

CAMBRIDGESHIRE

CELEBRATES AGE



2015

**Regular events and activities for over 50s in East Cambs,
Fenland and Huntingdonshire**





Cambridgeshire Celebrates Age (CCA) celebrated its tenth anniversary in 2014. From our origins in celebrating the United Nations International Day of Older People on 1st October each year we have expanded to fill the information gap about events and activities for older people in Cambridgeshire.

In promoting and pulling together older people's activities and events CCA aims to:

- **promote active living**
- **reduce social isolation**
- **reach out to the most vulnerable**
- **promote work with other generations**
- **challenge ageism**
- **show and value all that older people do for their local communities.**

We now publish a programme of celebratory one-off events that take place in and around October each year and in response to feedback, evaluation and demand, we also produce these local listings. They provide information about the range of activities that happen all-year-round for over 50's, provided and run by a range of different organisations. This booklet lists regular and ongoing activities in **East Cambs, Fenland and Huntingdonshire**. **So please keep this for reference all year round and enjoy a year of celebrating age!**

Activities are listed as follows:-

- **East Cambs Area page - 4**
- **Fenland Area page - 8**
- **Huntingdonshire page - 16**
- **Other Services page - 32**

We hope that you are able to enjoy the range of activities on offer. The details of the activities were correct at the time of going to press, but please check with the individual contact people before attending any activities. We do not claim that this list is comprehensive, so if you run an activity that is not listed for over 50's please let us know.

For more information on this publication please contact Michelle Birch, email: michelle.birch@cambridge.gov.uk or tel: 01223 471 674.

Also see our website address www.cambscelebratesage.org.uk

Transport information

Getting there:

If you have difficulty getting to any of these activities, or if you prefer an alternative to using the car, there may be a choice of public or community transport to meet your need.

For information about buses you can call Travel Line on **08712 002233** or use the website: www.traveline.info

For information about dialaride, community car schemes and bus services call Cambridgeshire County Council on **03450 450675** or go to the website: <http://www.cambridgeshire.gov.uk/transport/around/communitytransport/>

Disclaimer: CCA does not necessarily endorse the products or services featured in adverts in this programme.

East Cambs

Day / Time	Activity	Location	Contact details
2nd Monday of the month 2.30 – 4pm	Cam Sight Rural Support Group -meeting to provide help and friendship for those with visual impairment	Burwell and District Day Centre, Ash Grove, Burwell People from neighbouring villages are most welcome	Dorothy - Cam Sight Tel: 01223 420033 email: dorothy@camsight.org.uk
4th Monday of the month 2.00 – 4:00pm	Cam Sight Rural Support Group	Littleport Day Centre, Littleport	Dorothy - Cam Sight Tel: 01223 420033 email: dorothy@camsight.org.uk
1st Tuesday of month 2.30 – 4pm Free with Donations for tea/coffee	Engage in the Afternoon (details at end of programme)	Soham Library, Clay Street, Soham, CB7 5HJ	Soham Library Tel: 0345 045 5225 email: hayley.wynn@cambridgeshire.gov.uk
2nd Tuesday of month 2 – 3.30pm Free with donation for tea/coffee	Engage in the Afternoon (details at end of programme)	Ely Library, 6 The Cloisters, Ely, CB7 4ZH	Ely Library Tel: 0345 045 5225 email: hayley.wynn@cambridgeshire.gov.uk
Wednesday 6.30pm	Health Walk - Mytime Active	St George's Medical Centre, Littleport	Ryan Tel: 07540 703532 www.personalhealthtrainer.org.uk

