Elmbridge Centres for the Community

what's on

Spring 2025





Activities and services at your Centres for the Community



















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. Annual membership costs £21.50 for Elmbridge residents (£32.70 for non-Elmbridge residents) and gives you access to everything that's on at all 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 <u>elmbridge.gov.uk/centres</u>.

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 0EH 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

Centre	Day	Time	Cost
Claygate	Thursday	10:15am to 11:15am	£3 per session
Hersham	Monday	2:15pm to 3pm	£4 per session
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

Centre	Day	Time	Cost
Cobham	Friday	10am to 11am	£4

Gym circuits

Centre	Day	Time	Cost
Cobham	Tuesday	10am to 11am	£4

Gym sessions (unsupervised)

Centre	Day	Time	Cost
Cobham	Monday	10am to 3pm	£2
Cobham	Tuesday	11:15am to 3pm	£2
Cobham	Thursday	10am to 3pm	£2
Cobham	Friday	11:15am to 2:30pm	£2

Line dancing

Centre	Day	Time	Cost
Hersham		1:30pm to 2:30pm	£4
	(1 st and 3 rd of the month)		

Parkinson's exercise class (and support group)

Centre	Day	Time	Cost
Claygate	Monday	10:30am to 2:30pm	-

Pilates

Centre	Day	Time	Cost
Walton	Tuesday (advanced)	2:10pm to 2:55pm	-

Strength and balance class

Centre	Day	Time	Cost
Walton	Thursday	1:30pm to 2:30pm	-

Table tennis

Centre	Day	Time	Cost
Claygate	Monday	1:05pm to 2pm	£1
Claygate	Monday (advanced)	2pm to 2:45pm	£1

Tai chi

Centre	Day	Time	Cost
Molesey	Friday	10:45am to 11:45am	-
Molesey	Friday	12:30pm to 1:30pm	-
Walton	Friday	2:30pm to 3:30pm	-

Yoga

Centre	Day	Time	Cost
Cobham	Thursday	11am to 12pm	£5
Molesey	Tuesday	1pm to 2pm	-
Walton	Thursday	10:15am to 11:15am	-

Yoga (chair-based)

Day	Time	Cost
Monday	10:30am to 11:30am	£3 per
		session
Monday	11am to 12pm	£5
Tuesday	11am to 12pm	£5
TBC	TBC	-
	Monday Monday Tuesday	Monday10:30am to 11:30amMonday11am to 12pmTuesday11am to 12pm

Zumba

Centre	Day	Time	Cost
Hersham	Tuesday	1:30pm to 2:30pm	£5
Molesey	Thursday	10:30am to 11:30am	-

Zumba (chair-based)

Centre	Day	Time	Cost
Cobham	Thursday	1:15pm to 2pm	£5

Hobbies and social groups

Arts and crafts clubs

Centre	Day	Time	Cost
Claygate	Friday	10:15am to 11:15am	From £1
Cobham	Thursday	10:30am to 11:30am	£2
Hersham	Friday	10:15am to 11:30am	£0 to £4
	(3 rd of the month)		
Walton	Thursday	10am to 11:30am	-
Weybridge	Alternate Thursdays	10:30am to 11:30am	-

Bingo

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Centre	Day	Time	Cost
Claygate	Monday	1:15 to 2:15pm	£4 for a
			book
Cobham	Tuesday	1pm to 2pm	£2
Cobham	Thursday	1pm to 2pm	£2
Molesey	Friday	Alternate mornings	-
		and afternoons	
Walton	Tuesday	10:30am to 11:30am	-
Weybridge	Monday	1pm to 2pm	-
Weybridge	Friday	1pm to 2pm	-

Board game clubs

Centre	Day	Time	Cost
Cobham	Monday	1pm to 2:30pm	-
Molesey	Friday	10am to 11am	-
Weybridge	Monday	10am to 12pm	-
Weybridge	Thursday	10am to 12pm	-

Book club

Centre	Day	Time	Cost
	Monday	10:30am to 11:30am	£1.50
	(1 st of the month)		

