Spelthorne Leisure Directory 2020
Making the most of your leisure time

01784 446433
leisure@spelthorne.gov.uk
www.spelthorne.gov.uk/leisure

@spelthornebc  @spelthornebc
The Leisure Directory contains a varied range of leisure service providers, many of which are not connected with Spelthorne Borough Council. The information included has been supplied by the individual organisations and has not been verified by Spelthorne Council for accuracy. Inclusion does not imply any recommendation. Please ensure that providers have Safeguarding Children policies and procedures and have sufficient qualifications, training and insurance in order to coordinate the activity.

The Leisure and Wellbeing team
We provide and promote a wide range of sport, physical activity, youth, arts and heritage and wellbeing activities for local residents of all ages. The team also supports and promotes local voluntary organisations and clubs by helping them to develop and provide activities within the community.

Email leisure@spelthorne.gov.uk. call 01784 446433 or visit our website www.spelthorne.gov.uk/leisure

What’s on
Our What’s on page is packed with information to help keep you and your family active, visit www.spelthorne.gov.uk/whatson

Disability symbol
Many of the clubs and groups listed in this directory are fully inclusive. Those with this symbol also have a dedicated disability session. Please contact the clubs or groups directly for more information.

Would your club, society or group like to feature in our directory for free?
To take advantage of this offer simply complete this form and return it to Leisure Services, Council Offices, Knowle Green, Staines-upon-Thames, TW18 1XB

How we will use your data
We will process the data collected on this form to produce our Leisure Directory in the public interest. Your personal data collected in section 2 is for administrative purposes only and will not be shared. The Directory is printed and distributed annually as well as being available on our website. Once printed, it is not possible to amend entries. Please note that any information displayed on websites can be seen throughout the world and not just in the United Kingdom where UK law applies. We will retain your data for two years from the date of publication.

For further information on how data provided on this form will be used, please read our privacy notice www.spelthorne.gov.uk/privacy (hard copy available on request).

Leisure Directory 2021 application form
Section 1
Information provided in section 1 will be printed in our leisure directory.

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<th>Name of club or organisation:</th>
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<td>Contact name:</td>
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<td>Venue address:</td>
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From time-to-time we would like to send you details of leisure related activities we feel may be of interest to you. Do you consent to us contacting you for this purpose?

☐ I consent

You have the right to withdraw your consent by emailing leisure@spelthorne.gov.uk

Please return this form to:

**Leisure Services, Council Offices**
Knowle Green
Staines-upon-Thames
TW18 1XB

Submission of this form does not guarantee inclusion to the Leisure Directory. We reserve the right to edit or omit your entry.

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### Section 2

Information provided in section 2 is for Leisure Services use only and will not be printed in the **Leisure Directory**. These details will only be used to contact you for any annual updates to the information provided Section 1.

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### Further information:

(If you have a dedicated session or activity for people with disabilities?)

<table>
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<th>Yes/No</th>
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<th>If yes, please give full information</th>
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(If different from above) including session times etc.

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**Adult education**

**Spelthorne K2 University of the 3rd Age**
Tel: 01932 889337
email: su3ak2.membership.secretary@gmail.com
web: www.u3asites.org.uk/spelthorneK2
Venue: Salvation Army Citadel, Woodthorpe Road, Ashford, TW15 3JY
Info: We have a wide range of interest groups, covering over 50 subjects from Art to Yoga, for retired and part-retired people who wish to meet others of similar interests and pursue a leisurely form of study and exercise. Monthly meetings with a speaker permit all members to meet each other.

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**Sunbury Adult Learning Centre**
Tel: 0300 200 1044
email: adultlearning@surreycc.gov.uk
web: www.surreycc.gov.uk/adultlearning
FB: @surreyal
TW: @surrey_al
IG: @surrey_al
Venue: The Avenue, Sunbury-on-Thames, TW16 5DZ
Info: Daytime, evening and Saturday courses and workshops for adults. From arts, crafts and pottery to dance and exercise, languages to photography, work skills and GCSEs, there is something for everyone. Course directory available on the website and in the Centre to help you choose a course that is right for you! Courses are also available for learners with additional needs as part of our Surrey Supported Learning provision.

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**Workers Educational Association**
Contact: Clare Leeming
Tel: 01932 853056
email: wandw.wea@gmail.com
web: www.wea.org.uk
Venue: Walton-on-Thames
Info: Adult education courses for those who wish to follow an informal course of study, led by professional tutors. No exams. Call for programme.
Libraries

Ashford Library
web: www.surreycc.gov.uk/ashfordlibrary
TW: @AshfordLib
Venue: Ashford Library, Church Road, Ashford, TW15 2XB
Info: Tuesday, Wednesday, Thursday, Friday and Saturday 9.30am-5pm. Sunday and Monday closed. Rhythmtime Wednesday, Friday and Saturday 10.30am. Storytime Thursday 10.30am, Reading groups, creative writing group, art display, councillor surgeries and Digital Buddy.

Staines Library
web: www.surreycc.gov.uk/staineslibrary
TW: @StainesLibrary
Venue: Staines Library, Friends Walk, Staines-upon-Thames, TW18 4PS
Info: Monday 2pm-5pm. Tuesday, Thursday, Friday and Saturday 9.30am-5pm. Sunday and Monday closed. Rhythmtime Wednesday, Friday and Saturday 10.30am. Storytime Friday 10.15am and Saturday 10.30am. Storytime Thursday 3.30pm, Reading groups, Friends of Staines Library coffee morning third Tuesday of each month 10.30am and Digital Buddy.

Shepperton Library
web: www.surreycc.gov.uk/sheppertonlibrary
TW: @SheppertonLib
Venue: Shepperton Library, High Street, TW17 9AU
Info: Monday 2pm-5pm. Tuesday, Thursday, Friday and Saturday 9.30am-5pm. Sunday and Monday closed. Rhythmtime Monday 9-11am and Saturday 10.30am. Storytime Thursday 3.30pm, Reading groups, Friends of Shepperton Library coffee morning third Tuesday of each month 10.30am and Digital Buddy.

