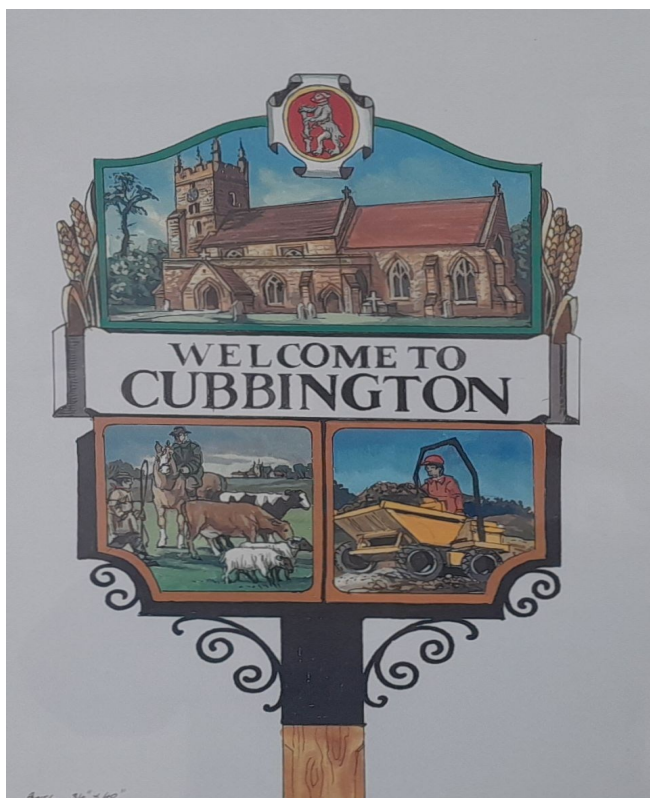




Acorn News

April 2025



www.cubbingtonseniors.org

Our new Cubbington Seniors Association website

Welcome, we've had some cold days in March, along with a few warm ones to give us a taste of Spring! Hopefully the weather will be warming up now as Spring has finally arrived, don't forget that on Sunday 30th March the clocks "spring forward".

We start the month with an outing to Bletchley Park on 2nd April. Caroline & Colin are looking forward to seeing those of you booked for Lunch Club on 8th April at The Bowling Green, Southam. On the evening of 15th April we go to see Enchanted April at the Talisman Theatre, Kenilworth.

Our Plant Sale is 24th May, so for those of you with 'green fingers' please start growing seedlings so we have lots of plants to sell to our members & supporters. See pages 24/25 for further details. These sales events are key fund-raisers for the Association, thank you in advance for your generosity and support.

Of course there are other regular activities for you to join in with, such as Day Club, Bingo, Snack & Chat, Exercise Class and Singing for Seniors. Read on for the details on those & see diary on page 30.

A Crafting Corner, in conjunction with Snack & Chat, has a NEW regular time between 2.00pm and 4.00 pm in the Café room at the Village Hall. Come and join us to share your ideas & skills (page 16)

We were planning a coach outing to Bosworth Battlefield Heritage Centre in May, however that was not possible due to the number of school trips already booked. Therefore we are organising a trip to Market Harborough instead, a market town in Leicestershire with a history dating back to Saxon times. With historic buildings, independent & high street name shops, a wide range of cafés and places to eat, as well as the popular Welland Park with gardens, café, and a lovely river-side walk, there is plenty to see and do.

Dates to book for:

Snack & Chat on 24th April (page 15)
Outing to Market Harborough on 7th May (pages 18/19)
Lunch Club on 13th May (page 22)
Outing to Severn Valley Railway on 4th June (page 27)

News Bites

AGM

Our Annual General Meeting (AGM) is on 16th April (see page 4).

We will deliver an AGM Pack for you to read in advance, please bring it with you if you are joining us.

Volunteers

Volunteers are the lifeblood of our Association and behind every successful organized event there is a wonderful team of volunteers. Our recent Buffet Lunch, to thank our Volunteers and welcome new ones, was very successful.

Spring Fair

The Spring Fair, held on 22nd March, was another successful fundraising event for the Association. We welcomed over 100 members & supporters, ate delicious hot cross buns (donated by Morrisons, Tesco & Asda), and generally enjoyed ourselves.

