

Activity	Address	Town	Postcode	Day	Start Time	End Time	Contact
Coffee Mornings & Afternoon Teas							
Uppingham Drop In Café	Uppingham Church Rooms	Uppingham	LE15 9 SW	1st Monday	1.30 pm	3.00 pm	01572 824048 sarah.ball@ageukleics.org.uk
Tea Dance	Oakham Methodist Church Hall, Northgate	Oakham	LE15 6QS	1st Monday	2.00 pm	4.00 pm	01572 755 782
Community Hub	Ketton Centre, High Street	Ketton	PE9 3TF	Tues & Thurs	9.30 am	11.45 am	01780 720586
Drop In Centre	Congregational Church, 2b High Street	Oakham	LE15 6AL	Wednesday	10.00 am	12.30 pm	01572 756315
Wing Coffee Morning	Village Hall, Moorcott Road	Wing	LE15 8SA	Thursday	10.30 am	12.00 pm	01572 737499
Meet'em in Greetham Café	Community Centre, Great Lane	Greetham	LE15 7NG	Thursday	10.00am	12.00 pm	01572 812389
Rutland Cancer Support Coffee Morning	The Friends Meeting House, Gaol Street	Oakham	LE15 6BG	3rd Thursday	10.30 am	12.30 pm	01572 722311
Grump Old Gits Club	The Wheatsheaf, Northgate	Oakham	LE15 6AJ	3rd Thursday	11.00 am	12.30 pm	01572 822171
Armed Forces & Veterans Breakfast Club	The Grain Store, Station Approach	Oakham	LE15 6ER	1st Saturday	9.30 am	11.00 am	oakhamafvbc@gmail.com
Coffee Morning	Oakham Methodist Church, 44 Northgate	Oakham	LE15 6QS	Saturday	10.00 am	12.00 pm	01572 755 782

Lunch Clubs							
Uppingham Lunch Club	Gerrard Court,	Uppingham	LE15 9SW	Monday	12.00 pm	1.00 pm	01572 822171
Age UK, Oakham Lunch Club	The Wheatsheaf, Northgate	Oakham	LE15 6AJ	2nd & 4th Tues	12.30 pm	2.00 pm	01572 490784
Drop In Lunches	Congregational Church, 2b High Street	Oakham	LE15 6AL	Wednesday	12.30 pm	4.00 pm	01572 756315
Happy Circle Lunch Club	Village Hall, Main Street	Whissendine	LE15 7ES	1st Wednesday	1.00 pm	3.00 pm	01664 474016
Age UK, Whissendine Lunch Club	Village Hall, Main Street	Whissendine	LE15 7ES	3rd Wednesday	12.30 pm	2.30 pm	01664 474206
Greetham Lunch Club	Oak House, Pond Lane	Greetham	LE15 7NW	1st Wednesday	1.30 pm	3.00 pm	01572 812647

Support Groups & Therapy							
Slimming World	Greetham Community Centre, Great Lane	Greetham	LE15 7NG	Monday	5.30 pm	6.30 pm	07437 010235
Rutland Carers' Support Group	St John & St Anne, David Royce House, South St	Oakham	LE15 6HD	2nd Monday	2.00 pm	3.30 pm	01572 822171 amanda.bellamy@ageukleics.org.uk
Carers' Choir	Brightways, Catmose College, Huntsmans Drive	Oakham	LE15 6RP	Monday	7.00 pm	8.30 pm	01572 759242
Acorn Day Care	Emphingham Room, Rutland Volunteer Centre	Oakham	LE15 6RB	Tuesday	all day		0116 222 0572
Uppingham Day Care	Gerrard Court	Uppingham	LE15 9SW	Wednesday	all day		0116 222 0572
Rutland Dementia Memory Cafe	Rutland Hub, Lands' End Way	Oakham	LE15 6RB	4th Wednesday	10.30 am	12.00 pm	01572 824048 / 07739 630661
Oakham Memory Lane Café	St John & St Anne, Community Rm, South St	Oakham	LE15 6AZ	1st Thursday	10.00 am	11.30 am	0116 231 1111 / 0116 2316920
Parkinson's UK	Rutland Volunteer Centre, Lands End Way	Oakham	LE15 6RB	2nd Thursday	10.00 am	11.00 am	0116 277 2119 howard@hg19.co.uk
Rutland Cancer Support	The Friends Meeting House, Goal Street	Oakham	LE15 6AQ	3rd Thursday	10.30 am	12.30 am	01572 722311
Mental Health Matters-Drop In Sessions	Dolphin & Gerrard Court, Johnson Road	Uppingham	LE15 9SA	Thursday	11.00 am	12.00 pm	0116 2081505 www.mhm.org.uk
Gateway Club	Railway Inn Station Road	Oakham	LE15 6OU	Thursday	7.30 pm	9.15 pm	01572 772588

