



# DIRECTORY OF ACTIVITY PROVIDERS

To support village halls and other community buildings with finding providers to deliver new activities at their facilities.

Part of Cambridgeshire ACRE's  
"Village Halls - Open for Business" campaign

## Social Activity Providers

Name of activity	<b>Entertainment Duo Singers</b>
Provider	Audrey Stamp
Telephone	07533 989161
Email	<a href="mailto:audstamp@gmail.com">audstamp@gmail.com</a>
Description of activity	We are a local singing duo providing party nights, disco and karaoke, singing 60's and Motown.
Current availability	Weekday evenings Weekend afternoons and evenings
Travel restrictions	None stated

Name of activity	<b>Cash Bingo</b>
Provider	Eddie Page
Telephone	07891 655475
Email	<a href="mailto:edwardjohnpage@gmail.com">edwardjohnpage@gmail.com</a>
Description of activity	Cash bingo every Friday. Doors open 7.30pm - eyes down 8.00pm. Bingo runs from 8.00pm to 9.30pm. Raffle & refreshments at interval. Only those 18+ can play.
Current availability	Friday evenings
Travel restrictions	None noted

Name of activity	<b>Ceilidhs / Barn Dances</b>
Provider	Tim Sparrow
Telephone	
Email	<a href="mailto:bookings@frogonabike.co.uk">bookings@frogonabike.co.uk</a>
Description of activity	<p>Frog on a Bike are a very established, high energy, dance floor-packing professional English ceilidh and barn dance band, covering Cambridge, Ely, St Neots, North Bedfordshire, Fenland and the surrounding areas. We also play at top folk festivals up and down the UK every year.</p> <p>Our vivacious energy, distinctive big sound and driving rhythm is guaranteed to have you up and dancing.</p> <p>Whether you are a complete ceilidh novice, or experienced dancers, our band of seasoned musicians and expert dance caller will tailor the event to your needs and make it really special.</p> <p>Contact us now to book the perfect ceilidh band for your wedding, party or any other occasion!</p> <p>More information at <a href="http://www.frogonabike.co.uk">www.frogonabike.co.uk</a></p>
Current availability	Friday evenings, Saturday and Sunday afternoons and evenings.
Travel restrictions	None noted

Name of activity	<b>Children's Entertainer</b>
Provider	Alan Simms
Telephone	01440 713109
Email	<a href="mailto:alan@bubblycircus.co.uk">alan@bubblycircus.co.uk</a>
Description of activity	<p>Balloon Modelling</p> <p>Children's magic show</p> <p>Party Games</p>
Current availability	Every weekday and weekends
Travel restrictions	Covers up to 50 miles from Haverhill, Suffolk.

## Educational Activity Providers

Name of activity	<b>Adult Education and Training</b>
Provider	Admissions Team
Telephone	01353 613013
Email	<a href="mailto:cambsals@cambridgeshire.gov.uk">cambsals@cambridgeshire.gov.uk</a>
Description of activity	<p>Cambridgeshire Skills offer courses to adults in Cambridgeshire, for example Maths, English, IT ,ESOL, Gardening, and many more. You can see our full range of courses on our website <a href="http://www.cambsals.co.uk">www.cambsals.co.uk</a></p> <p>We are always looking out for new venues to deliver our courses or if you have group of people interested in one of our courses, please contact us to discuss how we could work in partnership.</p>
Current availability	Monday to Friday all day and evening
Travel restrictions	None noted

Name of activity	<b>Mindfulness and Spirituality</b>
Provider	Michael Snow
Telephone	07867 802834
Email	<a href="mailto:msspiggfarm@gmail.com">msspiggfarm@gmail.com</a>
Description of activity	<p>Small groups meeting weekly in term time, discussing the philosophy of mindfulness and non-duality. Tutor led. Occasional workshop days at study centre in rural location. Meditation. Various talks, cultural events and residential retreats from time to time.</p>
Current availability	<p>Tuesday evening</p> <p>Thursday morning, afternoon and evening</p>
Travel restrictions	

