

2022

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quoting ref: Newmarket

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Supporting local communities since 1986!

Your Residents' Handbook should include most of the local services, clubs and businesses you might need as a resident in your area. Keep it handy, by the phone and it can help you all year round.

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Grooms House, Stanshawes Court
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Please recycle this 'little green book' when you receive your next edition.

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Twitter

www.twitter.com/ResidentsBook

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Gas or CO Leak.....0800 111 999
Minicom0800 371 787



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Supply & Sewerage...0345 714 5145

Childline: 24hr. childline.org.ukFreephone 0800 1111

Domestic Abuse: www.nationaldahelpline.org.uk. 24hr Freephone0808 200 0247

Floodline: 24hr. check-for-flooding.service.gov.uk0345 988 1188

NSPCC: 24hr. Email: help@nspcc.org.uk; nspcc.org.uk0808 800 5000

Rape Crisis: Crisis Centre Freephone0808 802 9999

RSPCA: www.rspca.org.uk. Cruelty Line.....0300 123 4999

Samaritans: 24hr. Freephone From Landline or Mobile 116 123

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Wellington Street, Newmarket
Realise Futures..... 0300 456 2050

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West Suffolk College: www.wsc.ac.uk
Out Risbygate, Bury St Edmunds 01284 701301

Advice

Citizens Advice West Suffolk
suffolkwestcab.org.uk. Advice Line..... 0300 330 1151

Citizens Advice West Suffolk. Newmarket
Foley House, Wellington Street
Suffolk Adviceline..... 0808 278 7868

Citizens Advice. Cambridgeshire
www.cambridgecab.org.uk
Advice Line 0808 278 7808

Debtline: www.nationaldebtline.org 0808 808 4000

Money Helper. Free & Impartial Advice
www.moneyhelper.org.uk 0800 138 7777

Blood Donors

NHS Blood & Transplant
www.nhsbt.nhs.uk..... 0300 123 2323

Councils - County

Cambridgeshire County
www.cambridgeshire.gov.uk 0345 045 5200
Suffolk County: www.suffolk.gov.uk 0345 606 6067

Councils - District

East Cambridgeshire DC
The Grange, Nutholt Lane Ely CB7 4EE
www.eastcambs.gov.uk 01353 665555
West Suffolk: www.westsuffolk.gov.uk
West Suffolk House, Western Way, Bury St
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 Newmarket Town
 King Edward VII Memorial Hall, High St
www.newmarket.gov.uk 01638 667227

Dentists

Burwell Dental Surgery
 25 Ness Road, Burwell 01638 741350
 Find a NHS Dentist
 & Urgent/Out of Hours Advice
www.nhs.uk/service-search 111

Doctors

Oakfield Surgery
 Newmarket Community Hospital
 Exning Road 01638 662018
 Orchard House Surgery
 Fred Archer Way, Newmarket 01638 666887
 Rookery Medical Centre
 Guineas Shopping Centre, Newmarket ... 01638 664338
 The Burwell Surgery
 Newmarket Road, Burwell 01638 741234
 NHS 24hr
 Non-Emergency Calls & Advice 111

Dog Warden

East Cambridgeshire DC
www.eastcambs.gov.uk 01353 665555
 Out of Hours 07710 978900
 Stray Dogs. West Suffolk 01284 757053
 Out Of Hours 01284 763252

Employment Centres

Find a Job: findajob.dwp.gov.uk
 Jobcentre Plus. New Claims
www.gov.uk/contact-jobcentre-plus 0800 055 6688

Employment Centres (cont.)

National Career Service Helpline
nationalcareers.service.gov.uk 0800 100900

Fire & Rescue

Cambridgeshire Fire & Rescue
www.cambsfire.gov.uk 01480 444500
 Suffolk Fire & Rescue Service
 All Non-Emergency Calls
www.suffolk.gov.uk 01473 260588

Funerals

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 Southgate Of Newmarket
 25 Duchess Drive, Newmarket 01638 662480

Hospitals

Addenbrooke's. A&E: 24hr
 Hills Road, Cambridge, CB2 0QQ 01223 245151
 Newmarket Community. A&E: None
 56 Exning Road, CB8 7JG 01638 558400
 West Suffolk NHS Foundation Trust
 Hardwick Lane, Bury St Edmunds, IP33 2QZ
 A&E: 24hr 01284 713000

Libraries

Burwell. Village College
 Mon 2-5, Tue 10-2, Thur 12-7
 Fri 2-5 & Sat 10-1 0345 045 5225
 Cambridgeshire Libraries
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www.lucyfrazer.org.uk..... 020 7219 5082

