



European
Joint
Support Unit

Activities

SHAPE





Leaflets & Guides

The HIVE holds lots of leaflets as well as multiple guides (including City Guides) containing useful information on things to do in the local area. The HIVE also holds maps as well as walking or cycling routes. For more information on the local area, please call into the HIVE to pick up the Local Overview information sheet.

The HIVE is located in building 309 next to the post office. Contact 0471611678

shapehive@armymail.mod.uk

HIVE Blogs

Keep your finger on the pulse and sign up for current station and local information. Read about health, education, employment, what's on, discounts, charities, welfare, housing and relocation. It's all covered! Sign up today at: <http://shapehive.blogspot.com/>

SHAPE House

A community space for British families which runs regular early years sessions, coffee mornings and adult groups. Stay up to date via their [Facebook page](#).

With or without children, it is a useful place for 'insider' information on the area and learning the SHAPE routines whilst you are getting your bearings and finding your feet plus it is a good place for making new friends.

For further information please email: GSO-EJSU-Belgium-CommunityHub@mod.gov.uk

Youth Activities

There is a youth service at SHAPE run through the American section which British children can access. This is the Child, Youth & School (CYS) Services. They provide a number of after school clubs such as Basket ball or cheerleading. These activities vary throughout the year. More information can be found at; www.chievres.armymwr/programs/cysreg

Cubs, Scouts, Rainbow and Beavers are run by British volunteers at SHAPE. Your child will still need to register with the Girl guiding or Scout association.

For local activities such as horse riding, gymnastic's, rugby please contact the HIVE on shapehive@armymail.mod.uk There is an extensive list available.

There is a Juventus Football Academy on SHAPE.

For more information; <https://www.shape2day.com/community/sports-fitness/sports-fitness-centre>

Gym

The Gym offers an impressive and extensive range of classes and facilities including a swimming pool and sauna. An induction class must be attended prior to using the CV suite and weights facility. Also available are 12 outdoor tennis courts, 5 baseball/softball pitches, 6 football / rugby / hockey pitches floodlit, 400M running track complete with stand.

Contact: 065445325

<https://www.shape2day.com/community/sports-fitness/sports-fitness-centre>

Cycling

There is an Active SHAPE cycling group www.shapecycling.com

Churches

English speaking chapel services and ministry groups at SHAPE International Chapel.

Uptodate timings can be found at <https://www.shape2day.com/community/shape-chapel>

Email Padre: EJSU-J1-Chaplaincy@mod.gov.uk

Banking

There are two cash points in SHAPE situated in the main bank and next to the shopping complex (area 500). There is also an ING and Fortis Bank in Nimy where English is spoken. Aion Bank is located in 100 Area.

Post Offices

There is a Belgian B-post, post office located at the SHAPE inside the Carrefour supermarket. There is also a BFPO service available in the Registry and QM (building 309). It is possible to withdraw cash from over the counter here from your British account with no charge and at the current Forces Fixed Rate.

Barbers / Hairdresser

There are two barbers on SHAPE. One is at the main shopping complex and the other is situated in Building 101 (Top SHAPE). There is also a Ladies Hairdresser near Carrefour.

SHAPE Trips & Tours and SHAPE Travel Group

The two travel groups offer an extensive range of day, weekly and even longer trips around Europe. Destinations can be as near as Euro Disney in Paris or as far as a full tour of Moscow.

To experience these and other trips and to obtain full details of their future itinerary, please contact them on ext 3884 or call into the Community Activity Centre, building 307 where Trips and Tours are located, or the Rendezvous cafe to find the SHAPE Travel Group. www.shape2day.com/community/leisure/group-ii-activities/shape-travel-group

Leisure Facilities

Arts and Crafts Centre

Situated in building 307 and contactable on ext 6049 the Community Activity Centre offers classes in ceramics, woodwork, picture framing, flower arranging and many more. Once you have completed your chosen course, you are then qualified to use the facilities in your own time. The costs for the initial courses are listed in various magazines and on notice boards, or alternatively just call in and enquire; the staff are very helpful. www.shape2day.com/community/leisure/arts-crafts

Cinema

The SHAPE Cinema shows a variety of the latest films and a full programme is printed in various magazines including the SHAPE Community Life, or visit <https://www.shape2day.com/community/leisure/cinema>
Refreshments are sold in the lobby. The team can be reached on ext 5696.