Day / Time	Activity	Location	Contact details
1st & 3rd Wednesday of month 10.15 – 11.45am Cost: donation towards tea/coffee	Coffee Morning – drop-in for people who have been bereaved	Ely Methodist Church Room (access in from Chapel Street)	Helen Pope Area Coordinator Cruse Bereavement Care Helpline: 01223 633536 Administration Tel: 01223 302670 email: cambridge@cruse.org.uk
2nd Wednesday of month 10 – 11.30am. Free with donation for tea/coffee	Engage in the Morning (details at end of programme)	Burwell Library, The Village College, CB25 0DU	Burwell Library Tel: 0345 045 5225 email: hayley.wynn@cambridgeshire.gov.uk
Thursdays – fortnightly 9.30 – 11.30am	Community Navigators on hand in library to help older people find their way to activities or services	Ely Library, 6 The Cloisters, Ely, CB7 4ZH	Ely Library Tel: 0345 045 5225 email: hayley.wynn@cambridgeshire.gov.uk
2nd Thursday of month 10.30am FREE with donation for tea/coffee booking required	Engage in the Morning (details at end of programme)	Littleport Library Town Hall, Littleport, CB6 1LU	Littleport Library Tel: 0345 045 5225 email: hayley.wynn@cambridgeshire.gov.uk
2nd Thursday of month 10.00 – 12.00noon	Cam Sight Rural Support Group	The Community Room, The Causeway (off Tanners Road) Soham	Dorothy - Cam Sight Tel: 01223 420033 email: dorothy@camsight.org.uk

East Cambs

Day / Time	Activity	Location	Contact details
Monday to Friday weekly Times and prices vary	Mature & Active - A range of physical activity sessions for over 50's across East Cambridgeshire	<ul style="list-style-type: none"> • Littleport Leisure Centre • Ross Peers Sports Centre • Burwell Community Sports Centre • The Paradise Centre, Ely • Paradise Swimming Pool 	<p>Lewis Bage Tel: 01353 665555 email: lewis.bage@eastcambs.gov.uk</p> <p>Mature & Active webpage. http://www.eastcambs.gov.uk/sports/mature-active-programme</p> <p>Most recent M&A brochure. http://www.eastcambs.gov.uk/sites/default/files/M-A-2013.pdf</p>
By appointment only	Computer Buddy Session IT support	Ely Library, 6 The Cloisters, Ely CB7 4ZH	<p>Ely Library Tel: 0345 045 5225 email: hayley.wynn@cambridgeshire.gov.uk</p>





Safe+Well™ is a service run by NRS Healthcare and supported by Cambridgeshire County Council.

We're here to help people who wish to buy their own **daily living aids** – these are products designed to help you if you're finding some everyday tasks difficult.

Whether you're getting older, have recently been in hospital, have a disability or are finding everyday tasks difficult.

We're here to HELP

We can help you choose the right daily living aids, suggest places you can buy them, and let you know where you can try them out locally.

Visit the website or contact us for more information

www.safeandwell.co.uk/cambridgeshire

Tel: 01480 415719 Email: enquiries@safeandwell.co.uk



For reliable local businesses approved by Trading Standards visit:

www.buywithconfidence.gov.uk

call:

03454 040506

or seek assistance in your local library

Look for the logo



New businesses are being approved all the time

Fenland Local Listings

Getting There...

If you have difficulties getting to any of these activities, or if you prefer an alternative to using the car, there may be a choice of public or community transport to meet your need.

The Fenland Transport Directory gives information on all public and community transport schemes and providers and taxi operators in Fenland.

There is also a series of six leaflets called 'Getting from A to B' which use case studies to offer ideas for the most appropriate transport option for a particular journey or need. It may be that you can use a combination of different forms of transport. For example you might be able to go to a lunch club by bus or dialaride but need to use the community car scheme to get home.

The Directory and leaflets are available in One Stop Shops, libraries, surgeries, hospitals, and other places. Alternatively you can obtain transport information by calling Fenland District Council on 01354 654321, or go to their website: www.fenland.gov.uk