West Suffolk. Matt Hancock MP
www.matt-hancock.com..... 01284 771690

Optician

Peters Opticians
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Pharmacies

see local businesses

Police

All Non-Emergency Calls
www.suffolk.police.uk
www.cambs.police.uk 101

Victim Support: victimsupport.org.uk
Advice For Anyone Affected By Crime... 0808 168 9111

Post Office

To Find A Local Branch: postoffice.co.uk/branch-finder

Recycling & Refuse

Cambridgeshire County Council
Household Recycling Centres
Waste Management Helpline..... 0345 045 5207

Mildenhall HWRC
Off A1065, Mildenhall IP28 7JQ
Open: 6 Days. Apr-Sep 9-5 Oct-Mar 9-4
May-Aug Open Until 7pm on Thursdays
Closed: Every Wed, Xmas, Boxing & NY Day
Telephone..... 0345 606 6067

Milton Recycling Centre
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Open: Apr-Sep: Mon-Fri 9-8, Sat/Sun 9-6
Oct-Mar: Mon-Sun 9-4, Xmas Eve 9-1
Closed: Xmas, Boxing & NY Day..... 01223 860674

West Suffolk District
Waste Management..... 01284 757320

Registration Services

Cambridgeshire Registration Service
www.cambridgeshire.gov.uk
Appt Only 0345 045 1363

Suffolk. Appt Only: www.suffolk.gov.uk
7 Angel Hill, Bury St Edmunds..... 0345 607 2060

Schools & Colleges

All Saints' CE Primary
Vicarage Road, Newmarket..... 01638 662835

Schools & Colleges (cont.)

Burwell Village College (Primary)
The Causeway, Burwell..... 01638 613103

Ditton Lodge Primary
St Johns Avenue, Newmarket..... 01638 613001

Exning Primary
Oxford Street, Newmarket 01638 600123

Houldsworth Valley Primary Academy
Rowley Drive..... 01638 663214

Laureate Community Academy
Exning Road, Newmarket 01638 663927

Newmarket Academy. Exning Road..... 01638 664412

Paddocks Primary
Rochford Avenue, Newmarket..... 01638 664127

St Louis Catholic Academy
Fordham Road, Newmarket..... 01638 662719

West Suffolk College
Out Risbygate, Bury St Edmunds
www.wsc.ac.uk 01284 701301

Social Services

Cambridgeshire Social Care
www.cambridgeshire.gov.uk
Adult Safeguarding 0345 045 5202
Children & Young Persons..... 0345 045 5203
Emergency Out of Hours
Adults & Children 01733 234724

Suffolk. Children & Adults
www.suffolk.gov.uk 0808 800 4005

Tourist Information

Discover Newmarket
Email: admin@discovernewmarket.co.uk
Telephone..... 01638 501122

National Horseracing Museum
Palace Street, Newmarket: www.nhrm.co.uk

Transport

National Rail: www.nationalrail.co.uk 0345 748 4950

Taxis - see local businesses

The Voluntary Network
Community Transport Information
www.thevoluntarynetwork.org..... 01638 664304

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- Alcoholics Anonymous
www.alcoholics-anonymous.org.uk..... 0800 917 7650
- Drugs
Families Anon: famanon.org.uk 0207 498 4680
Talk to Frank: www.talktofrank.com
Text: 82111 or Call 0300 123 6600
- Gamblers Anonymous
www.gamblersanonymous.org.uk..... 0330 094 0322
- Overeaters Anonymous: www.oagb.org.uk
- Smoking. NHS Smokefree
www.nhs.uk/better-health/quit-smoking

Air Cadets

- 2417 Squadron Newmarket
www.facebook.com/2417NewmarketATC
Mon & Wed 19.00-21.30 01638 665441

Allotments

- BAGS. Burwell Allotment & Garden Society
burwell.co.uk/BAGS
- Burwell Parish Council. Clerk 01638 743142
- Newmarket Allotment Association
Email: newmarketallotmentassociation@gmail.com
www.newmarketallotments.co.uk
Sec: Kate Warboys 07977 408666

Angling

- Barton Mills Lake. Richard West 01842 815421
- East Anglian Fly Fishing: www.eaflyfishing.com
www.facebook.com/groups/EAFlyFishing
- Lark Angling & Preservation Society
Richard West 01842 815421
- Newmarket Angling Club. John Millard
Mobile: 07817 292240 01638 602488

Animals & Pets

- Pact Animal Sanctuary
www.pactsanctuary.org..... 01362 820775
- PDSA: www.pdsa.org.uk 0800 917 2509
- Racing Welfare: www.racingwelfare.co.uk ..0800 630 0443

Armed Forces

- British Korean Veterans Association
Mrs Victoria Coldrey..... 07885 707905
- RAF Association: www.rafa.org.uk 0800 018 2361
- RAF Changi Association: www.rafchangi.com
- RAF. The Mildenhall Register
Bomber Squadrons Association
www.themildenhallregister.co.uk
- ROCA. Royal Observer Corps Association
www.rocatwentytwelve.org
- SSAFA. The Armed Forces Charity
www.ssafo.org.uk..... 0800 260 6767

