



OADBY

Community Groups and Activities



**Leicestershire
County Council**



Local Area Co-ordination

DAY	GROUP DETAILS	CONTACT/ADDRESS
<p>MONDAYS</p>	<p>Ladies Sangam Group 11:00am-1:00pm Exercise, beauty, wellbeing £6 annual; £2 per week Term time</p>	<p>Trinity Methodist Church Harborough Road, Oadby, LE2 4LA next to Zeph's café,</p>
	<p>Live Well & Dance with Parkinsons, incl stroke and other neurological conditions 1:30pm-2:45pm Gentle movement seated or standing £3 session - carers free</p>	<p>St Paul's Church, Hamble Road, Oadby, LE2 4NX Book place by email: leicestershire@livewellanddance.org.uk</p>
	<p>BeLeaf Yoga 6:00pm-7:00pm PAYG £8/class or pay in advance booking available</p>	<p>Oadby Youth Centre 42 Wigston Road, Oadby, LE2 5QB Contact Vandana on 07591 689934 Email: vandanachauhanyoga@gmail.com</p>
	<p>Chess Club 6:30pm-8:00pm Fun and friendly social</p>	<p>The Grange Farm Pub, Florence Wragg Way, Oadby, Leicester LE2 4QZ Turn up and play as the pub are aware the club takes place, so can direct anyone</p>
	<p>Cuppa and Conversation 10:30am-12:00pm 1st Monday of the month hot drinks in china teacups &biscuits, all welcome (donations jar)</p>	<p>Oadby Library The Parade, Oadby, LE2 5BF 0116 305 8763</p>

	<p>Dementia Walk</p> <p>10:30am-12:00pm</p> <p>2nd Monday of the month</p>	<p>Brocks Hill Country Park, Washbrook Lane, Oadby, LE2 5JJ</p> <p>Book: dementia.support@ageukleics.org.uk</p> <p>0116 2237363</p>
<p>TUESDAYS</p>	<p>Group Walks For All</p> <p>10:00am- 11:00am</p>	<p>Meet outside Parklands, Brocks Hill Country Park, Oadby, LE2 5JJ</p> <p>To register, contact 07464901190</p> <p>active.together@oadby-wigston.gov.uk</p> <p>Activeoadbywigston.org.uk/</p>
	<p>Beleaf Yoga 10:00am-11:00am</p> <p>Chair Yoga Sessions</p>	<p>Trinity Methodist Church Harborough Road Oadby, LE2 4LA</p> <p>Contact Vandana on 07591 689934</p> <p>Email: vandanachauhanyoga@gmail.com</p>
	<p>Over 60s Club Weekly 11:00am- 1:00pm</p> <p>Friendship, support, games, cards, raffle</p> <p>Tea, coffee & cakes</p> <p>£1 admission</p>	<p>Royal British Legion 4A Wigston Rd, Oadby, LE2 5QA</p> <p>0116 271 4415</p>
	<p>Craft Group</p> <p>2:00pm- 4:00pm</p>	<p>Oadby Library The Parade, Oadby, LE2 5BF</p> <p>0116 305 8763</p>

	<p>Oadby Community Choir</p> <p>7:30pm- 9:00pm</p> <p>Small group, during half term, 18s and over</p> <p>No auditions</p> <p>£4/week payable termly</p>	<p>Trinity Methodist Church, Harborough Road, Oadby LE2 4LA</p> <p>Contact Jackie on 07790 119802</p> <p>cchoiroadby@gmail.com</p>
	<p>Memory Café 10:00am-12:00pm</p> <p>Reminiscing, games, puzzles and crafts for those living with dementia or their carers</p> <p>2nd Tuesday of the month</p>	<p>Rotary Club at The Barnabus Centre, St Paul's Church, Hamble Road, Oadby</p> <p>Call Mandy on 0116 2414455 Philip on 07966 311946</p>
	<p>Friendship Lunch</p> <p>12:00pm- 2:30pm</p> <p>3rd Tuesday of the month</p> <p>Lunch, social, raffle, quizzes for older people</p>	<p>Home Instead The Grange Farm Inn, Florence Wragg Way</p> <p>Book – call Marion on 0116 4975852</p> <p>www.homeinstead.co.uk/mh</p>
	<p>Helping Hands:</p> <p>10:00am-3:00pm</p> <p>Drop in support with benefits, finances, bills</p>	<p>Trinity Methodist Church, Harborough Road, Oadby LE2 4LA behind Zeph's Cafe</p> <p>0116 278 2001</p>
	<p>Warm Hub (From 17.1.23)</p> <p>Soup available 1:00pm – 4:00pm</p> <p>Free</p>	<p>The Barnabas Centre St. Paul's Close, Oadby, LE2 4LZ</p> <p>officestpaulsoadby@gmail.com</p>