Exercises

Beginners – Oakham Healthy Walking Group	St Anne's & St John's, Common Room, South St Oakham		LE15 6HY	Monday	10.30 am	11.30 am	01572 724361	
Age UK Keep Fit – Mature Movers	Catmose Club, 27 South Street	Oakham	LE15 6HY	Monday	1.30 pm	2.30 pm	01572 770 324	yvonne.rawlings@ageuk.org.uk
Walking Football	Catmose Sports Centre, Huntsmans Drive	Oakham	LE15 6RP	Monday	12.30 pm	1.30 pm	01572 490030	enquiries@catmosesll.co.uk
Walking Netball	Catmose Sports Centre, Huntsmans Drive	Oakham	LE15 6RP	Tuesday	10.15 am	11.15 am	01572 490030	enquiries@catmosesll.co.uk
Age UK, Oakham Tai Chi	All Saints Church Hall, Church Street	Oakham	LE15 6AA	Tuesday	1.30 pm	2.30 pm	01572 724 188	
Friends Falls Group	Oakham Methodist Church Hall, Northgate	Oakham	LE15 6QS	Wednesday	10.00 am	11.30 am	01572 770324	
Gentle Exercise To Music	Town Hall, 49 High Street East	Uppingham	LE15 9PY	Wednesday	2.00 pm	3.00 pm	01572 821739	
Walking Football	Catmose Sports Centre, Huntsmans Drive	Oakham	LE15 6RP	Wednesday	6.00 pm	7.00 pm	01572 490030	enquiries@catmosesll.co.uk
Dementia Friendly Walk	The Country Cafe, Main Street	Market Overton	LE15 7PL	1st Thursday	10.00 am	10.30 am	01572 720936	activerutland@rutland.gov.uk
Age UK Keep Fit – Mature Movers	Catmose Club, 27 South Street	Oakham	LE15 6HY	Thursday	10.00 am	11.00 am	01572 770 324	yvonne.rawlings@ageuk.org.uk
Walking Netball	Catmose Sports Centre, Huntsmans Drive	Oakham	LE15 6RP	Thursday	6.00 pm	7.00 pm	01572 490030	enquiries@catmosesll.co.uk