Bridge clubs

Centre	Day	Time	Cost
Hersham	Tuesday (supervised)	10am to 12pm	£1.50
Molesey	Monday (advanced)	10am to 12pm	-
Walton	Tuesday	1pm to 3pm	-

Canasta

Centre	Day	Time	Cost
Walton	Tuesday	10:15am to 12:15pm	-

Friendship group

Centre	Day	Time	Cost
Hersham	Thursday	10am to 12pm	-

Chess club

Centre	Day	Time	Cost
Hersham	Thursday	10am to 12pm	£1.50

Clothes sale

Centre	Day	Time	Cost
Molesey	Tuesday	10am to 3pm	-

Sewing bee (formerly creative sewing)

Centre	Day	-	Time	Cost
Cobham	Friday		10am to 12pm	-

Flower arranging

Centre	Day	Time	Cost
Cobham	Tuesday	10:30am to 11:45am	£5
Hersham	Last Friday of the month	10:15am to 11:15am	£4
Weybridge	Alternate Thursdays	10:30am to 11:30am	£4

German speaking group

Centre	Day	Time	Cost
Hersham	Tuesday (fortnightly)	10am to 11:30am	£1.50

Grans' coffee club

Centre	Day	Time	Cost
Weybridge	Monday	1:30pm to 3pm	-

Italian speaking group

Centre	Day	Time	Cost
Hersham	Monday (fortnightly)	10am to 12pm	£1.50

Knit and sew social groups

Centre	Day	Time	Cost
Claygate	Friday	1:15pm to 2:15pm	-
Cobham	Monday	10am to 12pm	-
Hersham	Thursday	10am to 12pm	-
Molesey	Tuesday	1pm to 2:50pm	-

Live entertainment

Centre	Day	Time	Cost
Claygate	Thursday	1:15pm to 2:15pm	-
Hersham	Friday (4 th of the month)	1:15pm to 2:15pm	-

Mahjong

Centre	Day	Time	Cost
Hersham	Tuesday (1 st and 3 rd of the month)	10am to 11:30am	£1.50

Music appreciation club

Centre	Day	Time	Cost
Hersham	Thursday	1:15pm to 2pm	-

Musical memories

Centre	Day	Time	Cost
Claygate		1:30pm to 2:30pm	-
	(2 nd of the month)		

Quiz sessions

Centre	Day	Time	Cost
Claygate	Tuesday	1:15pm to 2:15pm	-
Cobham	Tuesday	11.30am to 12pm	-
Hersham	Monday (3 rd of the month)	10:15am to 11:30am	£1.50
Hersham	Friday (1 st of the month)	10:15am to 11:30am	£1.50
Molesey	Tuesday	11am to 11:30am	-

Scrabble club

Centre	Day	Time	Cost
Hersham	Tuesday (2 nd and 4 th of	10am to 11am	£1.50
	the month)		

Sing-a-long

Centre	Day	Time	Cost
Claygate	Friday (last of the month). Includes afternoon tea.	1pm to 2pm	-
Weybridge	Friday	11am	-

Walton Stroke Society social club

Centre	Day	Time	Cost
Walton	Monday	10am to 12pm	-

Health and beauty treatments

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

Acupuncture

Centre	Day	Time	Cost
Cobham	Monday	10am to 1pm	-

Beauty therapies

Centre	Day	Time	Cost
Claygate	Weekdays by	10am to 2pm	-
	appointment		
Hersham	Weekdays by	10am to 2pm	-
	appointment		
Molesey	Monday	10am to 3pm	-
Walton	Tuesday	10am to 3pm	-



Foot care clinics (for basic care)

Centre	Day	Time	Cost
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

Centre	Day	Time	Cost
Claygate	Thursday	10am to 2pm	-
Claygate	Friday	10am to 2pm	-
Cobham	Tuesday	10am to 3pm	-
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	-
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Podiatry (for more complex issues)

Centre	Day	Time	Cost
Cobham	Tuesday	10am to 12pm	-
Walton	Thursday	10am to 2pm	-

Reflexology

Centre	Day	Time	Cost
Hersham	Tuesday	10am to 2pm	-
Walton	Weekdays by appointment	10am to 2pm	-



Advice and information

Aphasia support group

Run by TALK Surrey charity. If you would like to join the group, please contact TALK directly: talksurrey.org.uk.

