



HUNTINGDON NEUROTHERAPY CENTRE



Manager in the Tank!

Our Manager recently experienced our Hyperbaric Oxygen Chamber for herself.

Afterwards she said,

"It was a really relaxing experience, and I can see why our members enjoy their sessions so much."

It's always wonderful for our team to experience first-hand what our members enjoy every day.

Volunteers Needed!



Do you have a spare hour, morning and or afternoon? We're looking for volunteers to fill a variety of roles with the centre.

To find out more, email info@huntsneuro.org.

Warm Food Hub Thursdays – Food Menu!

Will be back in September! A BIG THANK YOU to George for all the wonderful food!

We look forward to more hearty food soon!



A heartfelt thank you to former Mayor of Huntingdon, Councillor Aud MacAdam, for raising an incredible **£1,500** during her year in office. Every pound raised helps us continue supporting local people and their families. We are extremely grateful for your kindness and generosity.



We are incredibly grateful to the City and University of Cambridge Masonic Charitable Trust for their generous donation of **£1,500**. On behalf of everyone at Huntingdon Neurotherapy Centre, thank you for your kindness and generosity.



Mayor

A warm welcome to the new Mayor of Huntingdon, Patrick Kadewere. It is a great honour to be chosen as one of his four charities for his year in office and we look forward to working closely with him in raising funds through charitable events.



PROUDLY
SUPPORTING
THOSE WHO
SERVE.

Sarah Classes – Chair Based Exercise!

Looking for a fun way to stay active?

Sarah's Chair-Based Exercise classes are suitable for all abilities, with seated and standing options available. Every session is designed to improve movement, confidence and wellbeing in a relaxed, friendly environment.

Individual prices per session (Cash only).

For further information contact Sarah on thrivewithsarahg@gmail.com or phone 07712 658001.

TAI CHI & QI GONG

Find your balance at Bradbury House:

Looking for a gentle way to improve your wellbeing? Join experienced instructor Thelma for Tai Chi & Qi Gong class at the Huntingdon Neurotherapy Centre.

The classes are fully flexible, featuring both seated and standing postures, making them perfect for rehabilitation, recovery, or simply enjoying a gentle exercise.

Drop in sessions when you want – No booking required - pay-as-you-go.

Just £5 per class.

Class Times: Mondays: 1:30pm – 2:30pm (New group, all levels welcome)

Thursdays: 12:15pm – 1:15pm (All levels)

For more information, contact Thelma directly on **07737 354332**.

Welcome to two new Trustees

We are delighted to welcome Keith Brown and Yavin Owens to the Board of Trustees at Huntingdon Neurotherapy Centre.

Their knowledge, experience and commitment will be a valuable asset to the charity, and we look forward to working with them as we continue to support our members and develop the Centre for the future.

Afternoon Tea!

Our Afternoon Tea was a fantastic success — so many smiling faces, great conversation, and delicious treats!

A huge thank you to ****Kyle Dutton**** for the scones, ****Cake Inn Huntingdon**** for two amazing fresh cream cakes, ****Cottage Cakes and Cookes**** for the Victoria sponges and Lemon Drizzle cakes, ****Lesley**** for the incredible carrot cupcakes, and ****George**** for the sausage rolls and novelty sandwiches.

And of course, a heartfelt thank you to all our volunteers, members, non-members, friends, and family who came along — your generosity and community spirit made the afternoon truly special. We look forward to seeing you at our next event – Halloween Afternoon Tea!

More information coming for the Halloween Afternoon Tea!

SPECIAL OCCASIONS – Happy Birthday!

Name	Date
Eleanor Watters	1 st August
David Sellens	7 th August
Simon Olive	10 th August
Jennifer Tomblin	18 th August
Karen Fletcher	26 th August
Alan Stevens	29 th August

UPCOMING EVENTS – August 2026 and more:

Bingo Dates

August 14th & 28th