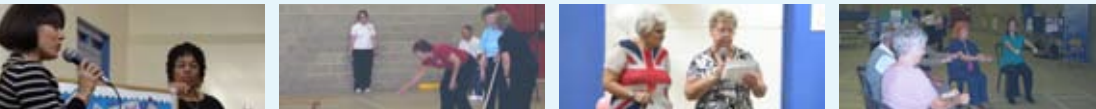


CAMBRIDGESHIRE

CELEBRATES AGE



Regular events and activities for over 50's in South Cambridgeshire

Produced October 2011

Please
keep for
reference



Cambridgeshire Celebrates Age 2011

'Cambridgeshire Celebrates Age' produces a programme of one off activities in and around October each year to mark 'International Day of Older People' on October 1st. However, in recognition of the range of activities that happen all round for over 50's, provided and run by a range of different organisations, we are producing listings of regular activities for different areas. This booklet lists regular and ongoing activities in South Cambridgeshire. So please keep this for reference all year round!

Copies are also available on the South Cambs District Council website:

www.scambs.gov.uk/communitydevelopment

Activities listed alphabetically by village 04
Other Services and activities for Over 50's ... 22

Camread have produced an audio programme of CCA events for people in Cambridgeshire who are blind or partially sighted: the programme can be accessed by logging on to the Camread website www.camread.org.uk or for members of the Postal Tape Service by calling 01223 712013. You can also call the Camread office on 01223 424220 for more information. Please stay tuned to Cambridge Talking News for details of how to access the programme.

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.



EVENTS IN SOUTH CAMBS

(by village, listed alphabetically)

Date / time	Event	Venue	Contact details
Abington			
Monday 9:30-10:30 £3	Chair based exercise – for those wishing to improve mobility, balance and to remain active	Abington Institute	Victoria Green Tel: 07762 902976 victoriagreen@btinternet.com
Bar Hill			
4th Wednesday of every month 2-4pm	Cam Sight Rural Support Group Meeting to provide help and friendship.	Church Room, Bar Hill	Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk
1st Thursday and 3rd Wednesday of every month 10:30am Sorry, our current walks are not suitable for buggies or wheelchairs	Healthy Walks All walks are lead by a trained walk leader, walks are approximately 45-60 mins. All are welcome, no previous walk experience required.	Meet by the Memorial Gardens at Maple Surgery, Bar Hill	Patricia Daniels Tel: 07917874402 danielsohn@btinternet.com

Monday 6:30-7:15pm £3 (or £26 for 10 non consecutive weeks paid in advance)	Shape and Tone 15 mins low impact 15 mins toning and 15 mins Pilates and stretch exercise	Bar Hill Church Centre	Simon Gurry Tel: 01223 236945 info@bodyinmotionpt.co.uk www.bodyinmotionpt.co.uk
Tuesday 10-11am £3 (or £26 for 10 non consecutive weeks paid in advance)	Over 55's Aerobics and circuits	Bar Hill Church Centre	Simon Gurry Tel: 01223 236945 info@bodyinmotionpt.co.uk www.bodyinmotionpt.co.uk
Wednesday 6:30-7:15pm £3 (or £26 for 10 non consecutive weeks paid in advance)	Shape and Tone 15 mins low impact 15 mins toning and 15 mins Pilates and stretch exercise	The Octagon	Simon Gurry Tel: 01223 236945 info@bodyinmotionpt.co.uk www.bodyinmotionpt.co.uk

Babraham

Wednesday 1pm Beginners 2pm Intermediate group 3pm Advanced group	Nordic Walking Walking session using poles, ideal for those with arthritic or neurological conditions that makes unsupported walking difficult.	Wandlebury Country Park, Gog Magog Hills, Babraham, Cambridge, CB22 3AE	Oliver Gynn Tel: 07947 835522 or 01638 742003
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EVENTS IN SOUTH CAMBS

Date / time	Event	Venue	Contact details
<p>Thursday 10am - 60 minute walk Please arrive 9:50am to register or 10:30am - 30 minute walk Please arrive at 10:15am to register</p>	<p>Wandlebury Healthy Walks Cost: free (car park charge £2 - free to Cambridge PPF members)</p>	<p>Wandlebury Country Park, Stable Rooms Gog Magog Hills, Babraham, Cambridge, CB22 3AE</p>	<p>Cambridge Past Present & Future Office: 01223 243830 ext 202 enquiries@cambridgeppf.org www.cambridgeppf.org</p>
Bassingbourn			
<p>Wednesday 8-9pm £5.00 per session</p>	<p>Freestyle fitness yoga</p>	<p>Bassingbourn Sports Centre</p>	<p>Bassingbourn Sports Centre Tel: 01763 252480 www.bassingbournsportscentre.co.uk</p>
Bourn			
<p>3rd Wednesday of every month 10am-12pm</p>	<p>Cam Sight Rural Support Group (Similar format to group in Bar Hill)</p>	<p>Hall Close, Bourn</p>	<p>Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk</p>