Fenland

Day / Time	Activity	Location	Contact details
Monday 10.30 – 12 noon Cost: free membership, costs for refreshments	Murrow Book Cafe Knitting group – mostly knitting for charity	The Schoolroom at the Chapel in Murrow,	Diana Thrower Tel: 01945 700213 email: bd.thrower@virgin.net or Eileen Sattin Tel: 01945 700476 email: eesattin@yahoo.co.uk
Monday 9am – 3pm Cost: £8.50	Lyons Court Day Centre. Transport provided for a day of talks, therapies, a hot meal, games quizzes etc.	Lyons Court, Chatteris	Lynne Hayden Tel: 01945 428662 email: lynne.hayden@ageukcambridgeshire.org.uk
Monday 2 – 3pm Cost: £1	Agewell Keep Fit	Salem Court, Chatteris	Margaret Billimore Tel: 01354 695824
1st Monday of month 10.15 – 11.45am People from neighbouring villages are most welcome	Monday Club - Cam Sight Rural Support group for the visually impaired	King Edward Community Centre, Chatteris	Tel: 07535 634234 email: dorothy@camsight.org.uk

Fenland

Day / Time	Activity	Location	Contact details
1st Monday of month 10.00am – 2.00pm	Isle of Ely Society for the blind and partially sighted	Roddons Sheltered Scheme, Boyden Court, Elizabeth Terrace, Wisbech	Scheme Manager Tel: 01945 589213
1 st and 3rd Monday of month 2 – 4pm	Now 4 Knitting Social group for knitters	March Library	Janet Pickering Tel: 0345 045 5225
Last Monday of month 2 – 3.30pm FREE	Engage in the Afternoon social event with guest speakers for the over 50s	March Library	Jennifer Gray Tel: 0345 045 5225 email: jennifer.gray@cambridgeshire.gov.uk
Tuesday 9.30am – 3.30pm Cost: £8.50	Tuesday Club A day of talks, therapies, a hot meal, games quizzes, exercise etc.	The Cricket Club, Burrowmoore Road, March	Lynne Hayden Tel: 01945 428662 email: lynne.hayden@ageukcambridgeshire.org.uk
Fortnightly on Tuesdays 12 noon Cost: £5.50	Wisbech St Mary Age Concern Luncheon Club , lunch, talks and games	The Bridge Inn, Wisbech St Mary	Marjorie Palmer, The Bridge Inn Tel: 01945 410511

Day / Time	Activity	Location	Contact details
Fortnightly on Tuesdays 1.30 – 3.30pm	Elm Friendship Club	Elm Centre, Wisbech	Mrs Spriggs Tel: 07754 569096
Tuesday Fortnightly 12.30 for 1pm Cost: £7 per head	Eastrea Lunch Club, general chat and get together	The Nags Head Public House, Coates Road, Eastrea	Peter Sennett Lunch Club Organiser Tel: 01733 205095
1st Tuesday of month 2pm	Mad March Readers – reading group	March Library	Janet Pickering Tel: 0345 045 5225
4th Tuesday of month 2 – 4pm Cost: £2.50 per visit	Wimblington Film Club	The Parish Hall, Addison Road, Wimblington	Pat Hart Tel: 01354 740654 email: patandterry.hart@tiscali.co.uk
Tuesday (monthly) 2.30pm	Hymn Sing a Long	Askham Village Community, Doddington	Catherine Wilson Tel: 01354 740269 email: catherine.wilson@askhamcarehomes.com
3 rd Tuesday of the month 2.00 – 4.00pm Cost: £2 per visit plus annual membership	Fifty Plus Club Speakers, outings etc	The Parish Hall, Addison Road, Wimblington	Pat Hart Tel: 01354 740654 email: patandterry.hart@tiscali.co.uk

Fenland

Day / Time	Activity	Location	Contact details
Wednesday (monthly) 11 – 12.15pm	Sporting Chance	Askham Village Community, Doddington	Catherine Wilson Tel: 01354 740269 email: catherine.wilson@askhamcarehomes.com
2 nd Wednesday in month 2 – 3.30pm Donation	Engage in the Afternoon Social event with guest speakers for the over 50s	Chatteris Library	Jennifer Gray Tel: 0345 045 5225 email: jennifer.gray@cambridgeshire.gov.uk
By appointment	IT Computer Buddy & Family History Buddy (details at end of programme)	March Library	March Library Tel: 0345 045 5225 email: jennifer.gray@cambridgeshire.gov.uk
Wednesday and Friday 9.30am – 3.30pm Cost: £8.50	Oasis Day Centre Transport provided for a day of talks, therapies, a hot meal, games quizzes etc.	St Michaels Avenue, Wisbech, PE13 5LF	Lynne Hayden Tel: 01945 428662 email: lynne.hayden@ageukcambridgeshire.org.uk

