

Tuesday 27th April		
7.15pm – 8.30pm	Junior Volleyball	Trinity School, Newbury, Junior Volleyball 7+, Sue Sayers 01491 638650
8.15 – 10pm	Adult Volleyball	Trinity School, Newbury - Adult Volleyball, Sue Sayers 01491 638650
Starts 10am	Ramblers Walk	5 mile River Kennet walk, starting near Aldermaston Station, contact Fiona 01635 40720
12.30pm -1.15pm	Spin	Northcroft Leisure Centre, Newbury, learn to spin in the gym! 01635 31199
12pm – 2pm	Fitness	Kennet Leisure Centre, Thatcham, treadmill walk challenge, 01189 551214
9.30am – 0.30am	Step	Northcroft Leisure Centre, Newbury, free Step taster session 01635 31199
7.15pm - 8pm	Circuit training	Downland Sports Centre, Compton, circuit Training classes 01488 73690
4pm – 8pm	Gym sessions	Kintbury Jubilee Centre, free taster gym sessions for all ages 01488 658076
10am - 11.30am	Health Walk	Fairground, Mortimer, easy walking in beautiful countryside 01635 874381
11am -12pm	Health Walk	Kintbury Surgery, one hour stroll, 01635 874381
10am – 12pm	Gardening for the Brain	Cottismore Community Centre, social therapeutic gardening for people with dementia and their carers - Alzheimer's Society 01635 500870
11am -12pm	Health Walk	Northcroft Leisure Centre, Newbury, 1 hour stroll 01635 874381
12.30pm -1.15pm	Health Walk	Faraday Rd Council offices, Newbury, brisk walk for regular walkers, 01635 874381

Wednesday 28th April		
9.15am -11.15am	Ladies fitness	Lambourn Centre, aerobics and stretch and tone session 01488 73690
10am -11am	Over 60's Gym	Willink Leisure Centre, Burghfield Common, free gym sessions for over 60's 01189 834845
10am -11am	Health Walk	Hosehill Lake, Fox & Hounds car park - Health walk
12.30pm -1pm	Health Walk	West Berkshire Hospital, Thatcham, round walk from hospital reception 01635 874381
5.20pm – 8pm	Stop smoking	West Berkshire hospital, help & support, contact 01189 525400

Thursday 29 <sup>th</sup> April		
9.15 – 9.45	Gym for tots	Woolhampton Village Hall, balance, ball control and gym for little ones 0774 8360244
10am – 11am	Fitness	Woolhampton Village Hall, low impact exercise class for men & women 0774 8360244
11am – 12.05pm	Dance	Latin American dance, learn the basics and have fun 0774 8360244
10.45 - 11.45am	Fitness Pilates	Northcroft Leisure Centre, Newbury, Pilates taster session 01635 31199
11.30 – 12.30pm	Gentle exercise	Northcroft Leisure Centre, Newbury, social therapeutic exercise on yoga principles for people with dementia and their carers. Alzheimer's Society 01635 500870
4.20pm-8.20pm	Stop Smoking	West Berkshire Hospital, help & support to give up smoking 01189 952 5400
8.15pm – 11pm	Salsa	St Georges Centre, free taster session, <a href="mailto:gingerive@btinternet.com">gingerive@btinternet.com</a>
8.15pm -9.15pm	Tums, Bums & Thighs	Northcroft Leisure Centre, Newbury, ladies workout 01635 31199
5pm -7pm	Tennis sessions	Willink Leisure Centre, Burghfield Common, free supervised tennis sessions for all ages
5pm -7pm	Gym sessions	Willink Leisure Centre, Burghfield Common, free gym inductions (booking required) 01189 834845
10am -11am	Buggy walk	Victoria Park, Newbury, Mother's with small children buggy walk 077099 45406
6.30pm -7. 25pm	Circuit training	Lambourn Centre, circuit training session, 01488 73690
7.30pm -9.30pm	Partner Dance/Ceroc	The Liberty Ballroom, Greenham, free Ceroc taster class, just turn up, Val 07958 587256
8.30am -2pm	Gym	Curves, Newbury, how 30 minutes a day, 3 x a week can change your life - 01635 38084
4pm - 7pm	Gym	Curves, Newbury, how 30 minutes a day, 3 x a week can change your life - 01635 38084
6pm – 6.45pm	Martial Arts	Ace Space, Newbury, Satria Warrior Arts class for children, phone Malcolm 07905 276375
7pm -8.30pm	Martial Arts	Ace Space, Newbury - Satria Warrior Arts for adults, phone Malcolm Bray 07905 276375