Army Cadet Force

- ACFA Enquiries
To Join: www.armycadets.com 0207 426 8377
- Cambridgeshire ACF
www.facebook.com/cambsacf 01223 622832
- Newmarket ACF. Cadet Centre, Rayes Ln ...01223 622832
- Suffolk ACF
facebook.com/SuffolkArmyCadetForce ...01473 252562

Arts & Crafts

- Art at the Stables
Thur 1-4. Contact: M'reen Hunt 07772 580886
- Burwell Lacemakers
Trinity Church Hall, High Street, Burwell
Tue 7.30-9.30..... 01638 742024
- Newmarket Arts Society: newmarketdfas.org.uk
- Suffolk Artlink
For Older & Disabled People & Their Carers
www.suffolkartlink.org.uk 01986 873955

Athletics

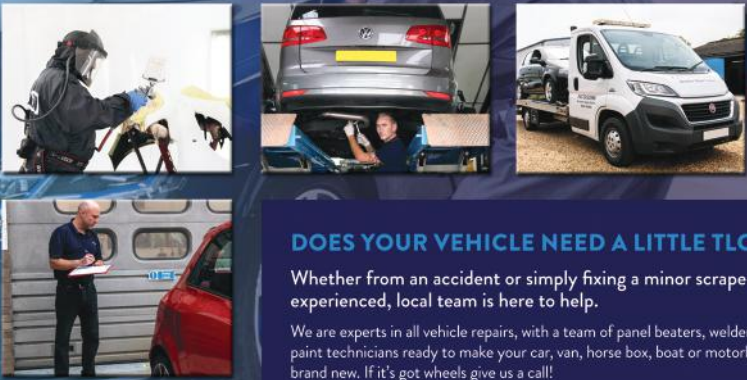
- Newmarket Joggers: www.newmarketjoggers.co.uk
- Newmarket Junior Joggers
newmarketjoggers.co.uk/junior-joggers-page
- West Suffolk AC: www.westsuffolkac.com

Badminton

- Burwell. Community Sports Centre 01638 742125
- Newmarket Badminton Federation
facebook.com/NewmarketBadmintonFederation
John Harvey..... 07739 392312
- St Phillips Newmarket ABC
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Cruse Bereavement Care: www.cruse.org.uk
Young Persons: www.hopeagain.org.uk .. 0808 808 1677

SCARD
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www.scard.org.uk 0345 123 5542

The Compassionate Friends
For Bereaved Parents & Families
www.tcf.org.uk 0345 123 2304

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Giving Hope to Grieving Children 0808 802 0021

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54 Exning Road, Newmarket
www.exningroadclub.com 01638 662965

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GBR Blind Sailing: www.gbrblindsailing.co.uk

Newstalk: www.stedmundsburynewstalk.org.uk

RNIB: www.rnib.org.uk 0303 123 9999

Suffolk Sight: www.suffolksight.org.uk 01284 748800

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Bowls

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Peter Green 01638 742665

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Fordham BC. New Members Welcome
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Bridge

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British Red Cross

Cambridgeshire, Norfolk & Suffolk
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BullyingUK: www.bullying.co.uk 0808 800 2222

Camera Clubs

Bottisham & Burwell Photographic Club
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Care Support

Burwell Carers. Events & Activities for Carers
Sue Evans 01638 743688

Suffolk Headway
People with an Acquired Brain Injury or Stroke
www.headwaysuffolk.org.uk 01284 702535

Chambers Of Trade & Commerce

Suffolk Chamber of Commerce
www.suffolkchamber.co.uk 01473 680600

Charities

Gatehouse Home Store
For Those on Benefits/Low Income
www.gatehouse.org.uk 01284 754967

Newmarket Charity Superstore
2 Craven Way, Newmarket
www.newmarketopendoor.org.uk 01638 660900
Supported Housing. Age 16-24 01638 600699
Volunteering & Training 01638 660900

Racing Welfare
www.racingwelfare.co.uk 0800 630 0443

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Learning Disabilities
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The Bill Tutte Memorial Fund: billtuttememorial.org.uk