Day / Time	Activity	Location	Contact details
Thursday 2 – 4pm	Murrow Book Café – Reading Group, lending library plus visits from CAB and IT support	The Schoolroom, Chapel, Murrow	Diana Thrower Tel: 01945 700213 email: bd.thrower@virgin.net or Eileen Sattin Tel: 01945 700476 email: eesattin@yahoo.co.uk
Thursday 10.30 – 12.30pm Cost: £3 – plus cost of bingo, darts and raffle per week	Anchor Retirement Club	Anchor Inn, Norfolk Street, Wimblington	Mr John Tel: 01354 741108 9 Fenland Close Wimblington PE15 0RF
Thursday 2 – 3pm Cost: £1	Agewell Carpet Bowls	Salem Court, Chatteris	Margaret Billimore Tel: 01354 695824
Thursdays – fortnightly Midday Cost: price of meal	Parson Drove Luncheon Club	Butchers Arms Public House, Parson Drove	Mr Mike Shelly Tel: 01945 700729
Thursdays fortnightly 2.00pm Cost: Annual Subscription £5, meetings £1	Parson Drove over 60's Friendship Club for bingo, games, trips etc.	St Marks Chapel, Parson Drove	Mr Mike Shelly Tel: 01945 700729

Fenland

Day / Time	Activity	Location	Contact details
1st Thursday of month 12 noon	Friday Bridge Lunch Club	The Sportsman Elm, Wisbech	Mavis Reed Tel: 01945 861170 email: mbr12@talktalk.net
Thursday 2pm FREE	Knit and Natter Knitting Group	Yaxley Library	Tel: 0345 045 5225
Thursday 2pm	Cookery Club	Askham Village Community, Doddington	Catherine Wilson Tel: 01354 740269 email: catherine.wilson@askhamcarehomes.com
Friday 9.30am – 3.30pm Cost: £8.50	Boyden Court Day Centre. Transport provided for a day of talks, therapies, a hot meal, games quizzes etc.	Elizabeth Terrace, Wisbech, PE13 2AF	Lynne Hayden Tel: 01945 428662 email: lynne.hayden@ageukcambridgeshire.org.uk
Monthly on 2 nd Saturdays 10.30am – 12.30pm Cost: free membership, costs for refreshments etc.	Murrow Book Cafe Lending library, refreshments, computer access	The Schoolroom, Chapel, Murrow	Diana Thrower Tel: 01945 700213 email: bd.thrower@virgin.net or Eileen Sattin Tel: 01945 700476 email: eesattin@yahoo.co.uk

Day / Time	Activity	Location	Contact details
Various times throughout the year. First event is 12 January 10am – 1pm	Golden Surgery Event , support, advice, free blood pressure check	Fleming Court, Asplin Avenue, March PE15 9HD	Julie Randall Tel: 01354 622491
Various times throughout the year. First event is 10 February 10am – 1pm	Golden Surgery Event , support, advice, free blood pressure check	Newton Village Hall, Church Lane, Wisbech	Julie Randall Tel: 01354 622491
Monthly throughout the year. Contact the centre for details.	Bingo Night	Dove Court, Kirkdale Street, Wisbech	Tel: 01945 474746



Huntingdonshire

Day / Time	Activity	Location	Contact details
Monday 9.30 – 10.30am	Outdoor Gym Exercise	Coneygear Park, Huntingdon	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Second Monday of each month 2 – 3.30pm	Engage in the Afternoon A varied programme of talks and activities for the over 50s	Warboys Library, High Street, Warboys	Naomi Peel Tel: 0345 045 5225 email: naomi.peel@cambridgeshire.gov.uk
Last Monday of month 2.30 – 4pm FREE	Engage in the Afternoon – varied programme of talks and activities	Whittlesey Library	Tel: 0345 045 5225 email: alison.sutton@cambridgeshire.gov.uk
Monday 10 – 11am Cost: £3	Right Start 3 - Aerobic/ Circuit type exercise. Fun social class with light to moderate exercise based around stations. Suitable for people wanting to exercise for first time or returning to exercise	Warboys Parish Centre, Warboys	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk

Day / Time	Activity	Location	Contact details
Monday 2.30 – 3.30pm Cost: £3	Right Start 2 - Strength & balance exercise. Class will suit people progressing from level 1 or can stand for short periods	One Leisure St Ives, Westwood Road, PE27 6WU	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Monday 10 – 11am Cost: £3 per session	Right Start 1 Plus Chair & Strength exercise. Exercises take place in the chair; standing alternatives are available for people who wish to increase their strength and stamina.	Rainbow Surgery, 1B Stocking Fen Road, Ramsey, PE26 1SA	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Monday 10am	Health Walk	St Neots Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Monday 3pm	Scrabble Club	Yaxley Library, Lansdowne Road, PE7 3JL	Tel: 0345 045 5225

Huntingdonshire

Day / Time	Activity	Location	Contact details
Monday 2pm	Health Walk	Ramsey Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Tuesday 10am – 1pm Cost: £5 per week	Somersham Friendship Club. Friendship and lunch	Victory Hall, Parkhall Road, Somersham	Mrs June Holdich 44 Foffees Road Somersham PE28 3JE
Tuesday afternoon Please call for an appointment	IT Computer Buddy	St Ives Library	Tel: 0345 045 5225 email: naomi.peel@cambridgeshire.gov.uk
2 nd Tuesday of the month 2pm FREE	Engage in the Afternoon a series of talks and activities for the over 50s	St Ives Library	Tel: 0345 045 5225 email: naomi.peel@cambridgeshire.gov.uk
Tuesday 10 – 12 noon drop in FREE	IT Computer Buddy	Whittlesey Library	Tel: 0345 045 5225 email: alison.sutton@cambridgeshire.gov.uk

Day / Time	Activity	Location	Contact details
Tuesday 2pm	Health Walk	St Ives Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
First Tuesday of the Month	Health Walk	Sawtry Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Tuesday 2pm	Health Walk	Yaxley Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Tuesday 2 – 3pm Cost: £3	Right Start 2 - Strength & balance exercise. Class will suit people progressing from level 1 or can stand for short periods.	One Leisure, St Neots, PE19 2SA	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk

Huntingdonshire

Day / Time	Activity	Location	Contact details
Tuesday 3.30 – 4.30pm Cost: £3	Right Start 3 - Aerobic/ Circuit type exercise. Fun social class with light to moderate exercise based around stations. Suitable for people wanting to exercise for first time or returning to exercise.	One Leisure St Neots, PE19 2SA	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Tuesday 10.00 – 11.00am Cost: £3	Right Start 3 - Aerobic/ Circuit type exercise. Fun social class with light to moderate exercise based around stations. Suitable for people wanting to exercise for first time or returning to exercise.	One Leisure Ramsey, Abbey Road, PE26 1DP	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Tuesday evenings By appointment	Computer Buddy Session IT support	Sawtry Library, Fen Lane, Huntingdon, PE28 5TQ	Sawtry Library Tel: 0345 045 5225 email:

Day / Time	Activity	Location	Contact details
Wednesday 10 – 12 noon drop in FREE	IT Computer Buddy	Whittlesey Library	Tel: 0345 045 5225 email: alison.sutton@cambridgeshire.gov.uk
Wednesday morning Please call for an appointment	IT Computer Buddy	St Ives Library	Tel: 0345 045 5225 email: naomi.peel@cambridgeshire.gov.uk
Wednesday and Friday 9.30am – 3.30pm Cost: £8.50	Ambury Road Day Centre , Transport provided for a day of talks, therapies, a hot meal, games quizzes etc.	Ambury Road, Huntingdon	Lynne Hayden Tel: 01945 428662 emai: lynne.hayden@ageukcambridgeshire.org.uk
Wednesday 10.30 – 11.30am Cost: £3 per session	RightStart 2 - strength & balance exercise Class will suit people progressing from level 1 or can stand for short periods. Chair is used for support when standing	St Barnabas Learning Centre & Church, Huntingdon	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk

Huntingdonshire

Day / Time	Activity	Location	Contact details
<p>Wednesday 1.30 – 2.30pm Cost: £3</p>	<p>Right Start 3 - Aerobic/ Circuit type exercise. Fun social class with light to moderate exercise based around stations. Suitable for people wanting to exercise for first time or returning to exercise.</p>	<p>One Leisure Sawtry, PE28 5UY</p>	<p>Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk</p>
<p>Wednesday 2pm Friday 10am</p>	<p>Health Walk</p>	<p>Huntingdon Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks</p>	<p>Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk</p>
<p>Wednesday 2 – 3pm Cost: £3</p>	<p>Right Start 3 - Aerobic/ Circuit type exercise. Fun social class with light to moderate exercise based around stations. Suitable for people wanting to exercise for first time or returning to exercise.</p>	<p>One Leisure St Ives, PE27 6WU</p>	<p>Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk</p>

Day / Time	Activity	Location	Contact details
Wednesday 10 – 12 noon FREE	Online Services 1:1 assistance with laptops, access to ebooks etc. Please call to make an appointment	St Neots Library, Priory Lane, PE19 2BH	Tel: 0345 045 5225 email: info@cambridgeshire.gov.uk
Alternate Wednesday afternoons 2pm	Knit 1 Read 1 A knitting group that meets in the library on alternate Wednesday afternoons from 2pm for a knit and natter	St Ives Library	Tel: 0345 045 5225 email: naomi.peel@cambridgeshire.gov.uk
2 nd and 4 th Wednesday 7 – 9pm FREE	Knight Knitters Knitting, crochet and other crafts	St Neots Library, Priory Lane, PE19 2BH	Tel: 0345 045 5225 email: info@cambridgeshire.gov.uk
Wednesday 2 – 4pm Cost: £4	Huntingdon Tea Set Tea dances, ballroom and sequence dancing mainly for over 50's but all welcome	One Leisure Huntingdon, St Peters Road, Huntingdon, PE29 7DA	Mr John Ayling Tel: 01234 269943 email: jandaayling@btinternet.com
1 st Wednesday of month 2 – 4pm Cost: £1.50 plus £5 annual subscription	Ramsey Senior Citizen Club Tea and entertainment	Bury Village Hall	Ina Hartley Tel: 01487 711649 email: georgina473@aol.com

Huntingdonshire

Day / Time	Activity	Location	Contact details
2 nd Wednesday of month 11am – 12.30pm	The Coffee Pot Memory Café - informal meeting place, place to meet others affected by memory loss and to share information	Berkley Street Methodist Church, 10 Berkley Street, Eynesbury, St Neots, Cambs, PE19 2NB	Robert Murray (administrator) Tel: 01480 395979 email: harris.murray@ntlworld.com
Every 3rd Wednesday 2pm FREE	EngAge in the afternoon varied programme of talks and workshops	Yaxley Library, Lansdowne Road, PE7 3JL	Tel: 0345 045 5225
Thursday morning Please call for an appointment	IT Computer Buddy	St Ives Library	Tel: 0345 045 5225 email: naomi.peel@cambridgeshire.gov.uk
Thursday 9.30am – 2pm	Alconbury Thursday Club Home cooked lunch and entertainment	Alconbury Sports and Social Club, Great North Road, Alconbury	Mary Watkin Tel: 01480 896950
Thursday 10am	Health Walk	St Ives Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk

Day / Time	Activity	Location	Contact details
Last Thursday of month 10.30 – 12 noon Free	Engage in the Morning – varied programme of talks and activities	Wisbech Library	Tel: 0345 045 5225 email: alison.sutton@cambridgeshire.gov.uk
Thursday 2pm	Health Walk	Ramsey Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Thursday 1.30 – 3.30pm Cost: £1 per hour	Chatters Community Cafe Helping older people to get online. Access to computers and expert advice	Needingworth Village Hall Pavilion	Sarah Wordingham Tel: 07511 944619 email: wordinghams@gmail.com
Thursday 1.30 – 2.30pm Cost: £3	Right Start 3 - Aerobic/ Circuit type exercise. Fun social class with light to moderate exercise based around stations. Suitable for people wanting to exercise for first time or returning to exercise	One Leisure Huntingdon, PE29 7DA	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk

Huntingdonshire

Day / Time	Activity	Location	Contact details
Thursday 2pm FREE	Knit and Natter	Yaxley Library, Lansdowne Road, Yaxley, PE7 3JL	Yaxley Library Tel: 0345 045 5225
Last Thursday of month 2.30 – 4.30pm Cost: £1 for members	St Ives Darby & Joan Club Friendship/social for over 60s	St Ives Corn Exchange, The Pavement, St Ives, PE27 5AG	Mrs J Hookham (Secretary) Tel: 01480 464918
Thursday 2.30 – 3.30pm Cost: £3	RightStart 2 Strength & balance Exercise - Class will suit people progressing from level 1 or who can stand for short periods of time. Chair is used for support	British Legion Hall, Yaxley	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Friday 10am	Health Walk	Huntingdon Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk

Day / Time	Activity	Location	Contact details
Friday 10 – 11am Cost: £3 per session	Right Start 1 Plus Chair & Strength exercise. Exercises take place in the chair; standing alternatives are available for people who wish to increase their strength and stamina.	Hanover Court, Brampton	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Friday fortnightly 10am	Nordic walking – all abilities	Hinchingbrooke Country Park, Huntingdon	Oliver Gynn Tel: 07947 835522 email: info@nordicwellbeing.co.uk
2 nd Friday of the month 10.30 – 12.30pm	COPE meeting and talk plus raffle and refreshments	St Ives Free Church	Gerald Collins Tel: 01480 370808
Friday 11.30 – 12.30pm Cost: £3 per session	Right Start 1 Chair based Exercise. No standing required, suitable for wheelchair users	Huntingdon Library, Princess Street, PE29 3PA	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk

Huntingdonshire

Day / Time	Activity	Location	Contact details
1 st and 3 rd Friday of month 1 – 4pm	St Neots Knitting Group Knitting, crochet and other crafts	St Neots Library, Priory Lane, PE19 2BH	Tel: 0345 045 5225 email: info@cambridgeshire.gov.uk
Friday 2pm	Health Walk	St Neots Start Location varies please see - www.huntingdonshire.gov.uk/healthwalks	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Friday 2.30 – 3.30pm Cost: £3	Right Start 3 - Aerobic/ Circuit type exercise. Fun social class with light to moderate exercise based around stations. Suitable for people wanting to exercise for first time or returning to exercise.	One Leisure Huntingdon, PE29 7DA	Danielle Sancaster Tel: 01480 387047 email: activelifestyles@huntsdc.gov.uk
Last Friday of month 2 – 3.30pm Donation towards tea/ coffee	Engage in the Afternoon – varied programme of talks and activities	St Neots Library, Priory Lane, PE19 2BH	Tel:0345 045 5225

Day / Time	Activity	Location	Contact details
<p>Monday 2 – 4pm – Bingo 6.30 – 9.30pm – Whist</p> <p>1st Wednesday of month 10am – 12 noon – coffee and chat</p> <p>Friday 1.30 – 3.30pm – Whist</p> <p>Saturday 10am – 12 noon – coffee and chat</p>	<p>Godmanchester Senior Citizens Club Friendship club</p>	<p>The Town Hall, 1 Post Street, Godmanchester, PE29 2NB</p>	<p>John or Joyce Pepper Tel: 01480 451794</p>
<p>Dependant on Activity</p>	<p>University of the Third Age in Huntingdon U3A</p>	<p>Commemoration Hall, 39 High Street, Huntingdon, PE29 3AQ</p>	<p>Mr Trevor Wade Tel: 01480 455390 (daytime) email: trevnor2@talktalk.net</p>



