

# CAMBRIDGESHIRE

# CELEBRATES AGE



# 2017

Regular activities and events for older people in  
East Cambs, Fenland and Huntingdonshire

Please  
keep

Welcome to the Cambridgeshire Celebrates Age (CCA) local listings for 2017. This is the 12th year that CCA has been celebrating age. Initially inspired by the International Day of Older People on 1st October, we now try to fill the information gap about events and activities for older people throughout Cambridgeshire.

**By 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.**

This booklet contains a wide range of information about the activities that happen all-year-round for over 50s, in your local area or nearby, provided and run by a range of different organisations.

This booklet lists regular and ongoing activities in **East Cambridgeshire, Fenland and Huntingdonshire. Please keep for reference all year round.**

We do hope that these listings help you to Celebrate Age, by providing useful information, inspiring you to get involved and even take the chance to try something new!

Best wishes,  
**Diana Minns** Chair of CCA

**Activities are listed as follows:-**

- **East Cambs Area page - 4**
- **Fenland Area page - 15**
- **Huntingdonshire page - 33**
- **Other Services page - 55**

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 Support for CCA,

Email: [celebratesage@gmail.com](mailto:celebratesage@gmail.com) or tel: **07756 490072**.

Also see our website address [www.cambscelebratesage.org.uk](http://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](http://www.traveline.info)

For information about dialaride, community car schemes and bus services call

Cambridgeshire County Council on **0345 045 5200**,

e-mail: [community.transport@cambridge.gov.uk](mailto:community.transport@cambridge.gov.uk) 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
<b>Bottisham</b>			
2 <sup>nd</sup> Tuesday of the month 1:00-2:30pm	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Bottisham Medical Practice, Tunbridge Lane, CB25 9DU	Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
<b>Burwell</b>			
Monday 10:00-12noon Cost: £3 per session	<b>Mature &amp; Active Burwell</b> Physical activity sessions for over 50s across East Cambridgeshire. Sessions are Badminton, Short tennis, Carpet Bowls	Burwell Community Sports Centre, Buntings Path, Burwell, CB26 0DD	Burwell Sports Centre Tel: 01638 742125 Email: enquiries@burwellsports.co.uk <b>www.burwellsports.co.uk</b>
Wednesdays 10:00-11:00am	<b>Chair based exercise class</b>	Burwell Community Sports Centre, Buntings Path, Burwell, CB26 0DD	Tel: 01638 742125 Email: enquiries@burwellsports.co.uk <b>www.burwellsports.co.uk</b>
Wednesday 10:00-11:00am	<b>T'ai Chi</b>	Burwell Community Sports Centre, Buntings Path, Burwell, CB26 0DD	Tel: 01638 742125 Email: enquiries@burwellsports.co.uk <b>www.burwellsports.co.uk</b>

<p>Wednesday 11:00am-12noon</p>	<p><b>Strength and balance class</b></p>	<p>Burwell Community Sports Centre, Buntings Path, Burwell, CB26 0DD</p>	<p>Tel: 01638 742125 Email: enquiries@burwellsports.co.uk <b>www.burwellsports.co.uk</b></p>
<p>3<sup>rd</sup> Monday of the month 2:30-4:00pm Cost: £2 per session including raffle</p>	<p><b>Burwell Sight Group</b> <b>Cam Sight</b> Support Group for Visually Impaired people. People from neighbouring villages are most welcome</p>	<p>Burwell &amp; District Day Centre, Ash Grove, Burwell, CB25 0EN</p>	<p>Lulu, Cam Sight Tel: 01223 420033 Extension 223 email: lulu@camsight.org.uk <b>www.camsight.org.uk</b></p>
<p>2<sup>nd</sup> &amp; 4<sup>th</sup> Tues of the month 10:00am-12noon Cost £1</p>	<p><b>Burwell Drop In.</b> Let's get together. Craft, games, singing and fun for those with memory problems and their family or carers.</p>	<p>Ness Court, Baker Drive, Burwell, CB25 0AB</p>	<p>Sue Evans Tel: 01638 743688 email: nurseevans@fsmail.net</p>
<p>3<sup>rd</sup> Tuesday of the month 9:15-11:45am Cost: free</p>	<p><b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.</p>	<p>Burwell Day Centre, Ash Gove, Parsonage Close, CB25 0DR</p>	<p>Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk</p>

# East Cambs

Day / Time	Activity	Location	Contact details
<b>Ely</b>			
2 <sup>nd</sup> and 4 <sup>th</sup> Monday of the month 11:00-2:00pm Cost: £5 Transport may be available	<b>Monday 60+ Social Club at Lighthouse Centre</b> Includes lunch, bingo, tea/coffee and biscuits	Lighthouse Centre, 13 Lynn Road, Ely, CB7 4EG	Dave Evans Tel: 01353 662228  ESACT transport Tel: 01353 661161
Monday and Wednesday 10:45-11:45am Cost: £3.50 members	<b>Gentle Exercise to Music</b>	The Paradise Centre, Newnham Street, Ely CB7 4PQ	Paradise Centre Tel: 01353 667580 Email: admin@paradisecentre.co.uk <b>www.paradisecentre.co.uk</b>
2 <sup>nd</sup> Tuesday of the month 2:00-3:30pm Free with donation for tea/coffee	<b>Engage in the Afternoon</b> Speakers on interesting topics	Ely Library, 6 The Cloisters, Ely, CB7 4ZH	Ely Library Tel: 0345 045 5225
4 <sup>th</sup> Tuesday of the month 2:00-4:00pm Cost:free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids	Methodist Church Hall, Ely, CB6 1AD (accessible from Chapel Street)	Frances Dewhurst Tel: 01223 416141 Email:enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>

Wednesday and Friday 3:00-4:00pm	<b>Young st Heart</b> (general swim for the 50+)	Paradise Pools, Newnham Street, Ely, CB7 4PQ	Paradise Pools Tel: 01353 665481 Email: elyinfo@everyoneactivr.com <b>www.everyoneactive.com</b>
1st & 3 <sup>rd</sup> Wednesday of the month 10:15-11:45am Cost: donation towards Tea/coffee	<b>Coffee Morning-</b> drop in for people who have been bereaved	Ely Methodist Church Room, CB6 1AD (accessible from Chapel Street)	Helen Pope Area Coordinator Cruse Bereavement Care Helpline: 01223 633536 Administration Tel: 01223 30302670 email: cambridge@cruse.org.uk
2 <sup>nd</sup> Wednesday of the month Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Ely Princess of Wales Hospital, Lynn Road, CB6 1DN	Frances Dewhurst Tel: 01223 416141 Email:enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
Wednesday monthly. 12:45pm Cost: £3.50	<b>Countess Lunch Club</b>	Countess Free Church, 10, Chapel Street, Ely, CB6 1AD	Tel: 01353 662396 Email: lunch_club@countessely.co.uk
Thursday 9:00am-12noon	<b>Mature &amp; Active Ely</b> Physical activity sessions for over 50s; Badminton, T'ai Chi, Exercise to music, Table Tennis, Squash.	The Paradise Centre, Newnham Street, Ely, CB7 4PQ	Sessions are run by Faradina Afifi Tel: 07919 857617 Paradise Centre Tel: 01353 667580 Email: admin@paradisecentre.co.uk <b>www.paradisecentre.co.uk</b>

# East Cambs

Day / Time	Activity	Location	Contact details
<p>2<sup>nd</sup> Thursday of the month 10:00am-12noon Cost: Free</p> <p><b>For anyone in the Ely area.</b></p>	<p><b>Carers Trust Cambridgeshire Carer Drop-Ins</b></p> <p>Monthly drop in for anyone who is looking after someone. Come along for a chat or to see what support is on offer for you. We are here to help!</p>	<p>Ely Library, 6 The Cloisters, Ely, CB7 4ZH</p>	<p>Laura Green Tel: 01480 499090 email: care@carerstrustcambridgeshire.org <b>www.carerstrustcambridgeshire.org</b></p>
<p><b>By appointment only</b></p>	<p><b>Computer Buddy</b> IT support</p>	<p>Ely Library, 6 The Cloisters, Ely, CB7 4ZH</p>	<p>Ely Library Tel: 0345 045 5225</p>
<b>Haddenham</b>			
<p>Thursday, quarterly 2:00-4:00pm 19/01/2017 20/04/2017 20/07/2017 19/10/2017 Cost: free</p>	<p><b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.</p>	<p>Arkenstall Village Centre, 7 Station Road, Haddenham, CB6 3XD</p>	<p>Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b></p>
<p>1<sup>st</sup> and 3<sup>rd</sup> Friday of the month 2:30-4:30pm</p>	<p><b>Over 60s Club</b></p>	<p>Arkenstall Village Centre, 7 Station Road, Haddenham, CB6 3XD</p>	<p>Carol Isaacson Tel: 01353 749861</p>



