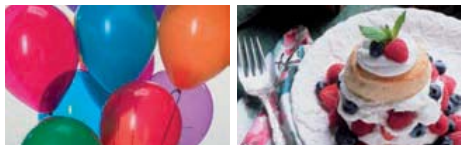


# halls for hire



## ASHFORD COMMUNITY CTR

Contact: Mrs J Hudson  
Tel: 01784 247606 (bar)  
Venue: Ashford Community Assoc, The Ctr, Woodthorpe Rd, Ashford  
Info: Licensed bar. Large and small halls for hire available for parties, clubs and groups.

## ASHFORD SPORTS CLUB

Contact: Mr Peter Westlake (Administration Manager)  
Tel: 01784 252288 (pm) tel/fax  
E-mail: asc.sl@dsl.pipex.com  
Alternative contact: Chris Evans  
Tel: 01932 848473  
Web: www.geocities.com/ashford\_sports  
Venue: Ashford Sports Club, Short Lane, Ashford  
Info: Venue available for hire for meetings and functions. Catering and entertainment can be arranged, fully licensed bar.

## THE BISHOP WAND C of E SCH

Contact: Ms Siobhan Kenny (Lettings administrator)  
Tel: 01932 778626  
Fax: 01932 771022  
E-mail: skenny@bishopwand.surrey.sch.uk  
Alternative contact: John Gosling  
Tel: 01932 778603  
Web: www.bishopwand.surrey.sch.uk  
Venue: The Bishop Wand Church of England School, Sunbury  
Info: Sports hall, dance studio, drama studio and indoor swimming pool all available for hire.

## LONDON IRISH

Contact: Mr Terry Long (Secretary)  
Tel: 07989 540809  
E-mail: mtlong@aol.com or liarfc@hotmail.com  
Web: www.london-irish-amateur.co.uk  
Venue: The Avenue, Sunbury  
Info: Available for private hire.

## THE MILLENNIUM EMBROIDERY

Contact: Ms Patricia Crisp (Trustee/Treasurer)  
Tel: 01932 788101 07770 308462  
Alternative contact: Shirley Gray  
Tel: 01932 788328  
Web: www.sunburyembroidery.co.uk  
Venue: Sunbury Embroidery Gallery, The Walled Garden Thames St, Sunbury on Thames  
Info: Open Tue to Sun Winter 10am-4pm Summer 10am-5pm. Small room available for hire.

## ST DAVID'S ENTERPRISES LTD

Contact: Mrs Tracey Fountain (Events Business Manager)  
Tel: 01784 259447 07900 266451  
Fax: 01784 248652  
E-mail: traceyfountain@stdavidsschool.com  
Tel: 07900 266451  
Web: www.stdavidsschool.com  
Venue: St David's School, Church Rd., Ashford  
Info: Licensed for civil wedding ceremonies, beautiful chapel, picturesque grounds, excellent catering services, licensed bar. Also avail for conferences/parties etc.

## ST HILDA'S CHURCH HALL

Contact: Mrs Pat Parish (Bookings sec)  
Tel: 01784 211756  
E-mail: sthildaoffice@btinternet.com  
Alternative contact: St Hilda's Parish Office  
Tel: 01784 245712  
Web: www.sthilda.org  
Venue: St Hilda's Church Hall, Stanwell Rd, Ashford  
Info: Two halls available, main hall licensed for 160 for dancing, 210 for performances, kitchen with cooker, dishwasher and crockery. Thornton room suitable for up to 50 people with use of a kitchenette for making drinks.

## LALEHAM VILLAGE HALL

Contact: Mrs M Duncan (Chairman)  
Tel: 01784 451424  
E-mail: maddogmave@yahoo.com  
Alternative contact: Mrs Kearsey  
Tel: 01784 254762  
Web: www.maddogmave@yahoo.co.uk  
Venue: Laleham Village Hall  
Info: 100 seating in main hall, committee room for 30, stage dressing rooms, kitchen, ramp for disabled, wcs' and storeroom

## THE FORDBRIDGE CTR

Contact: Ms Margartet / Jan Chalcraft / Kinsella (Manger/Asst Manager)  
Tel: 01784 451499  
E-mail: customer.services@spelthorne.gov.uk  
Alternative contact: Janice Lowin  
Tel: 01784 446396  
Web: www.spelthorne.gov.uk  
Venue: The Fordbridge Ctr  
Info: Main hall capacity 72/100, lounge, small room, kitchen, limited on-site parking, facilities for the disabled

