

The Wolseley Trust rooms are available to hire for meetings, events, functions, parties etc.

Costings per hour:

Wolseley Community Building, Wolseley Business Park

Main Hall

£11.55 per hour exc VAT

Note: can accommodate up to 75 people

Conference Room 1

£12.60 per hour exc VAT

(inclusive of beverages)

Note: can accommodate up to 25 people

Conference Room 2

£7.35 per hour exc VAT

£9.00 per hour exc VAT (inclusive of beverages)

Note: can accommodate up to 15 people

We can provide resources such as:

Powerpoint projector

TV/video/DVD

Flipchart stand

For further information, please contact

01752 607449

or email admin@wolseley-trust.org

Jan Cutting Healthy Living Centre, Scott Business Park

Conference Room

£7.35 per hour exc VAT

Note: can accommodate up to 12 people

Jan Cutting Healthy Living Centre

Multi-Purpose Hall

£17.85 per hour exc VAT

Note: can accommodate up to 120 people

We can provide resources such as:

Powerpoint projector

TV/DVD

Flipchart stand

For further information, please contact

01752 203670

or email hlcadmin@wolseley-trust.org



Wolseley Trust Business Park,
3 Wolseley Close,
Plymouth
PL2 3BY

01752 607449

admin@wolseley-trust.org

www.wolseley-trust.org

**Wolseley Trust
Community Building**

**"What's On Guide"
July 2021**



*A guide to our weekly groups & activities
Please ask if you would like more details
We are happy to help!*

Meet & Eat Café

Booking advisable

Jan Cutting Healthy Living Centre
Scott Business Park, Beacon Park Road

**Monday to Friday
10.00am–2.00pm**



Breakfasts, lunches, daily
specials, snacks,
delicious home made cakes,
hot and cold drinks,
and much more!

Tel no. 01752 202118

Wolseley Community Building

Alcoholics Anonymous (AA)

Wednesday 7.00pm–9.00pm

Friday 7.00pm–9.00pm

Saturday 2.00pm–3.00pm

Sunday 7.00pm–9.00pm

If you think you have a problem with drinking, then the AA support group can help.





Moving FORWARD

with Ford Community Gym




opening hours

Sessions times available from Monday 19 April 2021

<p>MONDAY</p> <p>06:30 Class members 07:15 Class members 08:00 All members 09:00 All members 10:00 All members 11:00 Wellbeing Gym Session</p> <p>16:00 All members* 17:00 All members* 18:00 All members 19:00 Class members Online class for class members</p> <p>TUESDAY</p> <p>09:30 Online class for class members</p> <p>WEDNESDAY</p> <p>06:30 Class members 07:15 Class members 08:00 All members 09:00 All members 10:00 All members 11:00 Wellbeing Gym Session</p> <p>16:00 All members* 17:00 All members* 18:00 All members 19:00 Class members Online class for class members</p>	<p>THURSDAY</p> <p>09:00 All members 09:30 Online class for class members</p> <p>FRIDAY</p> <p>06:30 Class members 07:15 Class members 08:00 All members 09:00 All members 10:00 All members 11:00 All members</p> <p>SATURDAY</p> <p>08:30 All members 09:30 All members Online class open to all</p> <p>SUNDAY</p> <p>CLOSED</p> <p>* Open to youth and adults</p>
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ALL members are required to book in to use the gym, attend an online class or a Wellbeing Gym session. This can be done either via our Facebook book or our mobile 07307 720270

Please ensure you follow our Facebook page to keep up to date with the latest news and guidelines

Plymouth's Mental Health & Wellbeing Gym

The gym for your body and mind



Moving FORWARD

with Ford Community Gym




memberships

<p>GYM MEMBERSHIP £20</p> <p>Access to book in to use the gym during opening hours</p> <p>CLASS & GYM MEMBERSHIP £32.50</p> <p>Access to book onto classes and to book in to use the gym, includes a Give Back donation</p> <p>FAMILY GYM MEMBERSHIP £40</p> <p>2 adults, 2 children Access to book in to use the gym during opening hours</p> <p>PAY AS YOU GO</p> <p>GYM</p> <p>Adults £3 Youth £1 Access for single visit to gym, must be prepaid</p> <p>CLASS</p> <p>Adults £6 Payment to attend a class, must be prepaid</p>	 <p>£2.50 of your membership will be used towards funding a community membership</p>
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From time to time, subject to external grant funding, we may be able to offer you FREE gym membership for a limited period. Ask a member of staff for details or check out our website or our social media accounts.

For further enquiries, please contact:-
Brydie Bruce, Gym Manager
brydie@mindsetproject.co.uk

Wolseley Community Building

Slimming World

Mondays 9am–12noon

5.30pm–7pm

7pm–9pm

Tuesdays 8am–11am

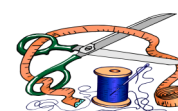
Saturdays 8.30am–11.30am

Weight loss, made easy



Craft Group **Not running**

Mondays 5.00pm–9.00pm



Bingo **Not running**

Tuesday 7.00pm–9.00pm



Stroke Association **Not running** 'Moving On' Stroke Club

Every Wednesday 11.00am–1.00pm



Welcomes membership from people affected by stroke. Provides information, peer support and social activities.

Youth Groups **Not running**

Wednesdays 5.00pm–6.30pm (ages 8-14)

Wolseley Community Resource Building

Thursdays 4.30pm–6.00pm (ages 7-11)

Keyham Green Places

[£1 a session]

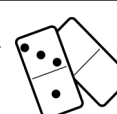
Sport, Games, Arts & Crafts, Tuck & Much More!

For more information please contact 01752 607449.



Adult Youth / Games Group **Not running**

Thursdays 10.00am–1.00pm



Plymouth Camera Club

Thursday 7.30pm–9.30pm

Not running

*Please check website for details:
www.plymouthcameraclub.co.uk*



Elder Tree Men's Club

Every Friday 2.00pm–4.00pm



North Prospect Family Church

Friday 5.15pm–7.15pm **Not running**

Sunday 10am–1pm