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- Burwell Baptist. North Street 01638 745502
- Christchurch. Methodist & URC
St Mary's Square, Newmarket 01638 662837
- Exning Community Church Hall
www.exningcommunitychurchhall.org
Email: exningchurchhall@gmail.com 07516 438133
- Newmarket Community Church
www.newmarketcommunitychurch.co.uk
- Newmarket Pioneer Spiritualist Centre
Scout Hut, Cardigan Street, Newmarket
Email: newmarketpioneercentre@gmail.com
Mobile: 07791 027007 01223 564255
- Newmarket Town Pastors
Caring on the Streets. Find us on Facebook
Email: newmarkettownpastors@gmail.com
- Our Lady Immaculate & St Etheldreda RC
Exeter Road, Newmarket 01638 662492
- St Agnes'. Bury Road, Newmarket 01638 660729
- St Etheldreda. Reach 01638 741262
- St Martin's. Church Street, Exning
www.exningparishchurch.net
- St Mary's. High Street, Burwell
www.stmarysburwell.org.uk 01638 741262
- St Mary's. Church Lane, Newmarket 01638 660729
- St Philip & St Etheldreda Chapel
Exning Road: www.exningparishchurch.net
- Youth for Christ. Newmarket & District
www.newmarket.yfc.co.uk 01638 720707

Cinemas & Films

- Cinema at Newmarket. The Stable, 65 High Street
- Exning Village Cinema
Exning Community Church Hall
www.exningvillagecinema.website

Community Associations & Centres

- Burwell Community Forum
www.facebook.com/burwellcommunityforum
Hazel Williams 01638 743897
- Burwell Ex-Service & Social Club
The Causeway
www.burwellsocialclub.org.uk 01638 742215
- Cheveley Road Club
New Cheveley Road, Newmarket 01638 662891
- Exning Community Church Hall
www.exningcommunitychurchhall.org
Email: exningchurchhall@gmail.com 07516 438133
- Exning Road Club
54 Exning Road, Newmarket
www.exningroadclub.com 01638 662965

Community Assoc. & Ctrs (cont.)

- Freckenham Village Hall. Fordham Road
www.facebook.com/FreckenhamVH 07542 198933
- Studlands Park Community Centre
Brickfields Avenue, Newmarket 01638 665219
- The Racing Centre
Fred Archer Way, Newmarket 01638 662828
- The Stable. 65 High Street, Newmarket 01638 662311

Community Transport

- The Voluntary Network
Community Transport Information
www.thevoluntarynetwork.org
Dial a Ride: Mildenhall, Lakenheath &
Newmarket 01638 664304

Computers

- Computer Sessions
Newmarket Library, The Guineas 01638 661216

Conservation & Wildlife

- Bat Conservation Trust: www.bats.org.uk ... 0345 130 0228
- Cambridge National Trust Volunteers: www.cntv.org.uk
- CPRE Cambridgeshire
www.cprecams.org.uk 01480 396698
- Fascinating Fens: Fen Folks Fridays
www.fascinatingfens.com
Email: fascinatingfens@outlook.com
- Friends of the Earth Cams
www.cambridgefriendsoftheearth.co.uk
Email: camfoe@yahoo.co.uk
- SongBird Survival
www.songbird-survival.org.uk 01379 641715
- St Mary's Preservation Trust
Burwell. Robert Harwood 01638 743003
- Suffolk Wildlife Trust
www.suffolkwildlifetrust.org 01473 890089
- Wildlife Trust. Cambridgeshire
www.wildlifebcn.org 01954 713500

Cricket

- Burwell & Exning CC
burwellandexning.play-cricket.com
- Newmarket CC: newmarketcricketclub.co.uk

Cycling

- Charlotte's Tandems
Free Loan For People With Disabilities
charlottetandems.weebly.com
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- Horizons Dance Academy
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2yrs-Adults. Stephanie 07793 815720
- Various. Freckenham Village Hall 07542 198933

Darts

- Burwell Ex-Service & Social Club
The Causeway
www.burwellsocialclub.org.uk 01638 742215
- Club Darts League. Newmarket & District
www.facebook.com/Nktdartsleague
- Exning Road Club: www.exningroadclub.com
54 Exning Road, Newmarket 01638 662965

Day Centres

- Burwell & District
Ashgrove, Parsonage Close 01638 743363
- Newmarket Day Centre CIO
Fred Archer Way, Newmarket CB8 8NT
www.newmarketdaycentre.co.uk 01638 664262

Deaf - Hearing Impaired

- Deaf & Hard of Hearing Association
Bury St Edmunds & District
www.burydeafassociation.co.uk 01284 361216
- Relay UK. National Text Relay Service
www.relayuk.bt.com
- RNID: www.rnid.org.uk 0808 808 0123
- The National Deaf Children's Society
www.ndcs.org.uk
Children & Youth: www.buzz.org.uk 0808 800 8880

Disabilities

- Avenues East Community Support Services
Provides Activities/Short Breaks/Events
& Employment Support 0300 323 0405
- Charlotte's Tandems
Free Loan. For People With Disabilities
charlottetandems.weebly.com
- Eddie's. Local Support for
People with Learning Disabilities
www.eddies.org.uk 01223 883130
- Equal Lives: www.equalives.org.uk 01508 491210
- Exning Tennis Club
Cotton End Road, Exning. Mrs J Fish 01284 810984
- Mencap. Learning Disability Helpline 0808 808 1111
- NAS. National Autistic Society: autism.org.uk
- Papworth Trust: www.papworthtrust.org.uk

Disabilities (cont.)