Centre	Day	Time	Cost
Walton	Monday	1:45pm to 3:45pm	-

Citizens Advice drop-in sessions

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

Digital support sessions

Computer support

Centre	Day	Time	Cost
Weybridge	Monday	12pm-3pm	-

Digital support: laptops, tablets, phones

Centre	Day	Time	Cost
Walton	Friday (by appointment)	12pm-3pm	-

iPad support

Centre	Day	Time	Cost
Molesey	Friday	1pm to 2:55pm	-

Department of Work and Pensions (DWP)

Centre	Day	Time	Cost
Hersham	Every other Monday (7 April, 21 April, 19 May, 2 June, 16 June, 30 June	10am to 12pm	-

Parkinson's support group

Centre	Day	Time	Cost
Claygate	Monday	10:30am to 2:30pm	-

Elmbridge CAN refugee support drop-in sessions

Centre	Day	Time	Cost
Walton	Thursday	1pm to 2:30pm	-
Weybridge	Tuesday	11am to 1pm	-

Elmbridge CAN English class for refugees

Centre	Day	Time	Cost
Walton	Friday	10am to 12pm	-

Social prescribing

Centre	Day	Time	Cost
Cobham	Tuesday	10am to 2pm	-

Special events



To book on any special events and activities, please contact the Centre directly. Events can be subject to change.

April

• Art class with Ed

12:45pm to 2:45pm on the following days: Thursday 3 April, Hersham Centre Thursday 10 April, Hersham Centre Thursday 17 April, Hersham Centre Thursday 24 April, Hersham Centre

- Rainbow Day Thursday 3 April, Hersham Centre Wear a colour from the rainbow.
- RC Sheriff Trust sing-along Thursday 3 April, Hersham Centre, 10:30am to 12pm
- Easter quiz
 Thursday 3 April, Claygate Centre
 Join in with the Easter Quiz, winners will receive a prize!
- Easter chick handling activity
 Friday 4 April, Walton Centre, 10:30am to 11:30am (arrive by 10:15am)
 See in the new spring season by experiencing the handling and feeding of baby chicks from their brooding box! Spaces are limited so please pre-book. Spaces cost £3 per person.

National Coffee Cake Day Monday 7 April, Claygate Centre Come along to the Claygate Centre and enjoy a piece of freshly made coffee cake to celebrate.

• Easter bouquet making

Tuesday 8 April, Cobham Centre, 10:45am to 11:45am Spaces are limited for this event so please pre-book. Spaces cost £5 per person.

• Easter Fayre

Thursday 10 April, Claygate Centre, 10am to 12pm Lots of fun to be had at the Easter Fayre with a raffle, homemade cakes, lots of stalls and refreshments.

• Film Club

Friday 11 April, Hersham Centre, 12pm Includes a choc ice.

Afternoon entertainment

1:15pm to 2:15pm on the following days: Thursday 10 April, Claygate Centre: The Dynamo's Thursday 17 April, Claygate Centre: Vic Gilder performance Thursday 24 April, Claygate Centre: U3A Jazz Band Friday 25 April, Hersham Centre: Becky (singer)

U3A Jazz Band Friday 11 April, Hersham Centre, 1pm to 2pm

- 'A Gathering Place' VR Workshop Monday 14 April, Hersham Centre, 10:30am to 1:30pm
- Spring/Easter special lunch Monday 14 April, Weybridge Centre Enjoy a 3-course lunch with live entertainment from 1.30pm. Include Easter bonnet making. Places must be pre-booked and cost £11.

