



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)

# Staying Active in the Community

Contact information for exercise classes / schemes within your local area

## Transport

Contact the below numbers to arrange transport to and from day centres, visiting local activities, shopping, medical and hospital appointments.

Elmbridge Dial A Ride: 01372 474551

Dittons and Weston Green Neighbourcare: 0208 3988600

Molesey Care: 07891 321986

Transport to Longmead Centre, Epsom contact Routecall: 01372 732000

---

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

---

**Author:** Nicola Swalwell. Senior Physiotherapist

**Department:** Physiotherapy.

**Version:** 1

**Published:** Jan 2018

**Review:** Jan 2020

**Otago strength and balance class.** Tues 10am-11am. Contact Nikki on 07708 748898. £4 per session.

### **Thames Ditton Centre**

Mercer Road  
Thames Ditton  
KT7 0BS  
0208 3985921

**Tai Chi:** Mon 2:30pm-3:30pm

**Otago strength and balance class:** Thurs 1pm-2pm. Contact Chris on 07740 030765 for more information and booking. £4 per session

### **Epsom Methodist Church**

Ashley Road  
Epsom  
KT18 5AQ

**Otago strength and balance class:** Weds 1:30pm-2:30pm. Contact Karen on 07771 647132 for more information and booking. £4 per session.

## **Staying Active in the Community**

This leaflet will provide you with information and contact details on exercise classes/schemes within your local area to encourage you to stay active in the community.

These details are correct as of January 2018, please contact the centre on the available telephone number to confirm accurate classes/ times/ dates.

The World Health Organisation (WHO) recommends 150 minutes of moderate intensity exercise and strength exercises twice a week for adults over 65 years.

Walking, dancing and exercise classes are great for improving cardiovascular fitness, socialising and reducing fear of falling. Flexercise classes are a low impact exercise class involving exercise and dance that will leave you feeling energised, exercised and strengthened.

Yoga, Pilates, Tai chi and Otago balance classes are designed to improve your balance and co-ordination by strengthening your leg muscles and are recommended for adults at risk of falls.

## **Woking Borough (Woking, Byfleet, West Byfleet, Knaphill)**

### **Brockhill Community Centre**

Clifton Way

Woking

GU21 3NE

01483 743975

Open Mon-Fri 9:30-3pm

**Seated dance:** Weds 10am-11am

**Yoga, Gentle keep fit, Armchair exercise class**

### **Moorcroft Community Centre**

Old School Place

Westfield

GU22 9LY

01483 743373

Open Mon-Fri 9-4:30pm

**“Well balanced” exercise class:** Mon and Thurs 10:30am-11:30am. £1.60

**Chair based yoga:** Weds 11am-12pm. £2

**Pilates:** Thurs 3pm-4pm. £6

### **Alpha Road Pavillion**

Maybury

GU22 8HA

### **Longmead Community Centre**

Sefton Road

Epsom

KT19 9HG

01372 720563

**Tai Chi:** Mon 9:30am-10:30am and 12pm-1pm

Tues 10am-11am and 11:15am-12:15pm

**Keep fit:** Mon 10:45am-11:45am

**Balance Class:** Tues 11:15am-12:15am

**Line dancing:** Weds 10:15am-11:45am

**Chair Yoga:** Thurs 11am-12pm

**Yoga:** Fri 11am-12pm

### **The Molesey Centre**

School Road

East Molesey

KT8 0DN

0208 9795773

**Chair based exercise:** Mon 11am

**Exercise class Senior Moves Lite:** Tues 11:30am-12:30pm

**Tai Chi:** Tues 2:30pm-3:30pm

**Keep fit:** Fri 9:45am-10:45am and 11am-12pm

**Moves Fitness:** Sat 9:30am-10:30am

### **Bourne Hall**

Spring Street

Ewell

KT17 1UF

## **East Elmbridge/ Mid Surrey (Epsom, Cobham, Thames Ditton, Claygate, Molesey)**

### **Rainbow Leisure Centre**

East Street

Epsom

KT17 1BN

01372 727277

**Otago strength and balance class:** Fri 10:45am-11:45am. £4 per session.

### **Claygate Community Centre**

Elm Road

Claygate

KT10 0EH

01372 463476

**Chair based exercise:** Mon 10:15am-11am

**Dance Exercise:** Weds 10:30am-11:30am

**Keep fit:** Sat 10:15am-11am

### **Cobham Community Centre**

Oakdene Road

Cobham

KT11 2LY

01932 596031

**Exercise Class in Gym:** Weds 10am-11am

Fri 2pm-3pm and 3pm-4pm

**Chair based exercise:** Weds 11am-11:45am

**Exercise and dance and female only yoga:** Tues 10am-11am and 11:45am-12:45pm. Contact 01483 743804

### **Parkview Community Centre**

Off Blackmore Crescent

Sheerwater

GU21 5NZ

01483 743974

Open Mon-Fri 9-5pm (4:30 on Fri)

