

Elmbridge Centres for the Community

what's on

Winter 2024



Activities
and services
at your
Centres
for the
Community



Elmbridge
Borough Council

Centres for your Community



Elmbridge's Centres for the Community are here to support residents to live full and active lives with a range of health and social activities, as well as advice and information sessions and classes for those who want to learn new skills.

In this booklet you'll find all the regular activities held across our Centres, from art to Zumba! Whether you're looking get more active, start a new hobby or get some advice and support, there's something for everyone.

Activities at our Centres are open to anyone with a Centre membership, available to residents over 18. A £21 annual membership gives you access to everything that's on at our Centres. To sign up, simply pop into a Centre and speak to one of the team.

Many of our activities are free, but some require a small charge to cover the cost of the tutor or trainer.

Want to get involved in your local community? We have a range of volunteering opportunities too, from brewing cuppas in a tea bar to tending a community garden or delivering Meals on Wheels. You can find details on all our volunteer roles on our website:

elmbridge.gov.uk/css/volunteer.

The Centres also hold seasonal events from special lunches to advice sessions from local organisations. You can find a list of upcoming special events at the back of this booklet. Need another copy? Download one from your Centre's webpage at

elmbridge.gov.uk/centres

Your local Centre

All our Centres are open Mondays, Tuesdays, Thursdays and Fridays from 10am to 3pm.

All Centres offer a daily lunch service, and also have a tea bar serving hot drinks, sandwiches and snacks throughout the day.

Claygate

Elm Road, Claygate KT10 0EF

Tel: 01372 463 476

claygatecentre@elmbridge.gov.uk



Cobham

Oakdene Road, Cobham KT11 2LY

Tel: 01932 596 031

cobhamcentre@elmbridge.gov.uk



Hersham

7 Queens Road, Hersham KT12 5LU

Tel: 01932 246 267

hershamcentre@elmbridge.gov.uk



Molesey

Bishop Fox Way, West Molesey KT8 2AS

Tel: 0208 979 5773

moleseycentre@elmbridge.gov.uk



Walton

Manor Road, Walton-on-Thames KT12 2PB

Tel: 01932 247 549

waltoncentre@elmbridge.gov.uk



Weybridge

Churchfield Place, Weybridge KT13 8BZ

Tel: 01932 844 391

weybridgecentre@elmbridge.gov.uk



Activities

For activities listed as fortnightly, monthly or by appointment, please contact the Centre for dates.

Get active



Chair-based exercise

Claygate	Thursday	10:15am to 11:15am
Hersham	Monday	2:15pm to 3pm
Molesey	Monday	11am to 11:45am
Walton	Monday (limited mobility)	10am to 11am
Walton	Monday	11am to 12pm
Weybridge	Monday	11am to 11:30am

Chelsea Football Club health and exercise class

Cobham	Friday	10am to 11am
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Gym class

Cobham	Tuesday	10am to 11am
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Gym sessions (unsupervised)

Cobham	Monday	10am to 3pm
Cobham	Tuesday	11:15am to 3pm
Cobham	Thursday	10am to 3pm
Cobham	Friday	11:45am to 2:30pm

Line dancing

Hersham	Friday (1 st of the month)	1:30pm to 2:30pm
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Parkinson's exercise class (and support group)

Claygate	Monday	10:30am to 2:30pm
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Pilates

Walton	Tuesday (advanced)	2:10pm to 2:55pm
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Strength and balance class

Walton	Thursday	1:30pm to 2:30pm
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Table tennis

Claygate	Monday	1:15pm to 2:15pm
Claygate	Monday (advanced)	2:15pm to 3pm
Cobham	Friday	11am to 12pm

Tai chi

Molesey	Friday	10:45am to 11:45am
Molesey	Friday	12:30pm to 1:30pm
Walton	Friday	2:30pm to 3:30pm

Yoga

Cobham	Thursday	11am to 12pm
Molesey	Tuesday	1pm to 2pm
Walton	Thursday	10:15am to 11:15am

Yoga (chair-based)