Name of activity	<b>Acting Classes</b>
Provider	Hannah Sharman
Telephone	01480 260999
Email	<a href="mailto:info@onstagepa.co.uk">info@onstagepa.co.uk</a>
Description of activity	Acting classes for students aged 11-17 years.
Current availability	Friday evenings
Travel restrictions	

Name of activity	<b>Children's Choir</b>
Provider	Debbi Paul
Telephone	01733 732242 or 07496 967307
Email	<a href="mailto:jmpmusic_tuition@hotmail.com">jmpmusic_tuition@hotmail.com</a>
Description of activity	Children's Choir suitable for children in years 1-6 Monday Evening 5pm -6.30pm £5 per session (monthly or termly payments available)
Current availability	
Travel restrictions	

Name of activity	<b>Art, craft printing, painting and drawing classes</b>
Provider	Clare Turner 'Paisley Art'
Telephone	07740 316633
Email	<a href="mailto:paisley-art@outlook.com">paisley-art@outlook.com</a>
Description of activity	I'm a local art teacher providing taught art & craft lessons every Monday morning. I provide all art materials & free tea & coffee. We work on new & exciting pieces each week & most classes are demonstrated; we mainly do drawing & painting. This class is suitable for beginners & those who want to develop their existing skills. This is an adult learning class. Everyone is welcome no matter their artistic experience.
Current availability	Monday all day and Friday evenings
Travel restrictions	

## Sports & Exercise Activity Providers

Name of activity	<b>FitSteps Dance Fitness</b>
Provider	Anne Catchpole
Telephone	07799 644053
Email	<a href="mailto:fitsteps.annec@gmail.com">fitsteps.annec@gmail.com</a>
Description of activity	FitSteps is a dance fitness class based on the Ballroom and Latin dances you see on Strictly Come Dancing. It was devised by two former professional dancers on the show: Ian Waite and Natalie Lowe. The class is suitable for all abilities. I offer both high and low impact classes and have successfully adapted the class for those who are less active and maybe require a chair for support.
Current availability	Tuesday afternoons (12:00 -18:00)
Travel restrictions	Maximum 15-minute drive from CB21. All participants are required to complete an online health questionnaire before joining the class and pre-book their classes with me via email. No drop ins are currently possible.

Name of activity	<b>Rugby Based Sports Classes for Boys &amp; Girls aged 2-8 years</b>
Provider	Matt Marsden
Telephone	07956 238709
Email	<a href="mailto:info@littleruggers.com">info@littleruggers.com</a>
Description of activity	Little Ruggers provide fun, indoor, rugby-based sport classes for girls and boys aged 2 to 8 Years in Hertfordshire, Bedfordshire and Cambridgeshire. We offer a free trial class so please get in touch and come along to see what we are all about!
Current availability	Wednesday afternoon. Weekend mornings.
Travel restrictions	None noted

Name of activity	<b>Tennis 4 Tots Toddler Group</b>
Provider	Natalie Griffiths
Telephone	07545 387539
Email	<a href="mailto:info@tennis4tots.co.uk">info@tennis4tots.co.uk</a>
Description of activity	<p>Tennis 4 Tots is designed to be FUN and FULL OF ENERGY!</p> <p>Each session will be held indoors and will build on your child's physical, social and emotional development along with focusing on the main basic principles of Tennis;</p> <ul style="list-style-type: none"> <li>• Agility</li> <li>• Balance</li> <li>• Co-ordination</li> </ul> <p>During these crucial toddler years, we know your child is always learning and the best way to learn at this age is through play and fun activities, this is why each session is packed full of fun, imaginative and engaging activities and games, whilst also working on the basic skills that are needed to play tennis.</p> <p>The skills your child will learn during Tennis 4 Tots sessions will encourage their development, which will prepare them for their school years, while meeting important pre-school learning objectives such as colour, number and body-part recognition: counting, socialising, following instructions and using their imagination.</p> <p>Your child will find themselves in all sorts of exciting and fun scenarios, which they will want to play again and again!!</p>
Current availability	Tuesday and Wednesday afternoons (12:00 -18:00)
Travel restrictions	We already run sessions all day Monday, Tuesday morning, Wednesday morning, Thursday morning and Friday all day. We aren't looking to work weekends.



