

Contact Details Continued

Bar Hill Tennis Club barhilltennisclub.co.uk
Bar Hill Village Hall 01954 782414
barhillvillagehall.btck.co.uk
Body in Motion bodyinmotionpt.co.uk
Disa Bennett – Fitness Instructor
zumbaandpilatescambridge.co.uk
English Association of Shotokan Karate
cambridgekarate.co.uk
Esential Health & Fitness esentialfitness.co.uk
Helen Jones School of Dance dance-art.co.uk
Krav Maga Cambridge krav-maga-cambridge.co.uk
Little Yoga Corner littleyogacorner.co.uk
Maple Surgery Patient Participation Group
maple-ppg.org
Menzies Cambridge Hotel (Waves Health Club)
01954 249901
Royal British Legion britishlegion.org.uk
Seni Ki Ryu Martial Arts skrmartialarts.com
Slimming World slimmingworld.com
Swavesey Village College
swaveseyvc.cambs.sch.uk
Tesco tesco.com/store-locator/uk/?bID=2065
Weight Watchers weightwatchers.co.uk

maple surgery patient participation group

This leaflet was prepared on behalf of the
maple surgery by the
maple surgery patient participation group.

<http://www.maple-ppg.org/>

Last updated on 1 October 2014.



Local Activities in Bar Hill

maple surgery

bar hill health centre
hanover close
bar hill
cambridge
cb23 8eh

telephone: 01954 780442

email: maplesurgery.enquiries@nhs.net

web: <http://www.mhmaple.co.uk/>

Local Activities

Far too often adults with chronic or long-term illnesses can become detached from their communities. Medicine is not always the answer; involvement in local activities can help alleviate feelings of isolation and improve both mental and physical health.

Warning: Be sure to consult your GP before embarking on any new exercise or fitness programme.

Disclaimer: This is not an exhaustive list. Please note that inclusion in this leaflet does not constitute an endorsement by the **maple surgery** or the **maple surgery patient participation group**.

Day	Monthly Activities	Location
First Mon.	Community Navigators	Library
Third Mon.	Community Navigators	Library
Last Mon.	Quiz Night	Village Hall
Alternate Tue.	Community Choir	Village Hall
First Tue.	Residents' Association	Council Office
Fourth Wed.	Midweek Communion	Church Hall
Last Wed.	Maple Surgery Patient Participation Group	TNT Room (Church)
Alternate Thu.	National Women's Register	nwr.org.uk
First Thu.	Coffee Morning	Library
	Reading Circle	
	8 o'clock Club (women)	School
Third Thu.	Parish Council	Council Office
Fourth Thu.	Royal British Legion	Octagon
First Sat.	Community Market	Octagon
Fourth Sat.	Bring Your Own Craft	Octagon

Day	Weekly Activities	Location
Mon.	Body in Motion	Church Hall
	Aqua Fit	Menzies
	Community Choir	Octagon
	Happy Hours (over 60s)	
	Helen Jones Dance	Village Hall
Tue.	Body in Motion	Church Hall
	Tennis Club	Tennis Courts
	English Association of Shotokan Karate	Village Hall
	Esential Boot Camp	
Wed.	Art Group	Church Hall
	Body in Motion	
	Coffee Stop	Library
	Aqua Fit	Menzies
	Slimming World	School
	Health Walk	Surgery
	Esential Pilates	Village Hall
	Esential Zumba	
	Helene Jones Dance	
	Thu	Aqua Fit
Knit and Natter		Octagon
Krav Maga Cambridge		School
Pilates 50+ (Disa Bennett)		Village Hall
Weight Watchers		
Fri.	Helene Jones Dance	Church Hall
	Seni Ki Ryu Martial Arts	Village Hall
Sat.	Roman Catholic Mass	Octagon
	Esential Sweat n Tone	Village Hall
	Sports and Social Club	

Day	Weekly Activities	Location
Sun.	Church Services	Church Hall
	Bingo	Village Hall

Other Activities	Details
Family History	Contact Library
Friends of the Rosie	rosieinstitches.org.uk
Neighbourhood Watch	ourwatch.org.uk

Contact Details

The *Bar Hill News* has more information on these and other activities in the village, including uniformed organisations like the Guides and Scouts.

Contact the Bar Hill Sports and Social Club for information on sporting activities in the village.

Many children's activities are based at the Bar Hill Church, Bar Hill Community Primary School and Bar Hill Library. Contact them for details.

Tesco operates a *Community Space* which provides local groups and charities a free place to meet and host events. Check the noticeboard outside the room for this week's activities.

Bar Hill Church 01954 206120
barhillchurch.org.uk

Bar Hill Community Primary School
barhillschool.co.uk

Bar Hill Cricket Club barhillcricket.org.uk

Bar Hill Library 0345 045 5225 (contact centre)

Bar Hill Parish Council 01954 780456
barhillpc.org.uk

Bar Hill Residents' Association barhill.org.uk

Bar Hill Sports and Social Club 01954 781881
bhssc.org.uk