Stanwell Library
web: www.surreycc.gov.uk/stanwelllibrary
TW: @StanwellLibrary
Venue: Stanwell Library, Hadrian Way, TW19 7HE
Info: Monday 2pm-5pm. Tuesday, Thursday, Friday and Saturday 9.30am-5pm. Sunday and Monday closed. Rhythmtime Monday 10am-12pm, Councillor surgeries, Board games club Saturday 2pm. Knit and natter alternate Wednesdays 2pm and Digital Buddy.

Sunbury Library
web: www.surreycc.gov.uk/sunburlylibrary
TW: @SunburyLibrary
Venue: Sunbury Library, The Parade, Staines Road West, Sunbury-on-Thames, TW16 7AB
Info: Tuesday, Wednesday, Thursday, Friday and Saturday 9.30am-5pm. Sunday and Monday closed. Rhythmtime Friday and Saturday 10.15am. Storytime Wednesday 10.15am. Reading groups, Citizens Advice Bureau, councillor surgeries, Digital Buddy and Friends' coffee time.

Youth centres

A range of sessions for young people including junior youth club 11-14 years, enterprise group - SEND 11-25 years, senior youth club 14-19 (25 with SEND) and more. Please contact Surrey Family Services on 01372 363655 for more information.

Ashford Youth Centre
Venue: Ashford Youth Centre, Kenilworth Road, TW15 3EL

Leacroft Youth Centre
Venue: Leacroft Centre, Leacroft, Staines-upon-Thames, TW18 4PS

Shepperton Youth Centre
Venue: Shepperton Youth Centre, Hadrian Way, TW19 7HE

Stanwell Youth Centre
Venue: Stanwell Youth Centre, Hadrian Way, TW19 7HE

Sunbury Youth Centre
Venue: Sunbury Youth Centre, Beechwood Avenue, Sunbury-on-Thames, TW16 7HR

Duke of Edinburgh Award - The Phoenix Project
Contact: Nick Charalamous
Mobile: 07770 481773
email: niccharalamous@yahoo.co.uk
Info: Delivering the Duke of Edinburgh Award to Spelthorne residents in a youth club setting. Thursdays 6-8.30pm.

Arts, culture and heritage

Arts associations

Spelthorne Community Activities Association
Contact: Jill Britton
Tel: 01784 247650
email: jillbritton@gmail.com
Info: Small annual subscription. Grants are available on request to affiliated members to further their clubs activities.

Spelthorne and Shepperton Arts Association
Contact: Secretary
Tel: 01784 257175
email: info@ssaa-arts.org
web: www.ssaa-arts.org
Venue: Riverside Arts Centre, 59 Thames Street, Sunbury-on-Thames, TW16 5QF
Info: Run by volunteers to provide facilities for the arts, including art, opera, drama, music, comedy, pottery, sculpture, flower arranging, cultural events, poetry and literature.

Riverside Arts Centre
Contact: Eric Champion
Tel: 01932 782950
Mobile: 07922 689247
email: riversidearts59@gmail.com
web: www.riversidearts.co.uk
Venue: Riverside Arts Centre, 59 Thames Street, Sunbury-on-Thames, TW16 5QF
Info: Open to all, the SSAA exists to foster and promote the knowledge, understanding, love and appreciation of the arts in Sunbury, Shepperton and surrounding areas. Run entirely by unpaid volunteers, SSAA runs regular Coffee Concerts on Saturday mornings, an annual Arts Festival and other arts events as announced at Riverside Arts Centre.

Sunbury Embroidery Gallery
Contact: Secretary
Tel: 01932 788101
email: info@sunburygallery.org
web: www.sunburyembroidery.org.uk
FB: @thesunburygallery
Venue: Sunbury Embroidery Gallery, The Walled Garden, Thames Street, Sunbury-on-Thames, TW16 6AB
Info: Award-winning gallery situated in the historic 18th century Walled Garden. The Gallery is home to The Millennium Embroidery Programme of exhibitions and workshops throughout the season. Open Tuesday to Sunday 10am-5pm (summer) 10am-4pm (winter). Free entry. Café with parking and wheelchair access.

Riverside Art Centre
Venue: Riverside Arts Centre, 59 Thames Street, Sunbury-on-Thames, TW16 5QF
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Contact: Secretary
Tel: 01932 788101
email: info@sunburygallery.org
web: www.sunburyembroidery.org.uk
FB: @thesunburygallery
Venue: Sunbury Embroidery Gallery, The Walled Garden, Thames Street, Sunbury-on-Thames, TW16 6AB
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Satbday Craft Club

Our Saturday morning Craft Club provides the opportunity for children 5-7 years (10-12 years must be pre-booked and paid in advance) to make and create a wide range of craft projects, learn new skills and have fun! The club runs during term time at Spelthorne Resource Centre and places are limited. For further information, please contact Leisure Services.

Info: 01784 245693
Venue: Spelthorne Resource Centre, Parkland Grove, Ashford, TW15 2JB

Art and craft groups

3D Decoupage Designs
Contact: Marion Bushnell
Tel: 01784 256983
Mobile: 07597 696016
email: marionb33@gmail.com
Venue: Spelthorne Resource Centre, Parkland Grove, Ashford, TW15 2JB

Info: Adults. Tuesdays 7.30-9.30pm. £17 including tea/coffee. Make beautiful 3D pictures from a large selection of prints.

Ashford Art Club
Contact: Edwin Crripps
Tel: 0208 890 4419
email: artclubash55@gmail.com
web: www.ashfordart.co.uk
Venue: Ashford Baptist Church, Church Road, Ashford, TW15 2TJ (behind Tesco Express)

Info: 16-yrs. Thursdays 7.15-9.15pm. Non-tutored sessions including painting, still life and portrait (all abilities). Demonstrations and an annual exhibition. Annual fee £30 payable January 2020. Is our 50th Anniversary so come along and see what we’re up to!