<b>Isleham</b>			
Wednesday 2:00-3:00pm Cost: check with contact	<b>Forever Active strength and Balance – Level 3</b>	Beeches, 32 Mill Street, CB7 5RY	Julia Cragie Tel: 07542 518470 <b>www.forever-active.org.uk</b>
Wednesday 3:30-4:30pm Cost: check with contact	<b>Forever Active Fitsteps</b>	Beeches, 32 Mill Street, CB7 5RY	Julia Cragie Tel: 07542 518470 <b>www.forever-active.org.uk</b>
<b>Littleport</b>			
3 <sup>rd</sup> Monday of the month 2:00-4:00pm Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	St George’s Medical Centre, Parson’s Lane, CB6 1JU	Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
4 <sup>th</sup> Monday of the month 2:15-4:15pm Cost: £1 per session	<b>Littleport Rural Support Group Cam Sight</b> Support Group for Visually Impaired people. People from neighbouring villages are most welcome	The Grange Care Home, Grange Lane, Ely Road, Littleport, CB6 1HW	Lulu Cam Sight Tel: 01223 420033 Extension 223 email: lulu@camsight.org.uk <b>www.camsight.org.uk</b>
Wednesday and Friday 10:00am-12noon Cost: £3.60 a session	<b>Mature &amp; Active Littleport</b> Physical activity sessions for over 50s. Badminton, Carpet Bowls, Table Tennis, Fitness Suite, Archery, Zumba Gold (Wednesdays only)	Littleport Leisure Centre, Camel Road, Littleport, CB6 1EW	Tel: 01353 860600 Email: reception@littleportleisure.com <b>www.littleportleisure.com</b>

# East Cambs

Day / Time	Activity	Location	Contact details
<b>Soham</b>			
1 <sup>st</sup> Monday of the month 10:00am-12noon	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Soham Library, 5/7 Clay street, CB7 5HJ	Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
Tuesday, Thursday, Friday 9:30-12noon Cost: check with contact	<b>Ross Peers Indoor Bowls Club Drive Session</b> Friendly casual play sessions, suitable for all. Newcomers welcome. Help is always available and equipment is available to hire.	Ross Peers Sports Centre, College Close, Soham, CB7 5HP	Tel: 01353 722662 Email: sdsa@rosspeers-sportscentre.co.uk <b>www.rosspeers-sportscentre.co.uk</b>
Wednesday 2:00-4:00pm Cost: £4.00	<b>Mature &amp; Active Soham</b> Physical activity sessions for over 50s. T'ai Chi, Badminton, Table tennis, Carpet Bowls, Snooker, Keep fit to Music	Ross Peers Sports Centre, College Close, Soham, CB7 5HP	Tel: 01353 722662 Email: sdsa@rosspeers-sportscentre.co.uk <b>www.rosspeers-sportscentre.co.uk</b>

2 <sup>nd</sup> Thursday of the month 10.00am-12noon Cost: £1 per session	<b>Soham Rural Support Group Cam Sight</b> Support Group for Visually Impaired people. People from neighbouring villages are most welcome	The Causeway Community Room, The Causeway, Soham, CB7 5BD	Lulu, Cam Sight Tel: 01223 420033 Extension 223 email: lulu@camsight.org.uk <b>www.camsight.org.uk</b>
<b>Stretham</b>			
Friday, every quarter. 10:30-11:30am Dates are: 13/01/2017 07/04/2017 14/07/2017 13/10/2017 Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	The Surgery, 1, Chapel Street, CB6 3JG	Frances Dewhurst Tel: 01223 416141 Email:enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
<b>Stetchworth</b>			
Wednesday 11:00am-12noon	<b>Strength and exercise class – level 3</b>	The Ellesmere Centre, Ley Road, CB8 9TS	Anne Catchpole Tel” 07799 644053 Email: fitsteps.annec@gmail.com <b>www.forever-active.org.uk</b>
<b>Sutton</b>			
Tuesday 2:00-4:00pm	<b>Dancing for fun</b>	The Brooklands Centre, (British Legion Club) The Brook, CB6 2QQ	Tel: 01480 376 300

# East Cambs

Day / Time	Activity	Location	Contact details
<p>Wednesday Every quarter 2:30-4:00pm Dates are: 01/02/2017 03/05/2017 02/08/2017 01/11/2017 Cost: free</p>	<p><b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.</p>	<p>Priorfield Surgery 24-26, High Street, Sutton, CB6 2RB</p>	<p>Frances Dewhurst Tel: 01223 416141 email:enquiries@ cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b></p>
<b>Swaffham Bulbeck</b>			
<p>2<sup>nd</sup> Thursday of the month 12:30-2:30pm £8 for 2 course meal</p>	<p><b>Swaffham Bulbeck lunch club at the Black Horse</b> An informal lunch club</p>	<p>The Black Horse, High Street, Swaffham Bulbeck, CB25 0HP</p>	<p>Sarah Heather Tel: 01954 211919 Email: sarah.h@care-network.org.uk <b>www.care-network.org.uk</b></p>



<b>Other</b>			
<p>Various days and times. Please contact your local Alzheimer's Society office.</p>	<p><b>Alzheimer's Society</b> provides support and information through our services for people with dementia and carers of people living with dementia, through our team of dementia support Workers throughout Cambridgeshire. Our groups are a valuable opportunity for people facing similar changes to share their experiences and support each other. Our dementia support advisor service supports those with dementia to understand information around their diagnosis and to access other services in the community.</p>	<p>Various locations throughout Cambridgeshire.</p>	<p><b>Alzheimer's Society</b>  Cambridge, Huntingdon &amp; Ely office: 01954 250322  email: <a href="mailto:cambridgeandelyoffice@alzheimers.org.uk">cambridgeandelyoffice@alzheimers.org.uk</a></p>

# East Cambs

Day / Time	Activity	Location	Contact details
12/06/2017 to 18/06/2017	<b>Carers week</b> Carers Trust Cambridgeshire celebrates this annual event with lots of events and activities for carers of all ages throughout the county	Throughout Cambridgeshire. Details will be finalised in early 2017. Check the website or make contact to receive a programme of events	Hedda Lilley Tel: 01480 499090 Email:care@carerstrustcambridgeshire.org <b>www.carerstrustcambridgeshire.org</b>
November Date to be confirmed	<b>Carers Rights Day</b> Carers Trust Cambridgeshire celebrates this annual event with many events and activities for carers throughout the county. Come along to ensure you know your rights as a carer.	Throughout the county Details will not be finalised until mid 2017. Check the website or make contact to receive a programme of events	Hedda Lilley Tel: 01480 499090 Email:care@carerstrustcambridgeshire.org <b>www.carerstrustcambridgeshire.org</b>

# Fenland

Day / Time	Activity	Location	Contact details
<b>Benwick</b>			
1 <sup>st</sup> Thursday of the month 6:30-9:00pm	<b>Benwick Forget Me Not Club</b> For the over 55s. Activities include outings, Harvest supper in September, birthday party in May and various games at club meetings	Benwick Village Hall, High Street, Benwick, PE15 0XG	Mrs A Wall Tel: 01354 661327
<b>Chatteris</b>			
1 <sup>st</sup> Monday of the month 10am-12noon Cost: £1 per session	<b>Chatteris Support Group</b> Cam Sight Support Group for Visually Impaired people. People from neighbouring villages are most welcome	King Edward Community Centre, Chatteris, PE16 6NG	Lulu, Cam Sight Tel: 01223 420033 Extension 223 email: lulu@camsight.org.uk <b>www.camsight.org.uk</b>
Monday 9:00am-3:00pm Cost: £10.00	<b>Lyons Court Day Centre</b> Transport provided for a day of talks, therapies, a hot meal, games quizzes etc	Lyons Court, Wimpole Street, Chatteris, PE16 6NJ	Lynne Hayden Tel: 01945 428662 Email: DayServices@ageukcap.org.uk <b>www.ageuk.org.uk</b>

# Fenland

Day / Time	Activity	Location	Contact details
Monday 2:00-3:00pm Cost: £1	<b>Agewell Keep Fit</b>	Salem Court, Wimpole Street, Chatteris, PE16 6EQ	Margaret Billimore Tel: 01354 695824
Last Monday in the month 2:30pm Cost: annual Subscription	<b>Chatteris Good Companions.</b> Social club for over fifties, with speakers, entertainment, etc. Bus provided for pick-ups if needed.	Chatteris Working Mens Club, Station Street, PE16 6NA	Mrs Kath Roebuck Tel: 01354 695085
2 <sup>nd</sup> Wednesday in the month 2:00-3:30pm Donation	<b>Engage in the afternoon</b> Social event with guest speakers for the over 50s	Chatteris Library, 2 Furrowfields Road, PE18 6DY	Tel: 0345 045 5225
Thursday 2:00-3:00pm Cost £1	<b>Agewell Keep Fit</b>	Salem Court, Wimpole Street, PE16 6EQ	Margaret Billimore Tel: 01354 695824
Friday Drop-in between 12noon and 4:00pm	<b>Internet Club.</b> Help with using Internet and computers.	Chatteris Library, 2 Furrowfields Road, PE18 6DY	Tel: 0345 045 5225



2 <sup>nd</sup> and 4 <sup>th</sup> Friday of the month 2:00-4:00pm Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	George Clare Surgery, Swan Drive, Chatteris, PE16 6EX	Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
<b>Coates</b>			
Tuesday 1:30-3:45pm Cost: check with contact	<b>Silver Lining Club</b> Activities include monthly outings, holidays, whist, dominoes.	Coates Public Hall, 1, The Fold, Coates, PE7 2BP	Mrs C Hemmaway Tel: 01733 202984
<b>Doddington</b>			
Tuesday every Quarter 10:00am-12noon Dates are: 03/01/2017 04/04/2017 04/07/2017 03/10/2017 Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Room 6, Doddington Hospital, Benwick Road, PE15 0UG	Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
Tuesday (monthly) 2:30pm	<b>Hymn Sing A Long</b>	Askham Village Community, 13 Benwick Road, Doddington, PE15 0TX	Catherine Wilson Tel: 01354 740 269 Email: Catherine.wilson@askhamcarehomes.com <b>www.ashkamvillagecommunity.com</b>
2 <sup>nd</sup> Tuesday of month 2:00pm	<b>Cinema club</b> Vintage Films	Askham Village Community, 13 Benwick Road, Doddington, PE15 0TX	Catherine Wilson Tel: 01354 740 269 Email: Catherine.wilson@askhamcarehomes.com <b>www.ashkamvillagecommunity.com</b>

