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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 فون 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

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. If you remain concerned, the team can also advise upon how to make a formal complaint.

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Department: Physiotherapy.

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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): 1st 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 2nd and 4th 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