



2023 | July

COOPERS
OF STORTFORD

MON	TUE	WED	THU	FRI	SAT	SUN
For precise location PTO this calendar For event details see booklet.	**Suitable for those with Parkinson's Disease and other disabilities. Advisable to check before joining.	IT MAY BE HELPFUL IN SOME CASES TO CONTACT ORGANISERS TO ENSURE EVENTS ARE STILL TAKING PLACE.			1 Coffee and Cake Bishop's Stortford Methodist Church 10:00-12:30	2 TouchPoint Cinema TouchPoint Community Building 13:00-16:00 Film starts at 13.30
3 Alzheimer's Society Dementia Hub BS Methodist Church 10:00-12:00 Punch and Pause** Grange Paddocks Leisure Centre 10:30-11:30 Boxing led exercise Boccia Bowling** Grange Paddocks Leisure Centre 12:30-13:30	Senior Swim** Grange Paddocks LC 9:00-10:00 Knit and Natter BS Methodist Church 10:00-12:00 U3A Keep Fit BS Baptist Church 13:30 Inclusive Tennis** Grange Paddocks LC 14:00-15:00 Scrabble & Art Little Hadham Village Hall 14:00-16:00	5 Bereavement Cafe TouchPoint Community Building 10:00-11:30 Welcome Café Little Hadham Village Hall 10:00-14:00 Carer Support Hub BS Baptist Church 10:30-12:30 Compassionate Café BS Methodist Church 10.30 - 12.30 Quiet Swim** Grange Paddocks LC 11:00-12:00 Digital Inclusion Workshop Little Hadham Village Hall 14:00-15:30	6 Cafe Connect Hockerill Christian Centre 10:00-12:00 Community Cafe TouchPoint Community Building 10:00-17:00 Nordic Walking ** Grange Paddocks LC 13:00-14:30 approx. Air Fryer Demo Little Hadham Village Hall 18:30-21:00	7 Community Cafe TouchPoint Community Building 08:30-12:00 Free breakfast 08.30 - 10.30 Gentle Walking Club TouchPoint Community Building 10:30-11:30 Table Tennis** Grange Paddocks LC 14:45-15:45	8 Coffee and Cake Bishop's Stortford Methodist Church 10:00-12:30	9 TouchPoint Cinema TouchPoint Community Building 13:00-16:00 Film starts at 13.30
10 Punch and Pause** Grange Paddocks Leisure Centre 10:30-11:30 Boxing led exercise Boccia Bowling** Grange Paddocks LC 12:30-13:30 U3A Monthly Meeting BS Methodist Church 14:00-16:00	11 Senior Swim** Grange Paddocks LC 9:00-10:00 Craft and Chat BS Methodist Church 10:00-12:30 U3A Keep Fit BS Baptist Church 13:30	12 Welcome Café Little Hadham Village Hall 10:00-14:00 Compassionate Café BS Methodist Church 10.30 - 12.30 Quiet Swim** Grange Paddocks LC 11:00-12:00 Digital Inclusion Workshop Little Hadham Village Hall 14:00-15:30	13 Cafe Connect Hockerill Christian Centre 10:00-12:00 Community Cafe TouchPoint Community Building 10:00-17:00 Nordic Walking ** Grange Paddocks LC 13:00-14:30 approx. Community Breakfast Little Hadham Village Hall 10:30-12:00	14 Community Cafe TouchPoint Community Building 08:30-12:00 Free breakfast 08.30 - 10.30 Gentle Walking Club TouchPoint Community Building 10:30-11:30 Table Tennis** Grange Paddocks LC 14:45-15:45 Health Walk Castle Park 10.15 svv.socialprescribers@nhs.net	15 Coffee and Cake Bishop's Stortford Methodist Church 10:00-12:30 Wellbeing Day Social Prescribers Jackson Square Bishop's Stortford All Day svv.socialprescribers@nhs.net	16 TouchPoint Cinema TouchPoint Community Building 13:00-16:00 Film starts at 13.30
17 Punch and Pause** Grange Paddocks Leisure Centre 10:30-11:30 Boxing led exercise Boccia Bowling** Grange Paddocks Leisure Centre 12:30-13:30	18 Senior Swim** Grange Paddocks LC 9:00-10:00 Knit and Natter BS Methodist Church 10:00-12:00 Inclusive Tennis** Grange Paddocks LC 14:00-15:00 U3A Keep Fit BS Baptist Church 13:30 Scrabble & Art Little Hadham Village Hall 14:00-16:00	19 Bereavement Cafe TouchPoint Community Building 10:00-11:30 Welcome Café Little Hadham Village Hall 10:00-14:00 Compassionate Café BS Methodist Church 10.30 - 12.30 Quiet Swim** Grange Paddocks LC 11:00-12:00 Digital Inclusion Workshop Little Hadham Village Hall 14:00-15:30	20 Community Cafe TouchPoint Community Building 10:00-17:00 Cafe Connect Hockerill Christian Centre 10:00-12:00 Healthy Hub East Herts Drop-in Bishop's Stortford Library 12:00 - 14:00 Nordic Walking ** Grange Paddocks LC 13:00-14:30 approx.	21 Community Cafe TouchPoint Community Building 08:30-12:00 Free breakfast 08.30 - 10.30 Gentle Walking Club TouchPoint Community Building Meet outside the library at Crafton Green 10:30-11:30 Table Tennis** Grange Paddocks LC 14:45-15:45	22 Coffee and Cake Bishop's Stortford Methodist Church 10:00-12:30	23 TouchPoint Cinema TouchPoint Community Building 13:00-16:00 Film starts at 13.30
24 Punch and Pause** Grange Paddocks Leisure Centre 10:30-11:30 Boxing led exercise Boccia Bowling** Grange Paddocks Leisure Centre 12:30-13:30	25 Senior Swim** Grange Paddocks Leisure Centre 9:00-10:00 Craft and Chat BS Methodist Church 10:00-12:30 U3A Keep Fit BS Baptist Church 13:30	26 Welcome Café Little Hadham Village Hall 10:00-14:00 Compassionate Café BS Methodist Church 10.30 - 12.30 Quiet Swim** Grange Paddocks LC 11:00-12:00 Digital Inclusion Workshop Little Hadham Village Hall 14:00-15:30	27 Cafe Connect Hockerill Christian Centre 10:00-12:00 Community Cafe TouchPoint Community Building 10:00-17:00 Nordic Walking ** Grange Paddocks LC 13:00-14:30 approx. Afternoon Tea Little Hadham Village Hall 14:00-16:00 *Booking required*	28 Community Cafe TouchPoint Community Building 08:30-12:00 Free breakfast 08.30 - 10.30 Health Walk Castle Park 10.15 Gentle Walking Club TouchPoint Community Building Meet outside the library at Crafton Green 10:30-11:30 Table Tennis** Grange Paddocks LC 14:45-15:45	29 Coffee and Cake Bishop's Stortford Methodist Church 10:00-12:30	30 TouchPoint Cinema TouchPoint Community Building 13:00-16:00 Film starts at 13.30
31 Punch and Pause** Grange Paddocks Leisure Centre 10:30-11:30 Boxing led exercise Boccia Bowling** Grange Paddocks Leisure Centre 12:30-13:30						