Cambourne

Thursday 2-3pm £1.50	Keep fit in the afternoon	The Hub, Cambourne	Jane Richards Tel: 01954 201452 The Hub Tel: 01954 714403
Thursday 3-5pm Donation for refreshments	Indoor Bowls	The Hub, Cambourne	The Hub Tel: 01954 714403
Fortnightly from 4th and 18th October	Learn to be Crafty	The Hub, Cambourne	Enid Wheatley Tel: 01954 715292 The Hub Tel: 01954 714403
Available any day £3 pay and play	Outdoor Bowls	Bowling Green, Cambourne	The Hub Tel: 01954 714403
Thursday 10-11am	Strength and Balance (Falls prevention class GP referral only)	The Medical Centre, Cambourne	For advice and to check eligibility call Barbara Fraser Tel: 01954 282836
Thursday 11am-12pm	Strength and Balance (Falls prevention class GP referral only)	The Medical Centre, Cambourne	For advice and to check eligibility call Barbara Fraser Tel: 01954 282836

EVENTS IN SOUTH CAMBS

Date / time	Event	Venue	Contact details
Cottenham			
4th Thursday of every month 2-4pm	Cam Sight Rural Support Group (Similar format to group in Bar Hill)	Franklin Gardens, Cottenham	Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk
Dry Drayton			
Monday 10am £3	50+ circuit	Village Hall, Dry Drayton	Clare Strongman Tel: 01954 231806
Friday 10am £3	Strength and Balance Strength and balance exercises, some seated strength work may be included	Village Hall, Dry Drayton	Clare Strongman Tel: 01954 231806

Fen Ditton

<p>1st Tuesday of every month 11:30am-1:30pm £3.50 – please phone to book a place</p>	<p>Community Lunch</p>	<p>Church Hall, Fen Ditton</p>	<p>Susan Tel: 01223 242226 – after 4pm please</p>
<p>2nd Tuesday of every month 10:45am-12pm Cost: 30p</p>	<p>Fen Ditton Coffee Pot</p>	<p>Pavilion Fen Ditton Recreation Ground</p>	<p>Elizabeth Jack Tel: 01223 292697</p>
<p>Tuesday 2:30-3:30pm £3 (or £26 for 10 non consecutive weeks paid in advance)</p>	<p>Over 55's Aerobics and circuits</p>	<p>Church Hall, Fen Ditton</p>	<p>Simon Gurry Tel: 01223 236945 info@bodyinmotionpt.co.uk www.bodyinmotionpt.co.uk</p>

Fulbourn

<p>Tuesday 2:45-3:30pm</p>	<p>Chair Based Exercise</p>	<p>Holmans Close St Vigors Drive Fulbourn</p>	<p>Marlene Sharpewestwood Tel: 01223 571431</p>
<p>3rd Friday of every month 2:30-4pm</p>	<p>Cam Sight Rural Support Group (Similar format to group in Bar Hill)</p>	<p>St Vigor's Close, Fulbourn</p>	<p>Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk</p>

EVENTS IN SOUTH CAMBS

Date / time	Event	Venue	Contact details
Girton			
2nd Wednesday of every month 10am-12pm	Cam Sight Rural Support Group (Similar format to group in Bar Hill)	St Vincent's Close, Girton	Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk
Tuesday 10:30-11.30am	Chair Based Exercise	Gretton Court, 35 High street, Girton	Julie Kyle Tel: 07707351828
Haslingfield			
1st Tuesday of every month 2-4pm	Cam Sight Rural Support Group (Similar format to group in Bar Hill)	Methodist Church, Haslingfield	Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk
Histon			
Friday 10am-12pm	World Folk Dance for the over 50's	British Legion, Histon	Pat Welch Tel: 01223 329293 pat.welch@talktalk.net

Impington

Thursday 7:30-8:30pm £2.50 - £3.50	50+ Swimming	Impington Sports Centre	Impington Sports Centre Tel: 01223 200404/200415 sportscentre@impington.cambs.sch.uk www.impington.cambs.sch.uk
3rd Thursday of every month 2-4pm	Cam Sight Rural Support Group (Similar format to group in Bar Hill)	HiSight, Homefield Close, Impington	Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk

Linton

Monday 12-1pm £6 or £50 for 10 sessions	Aquacise Low impact activity delivered in warm pools for mobility, stability and general fitness.	Linton Village College (Granta Pool)	Linton Community Sports Centre Tel: 01223 890248 info@linton-sport-fitness.co.uk www.linton-sport-fitness.co.uk
2nd Tuesday 2-4pm	Cam Sight Rural Support Group (Similar format to group in Bar Hill)	Chalklands, Linton	Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk

EVENTS IN SOUTH CAMBS

Date / time	Event	Venue	Contact details
Wednesday 9:45-10:45am £3	Chair based exercise – for those wishing to improve mobility, balance and to remain active	Nichols Court, Linton	Victoria Green Tel: 07762 902976 victoriagreen@btinternet.com
Thursday 10:30-11:30am (term time only) £60 for 10 weeks starting September	50+ Yoga	Linton Village College	Linton Community Sports Centre Tel: 01223 890248 info@linton-sport-fitness.co.uk www.linton-sport-fitness.co.uk
Thursdays - every 5-6 weeks	Linton ACE (activities and care for the elderly)	Church Pavilion, Linton	Enid Bald Tel: 01223 891069 enidsmith@TalkTalk.net
	Mobile Warden scheme: help and support to maintain independence		Enid Bald Tel: 01223 891069 enidsmith@TalkTalk.net

Melbourn

<p>Monday, Tuesday, Thursday 9:15-10:15am Friday 9:30-10:30am £3.35 - £4.60</p>	<p>Aqua fit</p>	<p>Melbourn Sports Centre</p>	<p>Melbourn Sports Centre Tel: 01763 263313 info@melbournsports.com www.melbournsports.com</p>
<p>Monday 8:30-9:15am/ 10:15-11.45am £1.85 - £2.25</p>	<p>Young at heart</p>	<p>Melbourn Sports Centre</p>	<p>Melbourn Sports Centre Tel: 01763 263313 info@melbournsports.com www.melbournsports.com</p>
<p>Tuesday 9:15-10:35am Bookable 5-7 wk term £35 - £56 per term</p>	<p>Hatha Yoga Suitable for all ages and abilities</p>	<p>Melbourn Sports Centre</p>	<p>Melbourn Sports Centre Tel: 01763 263313 info@melbournsports.com www.melbournsports.com</p>
<p>1st Wednesday of every month 2-4pm</p>	<p>Cam Sight Rural Support Group (Similar format to group in Bar Hill)</p>	<p>Vicarage Close, Melbourn</p>	<p>Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk</p>

EVENTS IN SOUTH CAMBS

Date / time	Event	Venue	Contact details
Milton			
Tuesday 2pm No charge but there is a £2 parking fee	Healthy Walks One walk lasting approximately 30mins and, for those that want to do more, we then lead another smaller walk	Milton Country Park Visitor Centre	Lyn Mason Tel: 01223 420060 mcp@cambridgesportlakes.org.uk
Oakington			
Friday 10-11am £3 (or £26 for 10 non consecutive weeks paid in advance)	Over 55's Aerobics and circuits	Oakington Sports Pavilion	Simon Gurry Tel: 01223 236945 info@bodyinmotionpt.co.uk www.bodyinmotionpt.co.uk
Orchard Park			
Thursday 10am-12pm	Taoist Tai Chi	Community Centre, Orchard Park	Margaret Guy Tel: 01223 259847

Sawston

<p>Monday 10:30am-12pm £5 per couple</p>	<p>Singing for the Brain Singing workshops for people with dementia and their carers. Organised by the Alzheimer's society</p>	<p>Youth Centre, Sawston Village College</p>	<p>Rowena Whitehead talkingintune@ntlworld.com</p>
<p>Tuesday 11:30am</p>	<p>Healthy Walks Weekly-accompanied walks provided by the practice. Walks last for around 40-45 mins.</p>	<p>Sawston Medical Centre</p>	<p>Jenny Parker Tel: 01223 727555 jennifer.parker@nhs.net www.sawstonmedicalpractice.co.uk</p>
<p>Tuesday 10-11am £3</p>	<p>Chair based exercise – for those wishing to improve mobility, balance and to remain active</p>	<p>Uffen Way, Sawston</p>	<p>Victoria Green Tel: 07762 902976 victoriagreen@btinternet.com</p>
<p>Tuesday 2-3pm £3 (pay as you go)</p>	<p>Aquacise Low impact activity delivered in warm pools for mobility, stability and general fitness.</p>	<p>Sawston Sports Centre</p>	<p>Sawston Sports Centre Tel: 01223 712555 info@sawstonsports.org www.sawstonsports.com</p>

EVENTS IN SOUTH CAMBS

Date / time	Event	Venue	Contact details
Wednesday 3-4pm £2.30	50+ Swim (Term time only)	Sawston Sports Centre	Sawston Sports Centre Tel: 01223 712555 info@sawstonsports.org www.sawstonsports.com
Wednesday 7-8pm £42 – £72 (12 week course)	AquaFit	Sawston Sports Centre	Sawston Sports Centre Tel: 01223 712555 info@sawstonsports.org www.sawstonsports.com
3rd Thursday of every month 10:30am-12:30pm	Cam Sight Rural Support Group (Similar format to group in Bar Hill)	Bircham House, Sawston	Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk
Friday 3:15-4pm £2.50 - £4.50	AquaFit (Term time only)	Sawston Sports Centre	Sawston Sports Centre Tel: 01223 712555 info@sawstonsports.org www.sawstonsports.com

