

MAYFAIR

COMMUNITY CENTRE

Mayfair aims to improve the quality of life of people in the Strettons and surrounding areas by providing services and activities to promote independence and support healthy living for people of all ages.
Mayfair is run by the community for the community.

What services do Mayfair provide?

MAYSI - Mayfair supporting independence through information and support including a team of Coco volunteer befrienders supporting people in their own homes.

Day care for adults - client centred to suit individual need and interest from for 2 hours or a whole day.

Mayfair meals - home delivered hot meals at lunchtime, in the Strettons only.

A wide range of exercise classes catering for range of abilities from Zumba to Extend (gentle exercises to music).

Walking for Health - 4 walks a week from half an hour on the flat to 2 hours over the hills.

Door-to-door transport for those with limited mobility or no access to a car or bus through Church Stretton Area Ring and Ride.

A community cafe for all. Meet up there and enjoy a home cooked lunch or morning coffee.

A crèche for babies and children.

Arts and crafts groups

One-to-one support to learn how to use computers and other such technology, short courses and access to the internet.

A wide range of complimentary therapies from chiropractor, massage, acupuncture, shiatsu etc.

A venue for support groups including Cancer Care, Parkinson's Society, Carers, Alzheimer's Carers, Stroke Group.

Contact Details

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Opening Hours: 9-5 weekdays