Website Launch www.cubbingtontseniors.org

We're delighted to announce the launch of our Association website, where you'll be able to review and book onto events & activities, as well as access Acorn News and Latest News. We want to make communicating with members & supporters more interactive, and anticipate it will also widen our profile in the community. Feedback welcome.

Booking for Events

Please note, for events held at the Village Hall , booking is not open until 5th of the month.

If you have news / photos to share or articles of interest, contact Liz Young (see details on page 31). Please let us have your contribution by the 14th of the month.

Acorn News contains advertisements of products and services that are provided by third parties, which helps to fund Cubbington Seniors Association printing costs. The inclusion of such products and services does not constitute a recommendation or endorsement, and the Association makes no representations or warranties about them.

Acorn500 Monthly cash-draw Lottery

Each ticket is £1 per month

This is a key fundraiser for our Association

You can join or buy extra numbers at any time of the year

35 tickets are available, each member can have up to 5

Contact our Promoter Colin Marrow

Acorn500 operates under the Gambling Act 2005

Winners March 2025

Draw took place at
Day Club on 19th March

1	£100	46
2	£63	1
3	£45	133
4	£31	29
5	£22	118
6	£18	106

Notice of Annual General Meeting

Cubbington Seniors Association welcomes members to attend the AGM

Wednesday 16th April at 3:45 pm

Cubbington Village Hall, Broadway, Cubbington, Leamington Spa CV32 7JR

AGENDA

1. Welcome
2. Apologies for Absence
3. Approve Minutes of the 2024 Annual General Meeting
4. Chair's Report
5. Secretary's Report
6. Approve Financial Statements for the year ended 31st December 2024
7. Election of Trustees
8. Any Other Business

Frances Finch (Secretary)



**44/46 Queen Street
Cubbington CV32 7NA**

*Grocery, Chilled and Frozen Foods
Off Licence Soft Drinks
Stationery, Greetings Cards
Newspaper Delivery, Home Delivery Service
National Lottery*

Post Office Local

Monday to Friday 7.00am to 6.00pm

Saturday 8.00am to 3.00pm, Sunday 8.00am to 11.30am

Phone 01926 421111 or 07974 252304

best-one

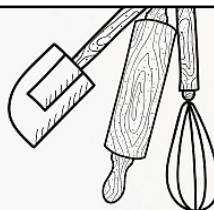
SHOP LOCAL AND *Save*



Hollies

Tea and Cake Room

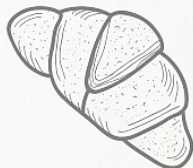
53a Queen Street, Cubbington, CV32 7NB



Based in the centre of the village for all of your Catering and Cafe needs. We serve a range of breakfasts from a superb Full English, Smashed Avocado and Croissants to filling lunches, including Sandwiches, Jacket Potatoes and mouth watering Toasties, to Afternoon Teas including a sweet and savoury version.

We also offer outside catering and bespoke cakes with a range of options for parties, weddings, wakes or to suit any occasion.

All of our menu is available to eat in or takeaway. If you would like to pre order please give us a call.
All enquiries please either call 01926 257575 or email holliesteaandcakeroom@gmail.com



Follow us on
facebook or
instagram for
specials and
updates!

Opening Times -
Monday - Closed
Tuesday - 9am - 2.30pm
Wednesday 9am - 2.30pm
Thursday 9am - 2.30pm
Friday - 9am - 4pm
Saturday - 9.30am - 2.30pm
Sunday - 9.30am - 2pm

Homemade
Cakes,
Quiches
and
Scones!



Memory Café

to Support Those Living with Dementia

Run by Unique Senior Care

every Tuesday 10:00 am – 12:00 pm

Cublington Village Hall, Broadway CV32 7JR

£3 per person including refreshments

The Café offers a welcoming space where attendees can enjoy activities such as art, singing, and dancing: designed to engage and stimulate those with dementia
Caregivers can connect with others in similar situations and access valuable support
Professional organisations will also visit to provide advice

For more information or to volunteer, contact Pippa Chapman
at pippa.chapman@uniquecare.co.uk

SHOP LOCAL SHOP LITTLE SA NEWSAGENTS

- Daily Newspaper & Magazine Home Deliveries
- Home deliveries for the elderly by arrangement
- Fresh & Frozen Foods, Groceries, & Snacks
- Tobacco, Beers, Wines & Spirits, Soft Drinks
- Toiletries & Confectionery
- Toys, Greetings Cards & Stationery
- Dry Cleaning Service
- National Lottery & Scratch Cards
- PayZone, Paypoint Bill Payment Service
- UPS, DHL Express & Collect+ Parcel Services
- Amazon/DHL/DPD/eBay/FedEx/HubBox/Yodel
- We do SHOP LOCAL and GO LOCAL Promotions

67 Kelvin Road, Cublington, CV32 7TG

Open 7 days a week 6am to 7pm - Phone 01926 422620



Mick Hurrell is a local trainer specialising in over-60s fitness

Come and try our Gentle Exercise Class

A wide ranging programme of seated & standing exercises, safe and suitable for all.