# Fenland

Day / Time	Activity	Location	Contact details
Wednesday (Monthly) 11:00am-12:15pm	<b>Music quiz</b>	Askham Village Community, 13 Benwick Road, Doddington, PE15 0TX	Catherine Wilson Tel: 01354 740 269 Email: Catherine.wilson@askhamcarehomes.com <b>www.ashkavillagecommunity.com</b>
Thursday 2:00pm	<b>Cookery Club</b>	Askham Village Community, 13 Benwick Road, Doddington, PE15 0TX	Catherine Wilson Tel: 01354 740 269 Email: Catherine.wilson@askhamcarehomes.com <b>www.ashkavillagecommunity.com</b>
3 <sup>rd</sup> Thursday of the month 7:00-9:00pm (April to September) 2:00-4:00pm (October to March) Cost: check with contact	<b>The 100<sup>th</sup> Club</b> Activities include outings, entertainment, demonstrations, suppers, tea parties, Christmas dinner.	Doddington Church Room, New Street, Doddington, PE15 0SP	Mrs Beatie Kingham Tel: 01354 740268  Angela Cutteridge Tel: 01354 740300 Email: ga568@btinternet.com
<b>Eastrea</b>			
Tuesdays fortnightly 12.30 for 1:00pm Cost: £7.50 per head	<b>Eastrea Lunch Club A</b> two-course meal with tea/coffee	The Nags Head Public House, Coates Road, PE7 2AR	Tel: 01733 203333 Dena & William Old Email: willdena@madasafish.com

<b>Elm</b>			
Fortnightly Tuesday 1:30-3:30pm Cost: £2.20 per session	<b>Elm Friendship Club.</b> Tea and biscuits, birthdays, outings, and celebration. New members welcomed.	Elm Centre, Elm Primary School, Main Road, Wisbech, PE14 0AG	Mary Hay Tel: 01945 861125
<b>Friday Bridge</b>			
Alternate Wednesdays 2:00-4:00pm Cost: Annual fee	<b>Senior Citizens Club</b> Activities include indoor bowls and golf, new age kurling, darts, dominoes, bingo. Auctions, raffles.	Tower Hall, Maltmas Drove, Friday Bridge, PE14 0HW	Doreen Bell 29 Bullfinch Way, Fridaybridge PE14 0JH
1 <sup>st</sup> Thursday of month 12noon	<b>Friday Bridge Lunch Club</b>	The Sportsman, Main Road, Elm, Wisbech, PE14 0AG	Eileen Phillips Tel: 01945 585996
<b>Guyhirn</b>			
4 <sup>th</sup> Thursday in the month 2:00-4:00pm Cost: check with contact	<b>Friendship Club</b> Activities include bingo, dominoes, an annual outing and Christmas dinner	Guyhirn Village Hall, 8 Riverbank Close, PE13 4ED	Mrs Dot Cundy Tel: 01945 450448
<b>Leverington</b>			
Wednesday 2:00-4:00pm Cost: check with contact	<b>Friendship Club</b> Activities include bingo, talks, demonstrations, outings, summer lunch, Christmas dinner	Leverington Sports and Social Club, Church Road, PE13 8RA	Mrs M Prike Tel: 01945 466915 Mrs Kathleen Wersching Tel: 01945 464648

# Fenland

Day / Time	Activity	Location	Contact details
<b>Manea</b>			
Fortnightly on a Friday 2:00-4:30pm Cost: check with contact	<b>Over 60s Club</b> Age reduced to over 50. Activities include annual outing, annual lunch, bingo and dominoes every month.	Royal British Legion East Street, Manea, PE15 0JJ	Mrs Joan Barber Tel: 01354 680348
<b>March</b>			
Every Monday and Tuesday 10:00am-3:00pm Cost: £35.50 privately or through commissioned services	<b>Fenland Day Centre</b> Run by Carers Trust Cambridgeshire, Fenland Day Centre provides social interaction for older people with a range of social care needs, a hot meal and a deserved respite for their carers. Taster sessions are available, so why not give it a try and see what you think?	Trinity Hall, High Street, March, PE15 9LH Self-referral or through the local authority.	Kerry Dring Tel: 01480 499090 Email: <a href="mailto:care@carerstrustcambridgeshire.org">care@carerstrustcambridgeshire.org</a> <b><a href="http://www.carerstrustcambridgeshire.org">www.carerstrustcambridgeshire.org</a></b>
<b>For anyone in the Fenland area.</b>			

Last Monday of the month 2:00-3:30pm Free	<b>Engage in the afternoon</b> Social event with guest speakers for the over 50s	March Library, City Road, March, PE15 9LY	Jennifer Gray Tel: 0345 045 5225 email: <a href="mailto:March.referral@cambridgeshire.gov.uk">March.referral@cambridgeshire.gov.uk</a>
4 <sup>th</sup> Monday of the month 2:00-4:00pm Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids	St Peters Church, High Street, PE15 9JR	Frances Dewhurst Tel: 01223 416141 Email: <a href="mailto:enquiries@cambridgeshirehearinghelp.org.uk">enquiries@cambridgeshirehearinghelp.org.uk</a> <b><a href="http://www.cambridgeshirehearinghelp.org.uk">www.cambridgeshirehearinghelp.org.uk</a></b>
Tuesday 9:00am-3:00pm Cost: £5	<b>Age UK Tuesday Club</b> (for older people with learning difficulties) Lots of activities. Bring your own packed lunch	Burrowmoor Road, March, PE15 9RS	Lynne Hayden Tel: 01945 428662 Email: <a href="mailto:DayServices@ageukcap.org.uk">DayServices@ageukcap.org.uk</a> <b><a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a></b>
Tuesday 2:00-4:00pm Cost: check with contact	<b>March Senior Citizens</b> Talks, outings, sales, auctions, meals	United Services Club, 1 New Road, March PE15 9AN	Mrs Fay Payne Tel: 01354 653762
Tuesday 2:30-4:00pm Cost: check with contact	<b>The Fifties Club</b> Activities include bingo and auctions	Catholic Church Hall, 8, St Johns Road, March, PE15 8RJ	Mrs Betty Walsh Tel: 01354 652974

# Fenland

Day / Time	Activity	Location	Contact details
<p>2<sup>nd</sup> Wednesday in the month 10am-12noon 11/01/2017 08/02/2017 08/03/2017 12/04/2017 Check contact for further dates Cost: Free <b>For anyone in the March area.</b></p>	<p><b>Carers Trust Cambridgeshire Carer Drop-Ins</b> Monthly drop in for anyone who is looking after someone. We invite guest speakers along to each session. Or just come along for a chat to see what support is on offer for you. We are here to help!</p>	<p>March Library, City Road, March, PE15 9LT</p>	<p>Laura Green Tel: 01480 499090 Email: care@carerstrustcambridgeshire.org www.carerstrustcambridgeshire.org</p>
<p>Every Thursday 9:30am-12:30pm</p>	<p><b>Internet and Work Club.</b> CV and careers advice, support with completing on-line applications, stay safe online, how to email, laptop/tablet device support.</p>	<p>March Library, City Road, March, PE15 9LY</p>	<p>Stephanie Tel: 07879 115904 Email: March.referral@cambridgeshire.gov.uk</p>
<p>Thursday 11:00-2:00pm Cost: check with contact</p>	<p><b>Braza Leisure Club</b> Activities include keep fit, line dancing, arts and crafts, short mat bowls, card and board games, day trips.</p>	<p>Braza Club, Elm Road, March, PE15 8NZ</p>	<p>Mrs Carol Parrish Tel: 01354 654719</p>

By appointment	<b>IT Computer Buddy &amp; Family History Buddy</b>	March Library, City Road, March, PE15 9LY	Jennifer Gray Tel: 0345 045 5225 Email: <a href="mailto:March.referral@cambridgeshire.gov.uk">March.referral@cambridgeshire.gov.uk</a>
<b>Murrow</b>			
Fortnightly on a Wednesday 2:00-4:00pm Cost: check with contact	<b>Sunshine Club</b> Activities include summer outings, holiday club, bingo and dominoes.	Murrow Village Hall, 19 Murrow Bank, PE13 4HB	Mrs M Wykes Tel: 01945 700655
<b>Newton</b>			
3 <sup>rd</sup> Thursday in the month 7:30-10:00pm Cost: check with contact	<b>Ladies Club</b> Activities include speakers, quizzes, raffles, outings, Christmas dinner, and New year's dinner.	Newton Village Hall, PE13 5HF	Mrs Peggy Wadley Tel: 01945 870688
Fortnightly on a Wednesday afternoon	<b>Senior Citizens Club</b> A small club meeting in member's homes. Activities include cards and a chat.	Speak to contact about venues	Mrs Debbora Wright Tel: 01945 870701

# Fenland

Day / Time	Activity	Location	Contact details
<b>Parson Drove</b>			
Every other Thursday 2:00-4:00pm Cost: check with contact	<b>Over 60s Friendship Club</b> Activities include bingo, cards and dominoes, discussions, occasional local trips, teas and sales.	St Marks Chapel Main Road, Parson Drove, PE13 4AJ	Mr Michael Shelley Tel: 01945 700729
<b>Walsoken</b>			
Wednesday 2:00-4:00pm Cost: check with contact	<b>Over 60s Club</b> Activities include bingo and sales	Walsoken Village Hall, 53, Kirkgate Street, PE13 3QX	Mrs Brenda Gravely Tel: 01945 429251
<b>Whittlesey</b>			
2 <sup>nd</sup> Monday of the month 2:00-4:00pm Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Jenner Health Centre, Turners Lane, PE7 1EJ	Frances Dewhurst Tel: 01223 416141 Email: enquiries@ cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
2 <sup>nd</sup> Tuesday of the month 10:30-11:45am Cost: free (donation for refreshments)	<b>Engage in the morning</b> Interesting speakers and topics.	Whittlesey Library, 31-35, Market Street, Whittlesey, PE7 1BA	Tel: 0345 045 5225



