



### **What's on at Astral Park Sports and Community Centre**

Our pavilions are available to hire for events and for regular user groups.

To book any of our venues, please call Julia on 01525 631923 or email

[julia.broad@leightonlinslade-tc.gov.uk](mailto:julia.broad@leightonlinslade-tc.gov.uk)

### **Regular User Groups**

#### **Monday**

Leighton Linslade Townswomen's Guild – Every 1st Monday of the month at 2pm

*A friendly group of ladies who welcome new members.*

Contact: Christine Peckham 01525 755608

[www.the-tg.com](http://www.the-tg.com)

#### **Tuesday**

Ragdolly Annas – 10am

*Music group for the under 0-5's promoting 'feel good' fun.*

Contact: 07989 713745 [info@ragdollyannas.co.uk](mailto:info@ragdollyannas.co.uk)

[www.ragdollyannas.co.uk](http://www.ragdollyannas.co.uk)

Music24 – 1.30pm – 3.30pm (fortnightly)

*Neurotones Choir*

*Music therapy and wellbeing services.*

Contact: 01582 250024 [info@music24.org.uk](mailto:info@music24.org.uk)

[www.music24.org.uk](http://www.music24.org.uk)

Kumon – 4.15pm – 6.15pm

*Maths and English programmes to help students progress their skills.*

Contact: Louise Ogelman 07944 430106

[www.kumon.co.uk](http://www.kumon.co.uk)

Leighton Buzzard Big Book – 8pm – 9pm

Contact: 01438 747475 [chair.sbedfordshire@aamail.org](mailto:chair.sbedfordshire@aamail.org)



### Wednesday

Church of the Good Shepherd – 10am – 12pm  
*Community Café.*

Contact: [info@goodshepherdsandhills.org.uk](mailto:info@goodshepherdsandhills.org.uk)  
[www.goodshepherdsandhills.org.uk](http://www.goodshepherdsandhills.org.uk)

Spectrum Community Arts – 5pm – 7pm  
*Performing arts and dance workshops for people with additional needs and disabilities.*

Contact: Jade Cook 07741 280832 [admin@spectrumca.co.uk](mailto:admin@spectrumca.co.uk)  
[www.spectrumca.co.uk](http://www.spectrumca.co.uk)

Clubbercise – 8pm – 8.45pm

*Fun, easy to follow dance fitness.*

Contact: 07956 515946 [clubbercisedunstable@outlook.com](mailto:clubbercisedunstable@outlook.com)  
[www.clubbercise.com](http://www.clubbercise.com)

### Thursday

Socatots – 9.30am – 11am

*Pre-school football play programme for children aged 1-5.*

Contact: James Harman 07446 886413 [mklb@socatots.co.uk](mailto:mklb@socatots.co.uk)  
[www.socatots.co.uk](http://www.socatots.co.uk)

Pie and Belle – 12pm – 5pm

*Adult daytime art classes.*

Contact: Kirsten Rose 07931 743982 [Pieandbelle@gmail.com](mailto:Pieandbelle@gmail.com)  
[www.kirstenrose.co.uk](http://www.kirstenrose.co.uk)

### Friday

Buzzard Networking – 7.30am – 9am (3<sup>rd</sup> Friday monthly)

*Business networking group.*

Contact: [info@buzzardnetworking.co.uk](mailto:info@buzzardnetworking.co.uk)  
[www.buzzardnetworking.co.uk](http://www.buzzardnetworking.co.uk)

Socatots – 9.45am – 11.15am

*Pre-school football play programme for children aged 1-5.*

Contact: James Harman 07446 886413 [mklb@socatots.co.uk](mailto:mklb@socatots.co.uk)  
[www.socatots.co.uk](http://www.socatots.co.uk)



Music24 – 2pm – 3.30pm (fortnightly)  
*Singing Café*  
*Music therapy and wellbeing services.*  
Contact: 01582 250024 [info@music24.org.uk](mailto:info@music24.org.uk)  
[www.music24.org.uk](http://www.music24.org.uk)

### **Saturday**

Kumon – 2pm – 3pm  
*Maths and English programmes to help students progress their skills.*  
Contact: Louise Ogelman 07944 430106  
[www.kumon.co.uk](http://www.kumon.co.uk)

Evangelical Prayer Winners Ministry – 6pm – 8pm  
Contact: 07459 374776  
[www.facebook.com/Evangelicalprayerwinners](http://www.facebook.com/Evangelicalprayerwinners)

### **Sunday**

Church of the Good Shepherd – 9.45am – 12pm  
*Community Café.*  
Contact: [info@goodshepherdsandhills.org.uk](mailto:info@goodshepherdsandhills.org.uk)  
[www.goodshepherdsandhills.org.uk](http://www.goodshepherdsandhills.org.uk)