Friday 30 <sup>th</sup> April		
8am -11.30am	Modern Jive	Catholic Hall, Bath Road, free taster Modern Jive, <a href="mailto:gingerive@btinternet.com">gingerive@btinternet.com</a>
7pm -7.45pm	Spin	Northcroft Leisure Centre, Newbury, spin taster session 01635 31199
10am-12pm	Gardening for the Brain	Private garden, Burghfield Common, social therapeutic gardening for people with dementia and their carers, Alzheimer's Society 01635 500870
10am- 11.30am	Health Walk	Northcroft Leisure Centre, Newbury, brisk walk for regular walkers, 01635 874381

Supported by:



17<sup>th</sup> - 30<sup>th</sup> April 2010

Feel good fortnight 

Bringing the feel good factor to West Berkshire  
[www.newburyevents.co.uk/april.html](http://www.newburyevents.co.uk/april.html)

Please note that these events are subject to availability, unless otherwise stated please contact the organiser to ensure you have a place

Saturday 17th April		
10am – 2pm	Stroke Awareness	Newbury Town Hall, free health checks including blood pressure. NHS with Newbury Rotary Club. Just turn up
9am – 12pm	Chef's Challenge	Newbury Charter Market, watch chefs dash around the market and cook a healthy meal against the clock with the Rotary club
10.30am	Ramblers Walk	Walk along the canal, starting at Station Rd public car park, Hungerford - 01249 765881
10am – 11am	Football coaching	Acland Fields, Cold Ash, football for 2-4 yrs, info@childrensocceracademy.co.uk
11am – 12pm	Football coaching	Acland Fields Cold Ash, football for 5-6yrs, info@childrensocceracademy.co.uk
10am – 11am	Football coaching	Willink Leisure Centre, Burghfield Common, football for 10-12 yrs, 01189 834845
11am - 4pm	FEEL GOOD FAIR	ACE Space, St Nicolas Rd, Newbury, music, meditation, singing and dancing workshops, martial arts, face painting, therapies, arts and crafts, contact Leanne Bray 0790 5276375
12.15pm – 13.15pm	Rugby tots	Jubilee Leisure Centre, Kintbury, contact Barbra Frost 0845 3133240
12pm – 2pm	Swimming	Willink Leisure Centre, Burghfield Common, contact 01189 834845
11.45am – 12.45pm	Body Balance	Hungerford Leisure Centre, contact 01488 686303
1.30pm – 3pm	Family Active Event	Waterside Centre, Newbury, indoor climbing, children must be 5 years +. Pre-booking only West Berkshire Council Arts & Leisure Development Team 01635 519821
3.30pm – 5pm	Family Active Event	Waterside Centre, Newbury, indoor climbing, children must be 5 years +. Pre-booking only West Berkshire Council Arts & Leisure Development Team 01635 519821
9am - 8pm	Gym & swim OPEN DAY	Greenacre Leisure Centre, free taster sessions, 01635 41707
1.30pm – 4.30pm	Partner Dance/Ceroc	The Liberty Ballroom, Ceroc Beginners Day, Over 16's only, please pre-book by emailing <a href="mailto: david@cerocnewbury.co.uk">david@cerocnewbury.co.uk</a> or calling Val on 07958 587256

Sunday 18 <sup>th</sup> April		
9am – 8pm	Gym & swim OPEN DAY	Greenacre Leisure Centre, free taster sessions, 01635 41707
10.30am	Ramblers Walk	4 mile walk, starting from the Duck Pond, East Ilsley, contact Fred on 01635 281621
9.15am	Ramblers Walk	11 mile walk, starting from the car park at Newbury Wharf, contact Sue 07881 501626
5pm – 6pm	Body pump session	Cotswold Sports Centre, Tilehurst, join a taster exercise class, 01189 414690
10am – 12pm	Family Active event	Adventure Dolphin, Beale Park, canoeing, children must be 8 years+, 01635 519821
1.30 – 3.30pm	Family Active event	Parsons Down Infant School, urban music workshop for 5years+ contact 01635 519821
11am – 4pm	Sound Therapy OPEN DAY	1, Wendan Rd, Newbury, sound therapy – experience the wonderful therapeutic sounds of Himalayan and crystal singing bowls, contact Alison 01635 821525

