

# Cambridge Buddhist Centre Public Access Statement

## Welcome to the Cambridge Buddhist Centre

We provide courses and classes in meditation and Buddhism as well as Mindfulness-Based Stress Reduction, Tai Chi and Yoga. We also host school visits and events for older people from the University of the Third Age.

You do not need to be or want to be a Buddhist to attend classes at the Cambridge Buddhist Centre.

We aim to make all our classes available to everyone, regardless of lifestyle or belief.

## Finding the Cambridge Buddhist Centre

We are at 38 Newmarket Road, next to Hewitsons Solicitors and behind the Grafton Centre.

### By Car:

The map below shows the location of the Buddhist Centre and forecourt with limited parking at the front, Sun Street car park, which is free after 8.30pm on weekdays and all day Sunday; and the Opticians next door, where parking is permissible in the evenings and at weekends.



### **By train**

Walk (30 minutes) or take a bus from the railway station.

Bus C3 stops opposite the Buddhist Centre (ask for Napier St stop).

### **By bus**

Buses from outside Cambridge stop at the Drummer Street bus station.

Local buses stop near the Centre (77,111,122,196,350,C3,C4,X11,X12) or stop at the Grafton Centre nearby (eg. 16,17,77,99,122,C4).

## **Opening Times**

The Cambridge Buddhist Centre is open weekdays and weekends. We have a reception service (10am - 1pm, Monday - Friday) and at other times access is by bell or directly to an event.

We run a variety of events most evenings of the week and at weekends. These are listed on our website, with relevant costs, where they can be booked.

These events are all available to the general public. Some more advanced events may need prior experience of meditation and/or Buddhism.

In most cases, advance payment is necessary. Some events, such as drop-ins (e.g. drop-in meditation and yoga) do not need payment and indeed, cannot be booked.

Our aim is to make meditation, Buddhism, Yoga, Tai Chi and Mindfulness available to everyone, regardless of their financial circumstances. If anyone is unable to pay the concessionary rate for our meditation or Buddhism classes, courses or retreats, they are encouraged to contact us to discuss alternatives.

It is usually alright for people to just turn up and see if there is space, although they run the risk that either it is full, or the event has been cancelled.

## **Facilities**

Cambridge Buddhist Centre has two meditation rooms, several meeting rooms, media libraries, a well-stocked bookshop and a studio for Tai Chi and Yoga. There are also two courtyards and a terrace for warmer days.

Adjoining the main building is the Festival Theatre, a multipurpose space for large gatherings, rituals, talks, and Buddhist festivals as well as concerts and other performances.

## **Contact CBC**

Reception open 10am - 1pm, Monday - Friday. Entrance by bell at other times.

Our phone number is: (01223) 577553.

Our postal address is: Cambridge Buddhist Centre 38 Newmarket Rd, Cambridge,  
CB5 8DT

This statement outlines when Cambridge Buddhist Centre is open to the general public.

This statement will be reviewed every 2 years.

The policy was reviewed in July 2018

Signature .....Ratnaghosha.....

Chair of Board of Trustees

Date .....20/07/2018.....