

Our heart is to serve the community in which we live. At The Well we host a variety of activities throughout the week, many of which are run by ourselves. As a Community Centre we hire out our rooms to various community groups and businesses on a weekly and monthly basis.

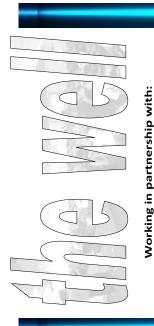
There is something for everyone so why not check us out and find a group for you.

If you are interested in hosting you own event at The Well, from your children's birthday party to an open activity group or even a new business venture please contact us for room rates and availability.

We also offer wedding and funeral services alongside baby naming ceremonies.

If you think we can help in any way please do not hesitate to get in touch.

Yours, Angela Wakelin Centre Manager



Partners in Harvest Ground Level Network The Baptist Union urches Together in Retford Correct at time of print: July 2016

WWW.CAPUK.ORG
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e: admin@thewellrbc.org www.thewellrbc.org

t: 01777 702344

a: The Well, Retford Baptist Church, Hospital Road, Retford, DN22 7BD

Getting In Touch



#### **House of Prayer**

10am-2pm

An opportunity to be still and find rest for your soul. Open to all. From 11am-12noon there will be a time of

#### **Blends Cafe**

10.15am-12.15pm

A community cafe for all. From 11.15am there are various activities such as guest speakers, music quizzes. £2

### Slimming World

9.30am, 11.30am, 5pm & 7pm Weight loss group

07779 274 468 nicky.sorsby@gmail.com

# Lunch on Monday

12.30-1.30pm

2 Course lunch, tea, coffee and good company all for £5. Last orders 1pm.

#### **Hands on Art Club**

1.30-3.30

Art and craft group. A chance to join with others to share, develop and explore your own hidden potential.

### **CAP Job Club**

10am-2pm

Friendly, practical support to help you step confidently into employment. Please call Tony to book an appointment or for more details.

07990 516 072 tonypakula@capuk.org

# **TUESDAY**

#### **Baby Kingfishers**

9.30-11.15am

Opportunity for play and socialising for children, with chat and refreshments for adults. £2 for first child and £1 for each additional child. (0-3yrs)

admin@thewellrbc.org

# **House of Prayer**

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### Slimming World

9.00—11.00am Weight loss group

07779 274 468 nicky.sorsby@gmail.com

## Impact

7pm-9pm

Our youth service... with silly games, worship, challenges, teaching, hot chocolate and hang out. (11-18's – Secondary school aged young people) mark@thewellrbc.org

# Footsteps Dance Studio

7-8pm and 8-9pm

Ballroom and sequence dance lessons. Registration prior is essential - £5 per session

07900 853 591 jacquibrunyee@aol.co.uk

# Spirit Café

(2nd Tuesday of the month) Spirit Café is a place where people can come when they need direction, healing, prayer, peace or just a place to reflect on life. Tea and coffee is served while you order and wait for your 'treatment'

## Going Deeper

7.30-9.00

Meet fourth Tuesday of the month. An opportunity to go further into the Heart of the Father.

# Anytime-to be booked

"We facilitate Bethel Sozo sessions. An inner heart ministry allowing Father God time to bring healing, restoration and freedom. More details please contact jean@thewellrbc.org or 07986690032

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WEDNESDAY

#### **Evolve Exercise - Pilates Class**

Light seated Pilates exercise for those with low mobility

### Children's Bereavement Centre - Counselling

Supporting children ages 3-18 years through bereavement. Referrals made through the centre.

01636 551743

#### Comedy Club

7pm doors open for 8pm start Great evening of comedy Tickets available at the office admin@thewellrbc.org

# something for everyone



retford baptist church why not come and join us on...

# where chuch and community come together

# **THURSDAY**

### **House of Prayer**

10am-2pm

An opportunity to be still and find rest for your soul. Open to all. From 10am-11pm there will be a time of corporate prayer for the local church and community.

# **Bumps and Babies**

9.30am-11.30

Make new friends with other parents and parents to be. We welcome all expectant and new parents with refreshments, chat and toys. In Term time only.

branch.bassetlaw@nct.org.uk

### Weight Watchers

10-11am

Weight loss group

07989 643 509 dwaby@weight-watchers.co.uk

# U3A - General Meeting

1.30-3.30pm

(4th Thursday of every month): Members only social club for the retired or partially retired. Monthly general meeting Contact Norma Taylor 07711 256741 norma5918@googlemail.com

# Let's Sing—With Jessica Mary Brett

This class is ideal for anyone living with dementia, memory issues or those who simply have a love of

jessicamarybrett@outlook.com

## U3A - Gardening

1.30-3.30pm

(2nd Thursday of every month): Members only social club for the retired or partially retired.

#### House of Prayer

10am-2pm

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#### Jo Jingles

9.30am, 10.30am, 11.30am, 12.30pm & 1.30pm (term time only): Fun, interactive music, singing and movement for early years children. Please call Katy for class availably and details. Classes are £4.75 (£3.50 siblings/£3.95 baby class) plus £2.75 child's insurance each term.

07970 933 858 retfordjojingles@gmail.com

#### MS Society - Coffee Morning

10.30am-12pm

(1st Friday in the month): Monthly coffee morning get together.

01777 860 674 <u>ramsden260@btinternet.com</u>

#### Awaken

8-9.30pm

(1st Friday in the month): Awaken is an event for Young Adults (17-25). With inspiring talks, lively worship, amazing cake and quality social time. Contact

awakenyoungadults@gmail.com

# **Considering moving your group/business** activity here? Talk to us for rates and availability

# **SATURDAY**

# Man Power

8-9.30am

(usually 2nd Saturday in the month): Monthly breakfast and discussion with men in mind. richard@thewellrbc.org

# Second Chance Cinema

5.30-7pm

(usually 4th Saturday in the month September to April): A chance to catch up on the latest Blockbuster family film. Shown in Blu-ray, wide screen and surround sound. Doors open at 5, film shows at 5.30. SCC operates a tuck shop and a donation box towards community projects

# **SUNDAY**

# **Sunday Morning Gathering**

9am-10.30am & 11am- 12.30pm Contemporary worship, vibrant and Spirit led. We offer fun, inspiring and challenging groups for children and young people during our morning services

# **Sunday Evening Gathering**

7pm-8pm

Each week we have a different approach for our even-ing services, beginning with the 1st Sunday of the month and rotating round: But the church prayed, Devoted, Loft Session and In Depth, When there is a 5th Sunday in the month, we hold a Praise and Pizza Contact us for more details

admin@thewellrbc.org

# **Salvation Army**

Meet at the Wellspring fourth Sunday of the month. stuart@stumiskin.plus.com