Monday 19th April		
10am – 10.40am	Mass Tai Chi	Newbury Market Place, turn up for beginners Tai Chi organised by Volunteer Centre West Berkshire. Contact Garry Poulson 07788 60 6173
8.30pm – 9.30pm	Indonesian Yoga	Ace Space, St Nicolas Rd, Newbury, contact Malcolm Bray 07905 276375
7.30 – 8.30pm	Thai Kick Boxing	Ace Space, St Nicolas Rd, Newbury, contact Malcolm Bray 07905 276375
2.30pm – 5pm	Tea and Therapy	Wellbeing Centre, 6 Pound St, Newbury, relax and enjoy a free or low cost taster session, contact Liz 01635 552874
10.30am – 12.15 pm	Singing for the Brain	St Joseph's Church Hall, Newbury, therapeutic singing for people with dementia and their carers, contact 01635 500870
10.45am – 12.15pm	Singing for the Brain	St Mary's Church Hall, Purley-on-Thames, therapeutic singing for people with dementia and their carers, contact 01635 500870
11am – 4pm	Children's activities	Wellbeing Centre, 6 Pound St, Newbury, story telling through yoga, meditation, treasure hunt! Contact Liz 01635 552874

Tuesday 20th April		
7.15am – 8.30am	<b>Volleyball</b>	Trinity School, Newbury, junior Volleyball 7+, contact Sue on 01488 638650
8.15am – 10.00 am	<b>Volleyball</b>	Trinity School, adult Volleyball, contact Sue 01488 638650
10am start	<b>Ramblers Walks</b>	Court Hill Ridgeway Centre, 5.5 mile walk, contact Joan 01235 835618
10.45am – 11.45am	<b>Body pump session</b>	Cotswold Sports Centre, Tilehurst, body Pump session, contact 01189 414690
7.15pm – 8pm	<b>Circuit training</b>	Downland Sports Centre, Compton, join in a taster session, 01488 73690
12.30pm – 1.15pm	<b>Spin taster session</b>	Northcroft Leisure Centre, 01635 31199
09.30am – 10.30am	<b>Step taster session</b>	Northcroft Leisure Centre, 01635 31199
10am – 10.45am	<b>Seated Dance Class</b>	Fairclose Day Centre, taster session, for more details contact 01635 41294
10am – 11.30am	<b>Health Walk</b>	Fairground, Mortimer, contact Jean Pimley 01635 874381
11am – 12.00pm	<b>Health Walk</b>	Kintbury Surgery, contact Jean Pimley 01635 874381
11am – 12.00pm	<b>Health Walk</b>	Northcroft Leisure Centre, contact Jean Pimley 01635 874381
12.30am – 1.15pm	<b>Health Walk</b>	Faraday Rd Council offices, brisk lunchtime walk, contact Jean Pimley 01635 874381
10am – 12am	<b>Gardening for the Brain</b>	Cottismore Community Garden, for people with dementia and their carers, Alzheimer's Society 01635 500870
8.30am – 2pm	<b>Women's gym session</b>	Curves, Newbury, how 30 minutes a day, 3 x a week can change your life, 01635 38084
4pm – 7pm	<b>Women's gym session</b>	Curves, Newbury, how 30 minutes a day, 3 x a week can change your life - 01635 38084
4pm - 8pm	<b>Taster gym sessions</b>	Kintbury Jubilee Centre, contact 01488 658076

Wednesday 21st April		
10am - 11am	<b>Gym sessions for over 60's</b>	Willink Leisure Centre, Burghfield Common, contact 01189 834845
12.30pm – 1pm	<b>Health Walk</b>	West Berkshire Hospital, set off from reception for a lunchtime walk, contact Elaine Sawetz 077 099 45406
10am start	<b>Ramblers Walk</b>	Car park centre of Chiseldon, 5 + 5 mile walk (picnic lunch), contact Roy 01235 816763
1.50pm – 5pm	<b>Relax and Meditate</b>	Newbury College, Explore the healing benefits of relaxation and meditation, contact Patricia Whales 01635 550502 for more details
7pm – 8pm	<b>Aerobics Class</b>	Theale Green Recreational Centre, contact 01189 323725
9.15am – 11.15am	<b>Ladies Fitness</b>	Lambourn Centre, aerobics, stretch and tone, contact 01488 73690
5.20pm – 8pm	<b>Stop smoking</b>	West Berkshire Hospital, help & support, contact 01189 952 5400
10am - 11am	<b>Health Walk</b>	Hosehill Lake, get fit with a good walk! contact Jean Pimley 01635 874381