**Yoga:** Mon

**Pilates:** Mon 7pm-8pm

**Line dancing:** Tues 10:30am-11:30am and 11:30am-12:30pm

**Yoga-Pilates:** Weds 10am-11:30am

### **St Mary's Community Centre**

Stream Close

Byfleet

KT14 7LZ

01483 743877

Mon-Fri 9-4:30

**Zumba:** Mon

**Tai Chi:** Tues

**Mature Movers:** Tues

**Yoga:** Weds

**Chair based yoga:** Thurs

**Extend exercise:** Thurs

**Line dancing:** Thurs

### **Old Woking Community Centre**

Sundridge Road

GU22 9AT

01483 763974

**Flexercise class:** Weds 1pm

### **Woking Leisure Centre**

Kingfield Road

Woking

GU22 9BA

**Otago Strength and Balance exercise group:** Thurs 11:30-12:30. Call 01483 743131 for more information and booking. £28 for full course or £4 per session.

### **The Vyne Community Centre**

Broadway

Knaphill

GU21 2SP

01483 743558

Mon- Fri 9-4:30pm. Classes £1 a session (for members), Well balanced exercise group is £1.60

**Yoga:** Mon 9:30am-10:30am

**“Well balanced” exercise group:** Tues and Fri 1pm-2pm

**Walking group (Best Foot Forward):** 1<sup>st</sup> Tuesday of the month: 10am

**Pilates:** Tues and Weds

**Line dancing:** Weds 1pm-3pm, Thurs 12.30pm-1.30pm

**Tai Chi:** Fri 10:15am-11:15am

**Gentle exercise class:** Tues 10:30am-11:30am

**Otago strength and balance class:** Tues 1pm-2pm. Contact Chris on 07740030765 for more information and booking. £4 per class

**Yoga:** Thurs 2pm-3:30pm

**Line dancing:** Fri 10am-10:30am (beginners), 10:30am-11:30am (regular)

### **Transport**

Contact the below numbers to arrange transport to and from day centres, visiting local activities, shopping, medical and hospital appointments.

Elmbridge Dial A Ride: 01372 474551

Care in Walton & Hersham: 01932 253251

Care in Weybridge: 07881 698381

Esher Care & Car Service: 01372 465 755

## **Elmbridge Borough (Esher, Walton, Hersham, Weybridge)**

### **7 Queens Road (Community Centre)**

Hersham

KT12 5LU

01932 246267

**Zumba exercise class:** Tues 2:15pm-3:15pm

**Chair based exercise class:** Weds 11am-12pm

**Ballroom dancing:** Thurs 2:15pm-4:15pm

### **Manor Road (Community Centre)**

Walton-On-Thames

KT12 2PB

01932 247549

**Exercise class:** Mon 10am-11am

**Pilates:** Tues and Thurs 3pm-3:45pm

**Gym based exercise class:** Weds 11:45am-12:45pm

**Exercise class:** Thurs 10:30am-11:30am

**Zumba exercise class:** Thurs 1:30pm-2:30pm

**Tai Chi:** Fri 2:30pm-3:30pm

### **Churchfield Place (Community Centre)**

Weybridge

KT13 8BZ

01932 844391

**Chair based exercise class:** Mon 11am

## **Walking for Health Scheme**

Starter walks (30 minutes) every Tues at 11am in Woking and

Regular walks (90 minutes) every Weds at 11am. Contact Tasha Feddery (Walking for Health Co-ordinator) 01483 757461 for more information.

## **Transport**

Contact the below numbers to arrange transport to and from day centres, visiting local activities, shopping, medical and hospital appointments.

Woking Community Transport LTD "Woking Bustler": 01483 744800

Horsell Care: 01483 730740

Knaphill Care: 07792 514166

Pyrford and Wisley Helping Others: 01932 341795

St John's Care: 07717 597721

## **Runnymede Borough (Addlestone, Weybridge, New Haw, Chertsey, Egham, Virginia Water)**

### **Eileen Tozer Community Centre**

Crouch Oak Lane

Addlestone

KT15 2AN

01932 841088

**Armchair exercise group:** Mon 11am-11:30am

**Use of Gym Circuit Equipment at River Bourne Club,**

**Chertsey:** Mon 10:15am pick up for free transport to River Bourne Club

**Gentle Keep fit:** Tues 9:30am-10:30am

**Led Walks** (free weekly led walks, last approx. 30 mins on gentle flat terrain, no need to book: Weds 10:30am

### **Manor Farm Community Centre**

Manor Farm Lane

Egham

TW20 9HR

01784 435278

**Led Walks** (free weekly led walks, last approx. 30 mins on gentle flat terrain, no need to book): Mon 10am

**Armchair exercise group:** Tues 11am-11:30am

**Chair based exercise group:** Thurs 11:30am-12pm

**Instructor Lead Gym Circuit:** Thurs 11am-12pm, Manor Farm  
Clients can meet at Egham Leisure Centre and participate in gym circuit

### **Lord Knyvett's Hall**

112 High Street

Stanwell

TW19 7JS

01784 258654

**Chair based exercise group**

### **Transport**

Contact the below numbers to arrange transport to and from day centres, visiting local activities, shopping, medical and hospital appointments.

