for mums and babies from 6 weeks old to crawling, £35 for 6 weeks or £7 drop-in. 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](#)



- **NEW times added! 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](#)



- **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 [Forever Active Cambs](#)

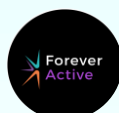
Meadows Community Centre July Programme



- **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. Childrens, 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](#)



- **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](#)

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- **Taoist Tai Chi**

Taoist Tai Chi™ arts

Wednesdays, 7 to 8pm with an introductory course beginning 31 January. 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. Phone: 07597 613392 or email: fsargeant@taoisttaichi.org. Register in advance: [Taoist Tai Chi at Meadows Community Centre](#)



- **Target Dance**

Target Dance Company

Wednesdays, 5 to 8pm and **Saturdays** 9am to 1pm for ages 3 to 18. Dance sessions from industry professionals ranging from ballet contemporary, commercial, acrobatic, singing and acting! From beginners to those auditioning for Vocational courses, everyone is welcome. To secure your place, email: Targetdancecompany@gmail.com More information is available at [TDC](#)



- **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



- **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](#)



- **Mixed Martial Arts**

GPC MMA

Tuesdays, 6.15 to 8.15pm. Childrens, 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](#)

Meadows Community Centre July Programme



- **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](#)



- **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 old 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. Dance sessions from industry professionals ranging from ballet contemporary, commercial, acrobatic, singing and acting! From beginners to those auditioning for Vocational courses, everyone is welcome. To secure your place, email: Targetdancecompany@gmail.com. More information is available at [TDC](#)



- **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](#)

Meadows Community Centre July Programme

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. A safe space for mums and babies from 6 weeks old to crawling, £35 for 6 weeks or £7 drop-in. We will sing songs together, whilst you learn some massage and movement techniques to help your baby. To book: [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



- **Seniors Computer Club**

Cambridge Online

Tuesdays, 11am to 12.15pm 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 300407

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- **Smoking Cessation**

Healthy You

Tuesdays, fortnightly, 3 to 8pm. We offer FREE support to people who want to QUIT smoking. Call: 0333 005 0093, Text: Healthyu to 60777. More information is available at [Healthy You Stop Smoking Services](#) or [Healthy You Facebook](#)

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](#)



- **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](#)

Meadows Community Centre July Programme

Food and Drink



- **Café**

Royal Voluntary Service

Open 8.45am to 3.15pm, **Monday to Friday**, **Saturday** 9am to 2.30pm, and **Sunday** 10am to 2pm. 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](#) or [RVS Cambridgeshire Facebook](#)

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