

Ageing Well Guide

A directory of services,
clubs and activities in
Blaby District



Introduction

Welcome to the new Ageing Well Guide for Blaby District. Our Ageing Population remains a priority for Blaby District Council. It is our vision that people are able to enjoy happy, healthy and independent lives, feeling involved and valued in their community during later life.

Cllr David Freer – Portfolio Holder for Partnerships & Corporate Services – says:

‘Residents and professionals alike have told us what a valuable resource the Older Persons’ Guide has been and this new edition is bigger than ever. The Council and its partners provide a number of schemes that support our vision for our ageing population. The new Ageing Well Guide includes information about these and the numerous activities that are taking place across our parishes that are all helping in some way to reduce isolation and improve health and wellbeing’.

The first part of this guide provides information about district-wide services that provide help on issues such as health and social care, transport, community safety, money advice and library services. The second part of the guide gives details of clubs and activities taking place in each parish within the district, including GP practices, social or lunch clubs, fitness and exercise classes and special interest or hobby groups.

Blaby District Council has taken care to ensure the information in this booklet is accurate at the time of publication. All information has been provided by third parties and the Council cannot be held responsible for any inaccuracies in the information or any changes that may arise, such as changes to any fees, charges or activities listed. We would recommend that you contact the relevant listed body directly for confirmation or any further details. The Council does not offer any assurances, guarantees or warranties as to the quality of the groups, activities or services listed and any residents using any of the groups, services or activities listed do so entirely at their own risk.

agewise Blaby District



agewise Blaby District is the name of the independent group that replaced the former Blaby District Over 50s Forum.

Mission: To act as an information exchange where members have a voice and can influence local decision-makers and the community we live in as well as keep informed about local initiatives and services of interest.

Aims: To enable residents of Blaby District to age well with a focus on:

- Staying healthy and independent
- Reducing isolation and loneliness
- Feeling safe at home and in the community
- Enhancing self-esteem and happiness

This will be achieved by promoting a range of opportunities and activities such as: information sharing at meetings, speakers, consultation, campaigns and other communication tools, training and events.

For information about meetings and joining **agewise** Blaby District call **07415 138766**

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District or County-wide Services

Blaby District Council

Customer Services Team 0116 2750555 or visit
www.blaby.gov.uk

Neighbourhood Services 0116 2727555
(Including Assisted Bin Collections)

Environmental Protection Team 0116 2727555

Health & Leisure Team 0116 2727703

Council Tax 0116 2727530

Benefits Team 0116 2727510

Planning Team 0116 2727705

Housing Options Team 0116 2727770

Community Services Team 0116 2727725

Out of Hours Emergency 0844 7369545

For a full list of Council services, please pick up a copy of the A-Z of Services at the Council offices, request a copy by calling 0116 2750555 or view it online at www.blaby.gov.uk

Lightbulb is a project that helps people to remain living in their own home by providing:

- Assistance in adapting homes
- Technology that helps people around the home
- Keeping people warm - with energy-saving advice and home improvements
- A handy person service - to keep everything safe and help avoid accidents in the home
- Other practical help that could keep people independent in their own home

For more information call: 0116 2727683

Health & Leisure Services

Blaby District Council's Health & Leisure Team offer a range of services and activities

- Falls prevention advice
- Exercise Referral Scheme
- Exercise opportunities for residents with mobility or health issues
- Health Walks
- Parks & Open Spaces, including Fosse Meadows Nature Reserve
- LEAP (Lifestyle, Eating & Activity Programme) to help weight loss
- Wellbeing workshops to improve mental health
- Volunteer Ranger opportunities

A Place To Grow is a community garden with the aim of supporting positive Health and Wellbeing. This is achieved by encouraging people to learn new things by producing and eating healthy food, being physically active, getting involved in the community and meeting new people in a friendly, informal and safe environment. The site is aimed at anyone with a health related problem who wants to improve their Health and Wellbeing.

For information on any of these services contact:

0116 2727703

www.blabystayinghealthy.co.uk

leisure@blaby.gov.uk

See section on Huncote for activities tailored to the over 50s at the Pavilion Leisure Centre

See section on Enderby for activities tailored to the over 50s at Enderby Leisure Centre

Leicestershire County Council

Customer Services 0116 2323232 or visit:
www.leicestershire.gov.uk

Adult Social Care 0116 3050004

Transport Enquiries 0116 3050001

Adult Learning Service 0800 9880308 or
adultlearning@leics.gov.uk

**Leicestershire Care Online
(IT support at home)** 0116 3057538 or visit
www.leicscareonline.org.uk

**Services for the Deaf & Hard
of Hearing** 0116 3059395 or
Minicom 0116 305 9376 or
servicesfordeafpeople@leics.gov.uk

First Contact Plus 0116 3054286

If you need help or advice on a range of different issues – such as help to stay at home, improving your health, safety at home or money advice - First Contact Plus can help to co-ordinate this support for you.

SAGE – Safer Driving with Age 0116 3057233
roadsafety@leics.gov.uk

For over 60s who want to feel more confident on the road. Using your own car, each session lasts an hour and is on local roads with an approved instructor.

Library Services

LIBRARY	TEL:	MON	TUE	WED	THU	FRI	SAT
Blaby	0116 3053516	1pm-6pm	10am-5pm	Closed	10am-5pm	10am-5pm	10am-3pm
Braunstone Town	0116 3055900	2pm-7pm	2pm-5pm	10am-12pm 2pm-5pm	2pm-5pm	10am-12pm 2pm-5pm	10am-1pm
Cosby	0116 3058764	5pm-7pm	2pm-5pm	Closed	10am-12pm	2pm-5pm	10am-1pm
Countesthorpe	0116 3053527	2pm-5pm	10am-2pm	10am-12pm	2pm-7pm	Closed	10am-1pm
Enderby	0116 3053523	2pm-6pm	2pm-6pm	2pm-6pm	2pm-6pm	2pm-6pm	2am-6pm
Glenfield	0116 3053591	10am-5pm	1pm-6pm	10am-5pm	Closed	10am-5pm	10am-3pm
Glenhills	0116 3053530	9am-12.30pm 2pm-8pm	9am-12.30pm 2pm-5pm	9am-12.30pm 2-5pm	9am-12.30pm 2pm-8pm	Closed	9am-1pm
Kirby Muxloe	0116 3053714	10am-1pm 2pm-7pm	2pm-5pm	2pm-5pm	Closed	10am-1pm	10am-1pm
LFE	0116 3053616	2pm-5pm	Closed	10am-12pm 2pm-7pm	10am-12pm 2pm-5pm	2pm-5pm	10am-1pm
Narborough	0116 3053706	2pm-5pm	Closed	2pm-7pm	10am-1pm	Closed	10am-1pm
Sapcote	0116 3053674	Closed	10am-12pm 5pm-7pm	Closed	2pm-5pm	2pm-5pm	10am-1pm
Stoney Stanton	0116 3053686	Closed	10am-1pm 2pm-6pm	Closed	2pm-5pm	Closed	10am-1pm

Library Service, including mobile services* and Home Library Service – ‘Books on Wheels’

0116 2323232

visit: www.leicestershire.gov.uk/leisure-and-community/libraries
or libraries@leics.gov.uk

*Mobile Library Service visits the following parishes monthly:
Croft, Elmesthorpe, Huncote, Kilby, Sapcote, Sharnford, Thorpe Astley, Thurlaston, Whetstone, Wigston Parva

Reading Well Books on Prescription helps you to understand and manage your health and wellbeing using self-help reading. These books provide helpful information and step-by-step self-help techniques for managing a variety of common mental health conditions including depression and anxiety. They are endorsed by health professionals and can be found at your local library.

Reading Well Books on Prescription for dementia are books you might find helpful if you have dementia, are caring for someone with dementia or would like to find out more about the condition. They are endorsed by health professionals and can be found at your local library.

Make Friends with a Book at libraries around Leicestershire. We read stories and poems out loud and talk about them, there and then. There is no homework, no pressure. Non-reader or keen reader, you sit back and listen, and join in the discussion as much or as little as you like: the choice is yours. There is no charge. Come along, meet new people, unwind and enjoy some time out! See listings for Blaby and Glenfield for more details.

Crime & Community Safety

Emergency Services	999
Police non-emergency	101
Crimestoppers	0800 555111
Victim First	0800 9539595 or visit www.victimfirst.org
Citizens Advice Leicestershire	0300 3301025 or visit www.citizensadvice.org.uk
Home Fire Safety Check (LFRS)	0116 2872241
Trading Standards (to report Rogue Traders or scams)	03454 040506

Blaby District Council Community Services Team

Anti-Social Behaviour Officer	0116 2727673
Environmental Protection Team For noise nuisance, fly-tipping, graffiti	0116 2727555
Dog Warden service	0116 2727555
Domestic Abuse Support	0116 2727637
Substance/Alcohol Use Support	0116 2727672
Resident Support Service	0116 2727771
Home Security Scheme (For vulnerable people)	0116 2727725

Leicestershire County Council

Hate Incident Monitoring Project	0116 3058263
Highways & Parking	0116 3050001

Crime & Community Safety continued

Keep Safe Places & Cards*

0116 3057662
communitysafety@leics.gov.uk

*A Keep Safe Place is somewhere a person can go if they feel vulnerable and need immediate support whilst they are out in the community. Designated Keep Safe Places in Blaby District include all libraries, Blaby District Council offices, Blaby Civic Centre, Braunstone Civic Centre and Age UK shops in Blaby town centre. Anyone who feels vulnerable can obtain a Keep Safe Card. Cards are also available at Police Stations and Council Offices.

Specialist Support for Health & Wellbeing

Age UK Leicester Shire & Rutland

www.ageukleics.org.uk

General Information & Advice Service

0116 2992278

Health & Wellbeing Services

0116 2220572

Telephone befriending Service

0116 2220569

Homecare Services

0116 2992266

Handyman Services

0116 2992254

Respite Services

0116 2992266

Get Going Together (Exercise Scheme)

0116 2237365

Digital Champions

0116 2237371

Specialist Support for Health & Wellbeing continued

Alzheimer's Society

www.alzheimers.org.uk

Dementia Support Service

0116 2316921

Carer Information & Support Programme

0116 2316926

Befriending (Paid for Service)

0116 2311113

Side by Side Service

0116 2311113

(Volunteers support people with dementia to go out in the community)

For information about local groups, see listings for Blaby, Braunstone Town and Countesthorpe.

Blaby District Dementia Action Alliance (BDDAA)

0116 2727703

BDDAA is a group of organisations who have come together with the aim of making Blaby District a better place to live for people with dementia and their carers. For more information visit:

www.dementiaaction.org.uk/local_alliances/10918_blaby_district_dementia_action_alliance

The Carers Centre Leicestershire & Rutland

0116 2510999

www.claspthecarerscentre.org.uk

Information, advice, support programmes, drop-ins and training for carers.

iCare Community Meals

www.icaregroup.co.uk

01858 469902

Hot and Frozen Meals delivered to your home.

