

THURSDAY

Coffee morning

10:30am £2.50

The Reindeer Pub. Long Bennington

Memory Café

last Thursday of every month- 2pm-4pm

Cotgrave Church Cotgrave

Contact- 07979392652

Allington Morris – Allington Village

Hall 8-10pm Sept-April

FABS, Move it or Lose it. Bottesford

Village Hall. 11am-12pm

Contact Karen 07775 655539 or 01949

829311

U3A Sewing Circle. 2nd & 4th Thursday of

the month, 1.30pm Bottesford Village

Hall

Bottesford Friendship Group. Meet at

Methodist Church 2pm alternate

Thursdays March-Dec.

www.bottesfordmc.org.uk

Lunch Club.

The Thorold Marston at 12 noon

FRIDAY

Foston Neighbours Local Lunch. 1130am

Foston Village Hall. 2nd Friday of every

month. Contact 07422881448

Long Bennington WI craft group. 1st and

3rd Fridays. 10:30-12:30pm Long

Bennington Village Hall

Tea & Chat Long Bennington Village Hall.

2.30-4.30pm. Last Friday of the month

Social Afternoon. Allington Village Hall 2-

4.30pm

Arts & Crafts Morning. 9am-12pm

Westborough Village Hall. 1st Friday.

Contact Jane Ford 01400 281206

Yoga – Allington Village Hall 10-11am

Dementia Support Groups. 2nd Friday of

every month from 10:30am-12pm- Dove

Cottage Hospice in the vale.. Contact

01949 860303

Craft & Stampin' Up card making. 1030-

1230. Claypole Village Hall.

<https://theinkynook.com/about>



LONG BENNINGTON MEDICAL CENTRE

Local Community Groups

Please see details of some local community groups.

For more information about the groups, please contact the groups directly as these are run independently to Long Bennington Medical Centre.

SOME LOCAL CONTACT DETAILS

-Long Bennington Gardening Club

www.longbenningtongardeningclub.com

-Vale of Belvoir Ramblers

www.ramblers.org.uk/vale-of-belvoir

-Long Bennington Patient Participation

Group has trained individuals who are able to support the patients of the surgery. Please contact via the surgery 01400 281220.

-Foston Neighbours – support for residents of Foston. Please contact 07422 881448.

-Bottesford Local History Society

Contact Sue Harding 01949 358698

MONDAY

Rotary Club of Long Bennington

2nd & 4th Monday of every month 6.45pm at Long Bennington Village Hall Contact Andy 01400 282115 or andy@allforemans.co.uk

Coffee Morning

Royal Oak Pub Long Bennington Monday from 3pm

Craft Afternoon

Allington Village Hall 1.30-4.30pm

Chair based exercise class

11.45-13.15 at Woods Close, Long Bennington Contact Tracey Ferguson 07871950256 £6 pay as you go

Newark Dementia Carers Group.

1030-3.30pm in the large function room at the Council Office, Coronation St, Balderton Contact 01636 702577 or 07586377756

U3A Scrabble

2nd Monday of the month 2pm at Bottesford Village Hall

Book Club.

The Thorold, Marston. 1st Mon in the month 2.30pm

TUESDAY

Newark Memory Café 2pm-4pm, The Bridge Community Centre Lincoln Road, Newark NG24 2DQ. Tel- 01636 703685

Grantham Dementia Café & Lunch. Belton Park Golf Club.

Every 3rd Tuesday of the month- 10am-12pm Tel- 01522 437069

Tai Chi Allington Village Hall 10-11am

New Age Kurling

Allington Village Hall. 2-4.30pm

Grantham Dementia Support South Lincs, Grantham Senior Citizen's Club every Tuesday evening. Welham Street Grantham, NG31 6QU.

Claypole & District WI. Meet 2nd Tues of every month at 7.30pm. Visitors fee £4. Contact Jane Ford on 01400 281206 or Kathleen Thomas 01636 626860

Bottesford WI. Meet at Victory Hall, Belvoir Rd Bottesford every 3rd Tuesday 7.30pm

Vale of Belvoir Art Society. Bottesford Methodist Chapel. Tuesday evening 7-9pm Contact Gill 07966 805655

Gentle Yoga 11.15-12.15, Bottesford Village Hall Contact Jan 01949 850922

Vale of Belvoir U3A. meeting every 2nd Tuesday of the month at Bottesford Village Hall 2-4pm. Contact email: enquiryvob663@gmail.com

WEDNESDAY

Games afternoon 2:30-4pm

Long Bennington Methodist Church £2 inc. refreshments

Long Bennington well-being walks. Every 3rd Wednesday of the month at 11:15am.

Contact:01400 281220

Yoga – Allington Village Hall 1-2.30pm

Contact Caroline Arthur 01949 843946/07900473426

Allington WI – Allington Village Hall 1st Weds of the month 7.30-9.30pm

Seated Yoga – Allington Village Hall 10-11am

Grantham Dementia Café. 1pm-3pm Bhive, Finkin St Grantham Contact 01476 592775

Wednesday Warm Welcome. Bottesford Methodist Chapel 10am – 3pm. Free refreshments & activities available.

U3A Flower Arranging. 4th Weds of the month. Bottesford Village Hall 10am

U3A Card Making & Marquetry. 1st & 3rd Weds in the month 10am, Bottesford Village Hall