



New – Exercise (and singing) classes!

Sarah is hosting several new exercise classes, along with singing lessons. Here are just a few of her new classes:

STAND TALL & MOVE STRONG – NEW CLASSES WITH SARAH  #HEALTH	BALANCING BLITZ DATE: MONDAYS TIME: 11.00AM – 11.25AM INFO: £3 PER PERSON -All ages & abilities. -Focus on posture, core alignment & improving balance. -Balance equipment provided. -Adaptations & seated if preferred. -Just turn up – no booking required.
STAND STRONG: FULL BODY FITNESS DATE: THURSDAYS TIME: 10.00AM – 10.55AM INFO: £6 PER PERSON -All ages & abilities. -These standing sessions use steps, weights & balls. -Improve strength, posture & balance. -Adaptations & seated if preferred. -A great all-round workout. -Just turn up, no booking required	PERSONAL SESSIONS ALSO AVAILABLE CONTACT: 07712658001 THRIVewithSARAHG@GMAIL.COM  HUNTINGDON NEUROTHERAPY CENTRE

We encourage both old and new users of the centre to explore whether there are any new sessions they would like to explore, please contact sarah on

Thrivewithsarahg@gmail.com Mobile – 07712658001

Sarah's Singing lessons run on Tuesdays from 1pm – 1.45pm. These sessions are fun and uplifting, providing vocal exercises and breathing techniques along with relaxation, which help with both singing and speech. Join us for a good sing along to many of your favourite tunes.

Halloween Tea Party – We are hosting a halloween afternoon tea party on the 30th of October from 3-5pm. The mayoress Cllr Audrey McAdam (who is one of our benefactors) will be in attendance. Bayleaf care homes are generously providing the food for this event. Tickets are £5 per person.

Quiz Night – October 25th

We are hosting another quiz night here at the centre on the 25th of October, so keep this date free! Tickets will be £5 each, a maximum of 6 players per group. Bring your own alcoholic beverages. Doors open at 6pm – 6.30pm start. Our last event was great fun for all involved!



Christmas Buffet – Amazingly, it is nearly that time of year again! Our Christmas buffet, which proved to be a real success last year, will be on the 16th of December, starting at 12.00pm. Tickets will be £15.00 per person, please book your space as soon as possible, as tickets are selling fast!

Picture below from last years Christmas Buffet!



Beautiful By Karen – We would all like to say a massive good luck to Karen, as she will be leaving us on the 20th of October. Karen thank you for everything you have done for the centre and good luck with your future endeavours.

Colour Coffee And Chat now runs on Tuesdays 10am-12.30, with the next one on the 14th of October.

Here is one of the beautiful watercolours produced by one of the attendees. If you would like to get back in touch with your creative side, please come along and join in.



Create And Share Is also now on Thursdays 10am-12.30 with the next on the 16th of October.

these run fortnightly and all levels of ability in crafts and artwork are welcome.

New Volunteers We Want You! Especially when it comes to our Garden and our Hyperbaric Oxygen Chamber. We also need help in our kitchen, so if you are culinarily gifted, please get in touch. Below is a picture of Dave, one of our long-term volunteers who helps in the Garden, pictured with Ben when he visited the centre.



Would you be able to help us in the Café, the Garden, our oxygen chamber or just around the centre in general? We have tasks for all levels of ability/time availability. If you can use a garden fork, a shovel, hammer, screwdriver etc. (you get the idea!) then you can help us!



Hyperbaric Oxygen Chamber Supply Tank

Due to increased demand, we have finally installed a new oxygen supply tank, we now have 3!. We need to raise £7500 to cover the costs of the installation for this. Now that we have this extra supply tank, we are able to consider additional sessions/times.

Please ask about the 'sponsor a tank' scheme, as we are raising money to help cover the cost of this installation.

SPECIAL OCCASIONS

October Birthdays

Adrian Meadows – 03/10
Samad Mishima – 07/10
Anna Dutton – 08/10
Lisa Jane Porter - 15/10
Melinda Rose – 15/10
Norman Knapper – 18/10
Steven Cockeram – 25/10
Thelma Segal – 29/10

UPCOMING EVENTS

October

10th and 31st – Bingo
14th and 28th – Colour, Coffee and Chat
16th and 30th – Create and Share
25th – Quiz Night
30th – Afternoon tea

December

16th December - Christmas Buffet