## THE GREENO CTR

Tel: 01784 451499  
E-mail: customer.services@spelthorne.gov.uk  
Web: www.spelthorne.gov.uk  
Venue: The Greeno Ctr  
Info: Main hall capacity 90, kitchen, on-site parking, facilities for disabled



ARTS AND HERITAGE



CLUBS



HALLS FOR HIRE



HEALTH AND FITNESS



SPECIAL NEEDS



LIBRARIES



PARKS



PLAY



SPORTS



UNIFORM GROUPS



YOUTH

HALLS FOR HIRE CONTINUED OVERLEAF

HALLS FOR HIRE CONTINUED

## HALLIFORD COMMUNITY CTR

Contact: Mrs Ruby Seal

Tel: 01932 785761

Venue: Halliford Comm. Ctr.,

Info: Hall available for private hire.

## THE PARISH CTR

Contact: Ms Julia Jelley

Tel: 01932 221621

Venue: The Parish Centre, Church Square, Shepperton

Info: A modern adaptable meeting place for business and social events.

## SHEPPERTON VILLAGE HALL

Tel: 01784 451499

E-mail: customer.services@spelthorne.gov.uk

Web: www.spelthorne.gov.uk

Venue: High Street, Shepperton, TW17 9AU

Info: Capacity upto 100 people, stage, kitchen area, tables and chairs.

## SHEPPERTON YOUTH DEVELOPMENT CTR

Contact: Ms Emma-Jane Mathews (Youth Development Worker)

Tel: 01932 222509

Fax: 01932 221558

Alternative contact: Michelle Shaw - Ctr Manager

Venue: Shepperton Yth Ctr., Shepperton Ct Drive

Info: Hall available for private hire. No adult or teenage parties.

## STAINES COMMUNITY CTR

Contact: Ms Sarah Simms

Tel: 01784 449800

Alternative contact: Myers Management

Web: www.spelthorne.gov.uk

Venue: Staines Community Centre

Info: Lounge, Small Room, facilities for the disabled

## SUNBURY GOLF CTR

Contact: Mr Patrick Dawson (Manager)

Tel: 01932 771414

Fax: 01932 789300

E-mail: sunbury@crowngolf.co.uk

Web: www.crown-golf.co.uk

Venue: Sunbury Golf Club, Charlton Lane

Info: Wedding, banquet room for hire.

## SUNBURY YOUTH CTR

Contact: Ms Marion Allen (Centre Manager)

Tel: 01932 765489

Alternative contact: Emma-Jane Mathews

Tel: 01932 222509

Venue: Sunbury Yth. Ctr., Bryony Way

Info: Hall available for private hire.

## THE THAMES CLUB

Contact: Ms Donna Kaisey (Membership Manager)

Tel: 01784 463100

E-mail: membership@thethamesclub.co.uk

Web: www.thethamesclub.co.uk

Venue: Wheatsheaf Lane, Staines

Info: Business centre and conference rooms.

## FOCUS ON

### 30 MINUTES A DAY!



It only takes 30 minutes a day to become fitter, healthier and happier. Health experts recommend that adults should take part in 30 minutes of moderate intensity physical activity on five or more days of the week, to benefit health. Further information on the benefits of 30 minutes a day is available on [www.everydaysport.com](http://www.everydaysport.com)

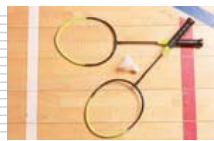
Moderate physical activity is the equivalent of a brisk walking pace and should make you breathe slightly harder and feel a bit warmer. The activity does not need to be hard and you should be able to talk and be active at the same time.

Try to make physical activity part of your daily routine by walking or cycling short distances instead of using the car, or taking the stairs instead of the lift.

If you are currently inactive it is important to gradually build up your physical activity. You could start by trying 10 - 20 minute bouts. Always start and finish slowly to warm up and warm down. It is important to check with your doctor or practice nurse if you are unsure about whether you should increase your activity, or have any other concerns. If you feel unwell, dizzy or develop pain or nausea whilst exercising, stop and seek medical advice.

## FOCUS ON

### ACTIVE PLACES



[www.activeplaces.com](http://www.activeplaces.com) is a sport facilities database set up by Sport England. It holds information about facilities all around the country, including local authority leisure centres, commercial facilities and club sites.

The Active Places website is designed to make it easier for the general public to take part in sport and physical activity by enabling them to find local facilities. Sport England's long-term goal is to get 50% of the population taking part in 30 minutes of moderate exercise at least 5 times a week. It is hoped that the availability of this web-based database will contribute towards this aim.

If you have any questions about the active places website please e-mail [activeplacesdata@sportengland.org](mailto:activeplacesdata@sportengland.org)



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