Membership

FreePayment

PTO for more details

Further Details (in alphabetical order)

For even more information a booklet is available in various locations around Bishop's Stortford.

Afternoon Tea

Little Hadham Village Hall
The Ford, Little Hadham,
SG11 2BP

*Cash Donations - Booking
Essential*

Air Fryer Demo

Little Hadham Village Hall
The Ford, Little Hadham,
SG11 2BP

*Cash Donations - Booking
Essential, Meal Included*

Alzheimer's Society Dementia Hub

Alzheimer's Society

**Bishop's Stortford
Methodist Church**

34B South St, CM23 3AZ
Free

Bereavement cafe/ Community Cafe/ Gentle walking club/ cinema TouchPoint Stansted Community Centre

Crafton Green, 72 Chapel
Hill, Stansted Mountfitchet,
CM24 8AQ
Free

Cafe Connect

Neighbourhood Chaplains
Hockerill Christian Centre
9-11 Dunmow Rd, CM23 5HE
Free

Carers Support Hub

Carers in Hertfordshire
Baptist Church,
Twyford Road, CM23 3LJ
Free

Community Breakfast

Little Hadham Village Hall
The Ford, Little Hadham, SG11 2BP
*Cash Donations - Booking
Essential*

Compassionate Café

Isabel Hospice
**Bishop's Stortford Methodist
Church**
34B South St, CM23 3AZ
Free

Digital Induction Workshop

Little Hadham Village Hall
The Ford, Little Hadham, Ware
SG11 2BP
Free

Grange Paddocks Leisure Centre

Rye St, Bishop's Stortford, CM23
2HH
Prices vary

Healthy Hub East Herts Drop-in

Bishop's Stortford Library, The
Causeway, CM23 2EJ

Hertfordshire Health Walks

Castle Park, Bishop's Stortford
CM23 2EL
Free

Knit and Natter/Craft and Chat /Coffee and Cake

**Bishop's Stortford
Methodist Church**
34B South Street, CM23
3AZ
Donations welcome

Scrabble

**Little Hadham Village
Hall**
The Ford, Little Hadham,
Ware
SG11 2BP
£3 per session

U3A Monthly Meeting

(Page 16)
Bishop's Stortford
Methodist Church
34B South Street, CM23
3AZ
£15 Annual Membership

Wellbeing Day Jackson Square

11 Devoils Ln, Bishop's
Stortford CM23 3XH
svv.socialprescribers@nhs.net

Welcome Café

Little Hadham Village Hall
The Ford, Little Hadham,
Ware, SG11 2BP
*No price list - Cash
Donations*