These classes often have spaces available,
why not come and join us ?



£1 per member per 1 hour session

April 2025 Classes

Thursday	3rd	Doors open 10:45am (Class 11am)
Thursday	10th	Doors open 10:45am (Class 11am)
Thursday	17th	Doors open 10:45am (Class 11am)
Wednesday	30th	Doors open 11am (Class 11:15am)

Saturday Bingo

Cublington Village Hall

12th & 26th April

Doors Open 2.00pm

members & non-members welcome

Book of 6 Games with 2 Flyers £5

Raffle with Cash Prizes

Refreshments

Easter Hat Parade



Easter Bonnet Competition

on Saturday 12th April



Walkers

Our Walking Group is not as popular as it once was, if you have any feedback / suggestions or you would like to lead a walk, please contact Colin or Liz



Tuesday 1st April

Balsall Common CV7 7AS

Circular Walk Grade B+ 4 to 5 miles

Meet 10am in car park of Ye Olde Saracens Head, Balsall Common CV7 7AS

We'll walk across mostly flat farmland & open countryside southwest of

Balsall Common, there may be some stiles to climb over. It's a circular

route taking in parts of the Millennium Way and the Heart of England Way.

Please let Colin know if you are joining us.



PEAK Electrical
Local Electricians based
in Leamington Spa

All aspects of Electrical work undertaken

Call **Dan Arthurton** on **07926123059**

email:- peak-electrical@hotmail.com

No Job too small!

Fully insured.

All Work certified with NIC-EIC



andrewlee
dental practice

— Est. 1979 —

7 Crown Way, Lillington, Leamington Spa CV32 7SF

Tel: **01926 330606**

General Dentistry Denture Repairs

Dental Hygiene Appointments

Same Day Emergency Appointments

Replace Missing Teeth - Implants - Dentures

Accepting New Patients

Ground-floor Surgeries available

Free parking on site

email: info@andrewleedentistry.co.uk

www.andrewleedentistry.co.uk

Foot Health Professional

Elizabeth P. Brash, MCFHP, MAFHP

Would be pleased to visit you
in your own home

Please telephone for an Appointment

Tel: 01926 424955

Mobile: 07916 326267

11 School Lane, Radford Semele,
Leamington Spa, CV31 1TQ



Respite Stays at Cubbington Mill Care Home

If you're caring for someone, a short stay could provide the rest and relaxation that you need. They will receive high-quality care whilst enjoying new experiences amongst friends. Respite stays can be booked in advance.

Please contact us for more information.

Cubbington Mill Care Home

Church Lane, Cubbington, CV32 7JT

Tel: 01926 430351 www.barchester.com

Residential Care

Nursing Care

Respite Breaks

Singing Seniors

Wednesday 9th April

Cubbington Sports & Social Club, Windmill Hill CV32 7LN

Members only (£1 entrance fee)

Doors Open 9:45am Singing 10am

followed by tea / coffee

This group, led by singing teacher Claire Fowler, enables us to sing in an enjoyable way. No prior experience is necessary, ALL voices are welcome. Claire encourages us by starting with vocal games which are great fun, and get everyone laughing and warmed up.



Singing is not just good for breathing, posture and keeping the voice strong - it's been proven to encourage the body to release positive endorphins which reduce anxiety and promotes feelings of well-being. It's an enjoyable morning.

Why not join us?



Cubbington Jigsaw Club have donated jigsaws you can borrow.

We have an excellent selection, from 250 up to 1,500 piece puzzles.

If you know anyone who would like to join our free club please contact us:

Colin Marrow 07860 667669 colin.marrow@ntlworld.com

Ann Kinzett 07759 934052 annjigsaws@gmail.com

Calling all Volunteers

In March we hosted a Volunteers Buffet Lunch to welcome all our existing volunteers and to invite new volunteers to our Association.

