**Community Groups in Markfield and surrounding area**

**2024-25**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Monday  | Tuesday  | Wednesday | Thursday | Friday | Saturday | Sunday |
| **Mayflower Friendship Club** 2.00-4.00Markfield congregational churchFor more information Tel: 07885 243033 or 07904 222552 or email ronniegrantham@hotmail.co.uk | **Coffee morning – Brew about you**Markfield Congregational Church9.30am -11.30pm | **Mayflower Club session** 2pm to 4pm.Markfield congregational churchFor more information Tel: 07885 243033 or 07904 222552 or email ronniegrantham@hotmail.co.uk | **Music Café**Markfield methodist church£1.50 session2nd and 4th Thursday of the month.  | **Markfield Community centre****Dance Fit:** All adults of all abilities welcome, stay active in a fun social environment.**When:** Friday 1:20pm-2:10pm**Cost:** £3.50 per session | **Village Ramblers**Newtown linford-2nd Saturday of each month  | **Tea Parties** FREEThe last Sunday of every month between 1 pm - 3 pm. Transport may be provided135 Main Street, Stanton Under Bardon, LE67 9TQ |
| **Mayflower CREATIVE ARTS AND CRAFTS SESSIONS 2pm to 4pm.** **£2.50 per session** Markfield congregational church | **Gardening Club**4th Tuesday of the month For more information on club email 32couling@gmail.com or by telephone on 01530 242452 Anne and David Couling. | **Art Club**10am Church – Newtown linford | **Coffee Mornings** Newtown Village Hall11.15am | **Craft Club**10.30am @ Ulverscroft Activity Centre £3.00 per session Every Last Friday of the month  |  |  |
| **Markfield Community centre****Connect Club:** A warm and welcoming social activities group for adults of all ages and backgrounds in a fun and friendly environment. Activities such as arts & crafts, Classic films, Book Club, Guest speakers, themed events, games, smart moves and refreshments.**When:** Mondays 1:15pm-2:45pm**Cost:** £2 per session | **Tai Chi**@ the Newtown Linford Village Hall4pm | **Bodyblast Classes** Newtown Linford Village Hall6.30pm | **Markfield Community centre****Table Tennis:** All abilities, ages and genders welcome for table tennis. Meet new people and have fun.**When:** Thursday 1:30pm-2:30pm**Cost:** £3.50 per session | **Stepping Stones for ANXIETY & DEPRESSION**10.00am @ Ulverscroft Manor £4.00 per sessionEvery First and Third Friday |  |  |
| Monday activities at Newtown Linford village hall:1.30pm **Dance Fitness for 50+**6.30pm **Yoga** at Village Hall 8pm **Balboa Dance** at Village Hall | **Markfield Community centre****Senior Circuits**: A fun based and motivating circuit session for older adults, specially designed with low impact moves, involving both cardiovascular and resistance exercises. Great for body and mind.**When:** Tuesdays 11:30am-12:15pm**Cost:** £3 per session. | **Markfield Community centre****Spiritual Stretch:** focusing on stress relief, medication, strength training and flexibility.**When:** Wednesday 10:45am-11:35am**Cost:** £3.50 per session | **Mindfulness with Emma**Every 3rd and last Thurs of the month at Ulverscroft Grange11.30amTo relax, reduce stress and anxiety and focus on breathing.Cost £4.00 |  |  |  |
| **Bradgate park Wellbeing walks**Easy access walks 10-11am, every **Monday****Moderate walks**10-11.30am, every **Monday****Start and meet at Newtown Linford Bradgate car park** | **Shuttlewood Singers** with Caroline Sharpe 1.00pm – 3.00pm Activity Centre.£4.50 per sesssion | **Markfield Community centre****Walking sports:** A slower version of various sports with lots of fun. Meet new people and make friends. Suitable for anyone and great for all abilities. Sports can include football, hockey, cricket, tennis, rugby, basketball, rounders, and table tennis. **When:** Wednesday 1:30pm-2:30pm**Cost:** £3.50 per session | **ART - Fun with Art** with Steve Bird1.00pm –Ulverscroft Activity Centre Every First Thursday of the month£5.00 per session |  |  |  |
| **Markfield Library Book club** every first Monday of the month 2-3pmEvening book club 6-7pm every 6 weeks | **Tai Chi / Chi Kung** with Stephanie 10.30am @Ulverscroft Activity Centre £5.00 per sessionEvery Second Tuesday | **Thornton tea’s with a twist**2-4pmEvery 2nd and 4th Wednesday Join for Cuppa, cake and a chat@ Thornton Community Centre | **Book Club** 11.30amUlverscroft Manor- Every First Thursday of the monthFree |  |  |  |
| **Motivate Monday** with Amanda 1.00pm Ulverscroft Manor Lawn FREE | **Yoga Gentle Yoga** with Paula 10.30am @ Ulverscroft Activity Centre £5.00 per sessionEvery first, third and last Tuesday |  | **Mindfulness with Emma** 11.30am @ Ulverscroft Activity Centre£4.00 per sessionEvery Third and Last Thursday of the month |  |  |  |
| **Slimming & Fitness** @ The Linford9.30am  |  |  | **PILATES Seated Pilates** with Liz Ulverscroft Activity Centre & Zoom £4.00 per session |  |  |  |
|  |  |  | **Relaxation with Lorna** 11.30am Ulverscroft Activity Centre£4.00 per session |  |  |  |
|  |  |  | **Chair based seated Yoga** with Lorna 10.00am @ Ulverscroft Activity Centre£4.00 per session |  |  |  |

**Markfield Community centre**

For more information about any of the sessions at Markfield community centre you can contact Mesports in the community on 01530 242 240, or email markfield@megroup-uk.co.uk.

Website is [www.megroup-uk.co.uk](http://www.megroup-uk.co.uk).

**Ulverscroft support groups**

Ulverscroft Grange, Whitwick Road, Ulverscroft, Markfield, Leicestershire LE67 9QB – Also has a variety of specific groups :

**Community allotment**

Volunteers needed to help with light tasks to maintain our grow with us project. Project aims to nurture community links, increase skills and knowledge and create a positive enjoyable learning environment.

**Fibromyalgia Friends** – 1.15pm – Ulverscroft Manor Every Third Thursday –January 18 th For more information call - 0116 298 8007 (Monday to Friday 12noon – 4.00pm

**Lipoedema support group** – 1.00pm – Activity Centre Every Third Thursday – January 18 th Come and have a coffee and chat with Lipoedema friends. For more information contact Kathleen 07860 639693

**MS Drop-in Support Group** - 1.30pm-3.00pm – Ulverscroft Manor Every Third Monday – January 15th MS support group meeting at the Manor. For more information, please contact 07860 639693.

**Pulmonary Fibrosis Support Group** - 1.30pm – 3.30pm – Activity Centre Every Second Thursday – January 11 th Have you or someone you care for been diagnosed with pulmonary fibrosis? Would you like to meet and talk to others in the ‘same boat?’ For more information telephone 07588 169494

**Young Onset Dementia support group** – 1.30pm – Activity Centre Every Last Thursday – January 25th A social group for people under 70 years of age, with Young Onset Dementia, their partners, friends, or Carers to enjoy Today. Support, Chat & Laugh Together. Activities include Kurling, Skittles, Boccia, Quoits. Please call Kathleen 07860 639693 for more information.

**Markfield Good Neighbour Scheme**



The Scheme number is:

07885 243033