Performing Arts Centre

If you are a budding actor or interested in the Performing Arts, then you will find everything you need here. It is open to all nations and age groups and they put on regular plays and some musical concerts. Further information can be obtained by contacting the centre on ext 3321 or visit their website www.shapeplayers.net

Language Centre

If you want to learn a foreign language a visit to this facility is a must. There is a range of full and part time courses available. A fee will be charged for the classes which take place on a termly basis. To enquire about their programme contact them on ext 4971.

Library

The library boasts in excess of 35,000 books in over 11 languages. They provide internet access for public use and have CD's, DVD's and videos for loan, free of charge. It is an excellent facility and well worth a visit. They can be contacted on 065 44 5631. www.chievres.armymwr.co/programs/shaplibrary

Pizza Bowl

The Pizza Bowl is open 7 days a week and is one of the busiest facilities on SHAPE. It is a fully sanctioned American Bowling Confederation approved Bowling Centre with 12 lanes. There are various leagues held throughout the year.
The Pizza Bowl also has an American style Diner which serves an array of culinary fast food with a take-away service too. You can make lane reservations on ext 5696 to avoid disappointment. [.shape2day.com/community/lodging-dining/pizza-bowl](http://www.shape2day.com/community/lodging-dining/pizza-bowl)

SHAPE Club

This facility is open to all Ranks and Nationalities. They have various function rooms and the majority of organised Mess Dinners and leaving functions take place here.
Tables can be booked by calling 06544 4133.

Brittania Club (the Brit Bar)

The community area is located in Building 309. The Bar can be hired and utilised by the community, bookings can be made through the CLO by emailing EJSU-SHAPE-NSECLO@mod.gov.uk

The bar is used for televised sporting events, Family Fridays, fetes and fundraisers. Coffee mornings are also held weekly.

Shopping

Carrefour

There is a range of food and toiletries, including multinational and some British goods available at this supermarket. A take-away sandwich counter is situated at the back of the store. You will find many items are perhaps cheaper on SHAPE because of the discount we receive (no TVA / VAT) as this is taken off at the time of purchase.

Rendezvous

This is a snack bar, selling hot and cold drinks, croissants, pastries, sandwiches and salads to eat in or take away. Wi-Fi is available here too.

Selextion SHAPE

Located in the Carrefour, this section sells electrical items large and small, paints, tools and batteries and has a small DIY section. See the SHAPE Community life magazine for your 50euros off voucher on your first purchase.

Rationed Item Store (RIS)

RIS stocks an excellent selection of wine, spirits, tobacco, cosmetics, jewellery, leather goods and perfumes at TVA free prices. Fuel cards are also purchased here.

The Press Shop

Here you can buy British Newspapers and magazines, maps, cards, books, small gifts, Belgian stamps and watch batteries as well as Mobile top up cards and Phone Cards for use in the Public Phone Boxes. Located in the 100 building.

Flower Shop

As well as selling fresh cut flowers, indoor and outdoor plants can be purchased here for the home.

Optician

Eye tests, glasses and contact lens service are available here. Eye tests must be paid for by the individual and then refunded by UK Medical Centre on presentation of receipt.

Petrol Station

This is a TOTAL Fina petrol station where fuel cards can be used. Cards are purchased in the RIS. These cards can be used at any FINA or TOTAL station in Belgium. The garage also offers car servicing and all usual garage products.

For more Information about local activities or facilities at SHAPE, please contact; shapehive@mod.gov.uk