- Red2Green. Opportunities. Community Garden
For People with Autism & Learning Disabilities
www.red2green.org 01223 811662
- Remap. A Free Service
Providing Custom-Made Equipment For
Disabled People: www.remap.org.uk
- Scope. The Disability Equality Charity 0808 800 3333
- Suffolk Artlink
For Older & Disabled People & Their Carers
www.suffolkartlink.org.uk 01986 873955

Drama & Theatre

- Kings Theatre
Email: info@newmarketkingstheatre.com
Fitzroy Street, Newmarket 01638 663337
- NOMADS. Operatic Musical & Dramatic Society
Kings Theatre, Fitzroy Street 01638 663337
- Suffolk Young Peoples Theatre
& Annual Summer School
Age 14-22. Ian Shipley 07802 596277

Duke Of Edinburgh Award

- DofE: www.dofe.org

Environment

- Environment Agency
gov.uk/government/organisations 0370 850 6506

Festivals & Shows

- Burwell Village Carnival
www.facebook.com/BurwellCarnival
- Newmarket Carnival
Email: events@newmarket.gov.uk
www.newmarket.gov.uk 01638 667227
- The Fens Day/Weekend: www.fascinatingfens.com
Email: fascinatingfens@outlook.com

Films

- Film Nights. Freckenham Village Hall
freckenham.suffolk.cloud/freckenham-village-hall
Mobile 07542 198933

Flower Arranging

- Burwell & District Flower Club
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Barlings Court	D4
Barry Lynham Dr	E4
Bartons Place	C3
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Beechwood Close	B1
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Blackbear Lane	D4
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Brookside	B1
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 Park LaneD4
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 Perriman CloseD3
 Persimmon WalkC1
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 Petingo CloseC2
 Philipps CloseC3
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QueenswayA1

Raye's LaneD3
Rochford Avenue ...C3
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Rous RoadD4
Rowley DriveC4
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Sackville StreetE4
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 Saxon CloseB1
 Scalback CloseC2
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 Shepherd CloseC1
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 St. Leger DriveC2
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Stamford StreetD4
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Station ApproachD4
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Stretton AvenueE5
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Buntings PathB3
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Casburn LaneB3
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Church LaneB5
Copperfield WayC4
CornfieldsC4