Try a free complimentary meal before you decide.

Other services available – contact for more information

Specialist Support for Health & Wellbeing continued

Leicestershire Advice Service for Social Care

0116 2229555
advice@lcp-trust.org.uk
www.lcp-trust.org.uk

This service is free, independent and confidential and provides advice and information about adult social care and support services.

Leicestershire Support for Carers

www.supportforcarers.org

General Information & Advice

0845 6899510

Befriending Service

maureen@supportforcarers.org

Lifeline

Personal alarm service

www.lifelineonline.org.uk

Managed through emh Homes

0300 1230701

Mosaic

0116 2318720 or visit

Disability Support Services including: Community Life Choices (Day Services)

www.mosaic1898.co.uk

Direct Payments Support Service

Payroll and Managed Accounts

Social Groups

DOLS Paid Persons Representative

Domiciliary Care Service

Carers Community Respite Service

NHS

111

You can call 111 when you need medical help fast but when it's not a 999 emergency. 111 is available 24 hours a day, 365 days a year.

Specialist Support for Health & Wellbeing continued

NHS – Let’s Talk Wellbeing

0115 8760157

This service provides psychological assessment and treatment for mild to moderate common mental health problems. Referral is through your GP or residents can self-refer. Online self-referral available at: www.iaptportal.co.uk/ltw.html

OPEN

07982 611617

lucygsmith@hotmail.co.uk

The Older People’s Engagement Network is an independent network of people aged 50+ with a collective voice for older people.

Papworth Trust

0300 3336544

Home Improvement Agency

www.papworthtrust.org.uk

Older and disabled persons support

Repairs and adaptations to the home

Handyperson service

Parkinson’s UK

Helpline

0808 8000303

Richmond Fellowship

0116 2626337

Life Links

A community service for adults living in Leicestershire recovering from, or living with, mental health problems. A range of support is offered. Residents can self-refer.

Crisis helpline

0808 8003302

Open seven days a week.

Monday-Friday 2pm-9am.

Weekends and Bank Holidays 24 hours.

Specialist Support for Health & Wellbeing continued

Royal British Legion

Support to (ex) service people & families. 0808 8028080

Handy Person Service. 0800 0320306

Royal Voluntary Service (formerly WRVS)

www.royalvoluntaryservice.org.uk

General Enquiries 0116 2667706

Information & Advice – Local Office 0116 2667706

Hospital to Home Service 0116 2667712

The SilverLine

0800 4708090

A free confidential national helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

Stroke Association

Helpline 0303 3033100

Vista

0116 2498839 or email

Helpline & Advice on Sight Loss info@vistablind.org.uk

Social Groups www.vistablind.org.uk

Befriending

Voluntary Action Leicestershire (VAL)

www.valonline.org.uk

Become a volunteer 0116 2575050

Group support helpline@valonline.org.uk

e.g. funding or training for your community group.

Transport Schemes

Commbus Project

0116 2866116

Bookings Line open Monday-Friday 10am-12pm. Timetabled journeys to shopping centres and special trips. Service covers the following parishes: Blaby, Cosby, Croft, Countesthorpe, Enderby, Glen Parva, Huncote, Littlethorpe, Narborough, Sapcote, Sharnford, Stoney Stanton Thurlaston and Whetstone.

Community Action Partnership

0116 2786604

www.communityactionpartnership.org.uk

Individual bookings across the district as well as scheduled minibuss transport to shopping centres from Leicester Forest East, Kirby Muxloe and Glenfield.

Dial-a-Ride

0116 2211457

Braunstone Town Community Minibus

0116 2826288

Bookings Line (open Mondays and Tuesdays 1.30-5.30pm) Scheduled trips to shopping centres for residents of Braunstone Town, Thorpe Astley & LFE.

For information about Disabled Parking Permits (Blue Badges) or accessible transport options, please contact Leicestershire County Council Customer Services Team on 0116 305 0001 or visit www.leicestershire.gov.uk

www.choosehowyoumove.co.uk is a one-stop shop for travel information in Leicester & Leicestershire, with a journey planner that allows residents and visitors to consider the different travel options available to them.

Money Matters

Blaby District Council Tax 0116 2727530

Blaby District Council Benefits Team* 0116 2727510

*The Benefits Team may be able to offer emergency help with food or heating in a crisis.

Department for Work and Pensions 0800 7317898

State Pension Enquiries www.gov.uk/contact-pension-service

Pension Credit Claims 0800 991234

Citizens Advice Leicestershire www.citizensadvice.org.uk

Citizens Advice LeicesterShire offers practical, up-to-date information and advice on a wide range of topics including debt, benefits, housing, legal, discrimination, employment, immigration and consumer issues.

General Advice - Gateway 0300 3301025

Assessment Service
9am-4pm Monday-Friday

Macmillan Service: 0300 4568400

9.30am-12.30pm & 1-4pm Monday-Friday

Money Advice service 0116 3400116

9am-4pm Monday-Friday

Main Branch: Tuesdays 10am-3pm

Blaby District Council Wednesdays 10am-3pm

offices Desford Road,
Narborough LE19 2EP

For details of outreach services, see listings for Narborough & Littlethorpe, Glenfield, Braunstone Town and Stoney Stanton.

National Debt Helpline 0808 8084000

Christians Against Poverty – Debt & Money advice 0800 3280006

Blaby

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Senior Citizens' Lunch Club Blaby Drop-in Centre Welford Road Blaby LE8 4FS	Mondays 12-1.30pm	Sharon 0116 2787944
Men's Fellowship Blaby Baptist Church Northfield Road Blaby LE8 4GU	2nd Monday of month at 7.30pm	Roy Hummel 0116 2771307
Senior Citizens' Lunch Club Blaby Drop-in Centre Welford Road Blaby LE8 4FS	Wednesdays 12-2pm	Sharon 0116 2787944
Friendship Club Blaby Drop-in Centre Welford Road Blaby LE8 4FS	Wednesdays 2-3.30pm	Win Sword 0116 2910122
Women's Own Blaby Baptist Church Northfield Road Blaby LE8 4GU	1st Wednesday of month at 2.30pm Speakers, hymns	Eileen 0116 2772108
Friendship Group Blaby Baptist Church Northfield Road Blaby LE8 4GU	Wednesdays at 7.30pm	Elizabeth Orton 0116 2781187

Blaby

Social, Lunch & Friendship Clubs continued

ACTIVITY OR SERVICE	TIME	CONTACT
Make Friends with a Book Blaby Library Lutterworth Rd Blaby LE8 4DW	Thursdays 1.30-3pm Shared reading group	0116 3053516
Cameo Fellowship Blaby Methodist Church Winchester Road Blaby LE8 4HL	1st & 3rd Thursday of month at 2.30pm Service, speakers, tea/coffee	Ann Lowther 0116 2777369
Friendship Club Blaby Drop-in Centre Welford Road Blaby LE8 4FS	Fridays 1.30-3.30pm	Barbara Davies 0116 2773568
Coffee Stop Blaby Methodist Church Winchester Road Blaby LE8 4HL	1st Saturday of month 10-11.30am	Cindie Bannister 0116 2777425

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
Northfield Medical Centre 12 Villers Court Blaby LE8 4NS		0116 3192203
Hazelmere Medical Centre 58 Lutterworth Road Blaby LE8 4DN		0116 2771666

Blaby

Health & Wellbeing continued

ACTIVITY OR SERVICE	TIME	CONTACT
Singing for the Brain Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	1st Wednesday of month 1.30-3pm	Alzheimer's Society 0116 2316921

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Pilates Maxine Phillips Dance Studio Blaby Golf Centre Lutterworth Road Blaby LE8 4DP	Mondays 2-3pm	Gemma Taylor 07971 674653 gvtaylor@ hotmail.co.uk
Ballroom & Latin Dance Class Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Mondays 7.30-8.30pm	Sheila Firth 0116 2771909
Movement to Music Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Tuesdays 10.15-11.45am	Zoe Newcombe 0116 2886228 www.thefitness league.com

Blaby

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Chair Based Yoga & Relaxation Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Tuesdays 1.30-2.30pm	Blaby District Council 0116 2727703
Ballroom & Latin Dance Class Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Tuesdays 7.30-8.30pm Beginners	Sheila Firth 0116 2771909
Gentle Exercise & Relaxation Blaby Drop-in Centre Welford Road Blaby LE8 4FS	Wednesdays 9.45-10.45am	Barbara Davies 0116 2773568
Tai Chi for Mobility Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Wednesdays 10.30am-12pm	Rose Barlow 0116 2864640 www.taichi4m.com
Zumba Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Wednesdays 5.30-6.30pm	Michelle Harding-Foster 07969 336741 www.mhfstudios.co.uk
Latin Fitness Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Wednesdays 6.30-7.30pm	Michelle Harding-Foster 07969 336741 www.mhfstudios.co.uk

Blaby

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Legs, Bums & Tums Maxine Phillips Dance Studio Blaby Golf Centre Lutterworth Road Blaby LE8 4DP	Thursdays 9.30-10.30am	Gemma Taylor 07971 674653 gvtaylor@ hotmail.co.uk
Bootleggers Line Dancing Blaby Drop-in Centre Welford Road Blaby LE8 4FS	Thursdays 7.30-8.30pm (beginners) 8.30-9.30pm (improvers)	Jean Knott 0116 2774351
Yoga for All Blaby Methodist Church Winchester Road Blaby LE8 4HL	Thursdays 7.30-8.30pm	Jashu Patel 0116 2884764
Chair-based Exercise Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Fridays 2-3pm	Blaby District Council 0116 2727703
Ballroom & Latin Dance Class Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Fridays 7-8pm Beginners	Sheila Firth 0116 2771909
Ballroom & Latin Social Dance Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Saturday, Once a month Call for dates	Sheila Firth 0116 2771909

Blaby

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Blaby Walking Group Meets Enderby Road Car Park Blaby LE8 4GD	Alternate Sundays at 8.30am Locations and distances vary	Morag Oxborough 0116 2782990
Blaby Bowling Club Nr Blaby District Social Centre Leicester Road Blaby LE8 4GQ	Bowling April- September Social activities all year Membership applies	Jenny Hart 0116 2773476

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Patches Blaby Baptist Church Northfield Road Blaby LE8 4GU	Mondays & Tuesdays 9.30am- 3.30pm Dates vary – call for details	Pat Screaton 0116 2867581
Art & Painting Club Blaby Drop-in Centre Welford Road Blaby LE8 4FS	Tuesdays 10am-12pm	Lucy Smith c/o 0116 2787944
Bridge Club Blaby Drop-in Centre Welford Road Blaby LE8 4FS	Tuesdays 7-9.30pm	John Baron 0116 2779553