We decided that it was time to say a big thankyou, we were very pleased that so many of you attended.

Volunteers are the lifeblood of our Association and behind every successful organized event there is a wonderful team of volunteers.

We started with an introduction from each of the Management Committee, who gave overview of what we do behind the scenes. The Trustees wanted to celebrate with you and to this end we wanted you all to understand why you are all so important to the Association.

This was followed by a lovely buffet lunch, we all were able to mingle and catch up with each other.

We welcome volunteers of all backgrounds and skills to help us make a positive impact, with tasks such as:

- Administration: office / computer tasks, record-keeping
- Events: organize and co-ordinate events & activities
- Outings: local trips and coach outings, ensuring seniors have a safe and enjoyable experience
- Events: fund raising Fairs and Village Hall activities

The Association is part of a vibrant local community, bringing support and companionship to our members of all ages.

Whether you're an existing volunteer or new to volunteering, we would love to hear from you!

For more information or to sign up, please contact Frances Finch

LEAMINGTON GLASS

Your Local Glazier est. 1981



- **Mirrors cut to size**
- **Glazing Service**
- **Shop front Glazing**
- **Glass cut to size**
- **Double glazed units made to order within 24 hours**

Tel: 01926 330967

**Unit 13, Victoria Business Park,
Neilston St., Leamington Spa, CV31 2AZ**

Mark Seager

PAINTER & DECORATOR

*All aspects of
painting & decorating
work performed to
a high standard with
an excellent finish.*

NO JOB TOO SMALL

*General handyman
and maintenance work
also undertaken*

**For a free quote call:
07786 304124**

Cubbington Sports & Social Club Windmill Hill, Cubbington

Concert Room available to hire for All Occasions

Call on 01926 426741

a member of staff will help you out

Live bands on Bank Holidays and Saturday nights!!!

Find us on Facebook for a list of weekly entertainment

Membership Only £10.00 a year

'Use it or lose it !' Support your local club/pub

5th April

Hot off the Press

12th April

The Stopgaps

19th April

Cool Diamond

26th April

Led by Misfortune

Day Club

at Cubbington Village Hall

Members only (free of charge event)

Raffle & Refreshments

Wednesday 16th April

Doors open at 2 pm

The Leamington Spa Branch of
the Royal Scottish Country Dance Society

*A short talk about the history, worldwide spread and appeal
of Scottish Country Dancing, including a demonstration*



*Then, it will be our turn to join in doing some
simple dances including The Gay Gordons*
(Remember to wear flat comfortable shoes)

Snack & Chat

at Cubbington Village Hall

Members only (free of charge event)

Raffle & Refreshments

Thursday 24th April

Doors open at 12.30 pm

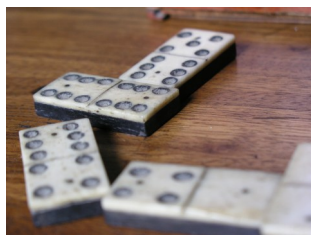
Please book your place with Ann FROM

5th April by phone / email

Places are limited so don't leave your booking too late!

*If 5 or 6 friends wish to sit together, ask Ann to
reserve a table for your group*

Ploughman's Lunch



*After lunch, there will be a selection of
board games and activities for us to
enjoy for the rest of the afternoon, as
well as time for chatting!*

Crafting Corner

NEW regular time
starting on 24th April



in conjunction with Snack & Chat
(usually, the 4th Thursday of the month)

**Come and join us in the Café room
between 2.00pm and 4.00 pm**

**Share your ideas & skills, help members learn
new skills: knitting, crocheting,
sewing (incl. quilting), cross-stitch etc.
The Association has a selection of
materials and equipment**

**We welcome your suggestions for
trying new crafts
Interested?**

Please contact Ann or Frances

Have you tried our Facebook Page?



Copy this link into Google:

facebook.com/groups/cubbingtonseniorsassociation

It's where you can catch up with local events and our latest news



COOL BREEZE TECHNOLOGY SERVICES

We genuinely love helping people and
we love technology!

So we combine the two into an
honest, independent, personal IT
service that can help you get
technology to work for you rather
than against you.