Shepperton Artists (SAA)
Contact: Peggy Pickering
Tel: 01372 229907
email: peggy.gesso@gmail.com
Venue: Shepperton Village Hall, High Street, TW17 9AU, Greenco Centre, Glebeland Gardens, Shepperton, TW17 9DH and Meadowview, Shepperton, TW17 9DH

Info: 18+yrs. Monday 10am-12 noon at Shepperton Village Hall, Tuesday 1.45-3.45pm at Greenco Centre.

Thameside Art Group
Contact: Anne Keen
Tel: 01784 453035
email: anne@thekeens.me.uk
Venue: Thorpe Village Hall, Coldharbour Lane, Thorpe, TW20 8TE

Info: Wednesday 7-9pm. We are a small group of artists and craft people who meet to work and exchange ideas. The group is open to anyone interested in joining us in any form of art or craft work. We attend local events as a group where we exhibit and sell our work.

Staines Knitting Group
Contact: Katie Flanagan
Mobile: 07931 251083
email: katie.lord@hotmail.com
web: www.ravelry.com/groups/staines-knitting-group
FB: Staines Knitting Group
Venue: Nostrano Lounge, 55 High Street, Staines-upon-Thames, TW18 4DH
Info: Meet Tuesdays 6-8pm. We are a friendly group with a wide age range and welcome everyone from beginners to experienced knitters and crocheters.

Thameside Quilters
Contact: Judy Stannard
Mobile: 07759 024241
email: webmaster@thamesidequilters.co.uk
web: www.thamesidequilters.co.uk
FB: @ThamesideQuilters
Venue: The Greenco Centre, Glebeland Gardens, Shepperton, TW17 9DH
Info: We are a mixed group of all ages, skills and experience, offering a range of activites, such as guest speakers, sew-alongs, demonstrations and regular workshops. We meet on the third Friday of the month between February and November 7-9.30pm. Friendly and supportive. New members and guests welcome, and your first visit to us is free! There is an annual subscription fee of £30 should you decide to join.

The Quilting Bees
Contact: Charlotte Standing
Tel: 01784 259064
email: charlotte_standing@hotmail.com
Venue: St. Matthias Church Small Hall, Muncaster Close, Ashford, TW15 2EE
Info: Open to anyone wishing to learn, or return to quilting. We meet alternate Tuesday mornings 9.45-11.45am. We have coffee/tea mid-morning, a charity project, raffle, sales table, demonstrations, occasional trips and a Xmas lunch. Tuition is available for beginners.

Cinema
Pinewood Cinema at Shepperton Studios
Tel: 01753 656815
web: www.pinewoodcinema.com
Venue: Pinewood Cinema at the Korda Theatre, Studios Road, Shepperton, TW17 9DD
Info: A unique weekend experience in the heart of Shepperton Studios, see the best of independent and blockbuster films in luxury surroundings. For film listings and times, book online or call.

Dance
Ann Langley School of Dancing
Contact: Ann Langley
Tel: 0208 751 2177
Mobile: 07957 746518
email: langleydancing@hotmail.com
web: www.langleydancing.co.uk
Venue: Village Hall, High Street, Shepperton, TW17 9AU
Info: 18+yrs. Adult ballroom and latin classes, all levels.

Ashford Folk Dancers
Contact: Barrie Bulimore
Tel: 01784 452160
Mobile: 07470 201830
email: bkbulimore@gmail.com
web: www.ashfordfolkdancers.org.uk
Venue: St. Mary’s Parish Hall, Green Street, Sunbury-on-Thames, TW16 6RN
Info: Wednesdays 8-10.15pm.

Everyone Active Dance School
Tel: 01784 493493
email: info@everyoneactive.com
web: www.everyoneactive.com
FB: @eaSpelthorne
TW: @eaSpelthorne
Venue: Spelthorne Leisure Centre, Knowlie Green, Staines-upon-Thames, TW18 1AJ
Info: Variety of classes including ballat, tap and street dance. On Tuesdays and Thursdays 6-8pm.

Harfield Dance Studios
Contact: Paul Streatham
Mobile: 07939 302109
email: harfielddancesstudios@hotmail.com
Venue: St Pauls College, The Ridings, Green Street, Sunbury-on-Thames, TW16 6NX
Info: 3ys - adult. Various times and cost. Disco freestyle, street, latin, ballroom, salsa, line dance and rock n’ roll. Wedding dances, private tuition.

KH Dance Academy
Contact: Mrs K Cameron-Webb
Mobile: 07891 675753
email: info@kh-danceacademy.co.uk
web: www.kh-danceacademy.co.uk
Venue: Riverside Arts Centre, Sunbury Methodist Church, Halliford Community Centre, Springfield Primary School, Hanworth Methodist Church.
The Urban Dance School (UDS)
Contact: Matt Walker
Mobile: 07952 322758
email: matt.theurbanbanceschool@gmail.com or info@theurbanbanceschool.com
web: www.theurbanbanceschool.com
FB: The Urban Dance School (UDS)
TW: @DanceUDS
Venue: Based at Thames Club, Staines plus classes at Leisure Centres and Schools in Spelthorne, Surrey and the Greater London area
Info: 5+yrs. Street, breakin’ and hip hop dancing for everyone. A healthy form of exercise and enjoyment. Lessons for absolute beginners to professional standards are available. Many performance opportunities throughout the year.

Drama
Dramatize
Contact: Karen Davies
Mobile: 07912 183085
email: info@dramatize.co.uk
web: www.dramatize.co.uk
FB: @DramatizeTC
Venue: Ashford Recreation Ground Pavilion, Clockhouse Lane, Ashford, TW15 2HR
Info: 13+yrs with learning disabilities. Dramatize is a theatre company to help further each individual’s personal development through the arts. We run 3 daytime Pathway Programmes covering the arts (9am-4pm). Mondays 4.30-7.30pm Theatre School, Tuesdays 10am-2pm Skills into employment, Wednesdays 4.30-6pm Creative Movement and 6-7pm Zumba. All are based on the theatre industry and act as a platform to help further each individual’s personal development through the arts. Free computer access Mondays 12 noon-3pm.