Claygate	Monday	10:30 to 11:30am
Cobham	Monday	11am to 12pm
Cobham	Tuesday	11am to 12pm
Cobham	Friday	11am to 12pm

Zumba

Hersham	Tuesday	1:30pm to 2:30pm
Molesey	Monday	1pm to 2pm

Hobbies and social groups



Arts and crafts clubs

Claygate	Friday	10:15am to 11:15am
Cobham	Thursday	10:30am to 11:30am
Hersham	Friday (3 rd of the month)	10:15am to 11:30am
Walton	Thursday	10am to 11:30am
Weybridge	Tuesday	1pm to 3pm

Bingo

Claygate	Monday	1:15 to 2:15pm
Cobham	Thursday	1pm to 2pm
Hersham	Monday	1:30pm to 2:30pm
Walton	Tuesday	1pm to 1:45pm
Walton	Friday	1pm to 1:45pm
Weybridge	Monday	1pm to 2pm
Weybridge	Friday	1pm to 2pm

Board game clubs

Molesey	Friday	10am to 11am
Weybridge	Monday	10am to 12pm
Weybridge	Thursday	10am to 12pm

Bridge clubs

Hersham	Tuesday (advanced)	10am to 12pm
Molesey	Monday (advanced)	10am to 12pm
Walton	Tuesday	1pm to 3pm

Canasta

Walton	Tuesday	10:15am to 12:15pm
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Chatty cafés and social groups

Cobham	Tuesday (fortnightly)	1pm to 2pm
Hersham	Thursday	10am to 12pm

Chess club

Hersham	Thursday	10am to 12pm
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Clothes sale

Molesey	Tuesday	10am to 3pm
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Creative Sewing (formerly Boomerang Bags)

Cobham	Friday	10am to 12pm
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Flower arranging

Cobham	Tuesday	10:30am to 11:45am
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German speaking group

Hersham	Tuesday (fortnightly)	10am to 11:30am
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Health and beauty treatments



All hair, beauty and foot treatments are by appointment. Please contact your local Centre to make a booking.

Acupuncture

Cobham	Monday	10am to 1pm
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Beauty therapies

Claygate	Thursday	10am to 2pm
Hersham	Weekdays by appointment	10am to 2pm
Molesey	Monday	10am to 3pm
Walton	Tuesday	10am to 3pm

Foot care clinics (for basic care)

Claygate	Tuesday	10am to 3pm
Claygate	Friday	10am to 3pm
Cobham	Monday	10am to 3pm
Hersham	Thursday	9am to 3pm
Molesey	Tuesday	10am to 3pm
Weybridge	Tuesday	9:30am to 12:30pm

Hairdressing

Claygate	Thursday	10am to 2pm
Claygate	Friday	10am to 2pm
Cobham	Tuesday	10am to 2pm
Hersham	Tuesday	10am to 3pm
Hersham	Friday	10am to 3pm
Molesey	Thursday	10am to 2pm
Molesey	Friday	10am to 2pm
Walton	Friday	10am to 3pm
Weybridge	Monday	10am to 3pm
Weybridge	Friday	10am to 3pm

Podiatry (for more complex issues)

Walton	Thursday	10am to 2pm
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Reflexology

Claygate	Monday	10am to 2pm
Hersham	Tuesday	10am to 2pm
Walton	Weekdays by appointment	10am to 2pm

Advice and information



Aphasia support group

Walton	Monday	1:45pm to 3:45pm
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Citizens Advice drop-in sessions

Cobham	Tuesday (except for last of the month)	10am to 12:30pm
Weybridge	Monday (for ages 65+)	9:30am to 12pm

Computer and tech support

Walton	Friday (by appointment)	1pm-3pm
Weybridge	Monday	12pm-3pm

iPad support

Molesey	Friday	1pm to 2:55pm
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Parkinson's support group

Claygate	Monday	10:30am to 2:30pm
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Elmbridge CAN refugee support drop-in sessions

Walton	Thursday	1pm to 2:30pm
Weybridge	Tuesday	11am to 1pm

Elmbridge CAN refugee ESOL class

Walton	Friday	10am to 12pm
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Social prescribing

Cobham	Tuesday	10am to 2pm
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Special events



To book on any special events and activities, please contact the Centre directly.