Shelford

Tuesday 3-4pm £3	Chair based exercise – for those wishing to improve mobility, balance and to remain active	Chaston Way, Shelford	Victoria Green Tel: 07762 902976 victoriagreen@btinternet.com
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Stapleford

1st Thursday of every month 2-4pm	Cam Sight Rural Support Group (Similar format to group in Bar Hill)	Cox's Close, Stapleford	Julie or Alison Camsight Tel: 01223 420033 alison@camsight.org.uk julie@camsight.org.uk
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West Wrattling

Monday 11:30am-12:30pm Book for term. £5/session	Keep Fit	Village Hall	Vanessa Pesci Tel: 01223 242146 laneacademy@btconnect.com
Last Tuesday of every month	WI	Village Hall/ Other	Linda Gorman Tel: 01223 290653
1st Wednesday of every month	Over 60s club	Village Hall/ Other	Wendy Halls Tel: 01223 290011

EVENTS IN SOUTH CAMBS

Date / time	Event	Venue	Contact details
3rd Thursday of every month 12:30pm £6.50. Booking required.	Lunch Club	The Chestnuts	Suan Rowland Tel: 01223 290788 suanrowland@btinternet.com
Friday 11:30am-12:30pm Book for term. £5/session	Keep Fit	Village Hall	Vanessa Pesci Tel: 01223 242146 laneacademy@btconnect.com

Willingham

Wednesday 2-3pm £donation	Strength and Balance	Church Hall, Willingham	Maria Townsend Tel: 07818 436632
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Other

Various dates, times and costs	Forever Active Exercise sessions for over 50 age group and those returning to a more active lifestyle	Various locations within South Cambridgeshire	Tel: 01223 457532 www.forever-active.org.uk
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Various dates and times
- please contact or visit
www.livingsport.co.uk for
class timetable
Cost: 1 free session if
you mention CCA during
October. Normally £1.50 -
£3.50 per session, pay as
you go

**'Dancing for Fun and
Better Health', from Age
UK,**
'Fit as a Fiddle Programme',
funded by the Big Lottery

Various around
Cambridgeshire

Claire Smith
Living Sport
claire.smith@livingsport.co.uk
Tel: 01487 849912

South Cambs residents can also access

**4th Wednesday of every
month**
2:20-4pm
free (just donation towards
tea/coffee)

Coffee Afternoon
All bereaved people are
welcome to drop in and
meet others who are also
bereaved.

Down's Baptist
Chapel, Camps
Road, Haverhill

Helen Pope - Area Coordinator
Helpline: 01223 302662
Cruse UK Helpline: 0844 4779400
Administration Tel: 01223 302670
cambridge@cruse.org.uk



Other Services and activities for Over 50's

- **Library Service**

Engage in the Morning/ Afternoon:

Free, monthly social event based in many of Cambridgeshire County Council Libraries. Different guest speaker each month, informative or fun one-off events and activities. Examples 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.

Call your local library for further information: 0354 045 5225

Computer Buddy Session:

Are you new to/a beginner with Computers? Our Computer Buddy's offer one to one advice and assistance on your basic computer problems. One-hour session.

Contact you local library on 0345 045 5225 for further information and details of your query.

Knitting groups:

Some Cambridgeshire County Council Libraries host free knitting groups.

Please ring 0345 045 5225 for further details.

Need information about adult social care?

Your Life, Your Choice is a new website where you will find information about:
www.yourlifeyourchoice.org.uk

- ▶ remaining independent
- ▶ getting out and about
- ▶ keeping safe
- ▶ health and wellbeing
- ▶ being a carer
- ▶ equipment to help
- ▶ employment and volunteering
- ▶ independent financial advice

Visit
Your Life,
Your Choice
at home
or in your
library

Your Life, Your Choice



Cambridgeshire
County Council

www.yourlifeyourchoice.org.uk

The list above is a glimpse of some of the activities in South Cambridgeshire villages. We know it is not complete and it is quite difficult to cover all of South Cambridgeshire comprehensively.

Parish newsletters are excellent sources of information on what is available locally and increasingly, village websites, including cambridgeshire.net also provide good information.

For information on how to keep fit for living go to www.movingtherapy.co.uk

If you wish to contribute, e.g. with suggestions for improvement on how we can work together to improve opportunities and wellbeing of older people in our communities, please contact Suan Rowland by email on suanrowland@btinternet.com.





'Cambridgeshire Celebrates Age' is supported by the following organisations



Thanks to

Cambridge City Council and South Cambridgeshire District Council for funding the 2011 programme.