Enjoy your local area!

Meet friends

Reduce health risks

Burn calories

Feel better

Discover your local area

Visit your local community centre to find out more about local events, activities, group, clubs and cafe opening times:

**Arbury Community Centre**
admin@arburycommunitycentre.org.uk
01223 712038
www.arburycommunitycentre.org.uk

**Buchan Street Neighbourhood Centre**
bsnc@cambridge.gov.uk
01223 508149
www.cambridge.gov.uk/buchan-street-neighbourhood-centre

**Meadows Community Centre**
meadows@cambridge.gov.uk
01223 508140
www.cambridge.gov.uk/meadows-community-centre

**North Cambridge Children's Centre**
northcambridgechildrenscentre@cambridgeshire.gov.uk
01223 728118
www.cambridgeshire.gov.uk/cambschildrencentres

**Join a walking group**

Walking in a group is a great way to start walking, make new friends and stay motivated. Walking for Health’s Walk Finder lets you search for organised walks near you. Many of the walks are aimed at people who do little or no exercise but who would like to be a little more active.

The area we know as Kings Hedges got its name in the 16th century, believed to be named for the the Kings warren or game reserve, where hedges were grown to shelter the animals for hunting.
Route 3
Approximate walking time 35-60 minutes and distance just under 2 miles

Arbury’s parish church, The Church of the Good Shepherd, was designed by Stephen Dykes Bower best known for his work at Westminster Abbey.

Enjoy your local play areas (Arbury Court play area pictured)