

Find out what's going on at your local Community Centre - May 2024 -

P3 Charity

Every Wednesday from 9.00am-11.00am

Drop-in services offering free advice and support on housing issues, debt advice, maximising benefits, budgeting money, employment, training and guidance to maintain independence.

Contact: P3 Navigator 01608 653377

Breathe In Sing Out

Every Friday from 10.00am-12.00pm

A free singing group which introduces an enjoyable way of self-managing a lung condition.

Contact: Mindsong 01684 273656

Families Anonymous

Every Thursday from 7.00pm-8.15pm

Meetings for families and friends of those with a drug or related behavioural problem.

Contact: Families Anonymous Helpline 0207 4984 680

Gong Bath Sounds Relaxation

On the 2nd or 3rd Wednesday of the month from 7.30pm-8.30pm

Energise with the relaxing sounds of the Gongs, Himalayan Bowls and other instruments.

Contact: Pauline McCrann 07814 636214

Qigong Breathwork Classes

Every Tuesday from 10.00am-11.00am & 7.00pm-8.00pm

Gentle body movement and breathing exercises. Helps with stress management and relaxation.

Classes are available for beginner.

Contact: Norma 07715 651283

Probus Club

On the 2nd & 4th Monday of the month from 10.00am-12.00pm

Probus club provides an opportunity for retired professionals to attend regular meetings with like-minded people who appreciate similar interests and social standing.

Contact: Bourton-on-the-Water Probus Club – Kevin Hick 01451 868435

Sing to Remember

On the 1st, 3rd & 5th Monday of the month from 10.30am-12.00pm & 2.00pm-3.30pm

A safe, comfortable and supportive environment for people with dementia and their carers to get together and socialise and have fun singing.

Contact: Mindsong – Janne Bishop 01451 821216

Bourton & District U3A

Mexican Train - *On the 2nd Monday of the month from 2.00pm-4.00pm*

Book Group - *On the 2nd Tuesday of the month from 2.00pm-4.00pm*

Mahjong - *On the 1st & 3rd Tuesday of the month from 10.00am-12.00pm*

Art Group - *On the 1st & 3rd Wednesday of the month from 11.00am-1.00pm*

Film Club - *On the last Saturday of the month from 7.00pm-9.00pm*

U3A is a self-help organisation for people no longer in full time employment providing educational, creative and leisure opportunities in a friendly environment.

Contact: Bourton & District U3A – 07783 235320