2 <sup>nd</sup> Tuesday of the month 7:30pm	<b>Whittlesey Ladysmith WI</b>	St Andrews Hall, Parkinson's Lane, Whittlesey, PE7 1BZ	Liz Phillips Tel: 01733 689599 Email: liz.ladysmith@live.co.uk
2 <sup>nd</sup> Wednesday in the month 10:30am-12noon Cost: £1	<b>Whittlesey Sight Support Group</b> <b>Cam Sight</b> Support Group for Visually Impaired people. People from neighbouring villages are most welcome	Black Bull Pub Restaurant, 18 Market Street, PE7 1BD	Lulu, Cam Sight Tel: 01223 420033 Extension 223 email: lulu@camsight.org.uk <b>www.camsight.org.uk</b>
<b>Wimblington</b>			
3 <sup>rd</sup> Tuesday of Each month 2:00-4:00pm Cost: £2.00	<b>Wimblington Fifty Plus Club</b> A club for over 50's. Speakers and outings	The Parish Hall, Old Bakery Close, Wimblington, PE15 0GS	Pat Hart 01354 740654
4 <sup>th</sup> Tuesday of Each month 2:00-4:00pm Cost: £2.00	<b>Wimblington Film Club</b> No membership Tea/coffee available. Door open 1.30pm Film commences 2pm	The Parish Hall, Old Bakery Close, Wimblington, PE15 0GS	Pat Hart 01354 740654
Thursday 10:30am-12:30pm Cost: check with contact	<b>Anchor Retirement Club</b> Tea/coffee, Bingo, Darts, raffle, outings	The Anchor Inn, 12 Norfolk Street, Wimblington, PE15 0QA	Mr John Dawborne Tel: 01354

# Fenland

Day / Time	Activity	Location	Contact details
<b>Wisbech</b>			
Every other Monday 2:00-4:00pm	<b>Senior Citizens Club</b> Activities include bingo, talks, meals, outings.	St Raphael Club, Love Lane, Wisbech, PE13 1HP	Pat Alen (Secretary) Tel: 01945 582559
2 <sup>nd</sup> Monday of the month 10:00am-12noon Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Tesco Community Room, Cromwell Road, PE14 ORG	Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
Every other Tuesday 2:00-4:00pm Cost: check with contact	<b>Friendship Club</b> Activities include bingo, auction, lunch, day trips and holidays.	St Raphaels Club, Love Lane, Wisbech, PE13 1HP	Mrs Betty Dodman Paradise Lodge 11 Mansell Road, Wisbech PE13 2SP
2 <sup>nd</sup> Tuesday of the month 2:00-4:00pm 10/01/2017 14/02/2017 Check contact for further dates	<b>Carers Trust Cambridgeshire Carer Drop-In</b> Monthly drop in for anyone who is looking after someone. We invite guest speakers along to each session. Or just come along for a chat to see what support is on offer for you. We are here to help!	Wisbech Library 5 Ely Place, Wisbech, PE13 1EU	Laura Green Tel: 01480 499090 care@carerstrustcambridgeshire.org <b>www.carerstrustcambridgeshire.org</b>
<b>For anyone in the Wisbech area.</b>			

Wednesday to Friday 9:00am-4:00pm Cost: £10	<b>Age UK Day Centre</b> Activities include quizzes, crafts, bingo, games, outings, reminiscence etc. Hot meal provided.	Oasis Centre, St Michaels Avenue, PE13 2AF	Lynne Hayden Tel: 01945 428662 Email: lynne.hayden@ageukcap.org.uk <b>www.ageuk.org.uk</b>
3 <sup>rd</sup> Wednesday of the month 10:00am-12noon	<b>KIT Club</b> Keep in touch club for blind, partially sighted and their carers	Tea Room, Octavia Hill Birthplace House, 8 South Brink, Wisbech, PE13 1JB	Lulu, Cam Sight Tel: 01223 420033 Extension 223 email: lulu@camsight.org.uk <b>www.camsight.org.uk</b>
Thursday 2:00-4:00pm Cost: £2.50 Includes tea and biscuits	<b>Thursday Tea Dance Club</b>	Walsoken Village Hall, 53, Kirkgate Street, Wisbech, PE13 1QX	Mrs Debbie Drew Tel: 01945 580119
Last Thursday of month 10:30am-12noon	<b>Engage in the Morning</b> Varied programme of talks and activities.	Wisbech Library, Ely Place, Wisbech, PE12 1EU	Tel: 0345 045 5225
Friday 9:30am-3:00pm Cost: £10	<b>Age UK Day Centre</b> Activities include quizzes, crafts, bingo, games, outings, reminiscence etc. Hot meal provided.	Boyden Court, Elizabeth Terrace, Wisbech, PE13 2DB	Lynne Hayden Tel: 01945 428662 Email: lynne.hayden@ageukcap.org.uk <b>www.ageuk.org.uk</b>
1 <sup>st</sup> Friday of the month 10:30am Cost: Purchase refreshments	<b>Coffee Morning</b> which often includes various stalls from jewellery to handbags. All are welcome!	Glennfield Care Centre, Money Bank, Wisbech, PE13 2JF	Amanda Scott Tel: 01945581141 email: amanda.scott@excelcareholdings.com

# Fenland

Day / Time	Activity	Location	Contact details
2 <sup>nd</sup> and last Friday of the month 1:15pm	<b>Wisbech and District Stroke Club</b> For survivors and carers	Wisbech Library, 5 Ely Place, Wisbech, PE13 1EU	Peter Fewster Tel: 07501 980603 Email: peterfewster@btinternet.com
4 <sup>th</sup> Friday of month (check with contact) Doors open 6:30pm Admission free 6 books for £5, raffle	<b>Bingo Night</b> Line & Full House Prizes and Raffle.	Dove Court Care Home, Dove Court, Kirkgate Street, PE13 3QU	Dove House, Michael or Kate Tel: 01945 474746 email: dovecourt@orchardhomes.com
<b>Wisbech St Mary</b>			
Every fortnight on a Tuesday 12noon-2:00pm	<b>Age Concern Lunch Club</b> Activities include lunch, talks and games	The Bridge Inn, Sand Bank, Wisbech St Mary, PE13 4SE	Mrs M Palmer Tel: 01945 410511
Every other Thursday 2:00-4:30pm	<b>Good Companions</b> Activities include bingo, speakers and outings.	Village Hall, High Road, Wisbech St Mary, PE13 4RL	Mr B Hayden Tel: 01945 410708

Other			
<p>Various days and times. Please contact your local Alzheimer's Society office.</p>	<p><b>Alzheimer Society</b> provides support and information through our services for people with dementia and carers of people living with dementia, through our team of dementia support Workers throughout Cambridgeshire. Our groups are a valuable opportunity for people facing similar changes to share their experiences and support each other. Our dementia support advisor service supports those with dementia to understand information around their diagnosis and to access other services in the community.</p>	<p>Various locations throughout Cambridgeshire.</p>	<p>Alzheimer's Society Fenland office Tel: 01945 580460 email: fenland.marshland@alzheimers.org.uk</p>

# Fenland

Day / Time	Activity	Location	Contact details
<p>Every Monday and Tuesday 10:00am-3:00pm Cost: £35.50 privately or through commissioned services</p> <p><b>For anyone in the Fenland area.</b></p>	<p><b>Fenland Day Centre</b> Run by Carers Trust Cambridgeshire, Fenland Day Centre provides social interaction for older people with a range of social care needs, a hot meal and a deserved respite for their carers. Taster sessions are available, so why not give it a try and see what you think?</p>	<p>Trinity Hall, High Street, March, PE15 9LH Self-referral or through the local authority.</p>	<p>Kerry Dring Tel: 01480 499090 Email: <a href="mailto:care@carerstrustcambridgeshire.org">care@carerstrustcambridgeshire.org</a> <b><a href="http://www.carerstrustcambridgeshire.org">www.carerstrustcambridgeshire.org</a></b></p>
<p>Dates still being finalised. Check with contact</p>	<p><b>Golden Age Fairs</b> Provide older residents with a range of useful information and practical advice. Working with a range of partners to provide energy advice, benefits information, sports advice and more for the over 60's.</p>	<p>Various locations. The Golden Age Team also visits the Fenland @ your service shops which are at Chatteris Library, March (Broad Street), Whittlesey Library, Wisbech (2-3 Bridge street) and at Fenland Hall, March.</p>	<p>Julie Randall Tel: 01354 654321 Email: <a href="mailto:jrandall@fenland.gov.uk">jrandall@fenland.gov.uk</a> <b><a href="http://www.fenland.gov.uk/goldenage">www.fenland.gov.uk/goldenage</a></b></p>

<p>12/06/2017 to 18/06/2017</p>	<p><b>Carers week</b> Carers Trust Cambridgeshire celebrates this annual event with lots of events and activities for carers of all ages throughout the county</p>	<p>Throughout Cambridgeshire. Details will be finalised in early 2017. Check the website or make contact to receive a programme of events</p>	<p>Hedda Lilley Tel: 01480 499090 Email:care@carerstrustcambridgeshire.org <b>www.carerstrustcambridgeshire.org</b></p>
<p>November Date to be confirmed</p>	<p><b>Carers Rights Day</b> Carers Trust Cambridgeshire celebrates this annual event with many events and activities for carers throughout the county. Come along to ensure you know your rights as a carer.</p>	<p>Throughout the county Details will be finalised mid 2017. Check the website or make contact to receive a programme of events</p>	<p>Hedda Lilley Tel: 01480 499090 Email:care@carerstrustcambridgeshire.org <b>www.carerstrustcambridgeshire.org</b></p>

Returning from hospital?  
Want to be more independent?  
Looking to volunteer in 2017?