Name of activity	<b>Karate Instruction Children &amp; Adults</b>
Provider	Ian Warren
Telephone	07917 208916
Email	<a href="mailto:allanglia.contactus@gmail.com">allanglia.contactus@gmail.com</a>
Description of activity	<p>Premier martial arts instruction including simple effective age-appropriate street style self-defence along with a healthy interest in sport karate with two current World Silver Medalists.</p> <p>Children are taught not to bully and how not to be bullied!</p> <p>Our style of Karate and fitness levels lend themselves to any other sport you or your child wishes to excel at.</p>
Current availability	<p>Tuesday morning or evening</p> <p>Friday morning or evening</p>
Travel restrictions	Classes are held at West Wickham Village Hall but please check our website <a href="http://www.aaka.co.uk">www.aaka.co.uk</a> for our other locations

Name of activity	<b>Karate Club</b>
Provider	Gina Hart
Telephone	07974 0316420
Email	<a href="mailto:gina.hart@adrenalinemartialarts.co.uk">gina.hart@adrenalinemartialarts.co.uk</a>
Description of activity	<p>At Adrenaline Martial Arts we teach children's Karate. From ages 4+ at all experience levels. Here at Adrenaline Martial Arts we are all about building our students confidence, focus and self-discipline!</p> <p>If you're looking for an activity for your child that will keep them physically fit and active, teach them how to focus and improve their listening skills which will carry over into their school life, teaches them about goal setting and the importance of perseverance and gives them some valuable self-defence skills then look no further!</p> <p>To book a free trial session please visit <a href="https://adrenaline-academy.mymawebste.com/">https://adrenaline-academy.mymawebste.com/</a></p>
Current availability	Monday afternoon
Travel restrictions	

Name of activity	<b>Iaido/Jodo (traditional Japanese sword and staff)</b>
Provider	M Clark
Telephone	07494 791511
Email	<a href="mailto:japaclark@aol.com">japaclark@aol.com</a>
Description of activity	Iaido-Traditional, classical Japanese martial art based on sword techniques. Jodo- Staff and sword techniques. Dojo led by a recognised British Kendo Association National Level Coach/British Squad trainer.
Current availability	Tuesday evening Sunday morning and afternoon
Travel restrictions	Potential members will need to join the British Kendo Association for insurance purposes on formally joining the Dojo. Teachers do not travel for private lessons the students are expected to attend the Dojo practices. Dojo is based in West Wickham Village Hall.

Name of activity	<b>Zumba Fitness &amp; Fitness Pilates</b>
Provider	Imelda Pigg
Telephone	07812 243378
Email	<a href="mailto:imelda.zumba@gmail.com">imelda.zumba@gmail.com</a>
Description of activity	Zumba Fitness. Latin inspired dance fitness. No dance experience required a fun class suitable for all abilities.  Fitness Pilates for healthy adults of all abilities
Current availability	Zumba - Tuesday morning or Friday morning Pilates – Monday and Wednesday morning or Monday evenings
Travel restrictions	None noted

Name of activity	<b>Indoor Table Tennis</b>
Provider	Pauline Williams
Telephone	01487 815566
Email	<a href="mailto:burytabletennisclub@aol.com">burytabletennisclub@aol.com</a>
Description of activity	The indoor Table Tennis Club is open to more or less anyone of any age, any ability, to play table tennis on a fun or more competitive level. If your new to the sport, the rules of the game will be explained to you as you play. Help can be given to anyone who want to improve their play.
Current availability	Monday morning; Wednesday and Thursday all day and evening; Friday morning; All weekend available.
Travel restrictions	At least 2 weeks' notice of a booking. Knowledge of the age of the participants wanting to play, any health conditions of the participants. Whether table tennis tables are available.

