

# South Asian Health, Well-being & Social Clubs for over 50's in Luton

**Khidmat Well-being Club**  
CYCD, 94-106 Leagrave Road, LU4 8HZ

**Wednesdays: 11.00am – 1.00pm**  
**Women only**  
**Contact: Mr AH Dawood:**  
**07983 985942**

**Khidmat Well-being Club**  
CYCD, 94-106 Leagrave Road, LU4 8HZ

**Thursdays: 11.00am – 1.00pm**  
**Men only**  
**Contact: Mr AH Dawood:**  
**07983 985942**

**Shree Sanantan Seva Samaj**  
**Hindu Centre Well-being Club**  
Hereford Road, Lewsey Farm, LU4 0PS

**Tuesdays: 11.00am – 2.00pm**  
**Women & Men**  
**Contact: Mr D Panchal**  
**01582 663414**

**Dilkhush Well-being Club**  
Methodist Church Centre,  
385a Dunstable Road, LU4 8BY

**Mondays: 11.00am – 2.00pm**  
**Women & Men**  
**Contact: Mr N Patel**  
**01582 704746**

**Bandhob Well-being Club**  
CYCD, 94-106 Leagrave Road, LU4 8HZ

**Mondays: 11.00am – 2.00pm**  
**Women only**  
**Contact: Mr Fazilat Khan**  
**01582 519500**

**Bandhob Well-being Club**  
CYCD, 94-106 Leagrave Road, LU4 8HZ

**Tuesdays: 11.00am – 2.00pm**  
**Men only**  
**Contact: Mr Fazilat Khan**  
**01582 519500**

**Guru Nanak Well-being Club**  
Bury Park Community Centre  
161, Dunstable Road, LU1 1BW

**Mondays: 12.00pm – 3.00pm**  
**Women & Men**  
**Contact: Mrs Shindar Mudhar Gudi**  
**01582 478426**

**Guru Ravidass Well-being Club**  
Shree Guru Ravidass Sangat  
31, Cardigan Street, LU1 1RP

**Wednesdays: 11.00am – 2.00pm**  
**Women & men**  
**Contact: Mrs H Sondhi**  
**01582 450053**

**Ujala Well-being Club**  
CYCD, 94-106 Leagrave Road, LU4 8HZ

**Fridays: 12.00pm – 3.00pm**  
**Women & Men**  
**Contact: Mr V Pattni**  
**01582 562139 or 07940 543052**

Health, Well-being & Social Clubs provide weekly  
friendship, social interaction, health & well-being  
information & advice, exercise sessions & health  
checks for older people

South Asian health, Well-being & Social  
Clubs for Over 50's is a Consortium of  
voluntary community organisations  
working in partnership for the benefit of  
older people in Luton from South Asian  
communities



Centre for Youth & Community Development

