



SUPPORT

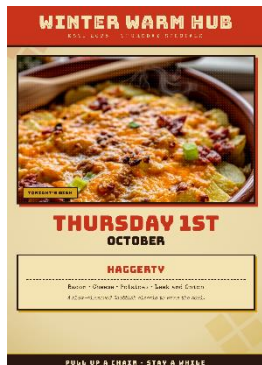


WELLBEING



COMMUNITY

Geanna's Cafe & Winter Warm Hub



We're pleased to announce the George and the Winter Warm Hub are now back. Meals are free every Thursday. Sign up at the centre.

New Volunteer



Welcome to our newest volunteer Viv Taylor. You will find on a Monday helping George in GeAnnas. Many of you will already know Viv as she also helps with the Bingo that we have at the centre on the 2nd and Last Friday of every month.

Patrons

We are pleased to announce our very first patron Dr Councillor Shabina Asad Qayyum. Her friendship with Anna goes back many years from an invitation to a BROW4CIC event and later Shabina offered her support and assistance in the future.



Sir Karl and Dame Julie Brockett came on 29th September to visit the centre and Deb Slator and become Patrons of the Centre. Karl wrote News flash.

So today Julie and I have been appointed Patrons of a local charity. An honour and privilege to have been asked. Voluntarily working with helping people in our communities. Continuing to make a positive impact on the lives of others.

Today we had a meeting with the amazing team at the Huntingdon Neurotherapy Centre, Bradbury House, Mayfield Road.

A special thanks to Anna Morgan-Dutton, who said it is a small self-funded charity founded in 1985, it is part of the nationwide network of independent MS Therapy Centres, which was originally setup to provide High Density Oxygen Therapy to people with MS and other neurological disorders.

At the Neurotherapy Centre, they believe that self-help is our best course of action and aim to provide support to all wishing to help themselves.

The Centre, with its meeting room, large communal area, gym, kitchen and three therapy rooms, is open to everyone on various days of the week. They have Motomed Bikes along with other gym equipment and a large garden for our users benefit.

The café offers affordable, hot food and an opportunity to socialise with other members.

The drop-in centre offers a range of bodywork therapies which support Neurological patients in Cambridgeshire and the surrounding areas.

It's a privilege and honour to have been asked to be Patrons of this charity.

If anyone is interested in further assistance or participation in any events, please contact the centre directly.

They also are Armed Forces covenant. Such amazing charity work in our community.

Visiting

Mike Greene is an accomplished entrepreneur, business leader, and philanthropist with a diverse and impressive career, will be visiting the Centre on Thursday October 1st to have a tour of the building and become a Patron of the Huntingdon Neurotherapy Centre.

Big Thank You



A huge thank you to Julie for all the hard work that she has done since November 2024. Julie has now built her confidence in using the computer and mixing with other people. Our pleasure is hearing Julie a West Ham supporter and George a Millwall supporter have the banter of who's is the better team.

I would also like to take this opportunity and say a huge welcome to Dyan, who was a volunteer and has now become a paid member of staff. Dyan will be working for us on a Monday and will continue to volunteer during the week. Dyan has bought a lot to the centre, where the IT is concerned as she has taken over the managing of the Website, www.huntsneuro.org Dyan has also taken responsibility of the monthly newsletter and does all the advertising posters for the centre

Halloween Tea Party

We have our annual Halloween Tea Party 29th October 12noon £15 per person sign up in the centre.



PROUDLY
SUPPORTING
THOSE WHO
SERVE.

Volunteers Needed

We're looking for a volunteer kitchen help, serving food and drinks, cleaning.

Volunteers wanting to do Level 2 Food Health & Hygiene will have the course paid for by the Centre.

Social Media volunteer looking after our social media accounts.

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

Mayoral Events 2026 – 2027

Bingo and Quiz Nights

Month	Event	Venue	Time
October 10th	Bingo	Coneygear Centre	18.00 hrs
October 26th	Quiz Night	Huntingdon Neuro Centre	18.00 hrs
November 14th	Bingo	Huntingdon Neuro Centre	18.00 hrs
December 5th	Bingo	Coneygear Centre	18.00 hrs
11th January 2027	Quiz Night	Huntingdon Neuro Centre	18.00 hrs
6th February 2027	Bingo	Coneygear Centre	18.00 hrs
15th March 2027	Quiz Night	Huntingdon Neuro Centre	18.00 hrs

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 well-being in a relaxed, friendly environment.

Individual prices per session (Cash only).

For further information contact Sarah on thrivewithsarahg@gmail.com or phone 07712658001

TAI CHI & QI GONG

Find your balance at Bradbury House: 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 gentle exercise.

Drop-in sessions – No booking available 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)

Contact Thelma directly on 07737 354332.

B&Q Paint Party



HUNTINGDON
NEUROTHERAPY CENTRE
Supporting minds. Empowering lives.

VOLUNTEERS NEEDED
for **Garden and Paint**

9th & 10th October
9am – 5pm
Hours to suit volunteers

Help us keep our garden looking great and freshen up with a bit of paint!

Garden jobs **Painting tasks** **All abilities welcome**

All help is greatly appreciated!

PROUDLY SUPPORTING THOSE WHO SERVE.

SPECIAL OCCASIONS – Happy Birthday!

Name	Date
Samad Mishima	7 th October
Anna Dutton	8 th October
John Taylor	14 th October
Lisa Porter	15 th October
Melinda Rose	15 th October
Claire Elliot	18 th October
Norman Knapper	18 th October
Steven Cockeram	25 th October
Thelma Segal	28 th October

UPCOMING EVENTS – November 2026:

Do you have anything exciting that you want to share or have a slot on the newsletter, let Dyan know and we will add it for you in next month's issues of the Huntingdon Neurotherapy Centre Newsletter.