Name of activity	<b>Line Dancing</b>
Provider	Izzy Brogan
Telephone	07709 344144
Email	<a href="mailto:izzy.brogan@outlook.com">izzy.brogan@outlook.com</a>
Description of activity	Teaching of beginner/improver/intermediate levels of line dancing.
Current availability	Tuesday or Thursday morning
Travel restrictions	None noted

Name of activity	<b>Tai Chi</b>
Provider	Mike Taylor
Telephone	07540 735401
Email	<a href="mailto:miketaichi@gmail.com">miketaichi@gmail.com</a>
Description of activity	<p>I've been teaching Yang family Tai Chi to adults of all ages for nearly 20 years. Tai Chi is a system of exercise which promotes both physical &amp; mental harmony, brings greater awareness of the body, and develops the body's natural internal energy (Qi).</p> <p>Practising this low impact exercise promotes relaxation, the release of stress &amp; tension, and enhances muscle tone as you undertake the slow meditative movements. Each class is normally one hour in duration.</p>
Current availability	Tuesday – Saturday mornings and Tuesday to Thursday afternoons
Travel restrictions	Classes one hour long and travel to class no longer than approx 20 minutes from St Ives.

Name of activity	<b>Physical Activity Sessions for Older Adults</b>
Provider	Jane Jones
Telephone	07432 480105
Email	<a href="mailto:enquiries@forever-active.org.uk">enquiries@forever-active.org.uk</a>
Description of activity	<p>Forever Active Forum Ltd is a not-for profit organisation with the objective of offering a variety of physical activities for the over 50s and those returning to a more active lifestyle.</p> <p>We strive to make our sessions accessible to everybody. Classes include: Strength &amp; Balance, Pilates, walking netball, Tai chi, Zumba Gold, yoga, exercise to music (face to face and online classes available)</p>
Current availability	Monday – Friday with morning and afternoon sessions
Travel restrictions	The focus area for classes is Cambridge City, East Cambridgeshire and South Cambridgeshire.

Name of activity	<b>Mixed Ability Yoga Classes</b>
Provider	Linda Tongue
Telephone	01480 350345
Email	<a href="mailto:lindatongue@yahoo.co.uk">lindatongue@yahoo.co.uk</a>
Description of activity	I run Mixed Ability Yoga classes in village halls and community centres in Cambridgeshire and Bedfordshire. They are suitable for all levels and have different sequences each week.
Current availability	Monday and Tuesday morning and afternoon; Wednesday, Thursday and Friday afternoons; Saturday and Sunday mornings.
Travel restrictions	

Name of activity	<b>Physical Activity classes for older adults and those with additional health needs</b>
Provider	One Leisure Active Lifestyles
Telephone	01480 388111
Email	<a href="mailto:activelifestyles@huntingdonshire.gov.uk">activelifestyles@huntingdonshire.gov.uk</a>
Description of activity	<p>RightStart exercise classes are for older people and those requiring additional support to exercise. The classes are friendly and a great way to meet other people with similar health and fitness concerns.</p> <p>All classes are designed and taught by specially qualified instructors who will make sure that each activity is safe and meets your physical and medical needs.</p> <p><a href="https://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/active-lifestyles-exercise-classes/">https://www.huntingdonshire.gov.uk/leisure/specialist-exercise-classes/active-lifestyles-exercise-classes/</a></p>
Current availability	Not indicated
Travel restrictions	We work within the Huntingdonshire region.