Dalzells LaneB3
Dark LaneB4
Dysons DroveB1

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Hythe CloseA2
Hythe LaneA2

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Kentwell PlaceC3
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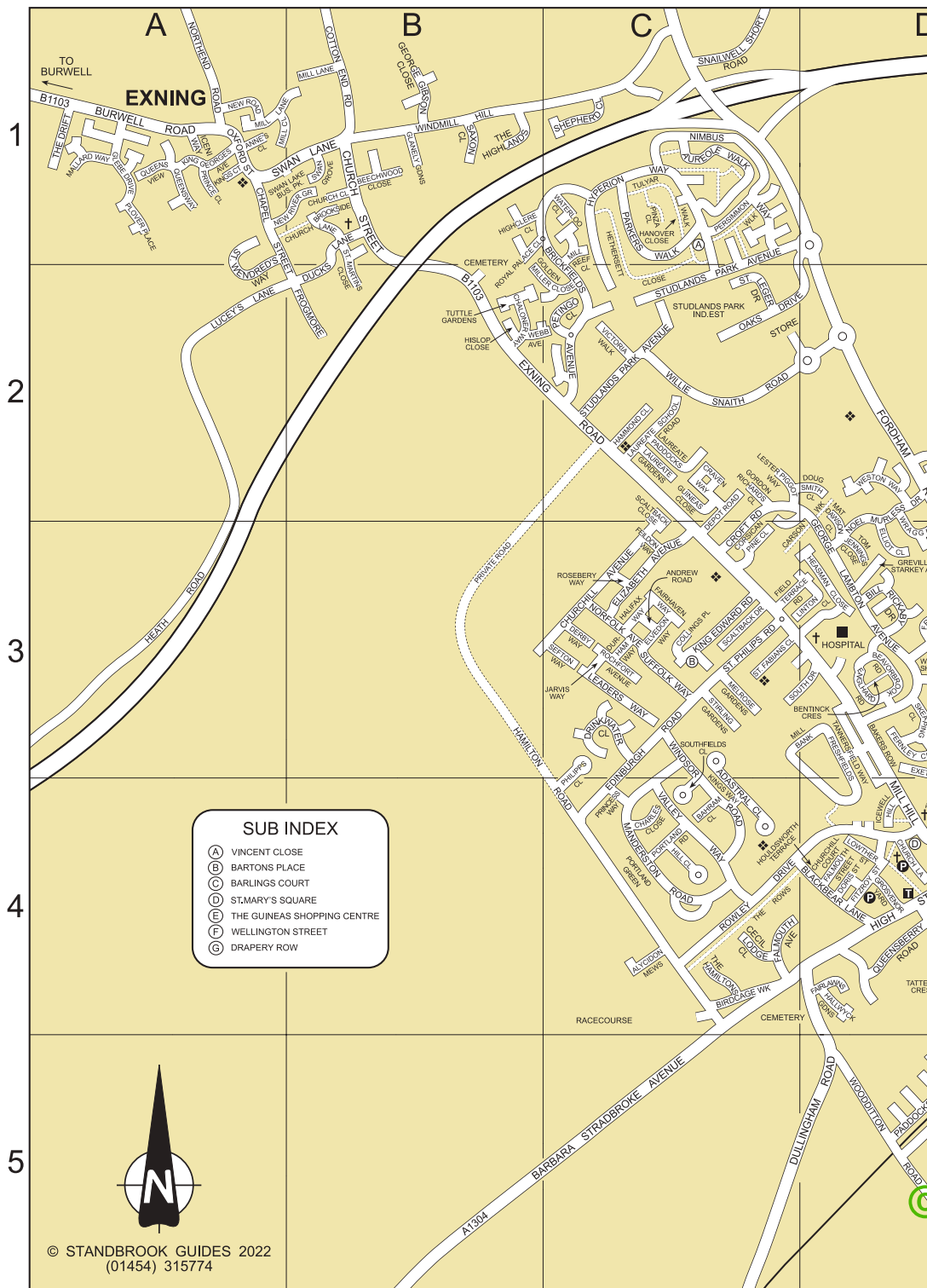
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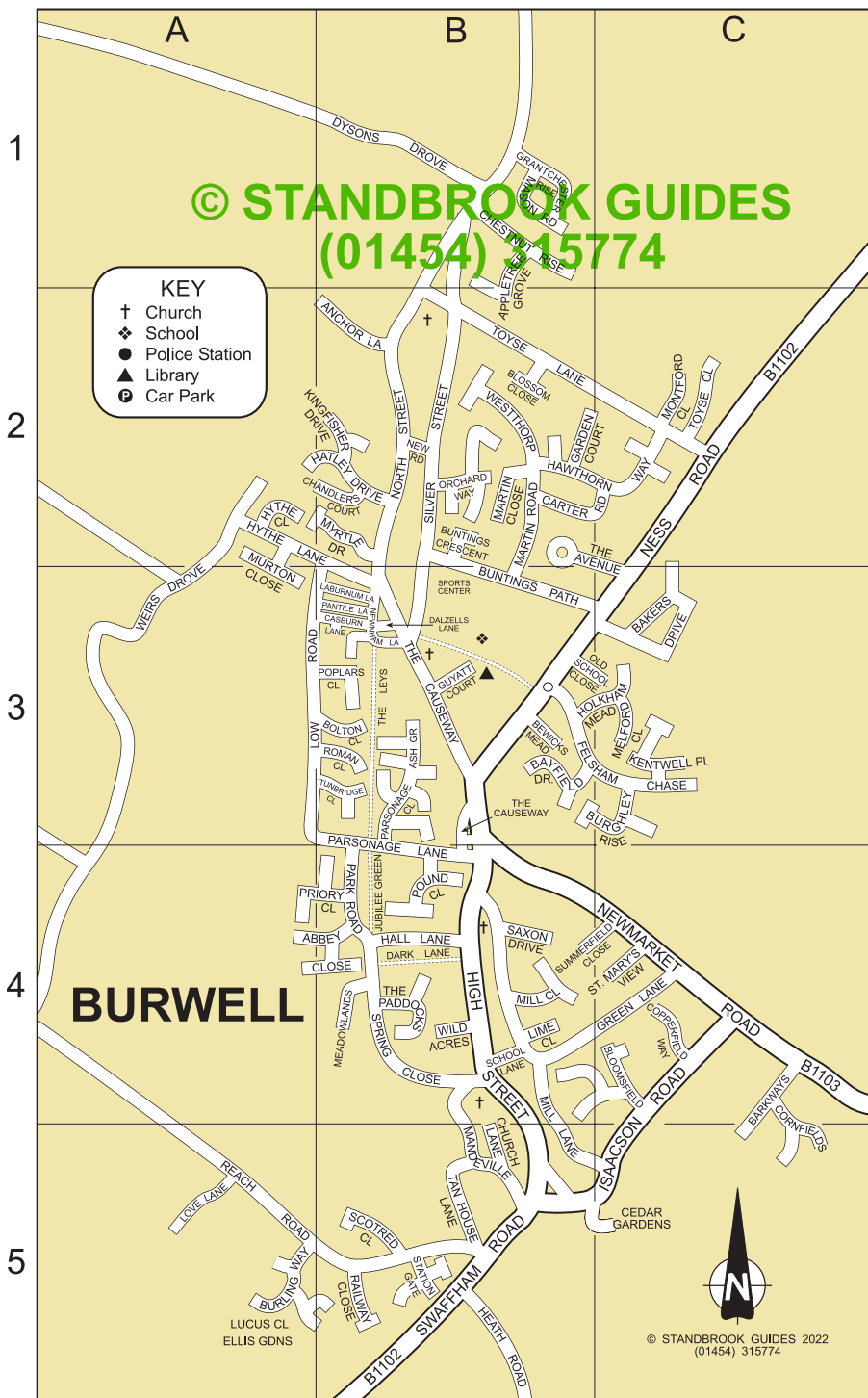


