

Weekly social clubs

Our clubs are primarily aimed at anyone over the age of 50



Health and
Wellbeing
Programme

EDITION: OCTOBER 2022

Please double check the times and days as some may change



Come on down and give it a try

Meet new friends and renew old friendships, have a chat and a cuppa. Why not try something new? Many of our clubs have a variety of activities to suit everybody, such as; Tai Chi or Chair Based Exercise, New Age Kurling, Trips away and Guest Speakers. Our clubs also offer the chance for you to play some old firm favourites, such as Dominoes, Quizzes and Bingo.

Please contact the office prior to attending any of the following clubs to ensure that there is availability and we can also provide you with the most up to date information.

Wellbeing Programme

MONDAY SOCIAL CLUBS

Venue	Time
South Grange Social Club Centre4, 17a Wootton Road, Grimsby, DN33 1HE	10.00am - 12.00pm
St Francis Social Club St Francis Church, Sandringham Road, Cleethorpes, DN35 9HA	10.00am - 12.00pm
Weelsby Care Plus 50 Social Club United Reform Church, Weelsby Road, Grimsby, DN32 0QA	2.00pm - 4.00pm



*excluding Bank Holidays (BH)

TUESDAY SOCIAL CLUBS

Venue	Time
West Marsh Social Club West Marsh Community Centre, Beeson Street, Grimsby, DN31 2QH	10.00am - 12.00pm
West Marsh Lunch Club West Marsh Community Centre, Beeson Street, Grimsby, DN31 2QH	12.00pm - 1.00pm Please ring the office for further information on 01472 232265
Humberston Social Club Cleethorpes Cricket Club Chichester Road, Cleethorpes, DN35 0HZ	10.00am - 12.00pm *Good Neighbours Project
Fish & Chip Lunch Club Cleethorpes Golf Club Kings Road, Cleethorpes, DN35 0PN	Arrival for 12:00pm - Starts Serving at 12:30pm Every 4th Tuesday of the month To pre-book a place please ring 01472 232265
The Countryman Lunch Club Fieldhouse Road, Humberston, DN36 4UN	Starts serving at 12.15pm *Good Neighbours Project Every 4th Tuesday of the month To pre-book a place please ring 01472 232265
Centre4 St Mary's Social Club 17A Wootton Road, Nunsthorpe, Grimsby, DN33 1HE	1.00pm - 3.00pm
St Michael's Tai Chi Club St Michael's Church, Great Coates Road, Grimsby, DN34 4LF	1.00pm - 2.30pm Please ring the office for further information on 01472 232265
Scartho Library Tai-Chi & Chair Based St Giles Avenue, Scartho, Grimsby, DN33 2HB	2.00pm - 3.30pm
Waltham All Saints Social Club All Saints Church Hall, High Street, Waltham, DN37 0PN	2.00pm - 4.00pm

WEDNESDAY SOCIAL CLUBS

Venue	Time
Haverstoe Social Club Cleethorpes Cricket Club Chichester Road, Cleethorpes, DN35 0HZ	10.00am - 12.00pm *Good Neighbours Project
East Marsh Social Club St Andrews Church, Albion Street Grimsby, DN32 7DY	1.00pm - 3.00pm
Scartho Social Club St Giles Avenue, Scartho, Grimsby, DN33 2HB	2.00pm - 4.00pm *Good Neighbours Project 1st & 3rd Wednesday of the month



THURSDAY SOCIAL CLUBS

Venue	Time
Annie Chapple Social Club 21 - 22 Aspen Court, Cleethorpes, DN35 0SJ	10.00am - 12.00pm
Time To Measure Up Centre4, 17A Wootton Road, Nunsthorpe, Grimsby, DN33 1HE	10.30am - 12.30pm There are limited spaces at this class please ring the office on 01472 232266
Habrough Shibashi/Tai-Chi Habrough Village Hall, Station Road, Habrough, DN40 3AU	2.00pm - 3.00pm
Scartho Bingo St Giles Avenue, Scartho, Grimsby, DN33 2HB	2.00pm - 4.00pm *Every 2nd & 4th Thursday of the month
Laceby Social Club Stanford Centre, Cooper Lane, Laceby, DN37 7AX	2.00pm - 4.00pm
Bovill House Crescent Street, Grimsby, DN31 2HB	3.00pm - 4.00pm

Do you have a computer?

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[www.facebook.com/
healthandwellbeingcollaboratives](http://www.facebook.com/healthandwellbeingcollaboratives)



FRIDAY SOCIAL CLUBS

Venue	Time
New Waltham Village Hall (Chair Based and Shibashi/Tai-Chi) Station Road, New Waltham, DN36 4QJ	*Independent from Care Plus Group 9.30am - 10.15am Chair Based 10.10am - 11.15am Tai-Chi
The Pavilion (Shibashi/Tai-Chi) Sussex Recreation Ground, Brereton Avenue, Cleethorpes, DN35 8AB	10.00am - 11.30am
Scartho (Shibashi/Tai-Chi) St Giles Avenue, Scartho, Grimsby, DN33 2HB	1.00pm - 2.00pm *Independent from Care Plus Group
The Pavilion (Shibashi/Tai-Chi) Sussex Recreation Ground, Brereton Avenue, Cleethorpes, DN35 8AB	2.00pm - 3.00pm

*excluding Bank Holidays (BH)



Telephone 01472 232265

**Email Charlotte.kirk5@nhs.net /
Kerry.vause@nhs.net**

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