01954 211919

## Practical Help

Help at Home offers free practical and emotional support for up to 3 weeks after a hospital stay, crisis or illness at home. Our volunteers also help with one-off tasks.



## Information and Support

Community Navigators find useful information about activities and services to help you stay connected with your community. Local volunteers support you to maintain your independence in the way that you choose.

## Local Groups

We help you to help others. Our Community Development team can help you set up groups for older people in your community, including social activities, car schemes, and more.

*Helping people to stay healthy, independent and to keep in touch with their community*

Contact us for more information or support:

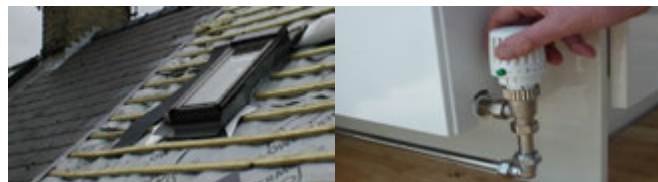
admin@care-network.org.uk www.care-network.org.uk



Charity No.  
1120693

## DO YOU NEED HELP ADAPTING OR MAINTAINING YOUR HOME?

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



Call us today on:

01954 713347 or 01954 713330

Email [hia@cambshia.org](mailto:hia@cambshia.org)

For more information about Cambs HIA and other local services visit our website:

[www.cambshia.org](http://www.cambshia.org)

We cover Cambridge, South Cambridgeshire and Huntingdonshire.





# Huntingdonshire

Day / Time	Activity	Location	Contact details
<b>Alconbury</b>			
Thursday 9:30am-2:30pm Cost: £6.00	<b>Alconbury Thursday Club</b> Companionship, home cooked two-course meal, games and entertainment. Transport provided.	Alconbury Sports and Social Club, Great North Road, Alconbury, PE28 4EX	Mary Watkin Tel: 07531 393402 Email: maryfairweatherwatkin@gmail.com <b>www.assc.org.uk</b>
<b>Brampton</b>			
Friday 10:00-11:00am £3.50 per session	<b>RightStart 2</b> Exercises take place in the chair, standing alternatives are available for people who wish to increase their strength and stamina.	Hanover Court, Miller Way, Brampton, PE28 4RY	Danielle Sancaster Tel: 01480 387047 Email: activelifestyles@huntsdc.gov.uk <b>www.huntsdc.gov.uk</b>
Last Friday of the month 2:00-4:00pm Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Brampton Surgery, 69. Miller Way, Brampton, PE28 4RU	Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>

# Huntingdonshire

Day / Time	Activity	Location	Contact details
<b>Buckden</b>			
Monday 1:30-2:30pm £3.50 per session	<b>RightStart 2</b> Exercises take place in the chair, standing alternatives are available for people who wish to increase their strength and stamina.	Buckden Village Hall, Burberry Road, Buckden, PE19 5UY	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntsdc.gov.uk">www.huntsdc.gov.uk</a></b>
Tuesday morning. Please phone for appointment	<b>IT Computer Buddy</b>	Buckden Library, Buckden Village Hall, Burberry Road, Buckden, PE19 5UY	Tel: 0345 045 5225 Email: <a href="mailto:Martin.Gilman@cambridgeshire.gov.uk">Martin.Gilman@cambridgeshire.gov.uk</a>
3 <sup>rd</sup> Wednesday of the month 2:00-3:00pm	<b>Engage in the Afternoon</b> A varied programme of talks and activities for over the 50s.	Buckden Library, Buckden Village Hall, Burberry Road, Buckden, PE19 5UY	Tel: 0345 045 5225 Email: <a href="mailto:Martin.Gilman@cambridgeshire.gov.uk">Martin.Gilman@cambridgeshire.gov.uk</a>
Alternate Fridays 8:00pm	<b>Knit Lit</b> Knitting Group	Buckden Library, Buckden Village Hall, Burberry Road, Buckden, PE19 5UY	Tel: 0345 045 5225 Email: <a href="mailto:Martin.Gilman@cambridgeshire.gov.uk">Martin.Gilman@cambridgeshire.gov.uk</a>

<b>Eaton Socon</b>			
3 <sup>rd</sup> Friday in the month 2:00-4:00pm Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Eaton Socon Health Centre, 274, Great North Road, PE19 8BB	Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
<b>Godmanchester</b>			
Monday 1.30 to approx. 3:30pm Cost: £1	<b>Bingo</b> Godmanchester Senior Citizens Club	The Town Hall, 1 Post Office Street, Godmanchester, PE29 2NB	John or Joyce Pepper Tel: 01480 451794
Monday 6:30-9:30pm Cost: £1	<b>Whist</b> Godmanchester Senior Citizens Club	The Town Hall, 1 Post Office Street, Godmanchester, PE29 2NB	John or Joyce Pepper Tel: 01480 451794
1 <sup>st</sup> Wednesday of the Month 10:00-12noon Cost: £1	<b>Coffee and chat</b> Godmanchester Senior Citizens Club	The Town Hall, 1 Post Office Street, Godmanchester, PE29 2NB	John or Joyce Pepper Tel: 01480 451794
4 <sup>th</sup> Wednesday of the month. 2:00-4:00pm unless otherwise advised.	<b>Social club</b> – various themes and activities throughout the year. Itinerary available from Hunts Society for the Blind	Comrades Club 58 Cambridge Street, Godmanchester, Huntingdon, PE29 2AY	Andrea – Hunts Society for the Blind 01480 453438 Email: info@huntsblind.co.uk <b>www.huntsblind.co.uk</b>

# Huntingdonshire

Day / Time	Activity	Location	Contact details
Friday 1:30-3:30pm Cost: £1	<b>Whist</b> Godmanchester Senior Citizens Club	The Town Hall, 1 Post Office Street, Godmanchester, PE29 2NB	John or Joyce Pepper Tel: 01480 451794
Saturday 10:00am-12noon Cost: 50p	<b>Coffee and Chat</b> Godmanchester Senior Citizens Club	The Town Hall, 1 Post Office Street, Godmanchester, PE29 2NB	John or Joyce Pepper Tel: 01480 451794
<b>Great Staughton</b>			
Quarterly on a Tuesday. 2:00-4:00pm on: 24/01/2017 25/04/2017 25/07/2017 24/10/2017 Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	The Surgery, 57, The Highway, PE18 5DA	Frances Dewhurst Tel: 01223 416141 Email:enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
<b>Huntingdon</b>			
Second Monday of the month on Time: 1:30-3:00pm Cost: £0	<b>Monday Friendship Group 60+</b> Enjoy a free cup of tea, coffee, and biscuits and company of new friends. Take part in the monthly activity before shopping.	Tesco's Community Room, Huntingdon, Abbots Ripton Road, Huntingdon, PE28 2LA	Susan Bate Tel: 01480 423085 Email: susan.bate@care-network.org.uk

<p>2<sup>nd</sup> Monday of the month. 2:00-4:00pm unless otherwise advised</p>	<p><b>Social club</b> – various themes and activities throughout the year. Itinerary available from Hunts Society for the Blind</p>	<p>Bury Village Hall, Brookfield Way, Bury, Huntingdon, PE26 2LH</p>	<p>Andrea – Hunts Society for the Blind Tel: 01480 453438 Email: info@huntsblind.co.uk <b>www.huntsblind.co.uk</b></p>
<p>Wednesday 9:30am-3:00pm Cost: £10</p>	<p><b>Age UK Day Centre</b> Activities include quizzes, crafts, bingo, games, outings, talks, reminiscence etc. Hot meal provided.</p>	<p>12, Ambury Road, PE29 1JE</p>	<p>Lynne Hayden Tel: 01945 428662 Email: DayServices@ageukcap.org.uk <b>www.ageuk.org.uk</b></p>
<p>Wednesday 10:30-11:30am £3.50 per session</p>	<p><b>Right Start 3</b> This is a strength and balance exercise class focusing on falls prevention. It will suit people progressing from Level 1 or 2 or who can stand for short periods.</p>	<p>St Barnabas Church, Medway Road, Huntingdon, PE29 1SF.</p>	<p>Danielle Sancaster Tel: 01480 387047 Email: activelifestyles@huntsdc.gov.uk <b>www.huntsdc.gov.uk</b></p>
<p>Wednesday 2:00pm Cost: Free Day may change from April 2017. Check with contact</p>	<p><b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.</p>	<p>Huntingdon. Start location varies.</p>	<p>Danielle Sancaster Tel: 01480 387047 Email: activelifestyles@huntsdc.gov.uk <b>www.huntingdonshire.gov.uk/healthwalks</b></p>