Spel Ride: 01372 474550

Care Shepperton: 01932 254604

Spelthorne Volunteer Drivers: 07817926736

Ashford Helping Hands: 01784 423222

Stanwell Good Neighbours Scheme: 07553 221796

Sunbury Neighbours: 01932 779867



01784 423424

**Flexercise:** Tues 10:45am

### **Staines Community Centre**

Thames Street

Staines-Upon-Thames

TW18 4EA

01784 463073

#### **Extend chair based exercise:**

Mon, Weds & Thurs 10:30am-11:30am

Tues 10am-11am

**Yoga:** Mon 2:45pm-3:45pm

Tues 11:30am-12:30pm

Thurs 11:45am-12:45pm

**Tai Chi:** Tues 1:30pm- 2:30pm

**Pilates:** Weds 12pm-1pm

**Line dancing:** Thurs 1:45pm- 2:45pm

### **The Greeno Community Centre**

Glebeland Gardens

Shepperton

TW17 9DH

01932 246173

**Chair based exercise:** Tues 10:45am-11:15am, Thurs 11:30am-12pm

**Gym and exercise class:** Weds 9:30am-10:30am and 10:45am-11:45am, Thurs 1:30pm-2:30pm

**Pilates:** Thurs 10:15am-11:15am

**Line dancing:** Fri 9:30am-10:30am and 10:30am-11:30am

**Yoga:** Fri 11am-12pm

### **Woodham and New Haw Community Centre**

Amis Avenue

New Haw

KT15 3ET

01932 355707

**Line dancing:** Mon 10:30am

**Zumba:** Tues 11am-12pm

**Tai Chi:** Weds 11am for beginners, 10am for advanced

**Led Walks** (free weekly led walks, last approx. 30 mins on gentle flat terrain, no need to book): Fri 10am

### **The River Bourne Club**

Heriot Road

Chertsey

KT16 9DR

**Otago Strength and Balance Class:** Fri 11:15am-12:15pm.

Contact Sarah on 01932 560560 for more information and booking. £24 for full course or £3.50 per session.

### **Addlestone Community Centre**

Garfield Road

KT15 2NJ

01932 843646

**Flexercise class:** Mon 1:30pm

### **Walking for Health Scheme**

Starter walks (30 minutes) every 2<sup>nd</sup> and 4<sup>th</sup> Tues at 11am in Runnymede and Regular walks (90 minutes) every Tues at 1:30pm. Contact Tasha Feddery (Walking for Health Co-ordinator) 01483 757461 for more information

### **Strode's College**

High Street

Egham

TW20 9EW

01784 228676

**Tai Chi:** Weds 6:30pm-8pm

**Yoga:** Mon 6:15pm-7:30pm and 7:45PM-9pm. Tues 7:30pm-8:45pm.

### **Transport**

Contact the below numbers to arrange transport to and from day centres, visiting local activities, shopping, medical and hospital appointments.

Runnymede Dial A Ride: 01932425050

Age Concern Runnymede: 01932 566040

Addlestone and Ottershaw Good Neighbours: 01932 847345

Care in Egham & District: 01784 431031

### **Spelthorne Borough (Ashford, Laleham, Shepperton, Staines, Sunbury, Stanwell)**

#### **The Benwell Community Centre**

Downside

Sunbury-On-Thames

TW16 6RT

01932 784232

**Extend chair based exercise:** Mon 12:30pm-1:30pm

**Seated Laughter Yoga:** Tues 10:30am-11:30am

**Line dancing:** Thurs 10:30am-1:30am

£3.50 a member, £4 if not a member

#### **The Fordbridge Community Centre**

Clarendon Road

Ashford

TW15 2PU

01784 243880

**Yoga:** Mon 2:45pm

**Extend chair based exercise:** Tues 11:30am-12:15pm

**Tai Chi:** Weds 3:30pm

**Line dancing:** Thurs 2:45pm

**Pilates:** Fri 2:45pm-3:45pm

#### **The Salvation Army**

Woodthorpe Road

Ashford

TW15 3JY