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Burwell Community Sports Centre
Buntings Path, Burwell..... 01638 742125
Burwell Swifts FC: twitter.com/burwellswifts
Burwell Tigers FC: www.facebook.com/BTFC99
Newmarket Town FC: Cricket Field Road, Newmarket
www.newmarkettownfootballclub.co.uk

Freemasons

Cambridgeshire: www.pgclmbs.org.uk..... 01223 471586
Suffolk: www.suffolkfreemason.org.uk

Gardening

Burwell & District Flower Club
Tricia Graves..... 01638 724928
BAGS. Burwell Allotment & Garden Society
burwell.co.uk/BAGS

Girlguiding

Girlguiding Cambridgeshire East
www.facebook.com/girlguidingcambseast
County Office 01223 813917
To Join
www.girlguiding.org.uk/get-involved 0800 999 2016
Trefoil Guild: trefoilguild.co.uk 0207 834 6242

Gymnastics

Newmarket GC. Irene Wallace 01638 603029

Halls

Exning Road Club. 54 Exning Road, Newmarket
www.exningroadclub.com 01638 662965

Health & Fitness Clubs

Freckenham Village Hall
Many Activities 07542 198933

Health Support

Alzheimer's Society: www.alzheimers.org.uk
Dementia Connect Support Line 0333 150 3456
Norfolk & Waveney 01502 514712
Bipolar UK: bipolaruk.org. Email: info@bipolaruk.org
Breast Cancer Care: breastcancernow.org...0808 800 6000
Burwell Drop-In. For Those With Memory
Problems & Their Carers. 2nd & 4th Tue 10-12
Trinity Church, High Street. Sue Evans.....01638 743688
Diabetes UK Eastern
Email: eastern@diabetes.org.uk 01376 501390
Diabetes UK Helpline: www.diabetes.org.uk
Email: helpline@diabetes.org.uk 0345 123 2399

Health Support (cont.)

Gatehouse: www.gatehouse.org.uk 01284 754967
Meningitis Research Foundation
www.meningitis.org. Freephone 0808 800 3344
Mind. For Better Mental Health
www.mind.org.uk 0300 123 3393
MS Society: www.mssociety.org.uk 0808 800 8000
Cambridge, Ely & Newmarket Branch ... 0845 299 3743
Parkinson's UK: parkinsons.org.uk 0808 800 0303
Newmarket Support Group. Lisa Lowe
www.parkinsons.org.uk/newmarket... 0344 225 3614
Sexual Health Line: www.nhs.uk 0300 123 7123
Suffolk MIND. Mental Wellbeing Services
www.suffolkmind.org.uk 0300 111 6000
Upbeat Heart Support Group
www.upbeatheartsupport.org.uk
Sec: Hilary Neeves 01359 232678
Versus Arthritis: versusarthritis.org 0800 520 0520

History

Burwell History Society. Judy Paxton 01638 741713
Newmarket Local History Society
www.newmarketlths.org.uk
Suffolk Family History Society: www.suffolkfhs.co.uk
Suffolk Heraldry Society
www.suffolkheraldry.org.uk
Hon Sec: Donald Hunt 01284 763462
Suffolk Record Office
www.suffolkarchives.co.uk 01284 741212
The Fens Day/Weekend: www.fascinatingfens.com
Email: fascinatingfens@outlook.com

Hockey

Newmarket HC: www.newmarkethockeyclub.com
Soham Roller Hockey Club
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Ladies' Groups

Mothers Union
St Marys, Burwell. Hazel Williams 01638 743897
Wl. Burwell Belles. Alison Dobbs 01638 742360
Newmarket Evening. Joanne Garner.. 01638 660786
Suffolk West Federation
www.thewi.org.uk/suffolkwest 01284 336645

