



the well

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



the well

Working in partnership with:

- Partners in Harvest
- Ground Level Network
- The Baptist Union
- Churches Together in Retford

LOCAL CENTRE MANAGER:
JOANNE GIBSON-BOND
RING CENTRAL OFFICE: 0800 328 006
TO BOOK AN APPOINTMENT
WWW.CAPUK.ORG

Correct at time of print: July 2016



e: admin@thewellrbc.org www.thewellrbc.org

t: 01777 702344

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

Getting In Touch



@no.s.t.a.h.w

the well

retford baptist church and community centre



MONDAY

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 corporate prayer.

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

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Slimming World

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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

7.30-9pm
(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

Sozo
"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"

WEDNESDAY

House of Prayer

10am-2pm
An opportunity to be still and find rest for your soul.

Evolve Exercise - Pilates Class

11am-12pm
Light seated Pilates exercise for those with low mobility
0758 251 7481

Children's Bereavement Centre - Counselling

9am—1pm
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



the well

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

where church 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 music.
jessicamarybrett@outlook.com

U3A - Gardening

1.30-3.30pm
(2nd Thursday of every month): Members only social club for the retired or partially retired.

FRIDAY

House of Prayer

10am-2pm
An opportunity to be still and find rest for your soul.
Open to all

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 availability 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 ramsdens260@btinternet.com

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 evening 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

5.00-6.00 pm
Meet at the Wellspring fourth Sunday of the month.
stuart@stumiskin.plus.com