Blaby

Special Interest or Hobby Groups continued

ACTIVITY OR SERVICE	TIME	CONTACT
Blaby Bridge Club Blaby Bowling Club Nr Blaby District Social Centre, Leicester Road Blaby LE8 4GQ	Tuesdays at 7pm September-April only	Doreen Arnold 0116 2867838
U3A Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	2nd Wednesday of month at 2pm. Lots of different activities Membership required	Frank Hillier 0116 4311914
Willow Singers Blaby Methodist Church Winchester Road Blaby LE8 4HL	Wednesdays at 7-9.15pm Women's Choir	Jo Prosser 07980 866568
South Leicester Birdwatchers Blaby All Saints Centre Wigston Road Blaby LE8 4FQ	2nd Wednesday of month 7.30-9.30pm Saturday field trips	Marion Turner 07852 782002 01455 282854 www.southleicesterbirdwatchers.uk
Solo Whist Drive Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	Wednesdays 7.45-9.45pm	Liz Bent 0116 2862223

Blaby

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Blaby Heritage & Museum Society Blaby Drop-in Centre Welford Road Blaby LE8 4FS	3rd Wednesday of month at 7.45pm	Pat Troake 0116 2771055
Dabblers Blaby Methodist Church Winchester Road Blaby LE8 4HL	2nd & 4th Thursdays of month at 2.30pm Crafts, tea/chat	Cindie Bannister 0116 2777425
Blaby & District Flower Guild Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	3rd Thursday of month at 7.30pm (Except January, July, December)	Lynn Sheen 0116 2752160
Whist Drive Blaby & District Social Centre Leicester Road Blaby LE8 4GQ	2nd & 4th Thursday of month at 7.45pm Fridays at 7.45pm	Mr Taylor 01455 202165
Saturday Stitchers Blaby Baptist Church Northfield Road Blaby LE8 4GU	Alternate Saturdays 10am-3.30pm Call for dates	Pat Screaton 0116 2867581

Braunstone Town & Thorpe Astley

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Women on Thursdays Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Mondays 2-4pm Venue/day may change - call for details	Joyce Spencer 0116 2895000
Coffee, Companionship & Chat St Crispin's Church Hall Turnball Drive Braunstone Town LE3 2JW	Tuesdays 10.15-11.45am	0116 2630766
Over 50s Friendship Group Braunstone West Social Centre St Mary's Avenue Braunstone Town LE3 3FT	1st Tuesday of month 2.30-4.30pm 3rd Tuesday of month 7-9pm	Pam Tidd 0116 2621517
Asian Elderly Group (men) Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Wednesdays 1.30-4.30pm	Mr Louis 07751 815658
Over 60s Ivy Club Braunstone West Social Centre St Mary's Avenue Braunstone Town LE3 3FT	Wednesdays 1.45-4.15pm Transport available	Jill Bull 0116 2891414

Braunstone Town & Thorpe Astley

Social, Lunch & Friendship Clubs continued

ACTIVITY OR SERVICE	TIME	CONTACT
SWAGAT (ladies only) Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Thursdays 10.30am-1pm	Jyotiben Pandya 0116 2895945
Thursday Over 60s Club Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Thursdays 2-4pm Transport available	Sue Kirby 0116 2395590
Browsers Corner Braunstone Town Library Kingsway Braunstone Town LE3 2PP	Fridays 10am-12pm	Margaret Hames 0116 2238412
Friends & Neighbours Club Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Fridays 10am-12pm	Mrs Blackwell 0116 2541931
Fish, Chips & Peas! Winstanley Pub The Glade Braunstone Town LE3 2WB	Fridays 12-1pm	Roo Peake 07889 537009 roo.peake@ leics.gov.uk
Millfield Seniors Club Millfield L.E.A.D Academy Hat Road Braunstone Town LE3 2WF	Fridays 2-4pm	Vi Kesby 0116 2895615

Braunstone Town & Thorpe Astley

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
Kingsway Surgery 23 Kingsway Narborough Road South Braunstone Town LE3 2JN		0116 2895081
4ward Strokes Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	3rd Thursday of month 10am-12pm	Julie Monk 07530 907712 julie.monk@ hotmail.co.uk
Braunstone Carers Support Group & Activity Group (Dementia) Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	4th Thursday of the month 1.30-3pm	Alzheimer's Society 0116 2316921

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Keep Fit St Crispin's Church Hall Turnball Drive Braunstone Town LE3 2JW	Mondays 1.45-2.45pm	Dawn Norman 0116 2394457 danddnorman@ hotmail.com
Fit to Dance Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Tuesdays 10.30-11.30am	Blaby District Council 0116 2727703

Braunstone Town & Thorpe Astley

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Shakespeare Park Bowls Club Avon Road Braunstone Town LE3	Tuesdays from 6pm Thursdays & Saturdays from 2pm. April-September	Trevor Poyser 0116 2919866
Chair Based Exercise Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Wednesdays 10.15-11.15am	Ann Norton 0116 2888389
Movement to Music Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Thursdays 9.45-11am	Zoe Newcombe 0116 2886228 www.thefitnessleague.com
Indoor Kurling Braunstone West Social Centre St Mary's Avenue Braunstone Town LE3 3FT	Thursdays 2-3pm	Blaby District Council 0116 2727703
Sequence Dancing Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Thursdays 7.30-10pm	Mr & Mrs Winter 01530 271960
Zumba Gold Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Fridays 10-11am Slower than Zumba	Nic Appleton 07882 284564

Braunstone Town & Thorpe Astley

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Tai Chi Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Fridays 2-3pm	Blaby District Council 0116 2727703
Braunstone Walkie Talkies From Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Weekly at 10.30am, day varies Call to check day Need to be able to walk 4-5 miles	Betty & Jim Johnson 0116 2899794
Over 50s Swimming Winstanley Community College, Kingsway North Braunstone Town LE3 3BD	Days/time change each term Call for details	Community Office 0116 2898688

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Art Club St Crispin's Church Hall Turnball Drive Braunstone Town LE3 2JW	Mondays at 7.30-9pm	Dave Hirst 0116 2919491

Braunstone Town & Thorpe Astley

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
<p>National Trust Leicester Association Braunstone West Social Centre St Mary's Avenue Braunstone Town LE3 3FT</p>	<p>2nd Tuesday of month at 7.30pm September-April (trips May-August) National Trust Membership Required</p>	<p>Gill Tyler 0116 2229133</p>
<p>Leicestershire Industrial History Society Braunstone West Social Centre St Mary's Avenue Braunstone Town LE3 3FT</p>	<p>3rd Tuesday of month at 7- 9.30pm October to April only</p>	<p>David Lyne 0116 2919706</p>
<p>Braunstone Heritage Archive Group Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP</p>	<p>Wednesdays 2-4pm</p>	<p>John Dodd 0116 2997847 john@doddies.org.uk</p>
<p>Craft Group Braunstone West Social Centre St Mary's Avenue Braunstone Town LE3 3FT</p>	<p>2nd & 4th Wednesday at 7.30-10pm</p>	<p>Sue Kershaw 0116 2247419</p>
<p>Kingsway Flower Club Braunstone Civic Centre Kingsway, Braunstone Town LE3 2PP</p>	<p>1st Wednesday of month at 7.30-9.30pm</p>	<p>Mrs Hassell 0116 2895358</p>

Braunstone Town & Thorpe Astley

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Whist Drive Braunstone West Social Centre, St Mary's Avenue Braunstone Town LE3 3FT	Thursdays 7.30-9.30pm	Roy Harper 0116 2895685 07443 637244
Leicester Movie Makers Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Thursdays at 7.30pm September to May	Tony Ward 0116 2718896
Leicester Forest Photographic Society Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Thursdays at 7.45pm September to May	Mike Ratcliff 0116 2128037 www.lfps.org. uk
Leicester Forest East WI Braunstone West Social Centre St Mary's Avenue Braunstone Town LE3 3FT	4th Thursday of month at 7.45pm	Paula Peers 0116 2394437
Sew & Chat Group Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Alternate Fridays 2-4pm. All crafts and abilities welcome. Affiliated to Leicestershire Embroiderers Guild	Jenny Dodd 0116 2997847

Braunstone Town & Thorpe Astley

Special Interest or Hobby Groups continued

ACTIVITY OR SERVICE	TIME	CONTACT
Embroiderers' Guild Braunstone West Social Centre St Mary's Avenue Braunstone Town LE3 3FT	2nd Saturday of month at 2.30-4pm	Briony Willig 0116 2872531

Other Local Services

ACTIVITY OR SERVICE	TIME	CONTACT
Royal Air Force Association Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	2nd Tuesday of month 7.30-9.00pm	Roy Sherwin 0116 2890224
Citizens Advice Leicestershire Braunstone Civic Centre Kingsway Braunstone Town LE3 2PP	Thursdays 9.30am-4.15pm Appointment Only	0116 2890045

Local Area Co-ordinator*

Roo Peake
07889 537009

braunstone&thorpeastley@lacsleicestershire.org.uk

*Local Area Co-ordinators help residents to make improvements in their own lives and the local community.

Cosby

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
The Breakaways (Women) Cosby Community Church The Baptist Chapel Croft Road Cosby LE9 1SE	4th Monday of month at 7.30pm Membership Required Social activities, meals out	Margaret Dodd 0116 2866733
Cosby Lunch Club Bunning Hall 21 Main Street Cosby LE9 1UW	Tuesdays 12pm (term-time only)	Mr Biggs 0116 2862335
Coffee Morning Cosby Community Church The Baptist Chapel Croft Road, Cosby LE9 1SE	Wednesdays 10-11.30am	Steve Salmen 0116 2861893
Coffee Morning Cosby Library Park Road Cosby LE9 1RN	Thursdays 10am-12pm	Cosby Library 0116 3058764
Ladies Bright Hour Cosby Methodist Church Park Road Cosby LE9 1RN	1st & 3rd Thursdays at 2.45pm Fellowship, speakers	Shirley Kendall 0116 2848824
Toc H Toc H Croft Road Cosby LE9	Thursdays 8-10pm Speakers, charitable work social activities	Jim Cooper 0116 2867162

Cosby

Social, Lunch & Friendship Clubs continued

ACTIVITY OR SERVICE	TIME	CONTACT
Toc H Coffee Mornings Toc H Croft Road Cosby LE9	Fridays 10am-12pm	Jim Cooper 0116 2867162

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Sequence Dancing Cosby Village Hall Park Road Cosby LE9 1RN	Mondays 7.45-10pm	Chris & Pam Leach 0116 2711991
Tai Chi for Mobility Cosby Village Hall Park Road Cosby LE9 1RN	Tuesdays 2-3.30pm	Rose Barlow 0116 2864640 www.taichi 4m.com
Line Dancing Cosby Village Hall Park Road Cosby LE9 1RN	Tuesdays 7-8.30pm	Michelle Cooper 07765 877415
Zumba Fitness Cosby Village Hall Park Road Cosby LE9 1RN	Wednesdays 9.45-10.45am	Michelle Rennie 07976 741280 www.michelle- rennie.com