# Huntingdonshire

Day / Time	Activity	Location	Contact details
<p>Wednesday 2:00-4:00pm Cost: £4</p>	<p><b>Huntingdon Tea Set.</b> Tea dances, ballroom and sequence dancing. Mainly over 50s but all welcome.</p>	<p>One Leisure Huntingdon, St Peters Road, Huntingdon, PE29 7DA</p>	<p>Mr John Ayling Tel: 01234 269943 Email:jandaayling@btinternet.com</p>
<p>1<sup>st</sup> Wednesday in the month 10:00am-12:30pm 04/01/2017 01/02/2017 01/03/2017 05/04/2017 03/05/2017 Further dates: check with contact Cost: Free Light refreshments provided <b>For anyone in the Huntingdon area</b></p>	<p><b>Carers Trust Cambridgeshire Carer Drop-Ins</b> for anyone looking after someone. We invite guest speakers along to each session. Or just come along for a chat to see what support is on offer for you. We are here to help!</p>	<p>Huntingdon Library, Upstairs Meeting Room, 2, Princes Street, Huntingdon, PE29 3PA</p>	<p>Laura Green Tel: 01480 499090 Email: care@carerstrustcambridgeshire.org <b>www.carerstrustcambridgeshire.org</b></p>
<p>Thursday 1:30-3:00pm</p>	<p><b>Engage in the afternoon</b></p>	<p>Huntingdon Library, Princes Street, Huntingdon, PE29 3PA</p>	<p>Julie Kisby Tel: 0345 045 5225 Email: Your.library@cambridgeshire.gov.uk</p>

Thursday 1:30-2:30pm £3.50 per session	<b>Right Start 5</b> A fun, social class with light to moderate exercise based round stations to help improve flexibility, strength and stamina.	One Leisure Huntingdon, St Peters Road, Huntingdon, PE29 7DA	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a>
1 <sup>st</sup> Thursday of the month 1:30-3.00pm	<b>Engage in the afternoon</b>	Huntingdon Library, Princes Street, Huntingdon, PE29 3PA	Julie Kisby Tel: 0345 045 5225 Email: <a href="mailto:Your.library@cambridgeshire.gov.uk">Your.library@cambridgeshire.gov.uk</a>
Friday 9:30am-3:00pm Cost: £10	<b>Age UK Day Centre</b> Activities include quizzes, crafts, bingo, games, outings, talks, reminiscence etc. Hot meal provided.	12, Ambury Road, PE29 1JE	Lynne Hayden Tel: 01945 428662 Email: <a href="mailto:DayServices@ageukcap.org.uk">DayServices@ageukcap.org.uk</a> <b><a href="http://www.ageuk.org.uk">www.ageuk.org.uk</a></b>
Friday fortnightly (from 13/01/2017) 10:00am  Please phone in advance to check availability and cost	<b>Nordic Walking- all abilities</b> Walking session using poles, ideal for upper body toning, normal walking, and those with arthritic or neurological conditions that makes unsupported walking difficult	Hinchingbrooke Country Park, Huntingdon Meet at the Café.	Oliver Gynn Tel: 07947 835522 Email: <a href="mailto:info@nordicwellbeing.co.uk">info@nordicwellbeing.co.uk</a> <b><a href="http://www.nordicwellbeing.co.uk">www.nordicwellbeing.co.uk</a></b>

# Huntingdonshire

Day / Time	Activity	Location	Contact details
Friday 10:00am Cost: Free Day may change from April 2017. Check with contact	<b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.	Huntingdon. Start location varies.	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.cambridgeshirehearinghelp.org.uk">www.cambridgeshirehearinghelp.org.uk</a></b>
Friday 11:30am-12:30pm £3.50 per session	<b>RightStart 1</b> All exercises take place in the chair, no standing required and is suitable for wheelchair users.	Huntingdon Library, Princess Street, Huntingdon, PE29 3PA	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.cambridgeshirehearinghelp.org.uk">www.cambridgeshirehearinghelp.org.uk</a></b>
Friday 2:30-3:30pm £3.50 per session	<b>Right Start 5</b> A fun, social class with light to moderate exercise based round stations to help improve flexibility, strength and stamina.	One Leisure Huntingdon, St Peters Road, Huntingdon, PE29 7DA	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk">www.huntingdonshire.gov.uk</a></b>



<p>2<sup>nd</sup> Friday, every other month 10:00am-12noon Dates are: 10/02/2017 07/04/2017 16/06/2017 11/08/2017 13/10/2017 15/12/2017</p>	<p><b>Arts and Crafts Group</b> For blind and partially sighted people and their carers.</p>	<p>Huntingdon Library, Princess Street, Huntingdon, PE29 3PA</p>	<p>Andrea – Hunts Society for the Blind 01480 453438 Email: <a href="mailto:info@huntsblind.co.uk">info@huntsblind.co.uk</a> <b><a href="http://www.huntsblind.co.uk">www.huntsblind.co.uk</a></b></p>
<p><b>Little &amp; Great Paxton</b></p>			
<p>1<sup>st</sup> Tuesday of the month 11:00am-12:30pm</p>	<p><b>Tuesday Friendship Group</b> Join us for a cup of tea or coffee and a slice of cake. Enjoy a chat and the company of others. Lots of activities planned.</p>	<p>The Bell Pub, 50 High Street, Great Paxton, PE19 6RF</p>	<p>Susan Bate Tel: 01480 423085 Email: <a href="mailto:Susan.bate@care-network.org.uk">Susan.bate@care-network.org.uk</a> <b><a href="http://www.care-network.org.uk">www.care-network.org.uk</a></b></p>
<p>Last Friday of the month 10:00am-12noon Cost: free</p>	<p><b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.</p>	<p>The Surgery, 40 High Street, Little Paxton, PE19 6EY</p>	<p>Frances Dewhurst Tel: 01223 416141 Email: <a href="mailto:enquiries@cambridgeshirehearinghelp.org.uk">enquiries@cambridgeshirehearinghelp.org.uk</a> <b><a href="http://www.cambridgeshirehearinghelp.org.uk">www.cambridgeshirehearinghelp.org.uk</a></b></p>

# Huntingdonshire

Day / Time	Activity	Location	Contact details
<b>Ramsey</b>			
Monday 10:00-11:00am £3.50 per session	<b>RightStart 2</b> 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: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk">www.huntingdonshire.gov.uk</a></b>
3 <sup>rd</sup> Tuesday in the month 10:00am-12noon 24.01.17 21.02.17 Check contact for further dates Cost: Free Light refreshments provided	<b>Carers Trust Cambridgeshire Carer Drop-Ins</b> for those looking after someone. We invite guest speakers every month. Or just come along for a chat to see what support is on offer for you. We are here to help!	Ramsey Library, Ground floor meeting room, 25 Great Whyte, Ramsey, PE26 1HA	Laura Green Tel: 01480 499090 Email: <a href="mailto:care@carerstrustcambridgeshire.org">care@carerstrustcambridgeshire.org</a> <b><a href="http://www.carerstrustcambridgeshire.org">www.carerstrustcambridgeshire.org</a></b>  <b>For anyone in the Ramsey area.</b>
Monday 2.00pm Free Day may change from April 2017. Check with contact	<b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.	Ramsey. Start location varies.	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk/healthwalks">www.huntingdonshire.gov.uk/healthwalks</a></b>

<p>Tuesday 10.00–11.00am £3.50 per session</p>	<p><b>Right Start 5</b> A fun, social class with light to moderate exercise based round stations to help improve flexibility, strength and stamina.</p>	<p>One Leisure Ramsey, Abbey Road, Ramsey, PE26 1DP</p>	<p>Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk">www.huntingdonshire.gov.uk</a></b></p>
<p>1<sup>st</sup> Wednesday of the month (excluding Jan and Aug) 2:00–4:00pm Cost £2.00 plus £5 annual subscription</p>	<p><b>Ramsey Senior Citizens Club</b> Social afternoon providing Afternoon Tea, Raffle and Entertainment</p>	<p>Bury Village Hall, Brookfield Way, PE26 2XN</p>	<p>Ina Hartley Tel: 01487 711649 Email: <a href="mailto:georgina473@aol.com">georgina473@aol.com</a></p>
<p>Thursday 2:00pm Free Day may change from April 2017. Check with contact</p>	<p><b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.</p>	<p>Ramsey. Start location varies. Please see <a href="http://www.huntingdonshire.gov.uk/healthwalks">www.huntingdonshire.gov.uk/healthwalks</a></p>	<p>Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk">www.huntingdonshire.gov.uk</a></b></p>
<p>Quarterly on Tuesday 11:00am–1:00pm Dates are: 28/03/2017 27/06/2017 26/09/2017 19/12/2017 Cost: free</p>	<p><b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.</p>	<p>Mill House, Silver Street, Ramsey, PE26 1ED</p>	<p>Frances Dewhurst Tel: 01223 416141 Email: <a href="mailto:enquiries@cambridgeshirehearinghelp.org.uk">enquiries@cambridgeshirehearinghelp.org.uk</a> <b><a href="http://www.cambridgeshirehearinghelp.org.uk">www.cambridgeshirehearinghelp.org.uk</a></b></p>

# Huntingdonshire

Day / Time	Activity	Location	Contact details
<b>St Ives</b>			
Monday 2:30-3:30pm £3.50 per session	<b>Right Start 3</b> This is a strength and balance exercise class focusing on falls prevention. It will suit people progressing from Level 1 or 2 or who can stand for short periods.	One Leisure St Ives, Westwood Road, PE27 6WU	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk">www.huntingdonshire.gov.uk</a></b>
2 <sup>nd</sup> Monday of the month 10:00am-12noon	<b>Memory Lane Singing Café</b> Sing-along and get together for those living with dementia and their carers.	Crossways Centre, Ramsey Road, PE27 3TB	Jen Spencer Email: <a href="mailto:memorylanemusicstives@gmail.com">memorylanemusicstives@gmail.com</a> Ian Jackson Tel: 01480 385999
Tuesday afternoon Please phone for appointment	<b>IT Computer Buddy</b>	St Ives Library, 4 Station Road, PE27 5BW	Tel: 0345 045 5225 Email: <a href="mailto:Naomi.peel@cambridgeshire.gov.uk">Naomi.peel@cambridgeshire.gov.uk</a>
2 <sup>nd</sup> Tuesday of the month 2:00-3:30pm	<b>Engage in the Afternoon</b> A varied programme of talks and activities for over the 50s.	St Ives Library, 4 Station Road, PE27 5BW	Tel: 0345 045 5225 Email: <a href="mailto:Naomi.peel@cambridgeshire.gov.uk">Naomi.peel@cambridgeshire.gov.uk</a>