Thursday 22nd April		
9.15am – 9.45	<b>Pre-school activity</b>	Woolhampton Village Hall, gym skills for little ones, 0774 8360244
10.45am - 11.45am	<b>Fitness Pilates class</b>	Northcroft Leisure Centre, Newbury, contact 01635 31199
8.15pm – 9.15pm	<b>Tums, bums &amp; thighs</b>	Northcroft Leisure Centre, Newbury, contact 01635 31199
08.15am – 11am	<b>Salsa Dancing</b>	St Georges Centre, Newbury, free Salsa class contact gingerjive@btinternet.com
10am – 11am	<b>Buggy Walk</b>	Victoria Park, Newbury, bring your child for a stroll round the park, contact Elaine 077099 45406
11am – 12pm	<b>Teddy Bears Picnic</b>	Victoria Park, Newbury - picnic for carers and young children, 01635 874381
6.30pm – 7.30pm	<b>Circuit training</b>	Hungerford Leisure Centre, contact 01488 683303
7.30pm – 8.30pm	<b>Aqua Aerobics</b>	Hungerford Leisure Centre, contact 01488 683303
6.30pm – 7.25pm	<b>Circuit training</b>	Lambourn Centre, contact 01488 73690
7.30pm – 9.30pm	<b>Partner Dance/Ceroc</b>	The Liberty Ballroom, Greenham - free Ceroc taster class just turn up, Val 07958 587256
6pm – 6.45pm	<b>Martial arts class</b>	Ace Space, Newbury, Satria Warrior Arts for children, Malcolm Bray - 07905 276375
7pm - 8.30pm	<b>Martial arts class</b>	Ace Space, Newbury, Satria Warrior Arts for adults, Malcolm Bray - 07905 276375
10am – 11am	<b>Low impact exercise</b>	Woolhampton Village Hall, exercise for men and women, 0774 8360244
10.15am start	<b>Ramblers Walk</b>	Selbourne Walk, meet Crookham Hill, 3+5.5 miles, Richard 01635 867407
11.05am – 12.05pm	<b>Latin Dance lesson</b>	Woolhampton Village Hall, learn the basics! Susan Cook 0774 8360244
4.20pm – 8.20pm	<b>Stop Smoking</b>	West Berkshire hospital, help & support, contact 01189 525400
11.30am – 12.30pm	<b>Gentle exercise</b>	Northcroft Leisure Centre, Newbury, exercise for people with dementia and their carers, Alzheimer's Society, contact 01635 500870

Friday 23rd April		
8am – 11.30am	<b>Modern Jive</b>	Catholic Hall, Bath Road, Newbury, contact Luci, gingerjive@btinternet.com
10am – 12pm	<b>Gardening for the Brain</b>	Private garden, Burghfield Common, social therapeutic gardening for people with dementia and their carers, Alzheimers Society 01635 500870
7am – 7.45pm	<b>Spin</b>	Northcroft Leisure Centre, Newbury, taster sessions all day, 01635 31199
9am – 5pm	<b>Gym sessions</b>	Willink Leisure Centre, Burghfield Common, all day 01189 834845
1pm – 3.30pm	<b>Table Tennis &amp; Badminton</b>	Cotswold Sports Centre, Tilehurst - adult table tennis and badminton drop in taster session, 01189 414690
2pm – 7pm	<b>Sound Therapy OPEN DAY</b>	1, Wendan Rd, Newbury, experience the wonderful therapeutic sounds of Himalayan and crystal singing bowls, contact Alison 01635 821525
10am – 11.30am	<b>Health Walk</b>	Hosehill Lake, Theale, brisk walk for regular walkers, 01635 874381
7pm -8pm	<b>Scuba Diving</b>	Greenacre Leisure Centre, Newbury, free trial of scuba diving, phone Andy Hastings to book -01635 41707