Cosby

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
CoreStretch Cosby Village Hall Park Road Cosby LE9 1RN	Wednesdays 11-11.50am September-April	Michelle Rennie 07976 741280 www.michelle- rennie.com
Tai Chi for Mobility Cosby Village Hall Park Road Cosby LE9 1RN	Wednesdays 7.30-9pm	Rose Barlow 0116 2864640 www.taichi 4m.com
Kurling Group Cosby Village Hall Park Road Cosby LE9 1RN	Thursdays 10-11am	Blaby District Council 0116 2727703
Young at Heart Bunning Hall 21 Main Street Cosby LE9 1UW	Thursdays 1.30-2.30pm Keep Fit for Over 50s	Anne Frew 0116 2864784

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Cosby Art Group Cosby Village Hall Park Road Cosby LE9 1RN	Mondays 1.30-3.30pm	Terry Ball 0116 2770885

Cosby

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Village Quilters Cosby Village Hall Park Road Cosby LE9 1RN	Tuesdays 10am- 12pm & 7-9pm Thursdays 2-4pm Friendly group for needlecraft, knitting, crochet	Vicky Oswin 0116 2715302
Cosby Heritage Society Cosby Community Church The Baptist Chapel Croft Road Cosby LE9 1SE	4th Tuesday of month at 8pm School Room Membership required	Mike Howkins 0116 2864409 mikehowkins @gmail.com
Craft Group Cosby Community Church The Baptist Chapel Croft Road Cosby LE9 1SE	Wednesdays 2-4pm School Room	Steve Salmen 0116 2861893
Cosby Quilters Cosby Community Church The Baptist Chapel Croft Road Cosby LE9 1SE	1st Wednesday of month at 7.30pm Except January and August	Pat Screatton 0116 2867581

Cosby

Other Local Services & Organisations

ACTIVITY OR SERVICE	TIME	CONTACT
Blaby Meridian Rotary Club Cosby Golf Club Chapel Lane Cosby LE9 1RG	Tuesdays at 7.30pm Membership Required but visitors welcome	David French 0116 2779915 www.bmrotary. uk
The Oddfellows Cosby Working Men's Club 75 Main Street Cosby LE9 1UW	3rd Wednesday of month at 7.30pm Friendly Society Membership required. Social activities, member benefits	Jack Bassford 0116 2750230 www.odd fellows.co.uk
Inner Wheel Club of Blaby Cosby Golf Club Chapel Lane Cosby LE9 1RG	1st Thursday of month at 7pm	Margaret Watts 0116 2784001
Inner Wheel Club of Blaby Meridian Cosby Golf Club Chapel Lane Cosby LE9 1RG	2nd Thursday of month at 7pm	Audrey Berry 0116 2863656

Countesthorpe

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Friendship Teas Rainbows Shop 1 Main Street Countesthorpe LE8 5QX	Mondays 2.30-3.30pm	St Andrew's Church 0116 2778643
Tuesday Fellowship Methodist Church Hall Wigston Street Countesthorpe LE8 5RQ	Alternate Tuesdays at 2.30pm	Sheila Howell 01455 553209
Senior Lunch Club Methodist Church Hall Wigston Street Countesthorpe LE8 5RQ	Wednesdays 12-2pm	David Ball 0116 2775253
Menshed Countesthorpe Baptist Centre Church Street Countesthorpe LE8 5QH	Fridays from 7.30pm Men's social group	Aubrey Vaughan 0116 2772468 or 07581 477810
Coffee Morning Methodist Church Hall Wigston Street Countesthorpe LE8 5RQ	Saturdays at 10.30am-12pm	Rev David Vale 0116 2770317

Countesthorpe

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
Countesthorpe Health Centre Central Street Countesthorpe LE8 5QJ		0116 2776336
Forget Me Not Memory Café Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	3rd Monday of month 2-3.30pm	Alzheimer's Society 0116 2316921
Bereaved Friends Rainbows Shop 1 Main Street Countesthorpe LE8 5QX	2.30-3.30pm 1st and 3rd Wednesday of month	St Andrew's Church 0116 2778643

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Fit to Dance Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	Mondays 10.30-11.30am	Blaby District Council 0116 2727703
Tai Chi Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	Tuesdays 10am-12pm	Vicky Armstrong 0116 2477212

Countesthorpe

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Zumba Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	Tuesdays 6.30-7.20pm	Lisa Walker 07960 444977
Pilates Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	Wednesdays 9.30-10.30am	Christina Browne 0116 2204768 07779 200048 www.newbodypilates.co
Keep Moving Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	Thursdays 11am-12pm	Blaby District Council 0116 2727703
Zumba Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	Fridays 9.30-10.20am	Lisa Walker 07960 444977
Countesthorpe Bowls Club Station Road Countesthorpe LE8 5TA	April- September	Dave Williams 07535 813466 www.countesthorpebowls.org.uk

Countesthorpe

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Countesthorpe WI Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	2nd Monday of month at 7.30pm	Local Federation 0116 2661342
Craft Group The Cornerstone St Andrew's Church Hall 1 Main Street Countesthorpe LE8 5QX	Tuesdays 1.30-4.00pm Except 1st Tuesday of month	St Andrew's Church 0116 2778643
U3A Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	2nd Tuesday of month 1.30pm for 2pm start. Different activity groups Membership Required	Chairperson 07901 548576 www.countesthorpe u3a.co.uk
Countesthorpe & Foston Heritage Group Countesthorpe Village Hall Station Road Countesthorpe LE8 5TB	Fridays (August-April) Contact for details	Mike Thompson 0116 2770584 mtmiket7@ gmail.com
Active Arts Various days/times	Arts-based activities	Ian Paterson 0116 2776259 www.active arts.org.uk

Croft

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Croft Wednesday Club (ladies only) School Hall, Croft Primary School Brookes Avenue Croft LE9 3GJ	4th Wednesday of month 7.45-10pm	Pam Bodycote 01455 283023
Croft Happy Circle Croft Community Centre Brookes Avenue Croft LE9 3GJ	Thursdays 2-4pm fortnightly	Maureen Collins 01455 284106 crofthappy circle@talktalk.net
Saturday Lunches St Michael & All Angels Church Croft LE9 3GT	1st Saturday of month 12-1.30pm All welcome	Libby Davis 01455 282629

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Woolly Crofters St Michael & All Angels Church Croft LE9 3GT	Mondays 7.30-8.30pm Knitting & Crochet Group All welcome	Libby Davis 01455 282629
Croft Silver Band Band Room, Croft Quarry Complex, Croft	Mondays 8-10pm Anyone welcome See Huncote listings also	Rhys 07766 196096

Croft

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Croft Players Croft Community Centre Brookes Avenue Croft LE9 3GJ	Tuesday & Thursday evenings All ages welcome for acting and support roles!	Bev Slaney 01455 283401
Ladies' Arts & Crafts Group Croft Community Centre Brookes Avenue Croft LE9 3GJ	Wednesdays 1.30-4pm	Mrs Cross 01455 282433
Croft & District Flower Club Croft Community Centre Brookes Avenue Croft LE9 3GJ	3rd Wednesday of month 7.30pm Top demonstrators!	Hilary Wall 01455 274391

Other Local Services & Organisations

ACTIVITY OR SERVICE	TIME	CONTACT
Croft & District Royal British Legion Heathcote Arms Hill Street Croft LE9 3EG	2nd Monday of month at 7.30pm	Laura Taylor 07731 373790
Croft Good Neighbours Volunteer scheme providing short-term help to residents of Croft such as transport, domestic support and household assistance		Duty mobile 07590 246386 www.croftgoodneighbours.com

Elmesthorpe

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
St Mary's Luncheon Club St Mary's Church Elmesthorpe Lane Elmesthorpe LE9 7PT	2nd Thursday of month at 12pm Venues vary Booking required	Richard & Linda Coleburne 01455 846534
Elmesthorpe Villagers & Friends Association Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	Monthly - various dates	Roy Sutton 01455 846203 Claire Hunt 01455 843382 www.evfa .org.uk

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Gentle Yoga Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	Mondays 5.45pm-7.15pm	Joan Wilson 07747 708607
Lonestar WPDC Western Partner Dance Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	Mondays 7.45-10.00pm	Chris & Trev 0116 2695523
Gentle Yoga Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	Tuesdays 10-11.30am	Joan Wilson 07747 708607

Elmesthorpe

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Sequence Dancing Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	Wednesdays 2-4pm Wednesdays 8-10pm	David Keal 01455 846988
Fit To Dance Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	Fridays 10.30-11.30am	Blaby District Council 0116 2727703
Elmesthorpe Folk Dance Club Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	2nd & 4th Fridays of month 7.45pm-10.15pm	Pat Gibbs 01455 272659
Ballroom Dancing Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	1st Saturday of month 7.30-10.30pm	Paul & Jo Sharman 01455 449857
Sequence Dancing Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	2nd & last Saturdays of month 7.30-10.30pm	David Keal 01455 846988

Elmesthorpe

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Elmesthorpe Sewing & Craft Club Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	Tuesdays 1-4pm	Ellen Veally 01455 635095
Earl Shilton Flower Club Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	3rd Tuesday of month 7.30-9.30pm Open to all ages	Roz Fell 01455 239050
Old Clock Club Elmesthorpe Village Hall Wilkinson Lane Elmesthorpe LE9 7SP	2nd Thursday of month 7-10pm September-April	David 01455 847375 Colin 01455 272438

Enderby

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
United Reformed Church Coffee Drop-in Enderby Civic Centre King Street Enderby LE19 4NT	Tuesdays at 10am-12pm	Sandra Pritchard 0116 2864652

Enderby

Social, Lunch & Friendship Clubs *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Enderby & Narborough Travel Lunch Club	1st Tuesday of month from 11am Venues vary. Call to book	Delia Barrow 0116 2863818
Rendezvous Club St Johns Community Centre Packhorse Drive Enderby LE19 2RP	Tuesdays at 1.30-3.30pm Except 1st Tuesday of month	Delia Barrow 0116 2863818
Enderby Methodist Ladies Fellowship Enderby Methodist Church Cross Street Enderby LE19 4NJ	1st & 3rd Tuesdays of month at 3pm Prayer, speakers & outings	Brenda Schutz 0116 2862787
Coffee Morning Enderby Civic Centre King Street Enderby LE19 4NT	Thursdays 10am-12pm	Jerry Taylor 01455 888679
Coffee Mornings Enderby Methodist Church Cross Street Enderby LE19 4NJ	1st & 3rd Saturdays 9.30-11.30am	Mr Bennett 0116 2753176
Coffee Mornings and Lunch Enderby Methodist Church Cross Street Enderby LE19 4NJ	2nd & 4th Saturdays 9.30am-12.30pm	Mrs Bennett 0116 2753176