Name of activity	<b>Pilates</b>
Provider	Larisa Plews
Telephone	07791 078782
Email	<a href="mailto:larisa.plews@gmail.com">larisa.plews@gmail.com</a>
Description of activity	Pilates class for all age and fitness levels Amazing class helps improve a posture, increase muscle strength and flexibility
Current availability	Friday afternoons
Travel restrictions	

Name of activity	<b>Pilates</b>
Provider	Katrina Hyland
Telephone	07967 100603
Email	<a href="mailto:Kdanceandfitness@gmail.com">Kdanceandfitness@gmail.com</a>
Description of activity	Mixed ability Pilates class for all ages. Join us for a lovely mix of stretch and strength exercises which is completed with some relaxation.
Current availability	Wednesday morning
Travel restrictions	

Name of activity	<b>Pilates at work classes</b>
Provider	Louise Trenwith
Telephone	07867 675389
Email	<a href="mailto:bonfitnesspilates@gmail.co.uk">bonfitnesspilates@gmail.co.uk</a>
Description of activity	<p>Experienced Pilates Foundation teacher currently teaching 1 hour Pilates mat work classes at Whaddon Village Hall, Thursdays at 6.25pm &amp; 7.30pm. Also teaching in the surrounding areas over the past 11 years.</p> <p>Currently taking on less clients per class to give people more space to exercise safely due to the current climate. A warm &amp; clean premises is appreciated, the floor in particular. Looking to add 2 more classes to my timetable on Mon, Tues or Weds.</p>
Current availability	Monday, Tuesday or Wednesday.
Travel restrictions	None noted

Name of activity	<b>Shōtō Karate Jutsu</b>
Provider	Andy Swales
Telephone	07815 512264
Email	<a href="mailto:info@shotokarate.co.uk">info@shotokarate.co.uk</a>
Description of activity	Kids karate lessons. Adult practical applied karate sessions with self-defence & self-protection awareness.
Current availability	Wednesday and Thursday afternoon and evening. Saturday morning.
Travel restrictions	None noted

Name of activity	<b>Box and Burn</b>
Provider	Katrina Harknett
Telephone	07541 721059
Email	<a href="mailto:info@elemental-fitness.co.uk">info@elemental-fitness.co.uk</a>
Description of activity	Box and Burn is a boxing-based exercise class. You train in pairs, taking turns boxing and padding. It's a fantastic workout that can help build strength, burn fat and improve mood and mental health.
Current availability	Monday evening, Tuesday morning, Wednesday evening, Thursday morning, Friday evening and Sunday morning.
Travel restrictions	None noted

Name of activity	<b>Clubbercise</b>
Provider	Amelia Grant
Telephone	07795 680733
Email	<a href="mailto:clubbercisewithamelia@gmail.com">clubbercisewithamelia@gmail.com</a>
Description of activity	Clubbercise is a dance exercise to music and cardio workout class. The class is in the dark with disco lights and glowsticks.
Current availability	Monday to Friday evenings and Saturday and Sunday mornings
Travel restrictions	



Name of activity	<b>Dance Classes</b>
Provider	Amy-Leigh Sellers
Telephone	07758 129120
Email	<a href="mailto:amyleighacademyofdance@gmail.com">amyleighacademyofdance@gmail.com</a>
Description of activity	<p>Come and dance with us! Register interest for January 2022 &amp; take advantage of your FREE trial class!</p> <p>Situated in the beautiful villages of Linton &amp; Hildersham. Training at the LVC sports centre facilities &amp; Hildersham Village Hall.</p> <ul style="list-style-type: none"> <li>• Acro</li> <li>• Steet</li> <li>• Lyrical</li> <li>• Rock N Roll</li> <li>• Disco Freestyle</li> <li>• Stamina/Stretch</li> </ul> <p>All classes run with trained professionals who have many years of dance &amp; teaching experience.</p> <p>Dance once a week or 5 times a week it's up to you! The dance classes are open to all different age/level and abilities.</p>
Current availability	Monday – Thursday afternoon and evenings Saturday morning and afternoon
Travel restrictions	

Name of activity	<b>Yoga and Meditation</b>
Provider	Dharambir Dhillon
Telephone	07448 143111
Email	<a href="mailto:info@vedantawellness.co.uk">info@vedantawellness.co.uk</a>
Description of activity	<p>We provide beginner and intermediate level yoga and meditation, at Fulbourn, Girton, Milton, Queen Edith's and Trumpington. The classes are guided and are in very friendly atmosphere. All age level people can join.</p>
Current availability	Monday – Sunday morning, afternoon and evening.
Travel restrictions	