Tuesday 2:00pm Free Day may change from April 2017. Check with contact	<b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.	St Ives. Start location varies.	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntindonshire.gov.uk/healthwalks">www.huntindonshire.gov.uk/healthwalks</a></b>
Alternate Wednesday 2:00pm	<b>Knit 1, Read 1.</b> A knitting group meeting alternate Wednesday for a knit and natter.	St Ives Library, 4 Station Road, PE27 5BW	Tel: 0345 045 5225 Email: <a href="mailto:Naomi.peel@cambridgeshire.gov.uk">Naomi.peel@cambridgeshire.gov.uk</a>
Wednesday morning Please phone for appointment	<b>IT Computer Buddy</b>	St Ives Library, 4 Station Road, PE27 5BW	Tel: 0345 045 5225 Email: <a href="mailto:Naomi.peel@cambridgeshire.gov.uk">Naomi.peel@cambridgeshire.gov.uk</a>
2 <sup>nd</sup> Wednesday of the month 10:00am-12noon Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	St Ives Library, 4, Station Road, St Ives, PE27 5BW (next to Waitrose)	Frances Dewhurst Tel: 01223 416141 Email: <a href="mailto:enquiries@cambridgeshirehearinghelp.org.uk">enquiries@ cambridgeshirehearinghelp.org.uk</a> <b><a href="http://www.cambridgeshirehearinghelp.org.uk">www.cambridgeshirehearinghelp.org.uk</a></b>
3 <sup>rd</sup> Wednesday of the month. 2:00-4:00pm unless otherwise advised.	<b>Social club</b> – various themes and activities throughout the year. Itinerary available from Hunts Society for the Blind	St Ives Methodist Church, The Waits, St Ives, PE27 5BY	Andrea – Hunts Society for the Blind 01480 453438 Email: <a href="mailto:info@huntsblind.co.uk">info@huntsblind.co.uk</a> <b><a href="http://www.huntsblind.co.uk">www.huntsblind.co.uk</a></b>

# Huntingdonshire

Day / Time	Activity	Location	Contact details
<p>Wednesday 2:00-3:00pm £3.50 per session</p>	<p><b>Right Start 5</b> A fun, social class with light to moderate exercise based round stations to help improve flexibility, strength and stamina.</p>	<p>One Leisure St Ives, Westwood Road, PE27 6WU</p>	<p>Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk">www.huntingdonshire.gov.uk</a></b></p>
<p>Thursday 10:00am Free Day may change from April 2017. Please check with contact</p>	<p><b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.</p>	<p>St Ives. Start location varies.</p>	<p>Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk/healthwalks">www.huntingdonshire.gov.uk/healthwalks</a></b></p>
<p>Thursday morning Please phone for appointment</p>	<p><b>IT Computer Buddy</b></p>	<p>St Ives Library</p>	<p>Tel: 0345 045 5225 Email: <a href="mailto:Naomi.peel@cambridgeshire.gov.uk">Naomi.peel@cambridgeshire.gov.uk</a></p>

<p>Second Friday of month 10:30am-12:30pm Cost: £2 entry</p>	<p><b>Cambridgeshire Older Peoples Enterprise (COPE) monthly Meetings.</b> Opportunity for COPE members and friends to meet socially, hear speakers of interest, enjoy raffle and refreshments.</p>	<p>St Ives Free Church, Castle Hill, St Ives, PE27 5AL</p>	<p>Gerald Collins Tel: 01480 370808 Email: gerald.collins1@ntlworld.com</p>
<p><b>St. Neots</b></p>			
<p>Monday 10:00am Free Day may change from April 2017. Please check with contact.</p>	<p><b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.</p>	<p>St Neots. Start location varies.</p>	<p>Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk/healthwalks">www.huntingdonshire.gov.uk/healthwalks</a></b></p>
<p>1<sup>st</sup> Monday of the month. 2:00-4:00pm unless otherwise advised</p>	<p><b>Social club</b> – various themes and activities throughout the year. Itinerary available from Hunts Society for the Blind</p>	<p>Methodist Church, Berkley Street, Eynesbury, St Neots, PE19 2NB</p>	<p>Andrea – Hunts Society for the Blind 01480 453438 Email: <a href="mailto:info@huntsblind.co.uk">info@huntsblind.co.uk</a> <b><a href="http://www.huntsblind.co.uk">www.huntsblind.co.uk</a></b></p>
<p>Tuesday 2:00-3:00pm £3.50 per session</p>	<p><b>Right Start 3</b> This is a strength and balance exercise class focusing on falls prevention. It will suit people progressing from Level 1 or 2 or who can stand for short periods.</p>	<p>One Leisure St Neots, Barford Road, Eynesbury, PE19 2SA</p>	<p>Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk">www.huntingdonshire.gov.uk</a></b></p>

# Huntingdonshire

Day / Time	Activity	Location	Contact details
Tuesday 3:30-4:30pm £3.50 per session	<b>Right Start 5</b> A fun, social class with light to moderate exercise based round stations to help improve flexibility, strength and stamina.	One Leisure St Neots, Barford Road, Eynesbury, PE19 2SA	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk">www.huntingdonshire.gov.uk</a></b>
Last Tuesday of the month 10:30am-12:30pm	<b>Café Neuro</b> A welcoming place where people with neurological conditions and their carers can meet new people, try new activities, access training and support.	Marbrook Centre, Phoenix Park, Eaton Socon, St Neots, PE19 8EP	Ashling Bannon Tel: 01480 499090 Email: <a href="mailto:care@carerstrustcambridgeshire.org">care@carerstrustcambridgeshire.org</a> <b><a href="http://www.carerstrustcambridgeshire.org">www.carerstrustcambridgeshire.org</a></b> <b>For anyone in the St Neots area.</b>
Wednesday 10:00-12noon Please call for an appointment	<b>Online Services</b> 1:1 assistance with laptops, access to eBooks etc.	St Neots Library, Priory Lane, PE19 2BH	Tel: 0345 045 5225 Email: <a href="mailto:Info@cambridgeshire.gov.uk">Info@cambridgeshire.gov.uk</a>



Every third Wednesday of the month 11:00am-12:30pm Cost: £0	<b>Wednesday Friendship Group</b> Are you 60+, then join us and enjoy a free cup of tea, coffee and biscuits. Enjoy a chinwag and company of new friends; take part in a monthly activity and maybe some shopping after.	St. Neots TESCO Store Community Room at the back of the store. Barford Road, St. Neots, PE19 2SA	Susan Bate Tel: 01480 423085 Email: kathy.b@care-network.org.uk <b>www.care-network.org.uk</b>
2nd and 4 <sup>th</sup> Wednesday 7:00-9:00pm	<b>Knight Knitters</b> Knitting, crochet and other crafts	St Neots Library, Priory Lane, PE19 2BH	0345 045 5225 Email: Info@cambridgeshire.gov.uk
Thursday 2:00-4:30pm Cost: £3 (inc tea/ biscuits)	<b>St Neots Tea Set</b> A mixture of Ballroom and sequence dancing	Priory Centre, Priory Lane, St Neots, PE19 2BH	Mr John Ayling Tel: 01234 269943 Email: jandaayling@btinternet.co.uk
Friday 2:00pm Free Day may change after May 2017. Please check with contact.	<b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.	St Neots. Start location varies.	Danielle Sancaster Tel: 01480 387047 Email: activelifestyles@huntsdc.gov.uk <b>www.huntingdonshire.gov.uk/healthwalks</b>
1 <sup>st</sup> & 3 <sup>rd</sup> Friday of the month	<b>St Neots Knitting Group</b> Knitting , crochet and other crafts	St Neots Library, Priory lane, PE19 2BH	Tel: 0345 045 5225 Email: Martin.Gilman@cambridgeshire.gov.uk

# Huntingdonshire

Day / Time	Activity	Location	Contact details
Last Friday of month 2:00-3.30pm Donation towards tea/ coffee	<b>Engage in the Afternoon</b> A varied programme of talks and activities for over the 50s.	St Neots Library, Priory Lane, PE19 2BH	Tel: 0345 045 5225 Email: Martin.Gilman@cambridgeshire.gov.uk
Date and time available early February Check with contact Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Location in St Neots to be confirmed. Check with contact	Frances Dewhurst Tel: 01223 416141 Email:enquiries@ cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
<b>Sawtry</b>			
Monday and Tuesday 10:30am-1:30pm Cost:£4.20. Volunteer transport within Sawtry: £1	<b>Friendship Club.</b> Companionship over a 2 course home cooked meal and refreshemtns	The CARESCO Centre, Green End Road, Sawtry, PE28 5UX	Friendship Club Manager, Tel: 01487 832105 Email: office@caresco.org.uk
1 <sup>st</sup> Tuesday of the month 10:00am Free Day may change after May 2017. Please check with contact.	<b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.	Sawtry. Start location varies. Please see www. huntingdonshire.gov. uk/healthwalks	Danielle Sancaster Tel: 01480 387047 Email: activelifestyles@huntsdc.gov.uk <b>www.cambridgeshirehearinghelp.org.uk</b>