Give Gary a call on 07814 236595 or visit our website
www.coolbreezetechnologyservices.co.uk



CG CUBBINGTON GARAGE
SERVICES

**GOING THE EXTRA MILE
TO KEEP YOU MOTORING!**

Google 4.9 ★★★★★

Call us today on **01926 887 885**



Exhausts



Tyres



Servicing



Brakes



Batteries



MOTs



Suspension



Cambelts

Market Harborough

Wednesday 7th May 2025

£5 per member

Market Harborough is a quintessential English market town in Leicestershire with a history dating back to Saxon times

There will be plenty to see and do during our visit

Independent shops as well as high-street names,
plus a wide range of cafés and places to eat

Welland Park has gardens, a river-side walk, and a café



The town’s most iconic site is the Old Grammar School,
built on stilts to shelter the butter market traders below:
this 1614 timber-framed building is the jewel in
Market Harborough’s crown



Coach will start from Kenilworth Road at 9:20am
Returning back to Cubbington 4:35pm
Please BOOK by 14th April

BOOK: ‘Market Harborough’ on Wednesday 7th May 2025

You can book through the website ‘cubbingtenseniors.org’ (Members page)
OR send an email with key details to: **bookings@cubbingtenseniors.org**
OR return this slip in an envelope marked ‘**Market Harborough**’ to
2 Kenilworth Road, Cubbington CV32 7TR

I’d like to book _____ tickets for:

(1)(2).....

(3)(4).....

Bank Transfer £..... or Amount enclosed £.....



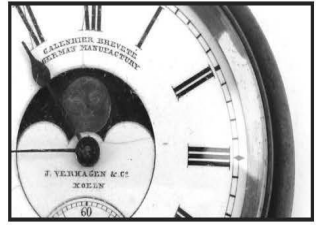
LOCKE & ENGLAND
AUCTIONEERS & VALUERS

Auction Sales & Valuations

Valuation, collection & auction service of individual items
through to complete property clearances.

Call for a free no obligation collection quote
or email info@leauction.co.uk

SALE ENTRIES INVITED



01926 889 100 www.leauction.co.uk

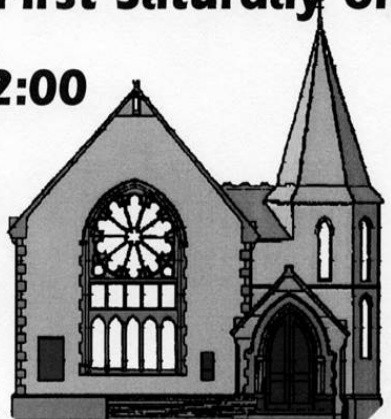
12 Guy Street, Leamington Spa, CV32 4RT

Cubbington Methodist Church

Worship: Every Sunday at 10:30am

**Coffee Morning: On the First Saturday of
every month 10:30am - 12:00**

**Why not come along and
make new friends? We'd
love to welcome you!**



RD & TD
SWINNERTON
& SONS
Ltd

All General Building Works

Level Access Shower • Wet Room Adaptations

Tiling • Fencing

Carpentry • Maintenance

07761 296965 (Tim)

Special Rates

07894 064051 (Scott)

for Seniors

✉ rdandtdbuildingcontractors@hotmail.co.uk

45 Years Experience



Rheams Plumbing and Heating Ltd

4 Manor Farm House, Lime Avenue,
Lillington, Leamington Spa, CV32 7DB

- ♦ **Domestic Boiler Service & Repair**
- ♦ **New Central Heating & Boiler Installations**
- ♦ **Air Source Heating and Air Conditioning**
- ♦ **24 hour assistance 7 days a week**
 - ♦ **Underfloor Heating**
 - ♦ **All General Plumbing**
 - ♦ **Bathroom Installations**



Tel. 01926 428752
enquiries@rheams.co.uk



Lunch Club

BOOK NOW for Tuesday 13th May at 12 noon



**The Red Lion
Hunningham CV33 9DY**

Two course menu

**choice of mains
& desserts**

£14 per person

Lunch Club is open to all members

To book call Colin or Caroline, OR send an email to:

bookings@cubbingtonseniors.org

If you need a lift, please ask when booking

Once you're booked you'll be given a menu to choose from,
then you pay Colin so he can pre-order the meals

Enjoy the company of other members .. with NO washing up!

Outings July 2025

These Outings are being planned for July, prices subject to confirmation

July 2nd

The Shuttleworth Collection and Swiss Gardens, Biggleswade

Two attractions in one: a beautiful 9 acre landscaped garden to explore
and one of the finest aircraft collections in the world.