Across all areas

Day / Time	Activity	Location	Contact details
Tuesday - 17 th March 2015 annual meeting 10am-3pm	Spring Meeting Age UK Cambridgeshire	Braza Club, Elm Road, March, PE15 8NZ	Tel: 01354 696650 email: office@ageukcambridgeshire.org.uk
Tuesday 14 th July 2015 11am-3pm	Annual General Meeting Age UK Cambridgeshire	Witchford Village Hall, Bedwell Hey Lane, Ely, CB6 2JR	Tel: 01354 696650 email: office@ageukcambridgeshire.org.uk
Wednesday 14 th October 2015 10am-3pm	Autumn Meeting Age UK Cambridgeshire	To be confirmed	Tel: 01354 696650 email: office@ageukcambridgeshire.org.uk
	Computer Buddying Help with computers and basic IT skills	Warboys, Yaxley, Huntingdon, Ely, Wisbech, St Neots, Littleport, Chatteris, Ramsey Libraries	Tel: 0345 045 5225

**Returning from hospital
or need help?
Need information?
Want to volunteer?**



Help at Home

Free short term practical and emotional help

For up to 3 weeks after a hospital stay, crisis or illness at home. Help with one-off tasks so that you can remain independent at home.

Community Navigators

Useful information

Local volunteers who help older people find enjoyable activities and useful services, often supporting you to try social groups in the community.

Community Development

Helping you to help others

Help you to set up groups for older people in your community, including social groups, car schemes, choirs and many others.

**Contact us on 01954 211919 for information, support
or to volunteer**

admin@care-network.org.uk – www.care-network.org.uk

Charity No. 1120693



DO YOU NEED HELP ADAPTING OR MAINTAINING YOUR HOME?



If you are disabled, elderly or on a low income Cambs Home Improvement Agency (Cambs HIA) may be able to help you achieve essential repairs or adaptations so you can remain in your home safely and independently.

Call us today on:

01954 713347 or 01954 713330

Email hia@cambshia.org

**or for more information about Cambs
HIA and other useful services visit our
website: www.cambshia.org**

**Cambs HIA is the Home Improvement Agency covering
Cambridge, South Cambridgeshire and Huntingdon.**

Other Services and activities for Over 50's Cambridgeshire Hearing Help drop-in sessions.

Offering free advice on your concerns about hearing loss Various locations throughout area – please see the website or call the listed number.

Frances Dewhurst: Telephone/Textphone: **01223 416141**

Address: 8A Romsey Terrace, Cambridge CB1 3NH

(Also a contact point for Cambridge Hard of Hearing Club and Cambridgeshire Tinnitus Support Group.)

www.cambridgeshirehearinghelp.org.uk

enquiries@cambridgeshirehearinghelp.org.uk

Cam Sight Rural Support Group

Meetings to provide help and friendship for those with visual impairment.

Groups enjoy speakers, music, excursions, refreshments and a chance to try new equipment and have access to information & advice. Meeting times listed in programme.

Library Service

Computer Buddy Session:

Help with basic IT skills aimed at beginners over 50 yrs. Computer Buddy offers one to one advice and assistance on your basic computer problems. One hour sessions, booking required.

EngAGE in the morning/afternoon:

Free monthly social event based in many Cambridgeshire County Council Libraries. Different guest speaker each month, informative or fun one off events and activities. Examples of previous events include Wildlife Trust, taster exercise sessions, adult storytelling, reminiscence sessions, local authors, National Trust houses and gardens, trains and railways from the steam era, creative writing, healthy eating and shopping, how to use mobile phones and many more. Events are free unless otherwise advertised. Request a donation for refreshment.

Meeting times for these activities are listed in programme. Contact your local library on 0345 045 5225 further information and booking where necessary.

THE SILVER LINE

helpline for older people
is the national confidential and free
helpline providing information,
friendship and advice to older people,
open 24hrs a day, every day of the year.

0800 4 70 80 90

Notes

www.cambscelebratesage.org.uk

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HISTON & IMPINGTON ACTION FOR
OLDER PEOPLE



BARNWELL BAPTIST CHURCH

HOWARD ROAD, CAMBRIDGE. CB5 8QS

01223 292454

www.barnwellbaptistchurch.org.uk



www.cambscelebratesage.org.uk