Hatton Musical Theatre Society
Contact: Mr. J Bednar
Mobile: 07591 600666
email: secretary@hattonmusicaltheatre.co.uk
web: www.hattonmusicaltheatre.co.uk
FB: @hattonmusicaltheatresociety
Venue: Magna Carta Arts Centre, Thorpe Road, Staines-upon-Thames, TW15 3HU
Info: Friendly theatre group. Two musical productions a year. Rehearsals Monday-Wednesday evenings 8-10pm. New members welcome, on or off stage.

Manor Players of Sunbury
Contact: David Young or Saara-Sofia Paakko
Mobile: 07976 531427
email: info@manorplayers.org
web: www.manorplayers.org
FB: @TheManorPlayers
TW: @ManorPlayers
Venue: Riverside Arts Centre, 59 Thames Street, Sunbury-on-Thames, TW16 5QF
Info: All ages. Rehearsals on Tuesdays and Thursdays throughout the year with three main productions.

PTP Academy
Contact: Megan Louise Crawley-Rocha
Mobile: 07973 526012
email: info@ptdramaturaplayers.com
web: www.ptacademy.com
FB: @PTPerformers
TW: @PindartP
Venue: Magna Carta Arts Centre, Thorpe Road, Staines-upon-Thames, TW15 3HU
Info: For ages 4-24yrs. Musical Theatre classes plus LAMDA examinations in Drama, Speech, Musical Theatre and Public Speaking. Please visit our website for more information.

Riverside Youth Theatre
Contact: Emma Heaton
email: riversideyouththeatre@outlook.com
web: www.riversideyouththeatre.co.uk
Venue: Riverside Arts Centre, 59 Thames Street, Sunbury-on-Thames, TW16 5QF
Info: 12-18yrs offering opportunities for young people to expand and develop their talents either on stage or in the technical team. We run term time rehearsals on Sundays 2-6pm and produce two shows a year in December and May ranging from Shakespeare to Sondheim!

Shepperton Players
Contact: Howard Tame
Mobile: 07763 298234
email: howard.tame@gmail.com
web: www.sheppertonplayers.org.uk
Venue: Riverside Arts Centre, 59 Thames Street, Sunbury-on-Thames, TW16 5QF
Info: Four productions per year. Plenty to do on and off stage. New faces always welcome.

St. Hilda’s Entertainers
Contact: Mike Davenport
Tel: 01784 252170
email: sthildasentertainers@gmail.com
web: www.sthildasentertainers.com
Venue: St. Hilda’s Hall, Woodthorpe Road, Ashford, TW15 3DQ
Info: 10+yrs. Two productions a year - a play in May and a pantomime in December. Rehearsal nights Tuesday and Thursday from 8-10pm. New members welcome, whether you want to star, be in a chorus, or simply help paint some scenery or sew some buttons on costumes.

Stagecoach Performing Arts Staines
Contact: Natasha Clarke
Mobile: 07802 800633
email: staines@stagecoach.co.uk
web: www.stagecoach.co.uk/staines
FB: @StagecoachStaines
Venue: Thomas Kywett College, Stanwell Road, Ashford, TW15 3DU
Info: Drama, dance and singing classes for children aged 4-18yrs. Classes are once a week on a Friday or Saturday. Two week trial for 4-6yrs (£25) and 6-18yrs (£50). Trial fee will be deducted from the terms fees if you register for the full term. A great way to settle in and discover all that Stagecoach has to offer. Childcare vouchers accepted.

Staines Musical Theatre Group
Tel: 01784 605805
email: support@stmgt.org.uk
web: www.stmgt.org.uk
Venue: St Paul’s Church Hall, Thorpe Road, Staines-upon-Thames, TW15 3HU
Info: Monday (and some Wednesdays) rehearsals 8-10pm. Friendly musical theatre group producing three shows a year, always looking for new members for stage and behind the scenes.

Staines Players
Contact: Secretary
Tel: 01784 511015
email: secretary@stainesplayers.com
web: www.stainesplayers.com
Venue: Stanwell Village Hall, High Street, TW19 7JR
Info: Local drama group with ages 18-85yrs. We welcome anybody who would like to tread the boards or work backstage. Rehearsal dates vary.
Spelthorne Museum

Spelthorne Museum is located at 1 Elmsleigh Road, Staines-upon-Thames TW18 4PN and is accessed via Staines Library.

The Thames Room (History of Spelthorne) is open during library hours (except for the second Saturday morning of the month) and displays information on the history of Spelthorne from the Ice Age to modern times. The historic London Stone is also on display.

The Elmsleigh Room (History of Spelthorne) is open during library hours of the month) and displays information of a Roman shop. There is also a small museum shop within the Thames Room.

For further information contact 01784 461804, email staff@spelthornemuseum.org.uk or visit www.spelthornemuseum.org.uk

History and archaeology

Spelthorne Archaeology and Local History Group
Tel: 01784 461804
email: staff@spelthornemuseum.org.uk
web: www.spelthornemuseum.org.uk
FB: @Spelthorntonstars
TW: @Spelthorntonstars
Venue: Spelthornton Cricket Club and Thamesmead School
Info: Dance, drama, musical theatre and youth theatre classes for children aged 4-15 years and a baby and toddler group for under 3s. Visit the website for full class information, times and costs.

Spelthorne Young Archaeologists Club (SPARCS)
Contact: Rowena Ferneley
Tel: 01344 843370
email: rferneley@spelthornemuseum.org.uk
Venue: Spelthorne Museum, 1 Elmsleigh Road, Staines-upon-Thames, TW18 4PN (access via Staines Library)
Info: Promotes the study of history and archaeology in Spelthorne by running Spelthorne Museum, monthly talks and a quarterly newsletter for members. Please see our website for further details.

Stains Video Makers
Contact: Cathy Clarke
Tel: 01784 433580
Mobile: 07837 794296
email: cathy.clarke.caroline@gmail.com
FB: @StainsVideoMakers
Venue: Laleham Village Hall, The Broadway, TW18 1RP
Info: We make and show amateur films for our own entertainment and other IAC members. We run practical sessions in using video cameras and editing. We have won awards in the UK and we regularly see, judge and are judged in other video clubs in the UK. Open evening every summer (usually May). We do film shows for other groups on request. Our regular meetings are on Fridays at 8pm from September to May. We meet monthly June to August.