Enderby

Social, Lunch & Friendship Clubs continued

ACTIVITY OR SERVICE	TIME	CONTACT
Contact the Elderly	1st Sunday of month. Location varies – call for details. Tea & Cake for people aged 75 and over	Sylvia Boyall 0116 2841230
Autumn Leaves Enderby Parish Church Leicester Lane LE19 4AR	4 meetings a year Contact for details	Jerry Taylor 01455 888679

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
Enderby Medical Centre Shortridge Lane Enderby LE19 4LY		0116 2866088

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Over 50s Badminton Enderby Leisure Centre Mill Lane Enderby LE19 4LX	Mondays 2.30-4.30pm	Leisure Centre 0116 2750234

Enderby

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Over 60s Free Swimming Sessions Enderby Leisure Centre Mill Lane Enderby LE19 4LX	Mondays & Thursdays 3-4pm Term-time Tuesdays 3-4pm, school holidays	Leisure Centre 0116 2750234
Gentle Hatha Yoga St Johns' Community Centre Packhorse Drive Enderby LE19 2RP	Tuesdays at 10-11.30am	Mary Doughty 0116 2291121 07757 644345
Line Dancing Enderby Civic Centre King Street Enderby LE19 4NT	Tuesdays 7.15-9.15pm	Mrs Davies 0116 2460301 07969 157333
Over 50s Forever Fit Enderby Leisure Centre Mill Lane Enderby LE19 4LX	Wednesdays & Fridays 10-11am Senior gym membership available	Leisure Centre 0116 2750234
Gentle Hatha Yoga St Johns' Community Centre Packhorse Drive Enderby LE19 2RP	Wednesdays at 10-11.30am	Mary Doughty 0116 2291121 07757 644345

Enderby

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Seniors Tennis Club Mill Lane Enderby, LE19 4LX	Wednesday mornings & Saturday afternoons Membership required	Steve Ince 0116 2862675 www.enderby lawntennis club.co.uk
Fitness Pilates Enderby Civic Centre King Street Enderby LE19 4NT	Wednesdays 8-8.45pm	Lauren Rennie 07872 612522
Health Walk Meets at A Place to Grow Mill Lane Enderby LE19 4LX	Thursdays at 1pm Ability level – Medium	Blaby District Council 0116 2727703
Sequence Dancing & Bingo Enderby & District Social Club Coleridge Drive Enderby LE19 4QF	Sundays at 7.30pm	Club after 5.00pm 0116 2864897 or Caroline Clark 07772 737368
Enderby Bowls Club Mill Lane Enderby LE19 4LX	Bowls April- September Social activities all year round Membership required	Joan Croskell 01455 282498

Enderby

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Carlton Indoor Bowls Club Enderby Leisure Centre Mill Lane Enderby LE19 4LX	September-April Membership required	Leisure Centre 0116 2750234
Indoor Bowls Enderby Leisure Centre Mill Lane Enderby LE19 4LX	May-August	Leisure Centre 0116 2750234
Leicester Ramblers Group	Various days/ locations Walks for exercise, friendship and fresh air	John Jackson 0116 2865735 www. ramblers- leicester .org.uk

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Musical Village Community Choir Enderby Civic Centre King Street Enderby LE19 4NT	Mondays 11am-1pm	Lesia Smaditch 07894 073621 www.musical village.co.uk
Monday Night Knitting Group Sainsburys Café, Fosse Park, Grove Farm Triangle, Enderby LE19 1WT	Mondays at 7-9pm	Joan Cattell 0116 2888019

Enderby

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
East Midlands Audio Visual Group St Johns' Community Centre Packhorse Drive Enderby LE19 2RP	2nd Tuesday of month at 7.30pm Photography group Photography to music	Peggy Franks 0116 2856728
Bingo Enderby & District Social Club Coleridge Drive Enderby LE19 4QF	Tuesdays at 8.45pm	Club after 5pm 0116 2864897 or Caroline Clark 07772 737368
Enderby U3A Enderby Civic Centre King Street Enderby LE19 4NT	3rd Wednesday of month at 1.45pm Various activities Membership required	Tilly Greenhill 0116 2867790 www.u3asites.org.uk/enderby
Scrabble Sainsburys Café, Fosse Park, Grove Farm Triangle Enderby LE19 1WT	Wednesdays 6.30-8.30pm	Margaret Clarke 0116 2750573
Wind Band Enderby Village Institute Cross Street Enderby LE19 4NJ	Wednesdays 7-9pm	David Smith 07739 487659 0116 2865698
Bingo Enderby & District Social Club, Coleridge Drive Enderby LE19 4QF	Fridays at 8.45pm	Club after 5pm 0116 2864897 or Caroline Clark 07772 737368

Enderby

Special Interest or Hobby Groups continued

ACTIVITY OR SERVICE	TIME	CONTACT
Enderby Twinning Association Meeting times/venues vary Call for details	Twinned with Le Haillan Interest in France & exchanges needed Social events	Barbara Spence 0116 2848514
Enderby Heritage Group Enderby Civic Centre King Street Enderby LE19 4NT	Meeting Times/ Days vary	Elizabeth York 0116 2478100 eliza_york@ hotmail.com www.enderby heritage.org.uk

Other Local Services & Organisations

Blaby & District Lions Enderby & District Social Club Coleridge Drive Enderby LE19 4QF	2nd & 4th Wednesday of month 7.30pm	Roger Smith 0116 2751567 secretary@ blabylions. org.uk
Local Area Co-ordinator* Enderby Civic Centre King Street Enderby LE19 4NT		Anna Christie 07951 486235 enderby@lacs leicestershire. org.uk

*Local Area Co-ordinators help residents to make improvements in their own lives and the local community.

Glenfield

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Age Concern Glenfield Glenfield Memorial Hall Stamford Street Glenfield LE3 8DL	Mondays 1-2.30pm	Mrs Patsy Riley 0116 2320130
Ladies Fellowship Glenfield Methodist Church Station Road Glenfield LE3 8BT	2nd & 4th Tuesday at 2.30pm	Audrey Holmes 0116 2873415
Browsers Corner Glenfield Library Sandown Court Glenfield LE3 8BT	Wednesdays 10-11.30am	Library 0116 3053591
Make Friends with a Book Glenfield Library Sandown Court Glenfield LE3 8BT	Fridays 10-11.30am	0116 3053591
Saturday Coffee Mornings Glenfield Methodist Church Station Road Glenfield LE3 8BT	Saturdays 10am-11.45am	Margaret Glover 0116 2870348
Open Door Glenfield Methodist Church Station Road Glenfield LE3 8BT	Monthly on Sundays at 3-4.30pm (except Januarys) For people on their own	Grace Asher 0116 2871091

Glenfield

Social, Lunch & Friendship Clubs continued

ACTIVITY OR SERVICE	TIME	CONTACT
Lunches for People who Live Alone St Peter's Church Centre Church Road Glenfield LE3 8DP	Bi-monthly on Sundays at 12.30pm	Rev Pam Harvey 0116 2322959

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
Dr J G Cooper 111 Station Road Glenfield LE3 8GS		0116 2333600
Parkinson's UK Leicester & District Branch Park House, Stamford Street Glenfield LE3 8DL	4th Wednesday of month 2-4pm	Helpline 0808 8000303 Local Branch Chair: Howard Gowdridge 0116 2772119 www.parkinsons.org.uk/leicester

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Keep Fit Park House Stamford Street Glenfield LE3 8DL	Wednesdays 9.30-10.30am	Margaret Smith 07813 396508

Glenfield

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Fitness Pilates Park House Stamford Street Glenfield LE3 8DL	Wednesdays 6.30-7.15pm Suitable for all ages & abilities	Lauren Rennie 07872 612522
Yoga for Health & Wellbeing Park House Stamford Street Glenfield LE3 8DL	Wednesdays 7.30-9pm (October-June) Booking required Summer course available – contact for details	Jackie Riley 0116 2877451 jackie2011. yoga@gmail. com
Age Concern Mature Movers Glenfield Memorial Hall Stamford Street Glenfield LE3 8DL	Fridays 2-3pm 50+	Mrs Moffatt 0116 2393221
Silverliners Line Dancing Glenfield Memorial Hall Stamford Street Glenfield LE3 8DL	Fridays 7.30-10pm	Debbie 07920 260881
Old Time Dance Class Glenfield Memorial Hall Stamford Street Glenfield LE3 8DL	Monthly on Saturdays 7-10pm Monthly on Sundays 2-5pm Call for dates	Jackie Gisborne 0116 2358822 Mike Savory 0116 2718756

Glenfield

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
50/50 Dance Glenfield Memorial Hall Stamford Street Glenfield LE3 8DL	Monthly on Saturdays 7-10pm Ballroom, Latin & sequence Call for dates	Jackie Gisborne 0116 2358822 Mike Savory 0116 2718756
City Dance Club Social Dances St Peter's Church Centre Church Road Glenfield LE3 8DP	2nd & 4th Saturday of month 7.15-7.45pm lesson, 8-11pm dance	Mr & Mrs Painter 0116 2304115
Glenfield Bowling Club Ellis Park Stamford Street Glenfield LE3 8DL	Open April- September Drop-in Monday afternoons	0116 2877269

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Glenfield WI St Peter's Church Centre Church Road Glenfield LE3 8DP	3rd Tuesday of month at 7.30pm	Pat Dickinson 0116 2872978 Mrs Hilton 0116 2871900

Glenfield

Special Interest or Hobby Groups continued

ACTIVITY OR SERVICE	TIME	CONTACT
Glenfield Gardener's Association St Peter's Church Centre Church Road Glenfield LE3 8DP	4th Tuesday of month at 7.30-10pm (September to June) Friendly, social club with speakers Annual show	Rhiannon Davies 07964 912207
Glenfield Discussion Group Glenfield Memorial Hall Stamford Street Glenfield LE3 8DL	Fortnightly on Wednesdays 2-3.30pm	Mr Marshall 0116 2339691
Glenfield Bridge Club Glenfield Memorial Hall Stamford Street Glenfield LE3 8DL	Wednesdays 7.15-10.30pm Experienced players	Mr Tyers 0116 2871070 peter@tyers.com
Drama Group Glenfield Methodist Church Station Road Glenfield LE3 8BT	Wednesdays at 7.30pm Friendly group – backstage roles available as well as actors!	Gill Edwards 0116 2334234
Glenfield U3A St Peter's Church Centre Church Road Glenfield LE3 8DP	4th Thursday of month at 2-4pm Various activities at different days/times	Gail Nunn 0116 2314895 glenfieldu3a@aol.com www.u3a-sites.org.uk/glenfield

