

Elmbridge Centres for the Community

# what's on

Autumn 2024



Activities  
and services  
at your  
Centres  
for the  
Community



**Elmbridge**  
Borough Council

# Centres for your Community

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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](http://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](http://elmbridge.gov.uk/centres)

# Your local Centre

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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

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

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## Get active

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### 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 <sup>st</sup> 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

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## Hobbies and social groups

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## Arts and crafts clubs

Claygate	Friday	10:15am to 11:15am
Cobham	Thursday	10:30am to 11:30am
Hersham	Friday (3 <sup>rd</sup> 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

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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
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Molesey	Monday	10am to 3pm
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Walton	Tuesday	10am to 3pm
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### Foot care clinics (for basic care)

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

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

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## Advice and information

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### Aphasia support group

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

Cobham	Wednesday (monthly)	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

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

## September

- **Afternoon Entertainment**

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

Thursday 5 September, Claygate Centre: Retro Ralph

Thursday 19 September, Claygate Centre: Singer Nate

Thursday 26 September, Claygate Centre: Billy Clayton

- **Weekly Mini-Raffles**

Monday 2 September, Tuesday 10 September, Thursday 19 September, Friday 27 September, Molesey Centre, 12 noon.

Win one of our weekly donated prizes at Molesey Centre!

- **September Special Lunch**

Tuesday 3 September, Cobham Centre, 10am to 2:15pm

Join us for a delicious three-course lunch with music from The Diamond Divas. Tickets £11.

- **Digital Voice drop-in information sessions**

Tuesday 10 September, Hersham Centre, 10:30am to 11:30am

From January 2027, all analogue landline phones must be switched over to digital. Volunteers from Neighbourhood Watch will be giving advice and information on what this might mean for you, and how you can upgrade your phone.

- **Autumn Special Lunch**

Thursday 12 September, Molesey Centre, 11:15am to 2pm

A delicious lunch with live entertainment. Tickets £11

- Film Afternoon – Mamma Mia!**  
 Thursday 12 September, Claygate Centre, 1pm to 3pm  
 The hit ABBA musical's big screen outing will be showing at Claygate Centre! Tickets £3 including tea and cake!
- Police Community Support Officer information morning**  
 Friday 13 September, Hersham Centre, 11am  
 PCSO Clare Harris will be giving a talk on current scams and tips on how to keep safe in the community.
- Autumn Special Lunch**  
 Monday 23 September, Weybridge Centre, 10am to 2:15pm  
 Join us for a warming three-course lunch with musical entertainment from singer Terry. Tickets £11.
- MacMillan Coffee Mornings/Afternoons**  
 Tuesday 24 September, Cobham Centre, 10:30am  
 Thursday 26 September, Claygate Centre, 10am  
 Friday 27 September, Hersham Centre, 10:30am  
 Friday 27 September, Molesey Centre, 10:30am  
 Friday 27 September, Walton Centre, 10:30am  
 Join us for a cuppa, some cake (and maybe even a prize raffle!) and help us raise money for MacMillan Cancer Support.
- ABBA Tribute Performance**  
 Friday 27 September, Hersham Centre, 1:30pm  
 A call to all the dancing queens and kings to show off their moves to some great live music!

## Help us deliver meals to those in need

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Our Meals on Wheels service is always looking for volunteer drivers to help deliver meals to vulnerable people across Elmbridge.

Think you could help? Speak to the team at your local Centre or email: [commservices@elmbridge.gov.uk](mailto:commservices@elmbridge.gov.uk)

# Community Services – here to support you

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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](http://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](http://elmbridge.gov.uk/dialaride) to find out more.



Elmburgh 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](http://elmbridge.gov.uk/dementiaservices) to find out more.

## Want to find out more?

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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](http://elmbridge.gov.uk)



Our Facebook page has updates and news from all our Centres: [facebook.com/ElmbridgeCSS](https://facebook.com/ElmbridgeCSS)