



Move to improve

Supporting you to stay active
healthy and independent



Elmbridge
Borough Council

elmbridge.gov.uk



Exercise referral

Xcel leisure complex Walton-on-Thames

Location: Waterside Drive, Walton-on-Thames KT12 2JG

Gym-based sessions

An opportunity for individuals with medical conditions to learn how to exercise safely in a gym to benefit their wellbeing. Initial consultation and prescribed gym programme from a specialist instructor. Unsupervised use of gym for 12 weeks with regular assessments.

Suitable for: stable medical conditions that can be improved by physical activity, i.e. diabetics, hypertension, obesity, mental health conditions.

When: Consultations across the week / gym use all days

Cost: Initial sign up: £15 administration fee (includes initial assessment, gym programme, 6 week re-assessment and 12 week final assessment). **Ongoing cost:** class or gym session £4 each. Membership cost at Xcel - £36.20 pcm (no joining fee if joining in 1st month after the 12 week referral programme).

Referral pathway: Places Leisure Exercise referral gym scheme form

Contact: exercisereferralelmbridge@pfpleisure.org, call 01932 260300 or visit the [Xcel leisure complex website](#)



Other exercise referral classes at Xcel

Cardiac Rehab Phase 4

Monday - 1pm circuits class

Tuesday - 11.45am cardiac rehab cycle (stationary bikes)

Thursday - 9.30am circuits class

Friday - 12pm circuits class

Friday - 3.30pm easy group cycle

Seated yoga

Wednesday - 4.30pm

Cost: all classes £4 - cycle class £3.50

Referral pathway:

Cardiac rehab – referrals to be made by phase III cardiac rehab services on completion of phase III hospital-based sessions. Phase III to IV transfer form.

Seated yoga - Places Leisure 'Exercise referral gym scheme' form

Contact: exercisereferralelmbridge@pfpleisure.org, call 01932 260300 or visit the [Xcel leisure complex website](#)



Falls prevention

Strength and Balance

Instructor-led classes based on the Otago exercise programme (a set of leg muscle strengthening and balance retraining exercises designed specifically to prevent falls). The class is mainly seated but has standing elements.

Suitable for: individuals who can sit and stand unaided, but may use a walking aid. Either they have had a few falls or have a fear of falling.

Location: Xcel Leisure Centre, waterside Drive, Walton on Thames KT12 2JG

When: Thursdays 10.45am

Cost: £4 per session

Referral pathway: Places Leisure 'Exercise referral gym scheme' referral form

Contact: exercisereferralelmbridge@pfpleisure.org, call 01932 260300 or visit the [Xcel leisure complex website](#)



Exercise sessions at Elmbridge Centres for the Community

Annual membership required for the Centres for the Community: £20 giving members access to exercise sessions. Each session is £5 except gym circuits £4.

Cobham Centre for the Community

Location: Oakdene Road, Cobham, KT11 2LY Tel: 01932 596031

- Chair based yoga Monday - 11am - 12pm
- Gym circuits Monday - 2.30pm - 3.30pm - £4
- Chair based yoga - Tuesday - 11am -12pm
- Line dancing - Tuesday - 3pm - 4pm
- Chelsea FC health and exercise group - Wednesday - 9.30am-11am
- Mat yoga - Thursday - 11am -12 noon
- Gym sessions (Unsupervised) - Thursday 1pm-3pm
- Seated Dance - Thursday - 1.30pm - 2pm
- Table Tennis - Friday - 2pm - 3pm

Gym equipment

Unsupervised sessions available daily after assessment and induction. Call the centre for further information.

Citizens Advice Esher and District sessions

10am – 12.30pm first wednesday of the month.



Claygate Centre for the Community

Location: Elm Road, Claygate, KT10 0EH Tel: 01372 463476

- Chair based yoga - Monday 10.30am - 11.30am - £3 per session, pay an additional £2.40 on the day and stay for 3-course lunch
- Table Tennis (advanced) - Tuesday 2pm - 3.30pm - £1 per session
- Strength and Balance Class - Tuesday 3.15pm - 4.15pm - £6 per session
- Table Tennis - Wednesday - 10am to 11.30am - £1 per session
- Dance & exercise - Wednesday - 10.30am - 11.30am - £3 per session
- Zumba Gold - Wednesday - 1.30pm - 2.30pm - £5 per session
- Chairbased exercise class - Friday 10.30am - 11.30am - £3 per session, pay an additional £2.40 on the day and stay for 3-course lunch

CHEER Parkinsons Group

Social group including an exercise session. Social respite for carers, information exchange, access to benefit advice from CHEER

When: Monday 10am - 2pm

Entry level: need to be self-toileting

Contact for referral: administrator@cheer-elmbridge.org.uk



Hersham Centre for the Community

Location: Queens Road, Hersham, KT12 5LU Tel: 01932 246267

All self-referral and booked through the centre:

- Tai Chi Tuesday - 3.15pm - 4pm - £5
- Ballroom dancing Thursday (gentle) - 2pm - 4pm - £4
- Strength and balance - Friday 10am - 11am - £4