Sunbury and Shepperton Local History Society
Contact: Pat Burrell
Tel: 01332 564556
email: patburrell11@gmail.com
web: www.sshlhs.org.uk
FB: @SunburySheppertonLocalHistory
Venue: Halliford School, Russell Road, Shepperton, TW17 9HX
Info: 12+yrs. Meetings from September - May. Illustrated talks about local and wider historical interest. Members receive a journal twice a year, newsletters and emails highlighting special events. Subscription is £8 for single and £12 for joint members. Non members welcomed to advertised meetings at £2 per person.

Literature appreciation

Friends of Sunbury Library
Contact: Brenda Horwill
Tel: 01392 784866
dmrwill@aol.com
Venue: Sunbury Library, The Parade, Staines Road West, Sunbury-on-Thames, TW16 7AB
Info: Literature appreciation and special events to promote the Library facilities.

Media and photography

Ashford (Middx) Camera Club
email: membership@ashfordcameraclub.org.uk
web: www.ashfordcameraclub.org.uk
Venue: St. Matthew’s Church Hall, Muncaster Close, Ashford, TW15 2EE
Info: Any age and photographic ability welcomed. Please see website for meeting days and times. Most are Tuesdays 8-10pm.

Laleham Camera Club
Contact: Richard Gudge
Mobile: 07902 302462
web: www.laleham-camera-club.co.uk
Venue: Laleham Village Hall, The Broadway, TW18 1RP
Info: Tuesday, 8pm. In the summer we meet at various outside locations.

Staines Video Makers
Contact: Cathy Clarke
Tel: 01784 433580
Mobile: 07837 794296
email: cathy.clarke.caroline@gmail.com
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FB: @StainsVideoMakers
Venue: Laleham Village Hall, The Broadway, Laleham, TW18 1RP
Info: We make and show amateur films for our own entertainment and other IAC members. We run practical sessions in using video cameras and editing. We have won awards in the UK and we regularly see, judge and are judged in other video clubs in the UK. Open evening every summer (usually May). We do film shows for other groups on request. Our regular meetings are on Fridays at 8pm from September to May. We meet monthly June to August.

Music

Barbershop Harmony Club of Staines
Contact: Dennis Counsell
Tel: 01344 843522
dennis@stillriver.plus.com
Venue: The White House, 45 The Avenue, Hampton, TW12 3RN
Info: Thursday (phone to confirm times), Harmony singing (a cappella). Frequent performances. New members welcome.

Flute and Piano Lessons
Contact: Colleen Muriel
Mobile: 07722 574625
colleenmuriel@hotmail.com
Venue: Riverside Arts Centre, 59 Thames Street, Sunbury-on-Thames, TW16 5OF
Info: Serious learning that’s lots of fun! No exams. All ages welcome. Flexible days and times available.

Piano, Violin, Guitar and Ukulele Lessons
Contact: Georgina Whitehead
Mobile: 07986 710144
email: info@georginawhitehead.co.uk
Venue: Laleham Village Hall, TW17
Info: Graduate DBS checked MMus Trinity College of Music tutor with over 15 years teaching experience. Lessons from £20 per 30 minutes 1-1 learning. Member ofISM. Flexible days and times subject to teachers availability. See website for more info or to book a consultation lesson.

Sing Spelthorne Choir
Contact: Liz Down
email: info@singspelthorne.co.uk
web: www.singspelthorne.co.uk
FB: @singspelthorneashford
Venue: St Michael Catholic Primary School, Feltham Hill Road, Ashford, TW15 2DG
Info: Thursdays 7-8pm. A friendly community choir, led by a professional Musical Director. We hold no auditions and anyone 18+yrs is welcome to join us, whatever their singing prowess. Free taster session available. £4 per week, payable termly in advance.

StARS Performing Arts and Youth Theatre Arts
Mobile: 07772 924399
email: sheppertonstars@gmail.com
web: www.sheppertonstars.co.uk
FB: @sheppertonstars
TW: @sheppertonstars
Venue: Shepperton Cricket Club and Thamesmead School
Info: Dance, drama, musical theatre and youth theatre classes for children aged 4-15 years and a baby and toddler group for under 3s. Visit the website for full class information, times and costs.

In partnership with Spelthorne Borough Council

www.spelthorne.gov.uk/leisure leisure@spelthorne.gov.uk
Spotlight on

Spelthorne Arts Mailing list
Sign up to receive free emails with news, advice and opportunities for arts activities in Surrey.

Whether you are an organisation or an individual with an interest in the arts, email Arts and Wellbeing Officer Catherine Learmonth at c.learmonth@spelthorne.gov.uk to register your details.

Spelthorne Choral Society
Contact: Gill Sloan
Mobile: 07527 155443
email: alanandgill@live.co.uk
web: www.spelthornechoralsociety.com
FB: Spelthorne Choral Society
TW: @Spelthorne_sing
Venue: Our Lady of the Rosary, Park Avenue, Staines-upon-Thames, TW18 2EF
Info: Meet on Mondays 7.30-9.30pm. Perform four concerts annually. Professional conductor, our Music Director Sean Bui, and accompanist Lindsay Bridgewater. Friendly, welcoming, no auditions. Under 25s sing free!

Staines Brass
Contact: Tina Burgess
Mobile: 07834 980695
email: tina.burgess3@ntlworld.com
web: www.stainesbrass.co.uk
Venue: The Bandroom, The Lammas Park, Wraysbury Road, Staines-upon-Thames, TW18 4XZ
Info: In addition to concerts in Spelthorne, Staines Brass Band participates in national contests; it is currently graded nationally in the first section. Principal rehearsals Thursdays 8-10pm.

Spelthorne Lammas Band
Contact: Emma Elliot-Smith (Band Manager)
Mobile: 07811 927410
email: emma.esmith@outlook.com
web: www.staineslammas.band
Venue: The Bandroom, The Lammas Park, Wraysbury Road, Staines-upon-Thames, TW18 4XZ
Info: A non-contesting brass band that concentrates on performing quality concerts within and beyond Spelthorne, often fund-raising for local charities. Rehearsals are every Tuesday 8-10pm. We welcome new members of all abilities. Please contact us or come along to see us on a Tuesday evening.