Coach £5, admission £7.50 per member

July 29th

Auction Insight at Locke & England, Leamington

£3 per member

All Types of Electrical Work Undertaken



- Full/Partial Re-wires
- Fuse Board Upgrades
- Outside Security Lighting
- Energy Saving Solutions
- Extra Sockets/Lights
- Outbuilding Power Supply
- Fault Finding
- General Electrical Maintenance

Fully registered and guaranteed with the NICEIC/Electrical Safety Register

For a free written no obligation quotation
and to talk to us about your requirements

please call: 07977 492886

Email: info@jamesgoodierelectrical.co.uk

Website: www.jamesgoodierelectrical.co.uk



CGS

COMPTONS

GARAGE SERVICES

MOT | SERVICING | REPAIRS

MOT
Servicing
Repairs

Your Local MOT Centre



Class 4 & 7 done on site
Cars, Vans & Motorhomes (Subject to size)

ALL MOTs
**HALF
PRICE**

Monday - Friday 8am - 5pm
Alternate Saturday 8am - 1pm
The latest equipment & experienced technicians

Free Local Collection & Delivery

(Subject to distance & availability)



01926 311867

comptonsgarageservices@gmail.com



77 Rugby Rd, Cubbington, Leamington Spa CV32 7HY

Practically Perfect Ceremonies

LESLEY COLES CELEBRANT

I am an independent celebrant who creates personalised wedding ceremonies, funerals and vow renewals.

If you have never thought about having a unique ceremony that is personal to you and your loved ones, then perhaps the time to do so is right now?



I am also available to give talks to groups who would like to know more about what I do.

Want to know more, then please contact me for a chat.



Tel. 07967 203181

Lesley@practicallyperfectceremonies.co.uk

www.practicallyperfectceremonies.co.uk

Donations for the Plant Sale

If you have the time and the space, could you grow some extra plants or cuttings for us?

Do you have any gardening tools or equipment in good condition that you no longer have a use for?

Eager gardeners are looking for second-hand items

If you can help in any way please contact Ann or Caroline



Cubbington Seniors Association

Charity Commission Reg.516878



Cubbington Village Hall
SATURDAY 24th MAY
2.00 PM - 4.00 PM
ADMISSION £1.00 to include
Tea/Coffee and Biscuits

**BARGAINS TO BE HAD
ALL WELCOME**

PLANT DONATIONS

Donations of Plants would be much appreciated.
Contact us in advance or bring to the hall
from 12noon to 1.00pm on the day.

RENTING A TABLE

Should anyone wish to rent a table to
sell items other than plants please book
with Ann Kinzett on 01926 714577
The cost of renting a table is £10.00



SECOND HAND GARDENING EQUIPMENT SALE

If you have any serviceable gardening
equipment or DIY tools you wish to
donate please contact us to arrange a
collection or delivery before 20th May.
Colin or Caroline Marrow on 01926 831692



CAKE DONATIONS

Donations of cakes would be very
welcome. Please take these to the
Village Hall from 12 noon on the day,
OR you can deliver the day before
to a committee member.



**Please support the Association and encourage
your friends and family to come along.**

PLUMBER and HANDYMAN

**Call GRAHAM
07974 155986**

**FOR ALL YOUR
DOMESTIC JOBS
NO JOB TOO SMALL
PROMPT AND RELIABLE**

BOOST

***Hair and Beauty
63 Kelvin Road
01926 430791***

***Classic and Contemporary
Colour Cutting and Styling***

***Special Rates
Tuesdays and Wednesdays
for Senior Citizens***

***Check out boost hair and beauty
on
Facebook and Instagram***

Enjoy Life - Have Fun - Stay Active

Cublington Seniors Association is a registered charity run entirely by Volunteers. Our focus is to promote the welfare and quality of Seniors' lives through the provision of a range of social and recreational activities and outings for our members.

Membership is open to anyone aged 60 and above living in the villages of Cublington, Offchurch, Weston-under-Wetherley, Eathorpe, Hunningham and Wappenbury. A younger spouse or partner, living at the same address, is also very welcome to join.

Want to join us?