Name of activity	<b>Exercise classes and personal training</b>
Provider	Joolz Clarke
Telephone	07988 876655
Email	<a href="mailto:joolzclarke@icloud.com">joolzclarke@icloud.com</a>
Description of activity	I currently run a Circuits exercise class at Gamlingay Eco Hub and on Zoom on a Monday night, 7-8pm. This is using free weights and bodyweight exercises. My Wednesday 30 min HiiT bodyweight class is currently just on Zoom 6-6.30pm and I do an outdoor pop-up Saturday Bootcamp, 8-8.45am on Gamlingay playing fields, behind the Eco Hub.  I also offer personal training classes.
Current availability	Monday evenings
Travel restrictions	

Name of activity	<b>Fitness Classes</b>
Provider	Eileen Dixon
Telephone	07966 222272
Email	<a href="mailto:Eileensaerobics@hotmail.com">Eileensaerobics@hotmail.com</a>
Description of activity	50+ Fitness Aerobics suitable for the older adult. Trigger Point Pilates to help stretch and release your body. Fitness Pilates to help strengthen your core and improve your posture.
Current availability	Monday morning, Tuesday afternoon and evening and Thursday evening
Travel restrictions	

Name of activity	<b>Karate</b>
Provider	Martin Gadd
Telephone	07866 407938
Email	<a href="mailto:gaddmartin@hotmail.com">gaddmartin@hotmail.com</a>
Description of activity	Karate training for all ages from 5 upwards. Emphasis is on health and self-protection, not on competition so all abilities and levels of fitness are welcome.
Current availability	Wednesday evening, Friday evening and Saturday afternoon.
Travel restrictions	

Name of activity	<b>Chinese Health Exercises</b>
Provider	Adrian Murray
Telephone	
Email	Contact via form on website <a href="https://www.dakuai.co.uk">https://www.dakuai.co.uk</a>
Description of activity	Tai Chi, Chi Kung & Hsing I are Chinese exercises which have long roots in the past and have been developed with the changing times. Each has its own character but they are all very adaptable to different age groups and fitness levels. They all involve standing and moving about with various stretches and strengthening aspects.
Current availability	Thursday evening
Travel restrictions	I operate classes at St Luke's Church, Victoria Rd, Cambridge on a Thursday evening. I might consider other opportunities within cycling distance.

## Fundraising Activity Providers

Name of activity	<b>Newmarket Lions – Race Nights</b>
Provider	Christine Rawlinson
Telephone	01638 669244 or 07765 483365
Email	<a href="mailto:christine.rawlinson17@gmail.com">christine.rawlinson17@gmail.com</a>
Description of activity	Race nights are great fun and we are able to offer such a great service at no cost to the organisation or village hall we just take the profit from the auction race at the end. The organisers are not required to pay any money upfront so it's a great opportunity to raise much-needed funds. With over forty years of experience, we know all the pitfalls and can offer great FREE advice about the event!
Current availability	Contact for further information
Travel restrictions	None noted

Name of activity	<b>Race Night Operator</b>
Provider	Tom Mehew
Telephone	07747 314390
Email	<a href="mailto:Premierracenight@btinternet.com">Premierracenight@btinternet.com</a>
Description of activity	Big screen race night projection service for charities & fundraising organisations, offering complete fully compered event with computerised tote system.
Current availability	Monday to Sunday evenings
Travel restrictions	Service available throughout East Midlands and East Anglia.