Surrey Singing School
Contact: Cinnamon Fuller
Tel: 01932 221542
Mobile: 07830 450466
email: info@surreysingschool.co.uk
web: www.surreysingschool.co.uk
Venue: Sunbury-on-Thames, Shepperton and Esher.
Info: 6-18yrs. Pop vocal and musical theatre singing classes, and musical theatre and drama LAMDA exams.

Thameside Harmony Chorus
Contact: Janet Burton
Tel: 0208 398 5322
Mobile: 07810 810822
email: janeltpb15@gmail.com
web: www.thamesideharmony.co.uk
Venue: YMCA White House, 45 The Avenue, Hampton, TW12 3RN
Info: An a cappella (barbershop) ladies choir always keen to welcome new members. We meet Wednesdays, 7.45-10pm. £24 per month plus yearly association fees of approx £40 to LABBS (Ladies Association of British Barbershop singers). There is no requirement to read music - audio learning is available. Open to all ages.

Zodiac Musical Society
Contact: Katie Edwards
email: kedegham@gmail.com
web: www.zodiacmusicalsociety.org
Venue: Laleham Village Hall, The Broadway, Laleham, TW18 1RP
Info: We do one big musical production at Magna Carta Theatre in Egham and a spring show which is a song and dance review and a Christmas concert at Riverside each year. We meet every Thursday at Laleham Village Hall, 8-10pm. Age 16+yrs. Singers, dancers, actors, all welcome.

The Staines Public Art Trail
The Staines Public Art Trail details the public art, both new and old, in Staines-upon-Thames town centre. A leaflet from www.spelthorne.gov.uk/publicart is available to download which gives a route and information for viewing the art along with some interactive activities for all the family to enjoy.

If you would like a hard copy of the leaflet please contact Leisure Services 01784 446433 or email leisure@spelthorne.gov.uk or pick up a copy from the library.

Visit Surrey
The official tourist board website for Surrey
www.visitsurrey.com
Community halls for hire

We have Council owned venues in the Borough that are available to hire for a variety of purposes including wedding receptions, birthday parties, exhibitions, business functions, dramas, musicals, exhibitions, club and group meetings, dances, conferences, cultural and religious events.

Venues available:
- Fordbridge Centre, Ashford
- Greeno Centre, Shepperton
- Shepperton Village Hall
- Staines Community Centre

Hire charges depend upon the venue selected (please note there is a minimum hire time of two hours.)

For further details please visit: www.spelthorne.gov.uk/halls or call 01784 451499 (Option 3)

To book, visit: spelthorne.bookinglive.com

Interests, groups and organisations

Allotments

Ashford and District Smallholders
Contact: Bob Standing
email: ashfordallotments@hotmail.co.uk
web: www.ashfordallotments.co.uk
Venue: Chattern Hill Allotments, Feltham Road, Ashford
Info: Would you like to grow your own fresh fruit and veg? Join our friendly bunch of allotment gardeners. Healthy exercise in the open air. All ages and abilities welcome. Plots of all sizes.

Shepperton Allotment Association
Contact: John White
Tel: 07988 834301
email: johnwhite84@aol.com
web: www.sheppertonallotments.org.uk
Venue: Shepperton Village Allotment Garden, Grove Road, Shepperton
Info: If you fancy a more healthy lifestyle, where you get exercise to keep you fit whilst you produce healthy organic food for your table, why not apply for a plot now? Five raised beds for those with disabilities.

Spelthorne Council Allotments
Contact: Customer Services
Tel: 01784 451499
email: customer.services@spelthorne.gov.uk
web: www.spelthorne.gov.uk/allotments
Info: Spelthorne manage 10 allotment sites around the Borough. The popularity of allotments has increased in recent years with a growing interest in producing your own cheap, freshly grown food and the opportunity to escape, for a short time, from the stresses of everyday life. See our website for more information and to apply or call Customer Services.
Interests, groups and organisations

Animals and horticulture
Heathrow Special Needs Centre
Contact: Ken Tinsley
Tel: 01753 680330
email: info@heathrowspecialneedscentre.org
web: www.heathrowspecialneedscentre.org
Venue: Bath Road, Longford, West Drayton, UB7 0EF
Info: Opportunities for people with varying disabilities from the age of 5 years to work with animals and horticulture. Monday-Friday, 10am-2pm. Saturday only for pre-booked horse riding. With the exception of horse riding, participation in all activities is free. Volunteers always welcome.

Hounslow Urban Farm
Tel: 0208 831 9658
email: hounslowurbanfarm@hotmail.co.uk
web: www.hounslowurbanfarm.co.uk
info:
Venue: Bath Road, Longford, West Drayton, UB7 0EF
Contact:
Animals and horticulture
Monday-Friday, 10am-2pm. Saturday only for pre-booked horse riding. With the exception of horse riding, participation in all activities is free. Volunteers always welcome.

Bridge clubs
Ashford Bridge Club
Contact: Diana Brown
Tel: 01784 464649
Mobile: 07720 705728
email: dianabrown2004@yahoo.com
web: www.bridgeclubs.org.uk/ashford
info:
Venue: Fordbridge Centre, Fordbridge Road, Ashford, TW15 2PU
info:
We play Duplicate Bridge every Tuesday and Friday evening at 7:30pm and No Fear evenings on the 1st and 3rd Wednesday of each month. Friday evening at 7:30pm and No Fear evenings every Thursday 1-2pm. Bingo for 50+yrs, every Thursday 1-2pm. Bingo for 50+yrs, every Thursday 10:30am-12.30pm. Knit and Natter for members interested in knitting 16-18 yrs every Monday 1-3pm. Digital DIY computer and internet support class every Wednesday 9:30-10:45am. Let’s Get Moving, seated and standing exercise for 50+yrs every Monday 11am-12 noon and Thursday 1-2pm. Bingo for 50+yrs, every Thursday 10:30am-12 noon. The Mix Youth Club for 8-12yrs, sessions held in 10 week blocks, Wednesdays 5-7pm, places need to be booked in advance.

