



Social Prescribing. Non clinical activities for health & wellbeing

Contact any group below or call Health Centre on 842242 & request an appt with Kathrine Foy, our social prescriber to discuss & explore the various social, community & activity groups available locally.

Much Hadham/Green Tye (various venues)

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| Mon 9am | Restore your core @ VH (Emma 07967086471) |
| Mon @ 7pm | Ballroom dancing @ VH (Lesley 316361) |
| Tues @ 9am | Upholstery @VH (Jackie 842366) |
| Wed 9am | Yoga @ VH (Jacqui 07519165121) |
| Wed 9-1 | Ladies Badminton @ VH (Barbara 843849) |
| Thurs 7pm | Meditation @ VH (John 07818447673) |
| Fri 12.30 | Sharing Table @ Bull Inn (Ben/Sue 841100) |
| 1st & 3rd Tues 2pm | Community Coffee @ Mission Hall Grn Tye (Bobbie 843769) |
| 2nd Tues | Lunch Time social and games @ Bull Inn (Ben/Sue 841100) |
| Wed/Fri evenings | Table Tennis (Andy 842104/ Badminton @ VH (Neil 842822) |
| 2nd Wed@10am, 4th Wed | @2pm Coffee Morn or a/noon Tea @ Cong ch (Denise 842745) |
| Last Sun 12.30 | Sunday Lunch club @ Pavillion (Claire 07595 674241) |
| Tues fortnightly/fri | Art society (Frank 843796) Also meet monthly Fri evenings |
| Monthly Wed | A/noon WI @VH (Judy W 842577),evening (Judy C 842131) |
| Monthly evening | History society @ VH (Michael 842131) |
| Various events | Horticultural society @ VH (Denise 842745) |

Little Hadham Village Hall

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| Tues fortnightly 2-4pm | Art from the start (Peter 771421) |
| 1st Thurs 3-5pm | Over 60's Traditional afternoon tea (Wendy 07817633713) |
| 2nd Wed 10am-12noon | Open kitchen coffee morning all ages welcome (Jan 01279 771272) |
| Wed 7-8pm | Fitsteps with Jaqui (07731 454228) |
| 3rd Thurs 12.30 | Lunch (Karin 771532) |
| Fri 10.30-11.45am | Yoga, Mindfulness & Meditation (Ian 07722157929) |
| Fri 6-7pm | Barre ballet for joints and balance (Hannah 07538 262835) |
| Last Sat from 8.30am | Cooked breakfast @ Farmers' Market (Nina 771080) |
| Thursday 19 th March | Healthy Eating Demonstration @ 7pm booking only(Jan 01279 771272) |
| Sat 21 st March | Film club screening doors open at 7pm for 7.30pm (Jan 01279 771272) |
| Saturday 18 th April | Film Club screening doors open @ 2pm for 2.30pm (01279 771272) |
| Thurs 26 March 1-3 pm | Carers in Herts – First aid and mentoring talk (01992 586969) |
| Saturday 28 th March | Quiz night fundraiser for LHVH refurbishment 7pm (Jan 01279 771272) |

Albury Village Hall

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| Mon 11-12am | chair-based exercise (Pam 771465) |
| First Sun 3-5pm | Afternoon tea (Pam 771465) |

Widford Village Hall

Mon 6.45pm & 8pm Pilates (Anne 07717 333234)
Wed 2.15pm Yoga (Sue 01992 300182)

Hunsdon

Mon 2pm Active Health, Pilates & more (Anne 07717 333234)
Tues 2pm Scrabble club (Annette 842581)
Wed 9.30am FitSteps (Jacqui 07731454228)
Wed monthly Coffee Club (Gill 842374)
Thurs 12.30pm Yoga, Mindfulness & Meditation (Ian 0772 2157929)
Thurs 1.30pm Carpet Bowls Club (Peter 843230)
Tues 8pm Badminton (Julian 07914 153984)

Furneux Pelham

2nd Mon 10.30-12noon Community coffee morning (01279 771696 Linda)
Monday's 7.30-8.30pm Exercise class (07796 531071 Claudia)
Tues 7.30-9.30pm Table tennis (Janet 01279 777328)
3rd Wed 8pm
except July/Aug/Dec History Club (01279 771696 Linda)
1st Thurs 9.30-11.30am Cottontails Mother Toddler Group (Emma 07956148652)
Fri 11.30am-1.30pm Table Tennis (Janet 01279 7773280)
Fri 3pm-4.30pm Tuck shop (Linda 01279 777 117)