

SUNNINGMEAD REGULAR ACTIVITIES & SERVICES

DAY	TIME	ACTIVITY	ROOM
Mondays	9am - 11pm	Hire of Available Rooms & Hall for meetings, training, exercise, arts, music etc.	
	9am - 4pm	* Grow Your Own Project	Indoor Courtyard
	10am - 12 noon	U3A Table Tennis Group	Hall
	2pm - 4pm	* Sunningmead Art Group	Training Room
	5.30pm - 8pm	Tiverton Weightlifting Club	Training Room
	6.45pm - 7.45pm	Zumba Dance & Tone - with Debbie Butt	Hall
	7.30pm - 9.30pm	Tiverton Singers	Café
	8pm - 9pm	Fitness Pilates - with Debbie Butt	Hall
	All Day	* Community Park: Basket Ball, Field & Goal Post, Junior BMX, Play Area, Amphitheatre, Youth Shelter, Tranquil Garden, Embankment Slide	
Tuesdays	9am - 11pm	Hire of Available Rooms & Hall for meetings, training, exercise, arts, music etc.	
	9am - 4pm	* Grow Your Own Project	Indoor Courtyard
	10am—1pm	Sunningmead Toddlers	Rainbow Room
	9.30am - 10.30am	Zumbini, Fitness for Parents and Babies (0-4)	Hall
		Dance Fitness and Fun	Hall
	7pm - 11pm	* Sunningmead Social Club & Bar	Café/Bar
	7pm - 9pm	Junior Pool and Darts	“ “
	7pm - 11pm	Senior Pool and Darts	“ “
	7pm - 11pm	* Volunteering on the Bar	Bar
	6.30pm - 7.30pm	Line Dancing (Beginners) - with Kim Aldis	Hall
	7.30pm - 9pm	Line Dancing (Intermediate) - with Kim Aldis	Hall
	All Day	* Community Park: Basket Ball, Field & Goal Post, Junior BMX, Play Area, Amphitheatre, Youth Shelter, Tranquil Garden, Embankment Slide	
Wednesdays	9am - 11pm	Hire of Available Rooms & Hall for meetings, training, exercise, arts, music etc.	
	10am - 2pm	Poppy's Community Kitchen: Breakfast, Lunches	Café
	9am - 4pm	* Grow Your Own Project	Indoor Courtyard
	10am - 1pm	* Sunningmead Toddlers	Rainbow Room + Hall
	10am - 1pm	* Volunteering for Toddler Group, Alarm Testing, and Clerical Work in Office	Rainbow Room, Hall and Reception Office
	11am - 11.45am	* Over 60's Keep Fit - with Stacey	Hall
	5.45am - 6.45pm	Fitness Pilates - with Debbie Butt	Hall
	6pm - 8pm	Tiverton Weightlifting Club	Training Room
	7pm - 8pm	Step & Condition - with Debbie Butt	Hall
	All Day	* Community Park: Basket Ball, Field & Goal Post, Junior BMX, Play Area, Amphitheatre, Youth Shelter, Tranquil Garden, Embankment Slide	
Thursdays	9am - 11pm	Hire of Available Rooms & Hall for meetings, training, exercise, arts, music etc.	
	9am - 4pm	* Grow Your Own Project	Indoor Courtyard
	10am - 2pm	Poppy's Community Kitchen Breakfast, Lunches	Café/Kitchen
	10.am - 1pm	* Sunningmead Toddler Group	Rainbow Room + Hall
	10am - 1pm	* Volunteering with Toddler Group	“ “ “
	10am-12.30pm	Inspirational Arts Group	Hall PTO

Thursdays continued	10am - 12pm	* Volunteering for Admin Work in Office /Café	Reception Office & Cafe
	4pm—6pm	Youth Club	Hall, Bar Area,
	7.30pm - 9.30pm	Exe Valley Table Tennis Club	Hall
	All Day	* Community Park: Basket Ball, Field & Goal Post, Junior BMX, Play Area, Amphitheatre, Youth Shelter, Tranquil Garden, Embankment Slide	

Fridays	9am - 11pm	Hire of Available Rooms & Hall for meetings, training, exercise, arts, music etc.	
	10am - 2pm	& 5pm- 7.30pm	Poppy's Community Kitchen Café/Kitchen
	9am - 9pm	* Grow Your Own Project	Indoor Courtyard
	10am - 1pm	* Free Advice & Support Service (by appointment only)	Training Room
	2am - 4pm	* Volunteering for Admin Work in Office	Reception Office
	5pm - 8.30pm	Tiverton Weightlifting Club	Training Room
	7pm - 9pm	* Sunningmead Bingo (Eyes Down 7.30pm)	Hall
	7pm - 10pm	* Volunteering with the Bingo Team	“
	7pm - 11pm	* Sunningmead Social Club & Bar (Pool & Darts)	Café / Bar
	7pm - 11pm	* Volunteering for the Bar	Bar
	All Day	* Community Park: Basket Ball, Field & Goal Post, Junior BMX, Play Area, Amphitheatre, Youth Shelter, Tranquil Garden, Embankment Slide	

Saturdays	<u>Hire of Hall, Bouncy Castle and/or Rooms</u> for Children's Parties, Events, Meetings, Dinners, Celebrations, Conferences, Rehearsals, Receptions etc.		
	<u>To Book:</u> Tel: 01884 251147 (9 - 3.30pm) Mon—Fri or Email: sunningmead@yahoo.co.uk.		
	All Day	* Community Park: Basket Ball, Field & Goal Post, Junior BMX, Play Area, Amphitheatre, Youth Shelter, Tranquil Garden, Embankment Slide	

Sundays	<u>Hire of Hall, Bouncy Castle and/or Rooms</u> for Children's Parties, Events, Meetings, Dinners, Celebrations, Conferences, Rehearsals, Receptions etc.		
	<u>To Book:</u> Tel: 01884 251147 (9 - 3.30pm) Mon—Fri or Email: sunningmead@yahoo.co.uk.		
	12noon- 3pm	Poppy's Community Kitchen: Carvery Lunches	Café
	9am - 3pm	* Volunteering in Kitchen	Café / Kitchen
	9am - 3pm	Community Service Placements:	Kitchen / Site / Building
	12 - 2pm	* Sunningmead Social Club & *Bar	Café / Bar
	11.30am - 2.30pm	* Volunteering for the Bar	“ “
	7.am - 9pm	* Sunningmead Quiz Night & *Bar (N.B. On 2nd Sunday of Month)	Café / Bar
	All Day	* Community Park: Basket Ball, Field & Goal Post, Junior BMX, Play Area, Amphitheatre, Youth Shelter, Tranquil Garden, Embankment Slide	

N.B. All *Activities run by the Community Association Staff and/or some of its 40 Regular Volunteers

SERVICES BASED AT SUNNINGMEAD

SUNNINGMEAD COMMUNITY CENTRE & ASSOCIATION 01884 251147 9am - 3.30pm Monday - Friday
POPPY'S COMMUNITY KITCHEN 07495850633 (for times - see above)
INVOLVE (Voluntary Action Mid Devon) 01884 255734 9.30am - 2.30pm Tuesday - Thursday
COMFORT HOME CARE (Care in the Community) 01884 251555 9am - 5pm Monday - Friday
EXE VALLEY TABLE TENNIS CLUB 07968215123 (for time - see above)
TIVERTON WEIGHTLIFTING CLUB 07985746769 (for times - see above)
TOGETHER-DEVON (Drug & Alcohol Services) 08002335444 9am - 5pm Monday - Friday
TIVERTON YOUTH CLUB: email sunningmead_youthclub@yahoo.com telephone 07761042766