Horticulture
Ashford Horticultural Society
Contact: Barbara Baghapour
Tel: 01784 247907
Mobile: 07949 989366
email: barbara.baghapour@live.co.uk
web: www.ashfordgardeningclub.org.uk
Venue: St. Matthews Church Hall, Muncaster Close, Ashford, TW15 2EE
info:
Second Tuesday of the month, 8pm. Talks, competitions, refreshments. Four shows a year and an annual plant fair. Visits to gardens of interest. New members welcome.

Interests, groups and organisations

Collectors clubs
Ashford (Midddx) and District Philatelic Society
Contact: Wendy Rushton
Tel: 01784 463749
email: rushwendela@yahoo.co.uk
web: www.ashfordstampclub.wixsite.com/home
Venue: St. Michael’s Church Hall, Clarendon Road, Ashford, TW15 2QD
info:
Monday to Saturday only for pre-booked horse riding. With the exception of horse riding, participation in all activities is free. Volunteers always welcome.

Community centres
Benwell Centre
Tel: 01382 784232
email: benwellcentre@spelthorne.gov.uk
web: www.spelthorne.gov.uk/communitycentres
Venue: Benwell Centre, Downside, Sunbury-on-Thames, TW16 6RT
info:
Activities available for local residents including line dancing, exercise, bingo, art and craft classes and more. Please come along and visit our friendly centre and staff to find out more. Restaurant open daily.

Fordbridge Centre
Contact: Jan Kinsella
Tel: 01784 243880
email: fordbridgecentre@spelthorne.gov.uk
web: www.spelthorne.gov.uk/communitycentres
Venue: The Fordbridge Centre, Clarendon Road, Ashford, TW15 2PU
info:
Monday to Friday, 9am-4pm. Providing a wide variety of lunches served daily, many activities and events including exercise, computer lessons and trips. Opal Group assisted by carers. Please come along and visit our friendly centre to find out more.

Greenco Centre
Contact: Pat White
Tel: 01382 246173
email: greenco@spelthorne.gov.uk
web: www.spelthorne.gov.uk/communitycentres
Venue: The Greeno Centre, Gladeland Gardens, Shepperton, TW17 9DH
info:
Monday to Friday, 9am-4pm. A wide variety of activities and events including circuit training and exercise classes, chiropody, kurling, memory group/Cameo, Opal Group assisted by carers, massage reflexology, gym, stroke rehab, bridge, art, singing and lots more. Hot lunches served every day. Please come and visit our friendly centre.

Staines Community Centre
Contact: Sue Barlow
Tel: 01784 463073
email: stainescommunitycentre@spelthorne.gov.uk
web: www.spelthorne.gov.uk/communitycentres
Venue: Staines Community Centre, Thames Street, Staines-upon-Thames, TW18 4EA
info:
Monday to Friday, 9am-4pm upstairs (lift available), 9am-3pm ground floor. Activities include exercise classes, computer lessons and foreign languages. Therapies include chiropody, aromatherapy and reflexology. Come and visit our friendly centre. Hot lunches now served Monday to Friday.

Staines Rose Community Centre
Contact: Lisa Brades
Tel: 0800 432 0077
email: community.investment@azdominion.co.uk
web: www.a2dominion.co.uk
Venue: St. Rose's Church Hall, Shepperton, TW17 9AU
info:
Second Tuesday of the month, 8pm. Talks, competitions, refreshments. Four shows a year and an annual plant fair. Visits to gardens of interest. New members welcome.

Flower arranging
Staines Floral Art Group
Contact: Joan Nash
Tel: 01784 255705
email: stainesflag@surreynafas.org.uk
web: www.surreynafas.org.uk
Venue: St. Peter’s Church Hall, Laleham Road, Staines-upon-Thames, TW15 3SJ
info:
For all ages who have an interest in gardening and horticulture in general. Meetings, often with invited speaker, on gardening topics are held on the last Thursday of each month at 7:30pm except December when we hold our AGM on the second Thursday. Subscriptions are £10-£12 per year. Visitors welcome at £2.
Information
Spelthorne Committee for Access Now (SCAN)
Contact: Lysette Winder
Tel: 07853 389393
Email: info@spelthorneaccess.org.uk
Web: www.spelthorneaccess.org.uk
Venue: Meetings held at Council Offices, Knowle Green, Staines-upon-Thames, TW18 1XB
Info: A voluntary organisation formed to improve access and facilities for people with disabilities. We meet four times a year plus an AGM. Voluntary membership £5.

Local environment and wildlife
Colne Valley Regional Park
Contact: Stewart Pomeroy
Tel: 01895 832662
Email: colnevalley@groundwork.org.uk
Web: www.colnevalleypark.org.uk
FB: @colnevalleypark
TW: @colne_valley
Venue: Colne Valley Visitor Centre, Denham Court Drive, Denham, UB9 5PG
Info: Explore the countryside on your doorstep from valley to Rickmansworth, including country parks, nature reserves, 272km of paths, 70 lakes, 200km of river and amazing wildlife.

The Friends of Ash Link - FOAL
Contact: Stewart Pomeroy
Tel: 01895 832662
Email: colnevalley@groundwork.org.uk
Web: www.colnevalleypark.org.uk
FB: @colnevalleypark
TW: @colne_valley
Venue: Colne Valley Visitor Centre, Denham Court Drive, Denham, UB9 5PG
Info: To protect and improve the area's wildlife, flora and fauna. A voluntary organisation formed to improve access and facilities for people with disabilities. We meet four times a year plus an AGM. Voluntary membership £5.

Spelthorne Natural History Society
Contact: Gordon Freeman
Tel: 01784 453402
Email: gorjoyfreeman@gmail.com
Web: www.snhs.org.uk
FB: Spelthorne Natural History Society
Venue: The Small Hall, St Peter’s Church, Laleham Road, Staines-upon-Thames, TW18 2DX
Info: September to May, 2nd Wednesday in the month 8pm, a season of lectures with guest speakers. May to September a number of guided walks take place in the locality with a spread of week/day/ weekend and daytime/ evening events. See website or Facebook for more information. New members always welcome.