WEDNESDAYS	<p>Brocks Hill Volunteers</p> <p>9:00am- 3:00pm</p> <p>Helping with planting and tidying up the Country Park</p>	<p>Brocks Hill Country Park, Washbrook Lane, Oadby, LE2 5JJ</p> <p>Contact Eleanor on 07939013899</p>
	<p>Place to Grow - Community Garden Group</p> <p>10:00am-12:00pm</p> <p>Gardening and refreshments</p> <p>Drop in – all welcome</p>	<p>Oadby Baptist Church Oasis Centre Leicester Rd, Oadby, LE2 5BD</p>
	<p>Chai Group</p> <p>10:30am-12:00pm</p> <p>Ladies social group</p>	<p>Oadby Community Centre Sandhurst Street Oadby, LE2 5AR</p> <p>Call Razia Noormahomed</p>
	<p>Over 50s Social Group</p> <p>11:00am- 1:00pm</p> <p>Social raffles, bingo, outings and more</p> <p>£1</p>	<p>Oadby Youth Centre, 42 Wigston Road, Oadby, LE2 5QB</p> <p>Contact Tracey Westkamp, 07492327045</p>
	<p>Games Group</p> <p>2:00pm- 4:00pm</p>	<p>Oadby Library 0116 305 8763</p> <p>The Parade, Oadby, LE2 5BF</p>

	<p>Men's Wellbeing & Mental Health Group</p> <p>6:30pm- 7:30pm</p>	<p>Parish Rooms, Immaculate Conception, 54 New Street, Oadby, LE2 4LJ</p> <p>Contact Jeremy on 0330436525 info@talkingmentalfitness.com info@Mangang.org www.talkingmentalfitness.com</p>
	<p>Welcome on Wednesdays (WOW)</p> <p>1:45pm- 3:00pm</p> <p>Monthly Sept-June</p> <p>Friendship Group with speakers and outings</p> <p>£2</p>	<p>Trinity Church Rooms, Trinity Methodist Church, Harborough Road, Oadby LE2 4LA</p> <p>Contact Di Coulson on dgcoulson@talktalk.net</p>
<p>THURSDAYS</p>	<p>Coffee Pot</p> <p>10:30am-11:30am</p> <p>Coffee, chat and fellowship</p>	<p>St Paul's Church, Hamble Road, Oadby, Leicester. LE2 4NX</p> <p>https://stpaulsoadby.org/spo/coffee-pot/</p> <p>For more information on Coffee Pot or Kate's exercise class, please contact Gill on 0116 288 1151</p>

	<p>Seated exercise</p> <p>11:30am-12:00pm</p>	<p>St Paul's Church, Hamble Road, Oadby, Leicester. LE2 4NX</p> <p>https://stpaulsoadby.org/spo/coffee-pot/</p> <p>For more information on Coffee Pot or Kate's exercise class, please contact Gill on 0116 288 1151</p>
	<p>Hub Club – Drop in 2:00pm- 4:00pm</p> <p>Friendship, crafts, refreshments Helping Hands, Social Prescribers, Health & Wellbeing</p>	<p>King Centre Hope Community Church 58 Bull Head Street Wigston LE18 1PA</p> <p>More information contact: active.together@oadby-wigston.gov.uk</p>
	<p>Care to Walk</p> <p>10:00am-11:00am</p> <p>Fortnightly</p> <p>For unpaid carers</p>	<p>Brocks Hill Country Park Washbrook Lane, Oadby, LE2 5JJ Call 07464901190</p> <p>Active-together@oadby-wigston.gov.uk</p> <p>Activeoadbywigston.org.uk/</p>
	<p>Waterways Wellbeing Walks:</p> <p>1:00pm-2:00pm</p>	<p>Meet at Kilby Bridge</p> <p>https://www.activeoadbywigston.org.uk/waterways-wellbeing</p> <p>Contact: Sean Payne, Community Wellbeing Coordinator, South Leicestershire</p> <p>07795 057 198</p> <p>sean.payne@canalrivertrust.org.uk</p>

	<p>Rock Choir</p> <p>7:30pm-9:00pm</p> <p>Contemporary Choir</p>	<p>Trinity Church Rooms, Trinity Methodist Church, Harborough Road, Oadby LE2 4LA</p> <p>Email: office@rockchoir.com</p>
	<p>Badminton (Over 17s)</p> <p>7:30pm-9:30pm</p> <p>members</p>	<p>Leicester Lions Lions Badminton Club Gartree High School, Ridge Way, Oadby, LE2 5TQ</p> <p>All enquiries please call Mark 07725996560 or email: contact@leicesterlionsbadmintonclub.co.uk</p> <p>www.leicesterlionsbadminton.co.uk</p>
FRIDAYS	<p>Cancer Support Group</p> <p>1:30pm- 3:00pm</p> <p>1st Friday of the month</p> <p>Informal group offering friendship and support to anyone who has, or has had, cancer</p>	<p>Oadby Library The Parade, Oadby, LE2 5BF 0116 305 8763</p>
SATURDAYS	<p>Ukrainian Tea Club</p> <p>Tea and chat for refugees</p> <p>10.00am – 12.00 noon</p> <p>Free</p>	<p>The Barnabas Centre St. Paul's Close, Oadby, LE2 4LZ officestpaulsoadby@gmail.com</p>
SUNDAYS	<p>BeLeaf Yoga</p> <p>10:00am-11:00am</p> <p>Online Zoom Classes</p>	<p>Contact Vandana on 07591 689934 Email: vandanachauhanyoga@gmail.com</p>