Glenfield

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Glenfield Park WI Glenfield Memorial Hall Stamford Street Glenfield LE3 8DL	1st Thursday of month at 7.30pm	Mrs Allen 0116 2871889
Glenfield Twinning Association	Twinned with Stelle, Germany & Ernee, France. Call for details. Trips to twin towns and hosting visitors	Tony Withers 0116 2312675

Other Local Services & Organisations

ACTIVITY OR SERVICE	TIME	CONTACT
Citizens Advice Leicestershire Park House Stamford Street Glenfield LE3 8DL	Alternate Mondays 9.30-11.30am Appointment only	07929 922237

Glen Parva

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Monday Club Memorial Hall Dorothy Avenue Glen Parva LE2 9JD	Mondays 2-4pm	Mrs P Antill 0116 2238199
Glenhills Library Café Glen Parva Parish Hall Dorothy Avenue Glen Parva LE2 9JD	Monday-Thursday 9am-12pm, 2-4.30pm Saturdays – 9am-1pm	0116 3053530

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Pilates Memorial Hall Dorothy Avenue Glen Parva LE2 9JD	Mondays 9.30-10.30am Yoga courses also available, call for details	Karen Bent 07976 162124
Pilates Memorial Hall Dorothy Avenue Glen Parva LE2 9JD	Tuesdays 9.30-10.30am	Kate Wilson 07535 691874
Indoor Kurling Memorial Hall Dorothy Avenue Glen Parva LE2 9JD	Tuesdays 2-3pm	Blaby District Council 0116 2727703

Glen Parva

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Mature Movers Memorial Hall Dorothy Avenue Glen Parva LE2 9JD	Wednesdays 10.30-11.30am (No classes July & august)	Maureen Watson 0116 2740692 mwkfa@ btinternet.com
Fitsteps Memorial Hall Dorothy Avenue Glen Parva LE2 9JD	Wednesdays 1.30-2.30pm	Karen Bent 07976 162124
Well Balanced Yoga Call for venue	Classes Monday- Saturday Times vary	Clair Davis 07954 412244 www.well balancedyoga .com

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Crafty Mornings Glenhills Library Glen Parva Parish Hall Dorothy Avenue Glen Parva LE2 9JD	Tuesdays 10am-12pm	0116 3053530
Glenhills WI Memorial Hall Dorothy Avenue Glen Parva LE2 9JD	1st Thursday of month 2-4pm	Ann Figg 0116 2782585

Glen Parva

Special Interest or Hobby Groups continued

ACTIVITY OR SERVICE	TIME	CONTACT
Gardening Club Memorial Hall Dorothy Avenue Glen Parva LE2 9JD	3rd Tuesday of month 7.15-9.15pm (Except June, July, August)	Ann Owen 0116 2786542

Huncote

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Huncote Lunch Club Huncote Methodist Church Forest Road Huncote LE9 3BH	Mondays 12-1.30pm (fortnightly)	Sue Walton 0116 2866408
Huncote Breakfast Club Huncote Methodist Church Forest Road Huncote LE9 3BH	1st Saturday of month 8.30-11.30am	Amanda Sadler 0116 2861174
Contact the Elderly	1st Sunday of month Location varies – call for details Tea & Cake for people aged 75 and over	Sylvia Boyall 0116 2841230

Huncote

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Tai Chi St James Church Hall Narborough Road Huncote LE9 3AW	Mondays 7-8.30pm	Rose Barlow 0116 2864640 www.taichi 4m.com
50+ Club The Pavilion Sportsfield Lane Huncote LE9 3BN	Tuesdays 9.30am-12.30pm Various activities including: table tennis and badminton	0116 2750246
Tai Chi The Pavilion Sportsfield Lane Huncote LE9 3BN	Tuesdays 10-11am	0116 2750246
Over 50s Circuits The Pavilion Sportsfield Lane Huncote LE9 3BN	Tuesdays 11-11.30am Tea & Biscuits to follow!	0116 2750246
Over 50s Drop-in Badminton The Pavilion Sportsfield Lane Huncote LE9 3BN	Thursdays 10.30-11.30am	0116 2750246
Dance-a-Lot Huncote Methodist Church Forest Road Huncote LE9 3BH	Thursdays 6.15-7.15pm Ballet 7.15-8.15pm Tap	Teresa Chapman 07771 907370

Huncote

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Ballroom Dancing Ballroom Sequence Huncote Community Centre Denman Lane Huncote LE9 3BS	Thursdays 7-8pm (beginners) Thursdays 8-9pm (beginners)	Paul & Jo Sharman 01455 449857

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Croft Silver Band Huncote Methodist Church Forest Road Huncote LE9 3BH	Mondays 8-10pm Anyone welcome See Croft listings also	Rhys 07766 196096
Huncote Community Library Reading Group Contact for venue details	Last Tuesday of month at 8pm	Margaret Leach 0116 2841898 huncote20@ sky.com
Huncote Knitters Call for venue details	Thursdays 12-2pm Knitting for Charitable Projects	Chrys Palmer 0116 2864502
Concert Band The Pavilion Sportsfield Lane Huncote LE9 3BN	Thursdays 7-9pm Brass band	David Smith 07739 487659 0116 2865698

Huncote

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Huncote WI St James' Church Rooms Narborough Road Huncote LE9 3AW	2nd Friday of month at 7.30pm	Janet Trewick 0116 2862164

Other Local Services & Organisations

ACTIVITY OR SERVICE	TIME	CONTACT
Huncote Community Association Venues vary	Approx 8 meetings a year Community days and events Call for details	Hilary Comyn 0116 2863826 hmcomyn@gmail.com

Kilby

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Kilby WI Kilby United Reformed Church, Main Street Kilby LE18 3TD	3rd Thursday of month at 7.30pm	Local Federation 0116 2661342

Kirby Muxloe

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Bart's Tea Shop St Bartholomew's Church Hall, Main Street Kirby Muxloe LE9 2AL	Tuesdays 2.30-4.30pm	Jean Evans 0116 2394847
Coffee Drop-in Kirby Muxloe Free Church Main Street Kirby Muxloe LE9 2AN	Thursdays 10.15-11.30am	Church Office 0116 2393173 admin@ kirbyfree.org Tues-Thurs 9.30-12.30pm
Friends & Neighbours Kirby Muxloe Free Church Main Street Kirby Muxloe LE9 2AN	1st Thursday of month at 7.45pm	Church office 0116 2393173 admin@ kirbyfree.org Tues-Thurs 9.30-12.30pm
Coffee Morning Kirby Muxloe Library Station Road Kirby Muxloe LE9 2EN	Fridays 10.30am-12pm	0116 3053714
Saturday Drop-in St Bartholomew's Church Hall, Main Street Kirby Muxloe LE9 2AL	1st Saturday of month 10am-12pm	Janet Carpenter 0116 2392913

Kirby Muxloe

Social, Lunch & Friendship Clubs continued

ACTIVITY OR SERVICE	TIME	CONTACT
Bart's Coffee Shop St Bartholomew's Church Hall Main Street Kirby Muxloe LE9 2AL	3rd Saturday of month at 10am-12pm	Jean Evans 0116 2394847
Men's Group Kirby Muxloe Free Church Main Street Kirby Muxloe LE9 2AN	Dates, activities and venues vary Contact for details Social activities & outings	Church office 0116 2393173 admin@ kirbyfree.org Tues-Thurs 9.30-12.30pm

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Walking in Good Company Kirby Muxloe Free Church Main Street Kirby Muxloe LE9 2AN	1st Monday of month at 9.30am Leicestershire walk, pub lunch Meets in car park	Church office 0116 2393173 admin@ kirbyfree.org Tues-Thurs 9.30-12.30pm
Indoor Kurling Kirby Muxloe Village Hall Station Road Kirby Muxloe LE9 2EN	Wednesdays 2-3pm	Blaby District Council 0116 2727703

Kirby Muxloe

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Yoga St Bartholomew's Church Hall, Main Street Kirby Muxloe LE9 2AL	Wednesdays at 7-8pm All ages and abilities welcome	Gavin Carroll 07851 502510
Gentle Tai Chi St Bartholomew's Church Hall, Main Street Kirby Muxloe LE9 2AL	Thursdays 12.30-1.30pm	Debbie Gannon 02476 381770 07958 353455
Carpet Bowls Kirby Muxloe Free Church Main Street Kirby Muxloe LE9 2AN	Fridays 2-4pm	Church office 0116 2393173 admin@ kirbyfree.org Tues-Thurs 9.30-12.30pm
Kirby Muxloe Bowls Club Kirby Muxloe Bowls Club Next to library, Station Road Kirby Muxloe LE9 2EN	April to September 2pm onwards	Mrs Sue Hartnoll 0116 2393479

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Knitting & Crochet Group Kirby Muxloe Free Church Main Street Kirby Muxloe LE9 2AN	Tuesdays 10am-12pm	Church office 0116 2393173 admin@ kirbyfree.org Tues-Thurs 9.30-12.30pm

Kirby Muxloe

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Kirby Muxloe WI St Bartholomew's Church Hall Main Street Kirby Muxloe LE9 2AN	2nd Tuesday of month at 7.30pm Waiting list may apply. Open to ages 18+	Sue Wareham 0116 2864711
Kirby Muxloe Local History Group St Bartholomew's Church Hall Main Street Kirby Muxloe LE9 2AL	3rd Tuesday or Thursday of month at 7.30pm (Alternate months) Call for dates	Mike Gould 0116 2386026 kmlhg999@ gmail.com
Pins and Needles Various locations	1st Thursday of month at 2.15pm Crafts, tea/ cake, company, fundraising	Betty Cullen 0116 2392749
Forest East & Kirby Muxloe Flower Guild Kirby Muxloe Village Hall Station Road Kirby Muxloe LE9 2EN	3rd Thursday of month at 2.15pm	Mrs Harris 0116 2392649
Kirby Castlers Chess Club Kirby Muxloe Bowls Club Clubhouse Next to library, Station Road Kirby Muxloe LE9 2EN	Thursday at 7.30pm	Ray Townsend 0116 2386379 www.kirby castlers.org.uk

Kirby Muxloe

Special Interest or Hobby Groups continued

ACTIVITY OR SERVICE	TIME	CONTACT
Board Games Kirby Muxloe Free Church Main Street Kirby Muxloe LE9 2AN	Fridays 2-4pm	Church office 0116 2393173 admin@ kirbyfree.org Tues-Thurs 9.30-12.30pm
Glenfield Bridge Club St Bartholomew's Church Hall Main Street Kirby Muxloe LE9 2AL	Saturdays 7.15-10.30pm	Mr Tyers 0116 2871070 peter@ tyers.com
Jerusalem Jammers St Bartholomew's Church Hall Main Street Kirby Muxloe LE9 2AL	Last Saturday of month at 10am- 12pm Ladies garland dancing	Stella Moore 01455 230540 www.jerusalem jammers.co.uk