Tuesday evenings- Please phone for appointment	<b>IT Computer Buddy</b>	Sawtry Library, Fen Lane, Hunts, PE28 5TQ	Tel: 0345 045 5225 Email: Naomi.peel@cambridgeshire.gov.uk
Tuesday & Friday from 3:30pm	<b>Foodbank-</b> vouchers from social services	The CARESCO Centre, Green End Road, Sawtry, PE28 5UX	General Manager, Tel: 01487 832105 Email: office@caresco.org.uk
Wednesday and Thursdays 9:30-2:30pm Cost:£6.50 which includes specialised transport	<b>The Vintage Club.</b> A regular day of friendship, food and fun, and some trips out.	The CARESCO Centre, Green End Road, Sawtry, PE28 5UX	General Manager, Tel: 01487 832105 Email: office@caresco.org.uk
Wednesday 1:30-2:30pm £3.50 per session	<b>Right Start 5</b> A fun, social class with light to moderate exercise based round stations to help improve flexibility, strength and stamina.	One Leisure Sawtry, Green End Road, Sawtry, PE28 5UY	Danielle Sancaster Tel: 01480 387047 Email: activelifestyles@huntsdc.gov.uk <b>www.huntingdonshire.gov.uk</b>
2nd and 4 <sup>th</sup> Friday of the month 1:30-3:00pm Cost:£2	<b>Sounds Good.</b> A social group enjoying all things musical and the spoken word	The CARESCO Centre, Green End Road, Sawtry, PE28 5UX	General Manager, Tel: 01487 832105 Email: office@caresco.org.uk
Friday 9:00-11:30am Cost: buy your refreshments	<b>Coffee morning</b> with home made cakes	The CARESCO Centre, Green End Road, Sawtry, PE28 5UX	General Manager, Tel: 01487 832105 Email: office@caresco.org.uk

# Huntingdonshire

Day / Time	Activity	Location	Contact details
<b>Somersham</b>			
2 <sup>nd</sup> Tuesday 2:00-4:00pm Cost: free	<b>Cambridge Hearing Help</b> advice, hearing and maintenance session and batteries for NHS hearing aids.	Church Street Health Centre, Church Street, PE28 3EG	Frances Dewhurst Tel: 01223 416141 Email: enquiries@cambridgeshirehearinghelp.org.uk <b>www.cambridgeshirehearinghelp.org.uk</b>
Tuesday 10:00am-1:00pm Cost: £6.50 per session including lunch. Bingo and raffle extra	<b>Somersham Friendship Club</b> Refreshments, bingo and raffle, lunch Friendship	Victory Hall, 53, Parkhall Road, Somersham, PE28 3HE	June Holdich Tel: 01487 840 486 Sheila Owen Tel: 01487 843736
<b>Tilbrook</b>			
Every third Wednesday of the month 2:30-4:00pm	<b>Carers Coffee Club</b> Are you caring for a loved one with a memory loss? Then come along and enjoy a cup of tea or coffee whilst chatting with others in a similar situation.	The White Horse, High Street, Tilbrook, Huntingdon, Cambridgeshire, PE28 0JP	Neil Silby Tel: 07889 319888 Email: kimpigfarmer@tiscali.co.uk

<b>Warboys</b>			
Monday 10:00-11:00am £3.50 per session	<b>Right Start 5</b> A fun, social class with light to moderate exercise based round stations to help improve flexibility, strength and stamina.	Warboys Parish Centre, High Street, Warboys, PE28 2TA	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk">www.huntingdonshire.gov.uk</a></b>
2 <sup>nd</sup> Monday of the month 2:00-4:00pm	<b>Engage in the Afternoon</b> A varied programme of talks and activities for over the 50s.	Warboys Library, 104, High St, PE28 2XF	Naomi Peel Tel: 0345 045 5225 Email: <a href="mailto:Naomi.peel@cambridgeshire.gov.uk">Naomi.peel@cambridgeshire.gov.uk</a>
<b>Whittlesey</b>			
Last Monday of the month 2:30-4:00pm	<b>Engage in the afternoon.</b> Varied programme of talks and activities.	Whittlesey Library, 31-35 Market Street, PE7 1BA	Tel: 0345 045 5225 Email: <a href="mailto:alison.sutton@cambridgeshire.gov.uk">alison.sutton@cambridgeshire.gov.uk</a>
Tuesday 10:00am-12noon Drop In.	<b>IT Computer Buddy</b>	Whittlesey Library, 31-35 Market Street, PE7 1BA	Tel: 0345 045 5225 Email: <a href="mailto:alison.sutton@cambridgeshire.gov.uk">alison.sutton@cambridgeshire.gov.uk</a>
Wednesday 10:00am-12noon Drop In.	<b>IT Computer Buddy</b>	Whittlesey Library, 31-35 Market Street, PE7 1BA	Tel: 0345 045 5225 Email: <a href="mailto:alison.sutton@cambridgeshire.gov.uk">alison.sutton@cambridgeshire.gov.uk</a>

# Huntingdonshire

Day / Time	Activity	Location	Contact details
<b>Wyton</b>			
Every third Tuesday of the month 1:30-3:00pm	<b>Tuesday Afternoon Friendship Group</b> Are you 60+, then join us and enjoy an afternoon cup of tea or coffee. Enjoy a chat and company of new friends; join in a monthly activity and maybe sample the delights of the garden centre.	Huntingdon Wyevale Garden Centre Community Room next to the café. Banks End, Wyton, Huntingdon, PE28 2AA	Susan Bate Tel: 01480 423085 Email: <a href="mailto:susan.bate@care-network.org.uk">susan.bate@care-network.org.uk</a> <b><a href="http://www.care-network.org.uk">www.care-network.org.uk</a></b>
<b>Yaxley</b>			
Monday 10:00am	<b>Scrabble Club</b>	Yaxley Library, Landsdowne Rad, PE7 3JL	Tel: 0345 045 5225
Alternate Tuesday/ Thursday 2:00pm Free Day may change after April 2017. Please check with contact.	<b>Health Walk</b> A free, guided Health Walk lasting from 20 – 90 minutes.	Yaxley. Start location varies.	Danielle Sancaster Tel: 01480 387047 Email: <a href="mailto:activelifestyles@huntsdc.gov.uk">activelifestyles@huntsdc.gov.uk</a> <b><a href="http://www.huntingdonshire.gov.uk/healthwalks">www.huntingdonshire.gov.uk/healthwalks</a></b>

Every 3 <sup>rd</sup> Wednesday 2:00-3:30pm	<b>Engage in the afternoon.</b> Varied Programme of talks and activities	Yaxley Library, Lansdowne Road, PE7 3JL	Tel: 0345 045 5225 Email: Naomi.peel@cambridgeshire.gov.uk
Thursday 2:00pm	<b>Knit and Natter</b>	Yaxley Library, Lansdowne Road, PE7 3JL	Yaxley Library Tel: 0345 045 5225
Thursday 2:30-3:30pm £3.50 per session	<b>Right Start 3</b> This is a strength and balance exercise class focusing on falls prevention. It will suit people progressing from Level 1 or 2 or who can stand for short periods.	British Legion Hall, 210 Broadway, Yaxley, PE7 3NR	Danielle Sancaster Tel: 01480 387047 Email: activelifestyles@huntsdc.gov.uk <b>www.huntingdonshire.gov.uk</b>

## Other

Day / Time	Activity	Location	Contact details
Various days and times. Please contact your local Alzheimer's Society office.	<b>Alzheimer Society</b> provides support and information through our services for people with dementia and carers of people living with dementia throughout Cambridgeshire.	Various locations throughout Cambridgeshire.	Alzheimer's Society Cambridge, Huntingdon & Ely office Tel: 01954 250322 Email: cambridgeandelyoffice@alzheimers.org.uk

# Other

Day / Time	Activity	Location	Contact details
12/06/2017 to 18/06/2017	<b>Carers week</b> Carers Trust Cambridgeshire celebrates this annual event with lots of events and activities for carers of all ages throughout the county	Throughout Cambridgeshire. Details will be finalised in early 2017. Check the website or make contact to receive a programme of events	Hedda Lilley Tel: 01480 499090 Email:care@carerstrustcambridgeshire.org <b>www.carerstrustcambridgeshire.org</b>
November Date to be confirmed	<b>Carers Rights Day</b> Carers Trust Cambridgeshire celebrates this annual event with many events and activities for carers throughout the county. Come along to ensure you know your rights as a carer.	Throughout the county Details will be finalised mid 2017. Check the website or make contact to receive a programme of events	Hedda Lilley Tel: 01480 499090 Email:care@carerstrustcambridgeshire.org <b>www.carerstrustcambridgeshire.org</b>



# Other Services and activities for Over 50's

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.

# 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**



# CONTACTING CAMBRIDGESHIRE CELEBRATES AGE

To place a listing and for further information

Support for CCA: [celebratesage@gmail.com](mailto:celebratesage@gmail.com)  
07756 490072

Or visit: [www.cambscelebratesage.org.uk](http://www.cambscelebratesage.org.uk)

# CCA is funded by Cambridge City council and South Cambs District council and is supported by

HISTON & IMPINGTON ACTION FOR  
OLDER PEOPLE



## BARNWELL BAPTIST CHURCH

HOWARD ROAD, CAMBRIDGE. CB5 8QS

01223 292454

[www.barnwellbaptistchurch.org.uk](http://www.barnwellbaptistchurch.org.uk)



[www.cambscelebratesage.org.uk](http://www.cambscelebratesage.org.uk)