• Easter special lunch

Tuesday 15 April, Cobham Centre Enjoy a 3-course lunch, live music and an Easter grand raffle. Places must be pre-booked and cost £11.

• Easter craft activity

Tuesday 15 April, Walton Centre, 10:15am to 11:45am The Walton Centre team will help you to create a decorative Easter card or ornamental Easter egg to gift to a loved one or take home for yourself!

- Easter special lunch
 Thursday 17 April, Claygate Centre, 12pm
 Places must be pre-booked and cost £11.
 Thursday 17 April, Molesey Centre, 12pm
 Enjoy a special lunch to celebrate Easter. Entertainment from 1pm to 2pm.
- Easter raffle draw Thursday 17 April, Hersham Centre, 11am
- RC Sheriff Trust Sing-along Thursday 24 April, Hersham Centre, 10.30am to 12pm
- St George's Day special lunch
 Friday 25 April, Walton Centre, 11am to 2pm.
 Enjoy a delicious traditional 3-course English lunch with live entertainment to celebrate St George's Day! Price £11.20.

• Sound Like Yoga with Charlotte Monday 28 April, Weybridge Centre, 1pm to 2pm Slow yoga with meditation, sound bath and flute experience.

May

Afternoon entertainment

1:15pm to 2:15pm on the following days: Thursday 1 May, Claygate Centre: Games afternoon with John Baldwin Thursday 15 May, Claygate Centre: Eleanor (singer) Thursday 22 May, Claygate Centre: Retro Ralph Friday 23 May, Hersham Centre: Vic Gilder (singer) Thursday 29 May, Claygate Centre: Margaret (harpist)

Sight For Surrey Tuesday 6 May, Claygate Centre, 10am to 12pm

• World Laughter Day activity Tuesday 6 May, Walton Centre, 10:30am to 11:30am Join us for fun and laughter as we explore the history of comedy. Why not bring your own jokes to share?

- VE Day 80th anniversary celebration day
 Thursday 8 May, Claygate Centre
 Early afternoon tea 12pm, £7 per person
 VE celebrations in Elmbridge workshop 1:15pm to 2:15pm
 Join us to celebrate the 80th anniversary of VE day with a
 traditional afternoon tea and a workshop delivered by the
 Elmbridge Museum team. Dress to impress.
- VE Day 80th anniversary celebrations
 Thursday 8 May, Molesey Centre, time TBC
 Celebrate VE day with lunch and some entertainment at Molesey Centre.

• VE Day 80th anniversary celebrations

Thursday 8 May, Walton Centre, time TBC Join the Walton Centre to commemorate this special occasion and pay tribute to the service and sacrifice of those who fought in the war. Check with the centre for more information on this event.

• VE Day celebrations - afternoon tea Thursday 8 May, Hersham Centre, 12pm Please book, cost £3.

• NHS App and IT support sessions

Friday 9 May, Claygate Centre, 11am to 2:30pm Friday 23 May, Claygate Centre, 11am to 2:30pm The NHS App and IT support session team will be coming to Claygate to hold 30-minute support workshops for people who are patients at Capelfield Surgery. Spaces are limited, so please contact Claygate Centre to book your appointment.

• VE Day coffee morning and history of Weybridge talk Friday 9 May, Weybridge Centre Celebrate VE Day with coffee at the Weybridge Centre. Talk starts at 10:30am.

• VE Day celebrations

Tuesday 13 May, Cobham Centre Dress up or bring memorabilia from the era, vintage flower arranging, a themed lunch and enjoy a historic talk by Elmbridge Museum based around 'Celebrations'.

- History talk by Elmbridge Museum on celebrations
 Tuesday 13 May, Walton Centre, 10:30am to 11:30am
 Celebrate VE Day as we delve into the celebrations around the
 borough that brought people together and recognised
 achievements. We will look at other events that gathered those
 together such as weddings and coronations. There will be time for
 personal and familial recognition as you help to fill your
 community centre's display board or case.
- Elmbridge Museum celebrations workshop Thursday 15 May, Hersham Centre, 1.30pm

• U3A Jazz band

Friday 16 May, Hersham Centre, 1pm to 2pm

• Hearing aid advisor morning

Monday 19 May, Weybridge Centre, 10/10.30am to 12pm A hearing aid advisor will be on hand to answer queries on hearing aids and accessories.