Leicester Forest East

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Tuesday Teapot Group Parish Hall Kings Drive LFE LE3 3JE	2nd & 4th Tuesday of month 2-4pm	Sue Jones 0116 2299277

Leicester Forest East

Social, Lunch & Friendship Clubs continued

ACTIVITY OR SERVICE	TIME	CONTACT
Coffee Morning Leicester Forest East Library 76 Rushmere Walk LFE 3PD	Wednesdays 10.15-11.45am Coffee, cake and chat!	0116 3053616
MILAP Asian Ladies Group Stafford Leys Community Centre Stafford Leys LFE LE3 3LJ	Fridays 2-4pm Term-time only	Vina Tanna 0116 2394671
Friendship Club St Andrew's Church Hall Hinckley Road LFE LE3 3PF	2nd Friday of month at 2.30-4pm Cup of tea, warm welcome & someone to talk to. Everyone welcome.	Lesley Humphrey 07876 590394 Denise Wright 0116 2394189
Community Coffee Drop-in Leicester Forest East Library 76 Rushmere Walk LFE 3PD	1st Saturday of month 10am-1pm All ages welcome	0116 305 3616
St Andrew's Coffee Shop St Andrew's Church Hall Hinckley Road LFE LE3 3PF	2nd & 4th Saturdays at 10am-12pm	Lesley Humphrey 07876 590394

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
Forest House Medical Centre 2a Park Drive LFE LE3 3FN		0116 2898111

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Forest Indoor Bowls Club Parish Hall Kings Drive LFE LE3 3JE	Mondays 2-4pm Wednesdays 7-9pm Fridays 7-9pm	Gill Ward 07761 533264 Pat Sissons 01455 822547
Silverliners Line Dancing St Andrew's Church Hinckley Road LFE LE3 3PF	Mondays 7-9.30pm Wednesdays 1-3pm	Debbie 07920 260881

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Musical Village Community Choir St Andrew's Church Hinckley Road LFE LE3 3PF	Mondays 7.15-9.15pm Fun choir, open to everyone	Lesia 07894 073621 www.musicalvillage.co.uk
Bridge Club Stafford Leys Community Centre Stafford Leys LFE LE3 3LJ	Tuesdays 7-10pm Term-time only	Mrs Leach 0116 2393593

Leicester Forest East

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Stitch & Craft Group Leicester Forest East Library 76 Rushmere Walk LFE LE3 3PD	Wednesdays 6-8pm Friendly group - all welcome Tea/coffee and chat	Helen Moore 07905 184919
Forest East Garden Club Stafford Leys Community Centre Stafford Leys LFE LE3 3LJ	1st Wednesday of month 7.30- 9.30pm Term-time only New members welcome!	Eileen Udale 0116 2387556
Forest Centre Wine Circle Stafford Leys Community Centre Stafford Leys, LFE LE3 3LJ	2nd Wednesday of month at 7.45pm Term-time only	June Viney 0116 2336989
Fliks Local Film Evening Parish Hall Kings Drive LFE LE3 3JE	1st Thursday of month at 7pm (Except July & August)	Pat Walker 0116 2394983

Narborough & Littlethorpe

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Enderby & Narborough Travel Lunch Club	1st Tuesday of month from 11am. Venues vary. Booking required	Delia Barrow 0116 2863818
Evergreen Club Parish Centre Desford Road Narborough LE19 2EL	Tuesdays 2-4pm	Joy Reynolds 0116 2849437
Lunch Club Parish Centre Desford Road Narborough LE19 2EL	Fortnightly on Wednesdays 12-1pm Transport available	Commbus Project 0116 2866116 Monday-Friday 10am-12pm
Pete's Coffee Bar Narborough Congregational Church (back room) School Lane Narborough LE19 2GS	Thursdays 11am-12.30pm	Viv Laxton 0116 2866998
Drop In Littlethorpe Village Hall Biddle Road Littlethorpe LE19 2HE	2nd Saturday of month 10.30am-12pm Refreshments, bingo.	Margaret Kinally 0116 2863645
Narborough Travel Club Pick ups in Narborough and Braunstone Town	Various days and times Membership required	Enquiries 07503 179004 narborough travelclub@gmail.com

Narborough & Littlethorpe

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
The Limes Medical Centre 65 Leicester Road Narborough LE19 2DU		0116 2864421
Narborough Health Centre Thornton Drive Narborough LE19 2GX		0116 2862386
Buddhist House Buddhist House 12 Coventry Road Narborough LE19 2GR	Various days/times Meditation groups & counselling	Caroline Brazier or Debbie Swain 0116 2867476

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Gentle Yoga Parish Centre Desford Road Narborough LE19 2EL	Mondays at 10- 11.30am	Joan Wilson 07747 708607
Zumba Gold Parish Centre Desford Road Narborough LE19 2EL	Tuesdays at 10-11am	Nic Appleton 07882 284564

Narborough & Littlethorpe

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Short Mat Bowls Littlethorpe Village Hall Biddle Road Littlethorpe LE19 2HE	Thursdays 7-9pm	Shirley Doughty 07864 266745
Narborough & District Bowling & Social Club Coventry Road Narborough LE19 2GT	Outdoor & indoor bowls (times vary) Regular social events	Club 0116 2864781 John Rainbow 0116 2841575

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Art Group Littlethorpe Village Hall Biddle Road Littlethorpe LE19 2HE	Alternate Tuesdays 2-4pm	Tom Bates 0116 2752656
Blaby Bridge Club St Pius X Catholic Church 52 Leicester Road Narborough LE19 2DF	Tuesdays at 7pm April- September only	Doreen Arnold 0116 2867838
Narborough & Littlethorpe Heritage Society Parish Centre Desford Road Narborough LE19 2EL	2nd Tuesday of month at 7.30pm (Except August & December)	Derek Ross 07985 206078 nandlheritage society@gmail .com

Narborough & Littlethorpe

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Whist St Pius X Catholic Church 52 Leicester Road Narborough LE19 2DF	4th Tuesday of month at 7pm	0116 2863676
Book Sales Parish Centre Desford Road Narborough LE19 2EL	Fortnightly on Wednesdays 9am-12pm	Commbus Project 0116 2866116 Monday-Friday 10am-12pm
Bingo Parish Centre Desford Road Narborough LE19 2EL	Fortnightly on Wednesdays 2-3.30pm Transport available	Commbus Project 0116 2866116 Monday-Friday 10am-12pm
Narborough & Littlethorpe WI St Pius X Catholic Church 52 Leicester Road Narborough LE19 2DF	2nd Wednesday of month at 7.30pm	Local Federation 0116 2661342
Bingo St Pius X Catholic Church 52 Leicester Road Narborough LE19 2DF	Thursdays at 2pm fortnightly	0116 2863676
Narborough & Littlethorpe Theatre-goers	Dates/times vary Theatre trips, transport included	Jeanette Gregory 0116 2866380 www.narborough andlittlethorpe. co.uk/about-nalt-2/

Narborough & Littlethorpe

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Narborough & Littlethorpe Twinning Club	Twinned with Genappe, Belgium, Exchanges, activities/ meetings vary. Contact for more information	Mr Kim Richardson 0116 2849450 07899 668034 kim.richardson@outlook.com

Other Local Services & Organisations

ACTIVITY OR SERVICE	TIME	CONTACT
Citizens Advice Leicestershire Blaby District Council Desford Road Narborough LE19 2EP	Mondays & Fridays 1.30-3.45pm Appointment only	07929 922237
Littlethorpe Community Association	1st Wednesday of month at 8pm Includes events & outings for over 60s. Venue varies, call for details	Tom Bates 0116 2752656

Sapcote

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Drop-in All Saints Church Hall Church Street Sapcote LE9 4FG	Fortnightly Tuesdays at 10.15-11.30am Tea, toast	Richard Dixon 01455 272 886
Sapcote Travelling Lunch Club Meets at Sapcote Library Church Street Sapcote LE9 4FG	3rd Tuesday of month 10.45am-2.30pm Pub lunches with coach transport Call to book	Margaret Dowdall 01455 272313
Sapcote Lunch Club All Saints Church Hall Church Street Sapcote LE9 4FG	1st & 3rd Wednesday of month 12-1.30pm	Jackie Johnson 0116 2220572
Coffee Morning Sapcote Club 19 Hinckley Road Sapcote LE9 4FS	Thursdays at 9am-12pm	Ian Forrest 01455 272300
Afternoon Teas Methodist Church Hall Leicester Road Sapcote LE9 4JE	Thursdays 2.30-4.30pm	Carol Bray 01455 634329
Men's Big Breakfast Methodist Church Hall Leicester Road Sapcote LE9 4JE	Dates vary – call for details	Derick 01455 209692

Sapcote

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
Sapcote Surgery (Part of Burbage Surgery) All Saints Church Hall Church Street Sapcote LE9 4FG	Tuesdays 12-1pm	Burbage Surgery 0844 4771883

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Dance-a-Lot Sapcote Social Club 19 Hinckley Road Sapcote LE9 4FS	Mondays 6.15-7.15pm Ballet 7.15-8.15pm Tap	Teresa Chapman 07771 907370
Yoga Sapcote Pavilion Hinckley Road Sapcote LE9 4FS	Tuesdays 12-1pm	Adele James 07837 927227 www.yogawithadele.co.uk
Tai Chi For Mobility All Saints Church Hall Church Street Sapcote LE9 4FG	Tuesdays 6.30-8pm	Rose Barlow 0116 2864640
Over 50s Keep Fit & Tone Sapcote Pavilion Hinckley Road Sapcote LE9 4FS	Wednesdays at 10-11am	Nic Appleton 07882 284564

Sapcote

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Ballroom Dancing Methodist Church Hall Leicester Road Sapcote LE9 4JE	Wednesdays at 7.30-9pm	Paul & Jo Sharman 01455 449857
Sapcote Croquet Club Recreation Ground Hinckley Road Sapcote LE9 4FS	Wednesdays, Fridays and Sundays from 2pm	Ann Newman 01455 444144 Pat Wright 01455 272398
Yoga Sapcote Pavilion Hinckley Road Sapcote LE9 4FS	Thursdays 10-11am	Adele James 07837 927227 www.yogawithadele.co.uk
Over 50s Zumba Sapcote Pavilion Hinckley Road Sapcote LE9 4FS	Thursdays 11.15am-12.15pm	Angela Ryan 07789 763320
Yoga Sapcote Pavilion Hinckley Road Sapcote LE9 4FS	Fridays 10-11am	Adele James 07837 927227 www.yogawithadele.co.uk
Sapcote Cricket Club Recreation Ground Hinckley Road Sapcote LE9 4FS	Saturdays from 1pm	Eric Ellis 01455 273250