If you'd like more information about joining as a member or volunteer please contact one of the committee (see page 31) or visit our website

www.cubingtonseniors.org



Severn Valley Railway

Wednesday 4th June 2025

£12.50 per member BOOK by 23rd April

We arrive at 09:30 and catch the 10:15 train, travelling from Kidderminster to Highley for a visit to The Engine House Visitor Centre where we will stop for 2.5 hours. You can buy lunch at the café and view the exhibits before returning to Kidderminster.

Steam engines on both journeys!!!

There will be opportunity for further refreshments and time to look round the museum of railway memorabilia before departing.
NB: There are steps up into the railway carriages and a short walk from Highley station to the Engine House so reasonable mobility is essential.
If spaces are still available end April we may be able to take guests at £27 pp



BOOK: 'Severn Valley Railway' on Wednesday 4th June 2025

You can book through the website 'cubbingtenseniors.org' (Members page)

OR send an email with key details to: **bookings@cubbingtenseniors.org**

OR return this slip in an envelope marked '**Severn Valley Railway**' to

2 Kenilworth Road, Cubbington CV32 7TR

I'd like to book _____ tickets for:

(1)(2).....

(3)(4).....

Bank Transfer £..... or Amount enclosed £.....

Samuel's Garden Maintenance

Your local, young, friendly, qualified Tree Surgeon

All aspects of garden maintenance
All aspects of tree surgery on small and medium sized trees

Check out my list of services
and work portfolio at:

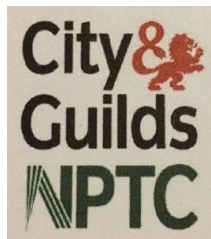
www.samuelsgardenmaintenance.com

or call

Tel: 07713 978056

please leave a message
and I will get back to you

**NPTC City & Guilds Arborist
and Forestry Qualified**



WIPE-OUT WASPS

FULL PEST CONTROL SERVICE

Family business established 2002
Fast response
Competitive rates

For a local, friendly service tel
Alan or Dawn 07867 768 533 / 01926 889711

enquire@wipeoutpestcontrol.co.uk
www.wipeoutpestcontrol.co.uk

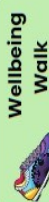


HEALTH & WELLBEING HUBS @ SWFT

What's on @ Lillington Health Hub

Valley Road, CV32 7SJ

Monday



Wellbeing Walk
9-10:30am

Start the week with a 1+ mile walk with other local residents. Meeting outside the Hub at 9am & returning to the Group Rooms for refreshments.



Seated Exercise
11:15-12:15pm

This popular session is led by a qualified instructor specialising in over 50s fitness. Please get in touch to enquire about spaces.



'Pause for arts & crafts
4:30-6pm

Meeting every 1st Monday of the month, these creative sessions are run by Artspace to support menopausal people. Starts 13 Jan in the Group Rooms.

Tuesday



Seated Exercise
10:15-11:15am

Get in touch to book a space at this gentle exercise session led by a qualified instructor specialising in over 50s fitness.
In the Group Rooms from 7 Jan.

Wednesday



Advice Drop-In
10-12pm

Brunswick Hub
Wellbeing Officers are on hand to support on issues such as debts, benefits, money, housing, employment and mental health.
In Group Room 1.

Thursday



Exercise Referrals Drop-In
9am-12pm

Everyone Active
Instructors can discuss how people with long-term physical & mental health conditions can benefit from free gym, swimming & exercise classes.
In Group Room 1.



NHS Talking Therapies

offer mental health support for those feeling anxious, stressed or low in mood. *Referral/Self referral to the service is required**. From 23 Jan.

Friday



Stop Smoking support
9-1pm

FREE
Fitter Futures will offer free one-to-one support to anyone 12+ in Warwickshire who wants to stop smoking. *Referral/Self referral to the service is required***. From 3 Jan.



Wellbeing Walk
6-7pm

Join us for a 3 mile evening walk that takes in 3 local parks. Meet at 6pm outside the Hub to walk together and blow away the cobwebs before the weekend arrives! Starts 10 Jan.



Health&WellbeingCentre@swft.nhs.uk



07436 056546

Weekly & free

Monthly & free

Referral only & free

2025 Diary NB: events may be added or dates may change, please check each edition of Acorn News.
Times shown are 'Doors Open' rather than 'Start Time' of any event at Village Hall or Sports & Social Club.