• Forget-Me-Not afternoon tea

Thursday 22 May, Cobham Centre, 1pm to 2pm Come along to the Cobham Centre for a traditional afternoon tea, with a spring theme. Spaces are limited so please pre-book. £7 per person.

Special lunch

Thursday 22 May, Molesey Centre Lunch with entertainment.

• International Tea Day

Friday 23 May, Walton Centre, 10:30am to 11:30am Sit back and relax as you indulge in different teas from all around the world!

Guide Dogs UK talk and National Scone Day Friday 30 May, Walton Centre, 10:30am Cost £2 per person.

June

• Games Day

Tuesday 3 June, Walton Centre, 10am to 11:30am Did you know there is a National Flip a Coin Day? In honour of this traditional game of chance, join in a range of fun traditional games including a bonus bingo jackpot!

Afternoon entertainment

1:15pm to 2:15pm on the following days: Thursday 5 June, Claygate Centre: Andy Luke (singer) Thursday 12 June, Claygate Centre: Vic Gilder Thursday 19 June, Claygate Centre: Quiz with John Baldwin Thursday 26 June, Claygate Centre: Mary (flautist)

• Turkish special lunch

Thursday 5 June Cobham Centre Come along for a Turkish themed lunch, a belly dance performance, music and a raffle. Places must be pre-booked, £11.

- Summer special lunch
 Friday 13 June, Walton Centre, 11am to 2pm
 Enjoy a 3-course lunch with live entertainment. Price £11.20.
- King's birthday celebration
 Friday 13 June, Hersham Centre
 Details to be confirmed.
- Rah Rah Theatre Company present 'Rock Around the Clock' Tuesday 17 June, Cobham Centre, 11am to 1pm A musical comedy love story, set in the 50s with all the popular tunes of that time. Pre-booking essential. £8 per person. Tickets include a one-hour performance and a 3-course centre lunch.

• Ascot Day

Thursday 19 June, Molesey Centre Get dressed up for a day at the races! Enjoy a special lunch with entertainment.

Great Outdoors afternoon tea

Tuesday 24 June, Walton Centre, time TBC In honour of the National Great Outdoors Month, enjoy an afternoon tea in the Walton garden and an outdoors plant potting activity!

Armed Forces Day celebration

Friday 27 June, Cobham Centre, 1pm to 2pm Celebrate Armed Forces Day with a nostalgic 'back in the day' afternoon tea. Spaces are limited so please pre-book. £7 per person.

• Afternoon tea special lunch Friday 27 June, Weybridge Centre

Volunteering: make the most of your skills



Every volunteer role we have at our Centres requires a different set of skills.

Maybe you're great at talking to people and would like to welcome new visitors. Perhaps you know how to make a sale and could help raise money at a cake sale or community café.

If you know your town like the back of your hand, you might be interested in delivering Meals on Wheels in your local area. While those with green fingers would be a great help in one of our community gardens.

We're always looking for new volunteers to join our team. Think you could help? Call us on **01372 474 552** or email: **commservices@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 <u>elmbridge.gov.uk/mealservices</u>.



Our Community Transport team provide door-to-door transport to all our Centres, and their accessible minibuses can 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.



Elmbridge 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 <u>elmbridge.gov.uk/dementiaservices</u> to find out more.

Want to find out more?



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



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

Elmbridge



Supporting People with long-term health conditions at Elmbridge Xcel Leisure Complex

Our Exercise Referral programme offers expert, personalised support to increase your physical activity and enhance your health and wellbeing

What is included?

- Expert guidance from qualified instructors
- Personalised health programme
- Discounted membership
- Unlimited access to the gym, pool, and classes
- Drop-in sessions

Ask your GP for more details elmbridge.placesleisure.org