Benefit Advice

Citizens Advice West Elmbridge Wednesday 10am -12 noon drop in

Weybridge Centre for the Community

Location: Churchfield Place, Weybridge KT13 8BZ Tel 01932 844391

All self-referral and booked through the centre

Chair based exercise - Wednesday - 11am -11.30am - Free

Yoga - Thursday 2-3pm - £5

Line dancing - Friday - 10am -11.30am - £4

Benefit Advice

Citizens Advice West Elmbridge Monday - 9.30am -12 noon



Walton Centre for the Community

Location: Manor Road, Walton KT12 2PB Tel: 01932 247549

All self-referral and booked through the centre

- Strength and balance - Monday 10am - 11am - £4
- Seated exercise - Monday -11am -12pm - £4
- Pilates (advance class)- Tuesday 3pm - 3.45pm - £4
- 50+ circuit class - Wednesday - 10.45am - 11.45am - from 10 May 6-week course with fitness trainer - £36
- Yoga - 9.15am-10.15am - Friday - £4
- Tai Chi and Chi Gong - 2.30pm - 3.30pm - Friday £4

Gym equipment

Unsupervised sessions available after assessment and induction:

- Wednesday - 9.15am - 10.30am - £2

Walton on Thames Stroke Group - Social group

Reduced cost physiotherapy, socialising, exercise sessions

When: Monday mornings

Entry level: need to be self-toileting

Contact for referral: chairman@waltonstrokegroup.co.uk

Citizens Advice West Elmbridge

Benefit advice. contact centre for information



Molesey Centre for the Community

Location: Bishop Fox Way, West Molesey, KT8 2AS Tel: 0208 9795773

- Chair-based exercise - Monday 11am-11.45am - Free
- Yoga Tuesday - 9.30am -10.30am £10 per class. Lyndsay - 07951353976
- Moves Fitness - Tuesday - 11am - 12pm. Gabby Elliot 07850824264
- Tai Chi - Tuesday - 3pm - 4pm. James 07813337046. £50 for 5 class pass or £45 per month
- Tai Chi - Thursday - 9.30am - 11am
- Tai Chi - Friday - 9.30am -10.30am
- Tai Chi - Friday - 10.45am -11.45am - £5 pay as you go

Gym equipment

Unsupervised use available after assessment and induction



Elmbridge Wellbeing Walks in partnership with Ramblers

Led group walks offering either slow paced gentle walks with rest stops or moderate paced (2.5mph) walks. All walks are less than 90 mins with some slow walks of 30-45 mins for beginners.

Suitable for:

Anyone who can comfortably walk for 30+ mins, even if at a gentle speed. Particularly beneficial for those needing social contact / reduce loneliness.

Location:

All over Elmbridge borough and surrounding areas

When: Everyday **Cost:** free

Referral pathway:

None. Walks operate on a 'just turn up' basis.

Find walks near you:

Type postcode into the Ramblers search tool:

www.ramblers.org.uk/go-walking/wellbeing-walks

Contact for further info: health@elmbridge.gov.uk





Walking sports

A slower version of the game played at walking pace. An ideal activity to help with health conditions, rehabilitation and social isolation.

Walking Rugby

Esher Rugby Club, 369 Molesey Road, Hersham KT12 3PF

Mondays 6.30pm – 8pm and Fridays 10am – 12pm

Email: walkingrugby@esherrugbyclub.co.uk Tel: 01932 220295

Walking Hockey

Surbiton Hockey Club, Sugden Road, Thames Ditton KT7 OAE

Fridays 10am – 11am. First session free then £5.50 including tea/coffee

and cake. Email: inquiry@surbitonhc.com Tel: 0208 3982401

Walking Cricket

Summer: Cobham Avorians Cricket Club, Convent Ln, Cobham KT11 1HB

Winter: Xcel leisure complex, Waterside Drive, Walton KT12 2JG

Thursdays 10am – 11am (beginners) and 11:30 – 12:30pm (experienced)

First session free then £40 per quarter (approx. £4 per session)

Email: darren@twenty20communitycricket.com

At Xcel Leisure Complex, waterside Drive, Walton KT12 2JG:

Walking Football

Mondays 8pm – 9pm (£5)

Thursdays 9.30am – 11am (£4)

Email: mark@mccfc.org.uk Tel: 07885 778501

Walking Netball

Tuesdays 10am – 11am (£3.50)

Thursdays 9.30am – 11am (£3.50)



Transport

The Community Transport Scheme costs £22 annual membership and entitles members to:

Dial a Ride

Tailored to individual request

- Up to 3 miles £7 single, double for return
- Up to 5 miles £8.50 single, double for return
- Up to 10 miles £12.50, double for return



Centre Transport

To centres only

- £3.40 single
- £5 return

Shopping

Cobham Sainsburys, Esher Waitrose, Heart Centre, Brooklands

- £6 return



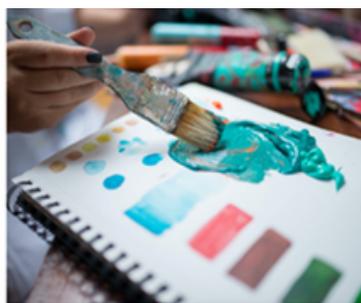


Exercise referral scheme

Recovery, rehabilitation and overall health and wellbeing programmes.

Run by Places Leisure at Xcel leisure complex in Walton-on-Thames on behalf of Elmbridge Borough Council. More info:

elmbridge.gov.uk/sport



Social Prescribing

Helping you improve your wellbeing.

Visit elmbridge.gov.uk/socialprescribing to find out more.



Could not find what your were looking for?

Contact us:

elmsbridge.gov.uk/css Community Support Services Tel 01372 474552

elmsbridge.gov.uk/leisure

Tel 01372 474568



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