April

April	1st	10.00am	Tuesday	Walking Group
April	2nd	09:00am	Wednesday	Outing - Bletchley Park
April	3rd	10:45am	Thursday	Exercise Class
April	8th	12.00pm	Tuesday	Lunch Club
April	9th	9:45am	Wednesday	Singing Seniors
April	10th	10:45am	Thursday	Exercise Class
April	12th	2.00pm	Saturday	Bingo
April	15th	7.00pm	Tuesday	Theatre (curtain up 7:30pm)
April	16th	2:00pm	Wednesday	Day Club
April	16th	3:45pm	Wednesday	AGM
April	17th	10:45am	Thursday	Exercise Class
April	24th	12.30pm	Thursday	Snack & Chat
April	26th	2.00pm	Saturday	Bingo + Easter Bonnet Competition
April	30th	11.00am	Wednesday	Exercise Class

May

May	3rd	2.00pm	Saturday	Bingo
May	6th	10.00am	Tuesday	Walking Group
May	7th	9:20am	Wednesday	Outing - Market Harborough
May	13th	12.00pm	Tuesday	Lunch Club
May	14th	9:45am	Wednesday	Singing Seniors
May	15th	10:45am	Thursday	Exercise Class
May	16th	10.00am	Friday	Walking Group
May	17th	2.00pm	Saturday	Bingo
May	21st	2:00pm	Wednesday	Day Club
May	21st	7.00pm	Wednesday	Theatre (curtain up 7:30pm)
May	22nd	10:45am	Thursday	Exercise Class
May	24th	2.00pm	Saturday	Plant Sale
May	28th	11.00am	Wednesday	Exercise Class
May	29th	12.30pm	Thursday	Snack & Chat
May	31st	2.00pm	Saturday	Bingo

Committee Contacts

Chair	Liz Young	chair@cubbingtontseniors.org	07857 416215
Vice Chair	Jane Tietjen	vice.chair@cubbingtontseniors.org	07906 543847
Secretary	Frances Finch	secretary@cubbingtontseniors.org	07854 483975
Treasurer	Colin Marrow	treasurer@cubbingtontseniors.org	07860 667669
	Caroline Marrow	caroline.m@cubbingtontseniors.org	01926 831692
Sub-Committee	Ann Kinzett	ann.k@cubbingtontseniors.org	01926 714577 07759 934052
Sub-Committee	Chris Daly	christine.daly@ntlworld.com	01926 772599

www.cubbingtontseniors.org

POSTAL ADDRESS — booking forms, donations, correspondence, etc
2 Kenilworth Road, Cubbington, Leamington Spa CV32 7TR

Please let us know if you need a lift to any event, or if you have any spare seats and are able to give someone else a lift

BANK INFORMATION

Cheque: payable to Cubbington Seniors Association
Bank Transfer:
 Bank Name NatWest
 Account Name Cubbington Seniors Association
 Sort Code 53 61 31
 Account Number 65208455
 Reference event/activity you are paying for

Cubbington Seniors Association

Incorporating Offchurch, Weston-under-Wetherley, Eathorpe, Hunningham, Wappenbury

Charity Number: 516878

President: Terry Morgan

Vice-Presidents: Maggie Guest, Marion Lee, Jeremy Lewitt

Cubbington Bin Collections 8th April 2025 to 5th August 2025

FOOD WASTE collection every week, **RECYCLING** collection every fortnight, **GARDEN WASTE** collection every fortnight (subject to subscription), **REFUSE** collection every 3 weeks

				
	Food Waste	Garden Waste	Recycling	Refuse
Tuesday 8/04/25	✓	✓	✓	✓
Tuesday 15/04/25	✓			
Tuesday 22/04/25	✓	✓	✓	
Tuesday 29/04/25	✓			✓
Tuesday 6/05/25	✓	✓	✓	
Tuesday 13/05/25	✓			
Tuesday 20/05/25	✓	✓	✓	✓
Tuesday 27/05/25	✓			
Tuesday 3/06/25	✓	✓	✓	
Tuesday 10/06/25	✓			✓
Tuesday 17/06/25	✓	✓	✓	
Tuesday 24/06/25	✓			
Tuesday 1/07/25	✓	✓	✓	✓
Tuesday 8/07/25	✓			
Tuesday 15/07/25	✓	✓	✓	
Tuesday 22/07/25	✓			✓
Tuesday 29/07/25	✓	✓	✓	
Tuesday 5/08/25	✓			