## Local Government & Support Service Activity Providers

Name of activity	<b>Hartbeeps Cambridge and Ely</b>
Provider	Hannah Graininger
Telephone	Not provided
Email	<a href="mailto:hannah.g@hartbeeps.com">hannah.g@hartbeeps.com</a>
Description of activity	A multi-sensory baby and toddler class set in a fairy tale land where music, sound, movement & play guide our little ones through a magical world.
Current availability	Monday to Friday morning or afternoon sessions
Travel restrictions	Classes must be booked via our booking site <a href="https://hartbeeps-cambridge.class4kids.co.uk">https://hartbeeps-cambridge.class4kids.co.uk</a>

Name of activity	<b>Hartbeeps – St Neots, Huntingdon and Peterborough</b>
Provider	Sarah Armstrong
Telephone	07872 331260
Email	<a href="mailto:sarah.armstrong@hartbeeps.com">sarah.armstrong@hartbeeps.com</a>
Description of activity	Immersive multi-sensory, musical, storytelling classes for little ones and their grown-ups. In each session we take a different adventure using a variety of props, puppets and dress up fun with music throughout! We offer classes for newborn to sitting babies, sitting to toddling and for confident walkers up to pre-school and younger siblings.
Current availability	Friday morning and afternoon
Travel restrictions	We can run classes in any of the following postcodes: PE19, PE18, PE26, PE27, CB23, SG18 PE1, PE2, PE3, PE4, PE5, PE6, PE7, PE8

Name of activity	<b>Toddler Sense Classes</b>
Provider	Sam Parkes
Telephone	07538 502587
Email	<a href="mailto:beds@toddlersense.co.uk">beds@toddlersense.co.uk</a>
Description of activity	Toddler Sense classes are energetic and fast paces with a mixture of free play time in our adventure area where you will find bouncy castle, soft play, balancing equipment, tents and tunnels and more followed by exciting sensory activities which are designed to fit a different theme every week. Each class is an hour and we have a different theme every week for 2 years! Designed for 13 months to 4 years.
Current availability	Tuesday afternoon
Travel restrictions	

Name of activity	<b>Cambridgeshire Older People's Enterprise (COPE) looking after the interests and needs of older people (over 50) in Cambridgeshire</b>
Provider	David Bailey
Telephone	01223 364303
Email	<a href="mailto:cambridgecope@hotmail.co.uk">cambridgecope@hotmail.co.uk</a>
Description of activity	<p>COPE looks after the interests and needs of Older people in Cambridgeshire. We have been active since 2003 and have 2,500 members. Membership is free and we provide a bi-monthly newsletter which gives details of not only outings, meetings and get togethers provided by COPE but also details of other clubs and activities in the County.</p> <p>We also provide telephone-based discussion groups, TALKING TOGETHER, on various subjects four times a year. We are also proposing SING-A-LONG get together throughout the County.</p> <p><b>We need volunteers to organise sing-a-longs in community halls, but are hoping to start in Bar Hill and Over.</b></p>
Current availability	Monday to Friday afternoons
Travel restrictions	

Name of activity	<b>Memory Cafe</b>
Provider	Stephanie Trayhurn
Telephone	07710 198299
Email	<a href="mailto:Stephanie@traykyps.com">Stephanie@traykyps.com</a>
Description of activity	Our Memory Cafes provide an environment where those caring for and/or living with dementia can relax and enjoy an activity ranging from dancing, singing to flower arranging with afternoon tea, free of charge.
Current availability	Monday, Friday and Saturday afternoons
Travel restrictions	

## National Clubs & Associations

Useful contact information when considering setting up a new group:

The National Federation of Women's Institutes - <https://www.thewi.org.uk/> to find your nearest federation office.

Scouts - <https://www.scouts.org.uk/>

Cambridgeshire Scouts - <https://www.cambridgeshirescouts.org.uk/>

Girl Guiding – Cambs West - <https://www.girlguidingcambswest.co.uk/>

Girl Guiding – Cambs East - <https://www.facebook.com/GirlguidingCambsEast/>

English Carpet Bowls Association - <http://www.englishcarpetbowls.com/>

Cambridgeshire Badminton - <http://www.cambridgeshirebadminton.org/>

Table Tennis England - <https://tabletennisengland.co.uk/>

Men's Sheds Association - <https://menssheds.org.uk/>

Age Uk Cambridgeshire and Peterborough -

<https://www.ageuk.org.uk/cambridgeshireandpeterborough/>