Saturday 24th April		
11.30 -1.30pm	<b>Cooking</b>	Nature's Corner Health Food store, Newbury, live cooking with the UK's first medicinal chef, Dale Pinnock. Tasty meals to make you feel good! <b>Cooking 11.30-12.30</b> , Q&A until 1.30. For more details 01761 413 022
10am – 4pm	<b>OPEN DAY</b>	Kennet Leisure Centre, Thatcham, gym taster sessions 01635 871112
10am – 4pm	<b>OPEN DAY</b>	Theale Green, try out the gym and facilities for free 01189 323725
12pm – 2pm	<b>Volleyball</b>	Trinity School, Newbury - Junior + Adult Volleyball, 01488 638650
Starts 10am	<b>Ramblers Walk</b>	Combe and Buttermere walk, 6 miles, phone Lyn on 01672 513294
12pm - 2pm	<b>Swimming</b>	Willink Leisure Centre, Burghfield Common, kids swim for free 01189 834845
10am - 11am	<b>Football/children</b>	Acland Fields, Cold Ash – 2-4yrs email <a href="mailto:info@childrensocceracademy.co.uk">info@childrensocceracademy.co.uk</a>
11am - 12pm	<b>Football/children</b>	Acland Fields, Cold Ash - 5-6yrs email <a href="mailto:info@childrensocceracademy.co.uk">info@childrensocceracademy.co.uk</a>
11am – 3pm	<b>Wildlife Day</b>	Nature Discovery Centre, Thatcham, meet the RSPB and go pond dipping in the new pond, call 07540 012649 for more details
12.15pm-12.45pm	<b>Rugbytots</b>	Jubilee Leisure Centre, Kintbury, free session, call Barbra 0845 313 3240
11am – 2pm	<b>OPEN DAY</b>	Northcroft Leisure Centre, cheerleading, trampolining, Tiger Cubs (child fun session), no joining fee for the gym, free swimming for under 16's, bouncy castle, 01635 31199
10.30am - 12pm	<b>Fun Run</b>	Lambourn Centre, Lambourn, Children's Fun Run, medals for finishers, £2 to enter, call 01488 73690 for more details
1pm – 1.30pm	<b>Gymnastics</b>	Willink Leisure Centre, Burghfield Common, taster gymnastics session, 01189 834845
2pm – 4pm	<b>Swimming</b>	Hungerford Leisure Centre, Hungerford, free swimming call 01488 688303
1pm – 5pm	<b>Badminton</b>	Hungerford Leisure Centre, Hungerford, free badminton call 01488 688303
10.30am – 1pm	<b>OPEN DAY</b>	Cotswold Sports Centre, Tilehurst – trampolining, bouncy castle, penalty shoot-out & gym challenge, no joining fee for the gym 01189 414690

Sunday 25th April		
2pm - 4pm	<b>Springtime</b>	Bowdown Woods, Bury's Bank Rd, springtime walk in woodland with Berks, Bucks & Oxon Wildlife Trust, contact Jacky Akam on 01635 500886
10.30am - 12pm	<b>Fun Run</b>	Lambourn Centre - 6k Fun Run for 16yrs and above. Medals for all finishers, £6.50 to enter, £4.50 under 18's 01488 73690
10am-12pm	<b>Health Walk</b>	Fairground, Mortimer, a brisk walk for regular walkers 01635 874381

Monday 26th April		
10.30am – 12pm	<b>Natural therapies</b>	Wellbeing Centre, Pound St, Newbury – coffee and chat about natural therapies plus a chance to try one free or low cost, Liz Graham on 01635 552874
2.30pm – 5pm	<b>Natural therapies</b>	Wellbeing Centre, Pound St, Newbury – tea and chat about natural therapies plus a chance to try one free or low cost, Liz Graham on 01635 552874
10.45am – 12.15pm	<b>Singing for the Brain</b>	St Mary's Church Hall, Purley-on-Thames, social therapeutic singing for people with dementia and their carers, Alzheimer's Society, 01635 500870
10.30am – 12.15pm	<b>Singing for the Brain</b>	St Joseph's Church Hall, Newbury social therapeutic singing for people with dementia and their carers, Alzheimer's Society, 01635 500870
8.30pm – 9.30pm	<b>Indonesian Yoga</b>	Ace Space, Newbury, Indonesian yoga for relaxation, Malcolm Bray - 07905 276375
7.30pm -8.30pm	<b>Kick Boxing</b>	Ace Space, Newbury - Thai kick boxing taster, Malcolm Bray - 07905 276375