October

- **Afternoon Entertainment**

1:15pm to 2:15pm on the following days:

Tuesday 1 October, Cobham Centre: Julie the harpist

Thursday 10 October, Claygate Centre: Singer Eleanor

Thursday 24 October, Claygate Centre: Singer Paul Hudson

Friday 25 October, Hersham Centre: Singer Andy Lee

Thursday 31 October, Claygate Centre: Singer Nate

- **Games afternoon**

Thursday 3 October, Claygate Centre: 1:15pm to 2:15pm

Volunteer John will be bringing round a selection of board games for you to try.

- **“Meet the Beat” information morning**

Tuesday 8 October, Claygate Centre: 10am to 12pm

Our local Police Community Support Officer will be here to provide information on the latest scams and how to keep yourself safe in the community at this free advice session.

- **Film afternoon: Mamma Mia! Here We Go Again**

Thursday 17 October, Claygate Centre, 1:15pm

Join us for the sequel to the hit ABBA musical film. £3 per person including tea and cake! Spaces are limited so please book in advance with the Centre.

- **CHEER benefits surgery**
Friday 18 October, Claygate Centre: 10:20am to 1pm
Advisors from local charity CHEER will be giving advice and support to any older residents. Find out which benefits you're entitled to and get support with filling out any applications.
- **Fire Safety Talk**
Friday 18 October, Hersham Centre: 10:30am to 12pm
Surrey Fire and Rescue will be here for a free talk with tips on how to stay fire safe in your home. You can also sign up for a free Safe and Well Home Visit from the Fire Service.
- **Halloween special lunch**
Tuesday 22 October, Walton Centre: 12pm to 2:15pm
Join us for a spooky themed special lunch: a delicious three-course meal and live entertainment for £11!
- **Halloween special lunch**
Tuesday 29 October, Cobham Centre: 12pm to 2:15pm
Cobham Centre are holding a spooky seasonal lunch, will you fall under the spell of our mysterious hypnotist? Tickets £11.

November

- **Afternoon Entertainment**
1:15pm to 2:15pm on the following days:
Tuesday 5 November, Cobham Centre: Julie the harpist
Thursday 21 November, Claygate Centre: U3A Jazz Band
Thursday 28 November, Claygate Centre: TBC
- **Elmbridge Museum talks: Remembrance: Life on the Homefront**
Tuesday 5 November, Walton Centre: 10:30am to 11:30am
Thursday 7 November, Hersham Centre: 1:30pm to 2:30pm
Join Amy from the Elmbridge Museum for a look at what it was like for those who had to continue life at home during WWI and WWII. There will be an opportunity for visitors to discuss their own memories of the Homefront, listen to some wartime music and take part in a crafting session. Free entry.

- **Remembrance Day Lunch**

Thursday 7 November, Claygate Centre, 12pm to 2:15pm
Join us for our remembrance lunch with entertainment from ex-serviceman trumpeter Vic Gilder.

- **NHS Staying Warm and Well Winter Roadshow**

Monday 11 November, Walton Centre: 10:30am to 12pm
The Winter Roadshow Team will be here to answer queries about the NHS app, health and care services, give out advice on winter vaccinations and tips on keeping warm and well.

- **Quiz afternoon**

Thursday 14 November, Claygate Centre: 1:15pm to 2:15pm
Want to prove you're the biggest brainbox in Claygate? Try out quizmaster John's fiendish questions and put your trivia knowledge to the test!

- **Christmas card craft session**

Friday 15 November, Hersham Centre: 10:15am to 11:30am
Create some handmade seasonal cards, ready for the Christmas post! £5 per person with all materials included.

- **CHEER benefits surgery**

Friday 15 November, Claygate Centre: 10:20am to 1pm
Another opportunity for older residents to chat with advisors from CHEER; Find out which benefits you're entitled to and get support with filling out any applications.

