

Trumpington Meadows Community Hub

Feel good ♥ Friday

at Trumpington Meadows Community Rooms

A warm and welcoming space for everyone, where you can connect, socialise, learn new skills, be active, receive local information and support



10.00am - 12.00pm



Every Friday
(term time only)



Free to attend,
everyone welcome



Stay and play session

Grandparents, Carers, Guardians and Parents bring preschoolers for a fun and interactive stay and play session

- Play • Arts and crafts • Singing
- Family and parenting advice, guidance and support.



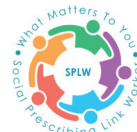
Adult only activity and social room

- Learn how to knit and crochet or bring along your own project to work alongside others
- Take part and learn a different craft activity each month to take home and enjoy
- Chat to your NHS Social Prescriber and find out more about services and activities to support your health and wellbeing.



Everyone

- Enjoy a healthy free brunch
- Join Cambridge United Foundation trust in their wellbeing walks around Trumpington Meadows Reserve from 11am–12pm
- Find support and discuss concern with your local housing officer on the third Friday of every month • Chat to local support organisations.



For more information please contact:
communityengagement@bpha.org.uk



What's on at Feel Good Friday and when!

September

Craft Activity - Decorate a drinks bottle.

11 September 2026 - Healthy You will be joining us to have a chat about the health checks they will be offering in October. To book your health check appointment call 01223 386200 or visit healthyyou.org.uk/self-referral

18 September 2026 - Your bpha Housing Office Mia, will be joining us. Come and meet Mia to discuss any housing challenges you may be experiencing or community concerns you may have.

25 September 2026 - Come and meet Henry from PECT where he'll be offering advice on housing fuels costs for the winter months ahead.

October

Craft Activity - Diamond art Halloween bag or Halloween hanging.

16 October 2026 - Do you struggle to get a doctor's appointment? Healthy You will be offering free and confidential health checks. To book your health check appointment call 01223 386200 or visit healthyyou.org.uk/self-referral

16 October 2026 - Mia returns for you to chat about any housing challenges or community concern you may be experiencing.

23 October 2026 - If you couldn't make the 16 October for your Healthy You health check, don't worry they are back this week.

November

Craft Activity - Save your money in your own decorated money box.

20 November 2026 - Your bpha Housing Office Mia, will be joining us. Come and meet Mia to discuss any housing challenges you may be experiencing or community concerns you may have.

December

Craft Activity - Feel Good Friday's Christmas tree decorations - Whatever the weather join us to make your Christmas tree decoration for the community tree.

• Make a Christmas Cracker • Make a snow globe.

18 December 2026 - Mia returns offering a chance for you to discuss any housing challenges or community concern you may be experiencing.

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