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Email: paulgreenwood32@icloud.com
RBL Contact Ctr: www.britishlegion.org.uk ...0808 802 8080

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The NSDA Pavilion, Elizabeth Avenue .. 07824 774055

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1st Burwell. Jo Graham-Thompson
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Cambridgeshire County Scout Council
www.cambridgeshirescouts.org.uk 01480 301813
UK Scout Information Centre: scouts.org.uk
Email: info.centre@scouts.org.uk 0345 300 1818

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Suffolk County Association: www.suffolktabletennis.net

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Cotton End Road, Exning. Mrs J Fish..... 01284 810984
Newmarket & Suffolk Real Tennis Club
www.newmarketrealtennis.club 01638 666612
Newmarket TC. Hamilton Road
facebook.com/NewmarketTennisClub
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Triathlon

Newmarket Cycling & Triathlon: www.newmarketctc.com

Twinning

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Newmarket Association
Newmarket Town Council
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U3a

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2022

 Bank Holidays

April May June

Mon 4 11 **18** 25
 Tues 5 12 19 26
 Wed 6 13 20 27
 Thur 7 14 21 28
 Fri 1 8 **15** 22 29
 Sat 2 9 16 23 30
 Sun 3 10 17 24

Mon **2** 9 16 23 30
 Tues 3 10 17 24 31
 Wed 4 11 18 25
 Thur 5 12 19 26
 Fri 6 13 20 27
 Sat 7 14 21 28
 Sun 1 8 15 22 29

Mon 6 13 20 27
 Tues 7 14 21 28
 Wed 1 8 15 22 29
 Thur **2** 9 16 23 30
 Fri **3** 10 17 24
 Sat 4 11 18 25
 Sun 5 12 19 26

July August September

Mon 4 11 18 25
 Tues 5 12 19 26
 Wed 6 13 20 27
 Thur 7 14 21 28
 Fri 1 8 15 22 29
 Sat 2 9 16 23 30
 Sun 3 10 17 24 31

Mon 1 8 15 22 **29**
 Tues 2 9 16 23 30
 Wed 3 10 17 24 31
 Thur 4 11 18 25
 Fri 5 12 19 26
 Sat 6 13 20 27
 Sun 7 14 21 28

Mon 5 12 19 26
 Tues 6 13 20 27
 Wed 7 14 21 28
 Thur 1 8 15 22 29
 Fri 2 9 16 23 30
 Sat 3 10 17 24
 Sun 4 11 18 25

October November December

Mon 3 10 17 24 31
 Tues 4 11 18 25
 Wed 5 12 19 26
 Thur 6 13 20 27
 Fri 7 14 21 28
 Sat 1 8 15 22 29
 Sun 2 9 16 23 30

Mon 7 14 21 28
 Tues 1 8 15 22 29
 Wed 2 9 16 23 30
 Thur 3 10 17 24
 Fri 4 11 18 25
 Sat 5 12 19 26
 Sun 6 13 20 27

Mon 5 12 19 **26**
 Tues 6 13 20 **27**
 Wed 7 14 21 28
 Thur 1 8 15 22 29
 Fri 2 9 16 23 30
 Sat 3 10 17 24 31
 Sun 4 11 18 25

2023

January February March

Mon **2** 9 16 23 30
 Tues 3 10 17 24 31
 Wed 4 11 18 25
 Thur 5 12 19 26
 Fri 6 13 20 27
 Sat 7 14 21 28
 Sun 1 8 15 22 29

Mon 6 13 20 27
 Tues 7 14 21 28
 Wed 1 8 15 22
 Thur 2 9 16 23
 Fri 3 10 17 24
 Sat 4 11 18 25
 Sun 5 12 19 26

Mon 6 13 20 27
 Tues 7 14 21 28
 Wed 1 8 15 22 29
 Thur 2 9 16 23 30
 Fri 3 10 17 24 31
 Sat 4 11 18 25
 Sun 5 12 19 26

April May June

Mon 3 **10** 17 24
 Tues 4 11 18 25
 Wed 5 12 19 26
 Thur 6 13 20 27
 Fri **7** 14 21 28
 Sat 1 8 15 22 29
 Sun 2 9 16 23 30

Mon **1** 8 15 22 **29**
 Tues 2 9 16 23 30
 Wed 3 10 17 24 31
 Thur 4 11 18 25
 Fri 5 12 19 26
 Sat 6 13 20 27
 Sun 7 14 21 28

Mon 5 12 19 26
 Tues 6 13 20 27
 Wed 7 14 21 28
 Thur 1 8 15 22 29
 Fri 2 9 16 23 30
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 Sun 4 11 18 25



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