Sapcote

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Sapcote Art Club Methodist Church Hall Leicester Road Sapcote LE9 4JE	Mondays 7.30-9.30pm (except 2nd Monday of month)	Brian Groves 01455 448195
Sapcote WI Methodist Church Hall Leicester Road Sapcote LE9 4JE	2nd Monday of month at 7.30pm Ages 18+ Fun & Friendship	Jenny Groom 01455 272963 Angela Pearce 01455 618755
Burbage Bird Club All Saints Church Hall Church Street Sapcote LE9 4FG	2nd Monday of month at 7.30-9.30pm	Ken Reeves 01455 274173
Craft Club Methodist Church Hall Leicester Road Sapcote LE9 4JE	Tuesdays at 1-3.45pm	Dawn Ellis 01455 273250
Sapcote Heritage Club All Saints Church Hall Church Street Sapcote LE9 4FG	3rd Thursday of month 7.30-9pm	Keith Hextall 01455 274662
Bingo Sapcote Club 19 Hinckley Road Sapcote LE9 4FS	Thursdays and Sundays at 8pm	Ian Forrest 01455 272300
Dominoes & Fish 'n' Chips Methodist Church Hall Leicester Road Sapcote LE9 4JE	Dates vary – call for details	Derick 01455 209692

Sharnford

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Sharnford Evergreen Club Evergreen Hall Leicester Road Sharnford LE10 3PP	2nd and 4th Wednesday of month Afternoons in winter, evenings in summer	Jean Dale 01455 274772
Over 55s Youth Club Sharnford Youth & Community Centre Park View Sharnford LE10 3PT	Wednesdays 10am-12.30pm	Derek Gibbons 01455 272401
St Helen's Ladies Group Venue varies, call for details	1st Wednesday of month at 7.30pm	Pat Jordan 01455 272229
Coffee Morning Sharnford Methodist Chapel Chapel Lane Sharnford LE10 3PE	1st Saturday of month 10-11.30am	Beryl Devenyi 01455 273740

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
Sharnford Surgery (Part of Burbage Surgery) Evergreen Hall Leicester Road Sharnford LE10 3PP	Tuesdays at 11am-12pm	Burbage Surgery 0844 4771883

Sharnford

Health & Wellbeing continued

ACTIVITY OR SERVICE	TIME	CONTACT
Dr Jeffries-Beckley & Partners Evergreen Hall Leicester Road Sharnford LE10 3PP	Thursdays at 12-1.30pm	01455 282599

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Sharnford Yoga & Social Club Evergreen Hall Leicester Road Sharnford LE10 3PP	Mondays at 7.30-8.15pm For over 50s	Maureen Clever 01455 271637

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Sharnford Art & Craft Social Group Sharnford Youth & Community Centre Park View Sharnford LE10 3PT	Mondays 7.30-9.30pm Fortnightly – call for details	Gabrielle Bryan 01455 631026
Book Club Sharnford Methodist Chapel Chapel Lane Sharnford LE10 3PE	1st Monday of month at 2pm	Beryl Devenyi 01455 273740

Sharnford

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Environment Group Evergreen Hall Leicester Road Sharnford LE10 3PP	2nd Thursday of month at 7.30pm Tending communal areas/planters	David Sewell 01455 272901 desewell@ hotmail.com

Other Local Services & Organisations

ACTIVITY OR SERVICE	TIME	CONTACT
Good Neighbour Scheme		Duty mobile 07502 615535

Volunteer scheme providing short-term help to residents of Sharnford such as transport, domestic support and household assistance.

Stoney Stanton

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Evergreens Village Community Hall New Road Stoney Stanton LE9 4LQ	Mondays 1-3pm (alternate weeks) Tea/coffee, outings, bingo	Linda Lee 01455 274634
Flints Café Living Rock Church Station Road Stoney Stanton LE9 4LU	Tuesdays 10am-2.30pm Thursdays 12-2.30pm	Church office 01455 270840

Stoney Stanton

Social, Lunch & Friendship Clubs continued

ACTIVITY OR SERVICE	TIME	CONTACT
Coffee Morning Stoney Stanton Methodist Church Hinckley Road Stoney Stanton LE9 4LL	Last Thursday of month 10-11.30am	Sharron Brown 01455 273375
Explorers Group Living Rock Church Station Road Stoney Stanton LE9 4LU	Last Friday of month 12.30-2.30pm Food, friendship and inspiration Christian based content	Church office 01455 270840

Health & Wellbeing

ACTIVITY OR SERVICE	TIME	CONTACT
Old School Surgery Hinckley Road Stoney Stanton LE9 4LJ		01455 271442

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Bokwa Fitness Village Community Hall New Road Stoney Stanton LE9 4LQ	Mondays 6.15-7pm First Class Free!	Lorraine Geary 07545 492793 lgminn@ aol.com

Stoney Stanton

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Health Walk Meets at Stoney Stanton Memorial Playing Fields LE9 4TD	Tuesdays 11am Ability Level – Medium	Blaby District Council 0116 2727703
Zumba Class Village Community Hall New Road Stoney Stanton LE9 4LQ	Wednesdays 7-7.45pm	Amy Leigh 07882 458647
Total Tone Village Community Hall New Road Stoney Stanton LE9 4LQ	Thursdays 1.30-2.30pm First Class Free!	Lorraine Geary 07545 492793 lgminn@ aol.com
Fitsteps Village Community Hall New Road Stoney Stanton LE9 4LQ	Thursdays 7.15-8pm First Class Free!	Lorraine Geary 07545 492793 lgminn@ aol.com

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Craft Club Stoney Stanton Methodist Church Hinckley Road Stoney Stanton LE9 4LL	Tuesdays fortnightly 2-4pm (Not during Winter)	Cynthia Shepherd 01455 273072

Stoney Stanton

Special Interest or Hobby Groups continued

ACTIVITY OR SERVICE	TIME	CONTACT
WI Manorfield School Station Road Stoney Stanton LE9 4LU	2nd Wednesday of month at 7.30pm	Sandra King 07951 297366
Knit & Natter Living Rock Church Station Road Stoney Stanton LE9 4LU	Thursdays 1.30-3pm Term-time only	Church office 01455 270840
Stoney Stanton Stitchers Village Community Hall New Road Stoney Stanton LE9 4LQ	Fridays 7-9.30pm	Debbie Roach 01455 274284

Other Local Services & Organisations

ACTIVITY OR SERVICE	TIME	CONTACT
Citizens Advice Leicestershire The Library St Michael's Court Stoney Stanton LE9 4TH	Alternate Tuesdays 10am-12pm Appointment only	07929 922237
Rotary Club of Blaby Stanton Lakes Broughton Road Stoney Stanton LE9 4JA	Tuesdays at 12.45pm	Louise Richardson 0116 2841865 07779 584334 hlr88@ hotmail.com

Thurlaston

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Ballroom Dancing Thurlaston Village Hall Desford Road Thurlaston LE9 7TE	Tuesdays at 7.30-9pm	Paul & Jo Sharman 01455 449857
Thurlaston Ramblers Meets at Thurlaston Village Hall, Desford Road Thurlaston LE9 7TE	2nd Saturday of month at 9.30am	Marion Tarratt 01455 888272

Whetstone

Social, Lunch & Friendship Clubs

ACTIVITY OR SERVICE	TIME	CONTACT
Men's Friendship Group Whetstone Baptist Church King Street Whetstone LE8 6LS	1st & 3rd Tuesday of month 2.45-4pm	Baptist Church Office 0116 2863145
Open Morning St Peter's Church Church Lane Whetstone LE8 6BA	Wednesdays at 10am-12pm Coffee and a chat	Keith Sawbridge 0116 2895085
Lunch Club St Peter's Church Parish Centre High Street Whetstone LE8 6BA	Wednesdays at 12.30pm	Norma Lawrence 0116 2770311

Whetstone

Social, Lunch & Friendship Clubs continued

ACTIVITY OR SERVICE	TIME	CONTACT
Community Coffee Morning Whetstone United Reformed Church High Street Whetstone LE8 6LP	Thursdays 10am-12pm	Jean Warner 0116 2752405
Contact the Elderly	Monthly Call for details Lunches for people aged 75 and over Waiting list may apply	Baptist Church Office 0116 2863145

Physical Activity & Dance

ACTIVITY OR SERVICE	TIME	CONTACT
Fitsteps Blaby & Whetstone Youth Club Warwick Road Whetstone LE8 6LW	Mondays 6.30-7.30pm	Karen Bent 07976 162124
Yoga Whetstone Memorial Hall High Street Whetstone LE8 6LP	Tuesdays 10-11am	Susan Butterworth 0116 2671359 07765 808667
Pilates Whetstone Memorial Hall High Street Whetstone LE8 6LP	Tuesdays 6.45-7.30pm	Helen North 07809 869582

Whetstone

Physical Activity & Dance continued

ACTIVITY OR SERVICE	TIME	CONTACT
Yoga Parish Council Meeting Room Cemetery Road Whetstone LE8 6LL	Tuesdays 7.30-8.45pm	Nic Appleton 07882 284564
Walking Football Holmes Park Dog & Gun Lane Whetstone LE8 6FA	Wednesdays 2-3pm	Leicestershire FA 0116 2845931 07983 864342

Special Interest or Hobby Groups

ACTIVITY OR SERVICE	TIME	CONTACT
Monday Lace Makers Whetstone Memorial Hall High Street Whetstone LE8 6LP	Mondays 1-4pm Some experience needed Call for dates	Marjorie Sanders 0116 2864947
New Image (ladies only) St Peter's Church Parish Centre High Street Whetstone LE8 6BA	1st Monday of month at 7.30pm Speakers, outings, social events	Sandra Stevenson 0116 2776285
Water Colour Painting Group Whetstone Memorial Hall High Street Whetstone LE8 6LP	Wednesdays 10am-12pm Suitable for all levels.	Carol Renee 0116 2401710

Whetstone

Special Interest or Hobby Groups *continued*

ACTIVITY OR SERVICE	TIME	CONTACT
Knit Pickers Whetstone Pastures Farm Tea Room Whetstone Gorse Lane 2 miles south of Blaby	Thursdays 7.30-9.30pm	Sandra Herbert 0116 2774627 sandraherbert @hotmail.co.uk
Blaby Society of Artists Parish Council Meeting Room Cemetery Road Whetstone LE8 6LL	3rd Thursday of month 7-9pm	Fran Andrews 0116 2841739 blaby.society _artists@ hotmail.com
Painting Group Whetstone Baptist Church King Street Whetstone LE8 6LS	Alternate Fridays at 1pm	Baptist Church Office 0116 2863145

This document can be made available on request in other languages and formats (large print, braille or on audio tape) by contacting:

Partnerships Team
Blaby District Council
Council Offices
Desford Road
Narborough
LE19 2EP

Tel: 0116 272 7718

Fax: 0116 272 7600

Mini com: 0116 284 9786

Email: strategicpartnerships@blaby.gov.uk