December

- **Afternoon Entertainment**

1:15pm to 2:15pm on the following days:
Thursday 12 December, Claygate Centre: TBC

- **Christingles and carols**

Friday 6 December, Hersham Centre: 10:30am
St Peter's Church will be holding a special Christmas service with the chance to make your own Christingle, with carols sung by the Treble Clef Choir! Free entry and all welcome.

- Christmas arts and crafts sessions**
 Friday 6 and 13 December, Claygate Centre, 10:30am to 11:30am
 We'll have a selection of Christmas-themed crafts on offer, including card making, decorations and diamond art. £1 per session.
- Community carol singing**
 Monday 16 December, Hersham Centre: 11:15am
 Come down to Hersham Centre for a free carol singing concert with members of the local community.
- Christmas decoration craft workshop**
 Thursday 19 December, Hersham Centre: 10:15am to 11:30am
 Make your own seasonal table decoration to show off with the Christmas dinner! £5 per person with all materials included.
- Christmas songs with Chris Snelling**
 Thursday 19 December, Claygate Centre: 1:15pm to 2:15pm
 Local pianist Chris Snelling will be playing a selection of classic Christmas tunes, so drop by and sing along! Free entry.
- Jingle Bell Singers concert**
 Friday 20 December, Hersham Centre: 11am
 The Rah Rah Theatre Company's Jingle Bell Singers will be putting on a special concert to take us into the Christmas season! Free entry.
- Centres closed for Christmas**
Wednesday 25 December 2024 to Wednesday 1 January 2025
 Wishing all our members a safe and happy Christmas and New Year. All Centres will be open again on Thursday 2 January.

Christmas parties



In order to allow our Christmas lunch parties to go ahead safely this year, attendance will be reserved for regular members of each Centre, with limited spaces available. Please speak to the team at your local Centre to find out when tickets will be on sale.

Volunteering: lots of roles to choose from!



Everybody is different, and everyone has their own set of skills. And our Centres have plenty of different volunteering opportunities to help you make the most of your talents, or maybe even learn some new ones!

You might be like Gaynor, who delivers Meals on Wheels from our Cobham Centre, or Andy and Owen who did a fantastic job making our Molesey Community Garden look great for the summer. Or Olga who greets visitors to Hersham Centre with a smile and a laugh. Whatever you want to get out of volunteering, we'll have a role that suits you!

If you'd like to volunteer your time and skills to your community, we'd love to hear from you! Call us on **01372 474 552** or email: commsservices@elmbridge.gov.uk



Community Services – here to support you



Meals on Wheels can deliver a hot lunch to your door 7 days a week, cooked at one of our Centres and delivered by our team of volunteers. To sign up, call **01372 474 552** or visit elmbridge.gov.uk/mealservices



Our Community Transport Team provide door-to-door transport to all our Centres, but their accessible minibuses can also take you to appointments, shopping trips or to visit friends and family. Call **01372 474 944** or visit elmbridge.gov.uk/dialaride to find out more.



Elmbriidge Dementia Services runs weekly day services at Claygate Centre, with their trained staff providing support and fun activities for people living with dementia. Call **01372 474 547** or visit elmbridge.gov.uk/dementiaservices to find out more.

Want to find out more?



Our website has information on all of our community services as well as other cultural, sports and health activities across the borough: elmbridge.gov.uk



Our Facebook page has updates and news from all our Centres: facebook.com/ElmbridgeCSS



Care And Repair Elmbridge

Our Handyman Service can support elderly, vulnerable and disabled residents with:

- minor plumbing repairs
- fitting shelves
- installing smoke alarms
- fitting grab rails
- installing key safes

We also give advice and support with arranging home adaptations such as wheelchair ramps and level access showers.

To find out more, email:
careandrepair@elmbridge.gov.uk
or visit:
elmbridge.gov.uk/care



Exercise Referral Scheme

Recovery, rehabilitation and overall health and wellbeing programmes.

Run by Places Leisure and Xcel Leisure Complex in Walton on Thames.

To find out more, visit:
elmbridge.gov.uk/sport