Hobbies, Clubs & Societies

Rutland Mobile Library	Oakham Library, Catmose Street	Oakham	LE15 6HW	Daily	9.30 am	4.30 pm	01572 722918	libraries@rutland.gov.uk
Men in Sheds	Unit 8A, Oakham Enterprise Centre, Ashwell Rd	Oakham	LE15 7TU	Monday	9.30 am	3.30 pm	01572 720319	brian.lee@ageukleics.org.uk
Oakham Art Group	VAR, Gover Conference Centre, Land's End Way	Oakham	LE15 6RB	Monday	1.30 pm	3.30 pm	01572 869004	bruce.allison@tesco.net
Rutland Carers Support Group	The Community Room at St John & St Anne	Oakham	LE15 6HY	2nd Monday	1.45 pm	3.15 pm	01572 822171	
Tea Dance	Oakham Methodist Church Hall, Northgate	Oakham	LE15 6QS	1st Monday	2.00 pm	4.00 pm	01572 755 782	
Men In Sheds	Unit 8A, Oakham Enterprise Centre, Ashwell Rd	Oakham	LE15 7TU	Tuesday	9.30 am	3.30 pm	01572 720319	brian.lee@ageukleics.org.uk
Rutland Reminders (Dementia friendly)	Bramble Social Centre, Huntsmans Drive	Oakham	LE15 6RP	3rd Tuesday	10.30 am	12.30 am	07779 413889	
Dementia Friendly Arts Workshops	Oakham Castle, Castle Grounds, Market Place	Oakham	LE15 6DR	Tuesday	10.30 am	12.30 pm	07590 034331	info@rutlandcommunityventures.uk
Rutland Reminders (Dementia friendly)	Aberdeen House, 20 Stockerston Road	Uppingham	LE15 9UD	2nd Tuesday	2.00 pm	4.00 pm	07779 413889	
Age UK Line Dancing (Advanced Group)	Victoria Hall, 39 High Street	Oakham	LE15 6AH	Tuesday	10.00 am	11.15 am	01572 723152	
Digital Skills & Computer Know How	Uppingham Library, 12 Queen Street	Uppingham	LE15 9QR	Tuesday	10.30 am	11.30 am	01572 822171	
Age UK Line Dancing (Intermediate Group)	Victoria Hall, 39 High Street	Oakham	LE15 6AH	Tuesday	11.30 am	12.30 pm	01572 723152	
Digital Skills & Computer Know How	VAR, Gover Conference Centre, Land's End Way	Oakham	LE15 6RB	Wednesday	10.30 am	12.00 pm	0116 223 7371	sumayya.kara@ageukleics.org.uk
Men In Sheds	Unit 8A, Oakham Enterprise Centre, Ashwell Rd	Oakham	LE15 7TU	Wednesday	9.30 am	3.30 pm	01572 720319	brian.lee@ageukleics.org.uk
Oakham Bowls Bridge Section	Clubhouse, The Vale	Oakham	LE15 6JQ	Wednesday	2.00 pm	4.30 pm	01572 770232	jamesbartlett0@aol.com
Short Mat Bowls	Oakham Bowls Club, The Vale	Oakham	LE15 6JQ	Wednesday	7.00 pm	9.00 pm	01572 770232	
Women In Sheds	Unit 8A, Oakham Enterprise Centre, Ashwell Rd	Oakham	LE15 7TU	Thursday	9.30 am	3.30 pm	01572 720319	brian.lee@ageukleics.org.uk
Rutland U3A	Ballroom, Victoria Hall, 39 High Street	Oakham	LE15 6AH	1st Thursday	10.00 am	12.00 pm		rutlandu3a@gmail.com
Digital Skills & Computer Know How	Oakham Library, Catmos Street	Oakham	LE15 6HW	Thursday	12.00 pm	2.00 pm	01572 770324	yvonne.rawlings@ageukleics.org.uk
Uppingham Indoor Bowls	Uppingham Town Hall, 49 High Street East	Uppingham	LE15 9PY	Thursday	1.30 pm	3.30 pm	01572 822171	amanda.bellamy@ageukleics.org.uk
Carpet Bowls	Clubhouse, Bowls Club	Whissendine	LE15 7EU	Thursday	2.00 pm	4.00 pm	01572 717085	ckhomer79@yahoo.co.uk
Bowls Club	Braunston & Brooke Village Hall, 1 Wood Lane	Braunstone	LE15 8QZ	Alternate Fridays	7.30 pm	9.00 pm	01572 722536	

Proud to be serving our community. If you would like more information about our range of home care services or if you would like your activity included in the next "What's on Where " guide please contact us: **01572 898 147** www.homeinstead.co.uk/mh

This guide has been carefully compiled by Home Instead Senior Care but we cannot take any responsibility for any errors or amendments to activities listed.