Spelthorne Tree Wardens
Contact: David Huxford
Tel: 01932 786808 (David Woods)
Email: huxfordsd@gmail.com
Web: www.surreytreetwards.org.uk
Info: Voluntary projects to help improve the environment involving tree planting, advice and maintenance. Sponsor a tree in memory of a friend or relative.

The Swan Sanctuary
Contact: Dorothy Beeson MBE
Tel: 01932 240790
Email: info@theswansanctuary.org.uk
FB: www.theswansanctuary.org.uk
Web: www.theswansanctuary.org.uk
FB: @TheSwanSanctuary
TW: @Swan_Sanctuary
Venue: The Swan Sanctuary, Felix Lane, Shepperton, TW17 8NN
Info: A charity for the care and treatment of swans and waterfowl, totally reliant on donations. Visitors by appointment only.

Spelthorne Tree Wardens
Contact: David Huxford
Tel: 01932 786808 (David Woods)
Email: huxfordsd@gmail.com
Web: www.surreytreetwards.org.uk
Info: Voluntary projects to help improve the environment involving tree planting, advice and maintenance. Sponsor a tree in memory of a friend or relative.

Social activity groups
Adoption Coffee Mornings
Tel: 07919 214691
Email: lara@adoptionproject.org.uk
Web: www.adoptionproject.org.uk
FB: @adoptionproject
TW: @adoptionproject
Venue: The Village Centre, Community Centre, 68 Victoria Street, Englefield Green, TW20 0DX
Info: First Friday of each month at 9.30am. Free peer support group for adoptive and foster parents and families. A non-judgemental space to share and care and find support. Guest speakers on specialist topics. Kiddles play area.

Ashford Ladies Tuesday Club
Contact: Jenny Collins
Tel: 01784 244401
Email: collinsjen01@sky.com
Venue: Small Hall, St Matheus Church Hall, Muncaster Close, Ashford, TW15 2EE
Info: Friendly social club meeting every Tuesday evening 7.30-9.30pm. Quizzes, games, speakers, meals out. £3 per session to include drink, cake/ biscuits.

Ashford Rotary Club
Tel: 01784 241756
Email: info@ashforpdorotary.org
Web: www.ashforpdorotary.org
FB: Rotary Club of Ashford Middlesex
TW: @AshfordMidd
Venue: Ashford Manor Golf Club, Forbbridge Road, Ashford, TW15 3RT
Info: Club meets on Mondays at 6pm for 6.30pm dinner. We welcome people interested in joining us and enjoying fun and fellowship whilst fundraising for worthwhile causes such as organisations and individuals in the Ashford and Stanwell area as well as for projects in the Third World. We have interesting speakers on diverse topics, social evenings, outings, partners’ evenings, theatre trips and more!

Miniature Railway
Staines Society of Model Engineers
Contact: Stan Bishop
Tel: 01784 241891
Email: secretariessmse@btinternet.com
Web: www.smse.org.uk
Venue: Staines Park, Commercial Road, Staines-upon-Thames, TW18 2GJ
Info: Train rides every fourth Sunday afternoon each month, from Easter until October weather permitting. Events begin at 1pm and continue until 5pm, a nominal charge is made per ride with all age groups made welcome. See website for more information and actual running dates etc.

Greennefelde W.I
Contact: Christine Mansons
Tel: 01784 256932
Email: chambersc2090@yahoo.co.uk
Venue: St Davids Church Hall, Everest Road, Stanwell, TW19 7EE
Info: We are a social group open to MSers of all ages. We meet weekly (except Christmas and summer school holidays) 10am-1.30pm for chat and games. Tea and coffee is provided but order in/buy lunch or bring your own. The venue has suitable access and facilities.

Staines Society of Model Engineers
Contact: Stan Bishop
Tel: 01784 241891
Email: secretariessmse@btinternet.com
Web: www.smse.org.uk
Venue: Staines Park, Commercial Road, Staines-upon-Thames, TW18 2GJ
Info: Train rides every fourth Sunday afternoon each month, from Easter until October weather permitting. Events begin at 1pm and continue until 5pm, a nominal charge is made per ride with all age groups made welcome. See website for more information and actual running dates etc.

Halliford W.I
Contact: Maureen Hayward
Tel: 01784 782957
Email: maureenhayward@btinternet.com
Venue: Halliford Community Centre, Upper Halliford Road, Halliford Village, Shepperton, TW17 8RZ
Info: First Tuesday of each month, 7pm for 7.30pm. Speakers, outings, cinema/theatre trips, lunches. A friendly and welcoming group.

Ashford W.I
Contact: Heather McIntyre
Tel: 01784 889240
Mobile: 07979 891547
Email: ashfordeveningss@mfwi.org.uk
Venue: St Michael’s Church Hall, Muncaster Close, Ashford, TW15 2EE
Info: A charity and part of the British Lung Foundation. Meet on the first Wednesday of the month except January. Friendly, welcoming group with speakers on interesting topics, outings and lunches out.

Ashford Rotary Club
Tel: 01784 241756
Email: info@ashforpdorotary.org
Web: www.ashforpdorotary.org
FB: Rotary Club of Ashford Middlesex
TW: @AshfordMidd
Venue: Ashford Manor Golf Club, Forbbridge Road, Ashford, TW15 3RT
Info: Club meets on Mondays at 6pm for 6.30pm dinner. We welcome people interested in joining us and enjoying fun and fellowship whilst fundraising for worthwhile causes such as organisations and individuals in the Ashford and Stanwell area as well as for projects in the Third World. We have interesting speakers on diverse topics, social evenings, outings, partners’ evenings, theatre trips and more!

Ashford W.I
Contact: Heather McIntyre
Tel: 01784 889240
Mobile: 07979 891547
Email: ashfordeveningss@mfwi.org.uk
Venue: St Michael’s Church Hall, Muncaster Close, Ashford, TW15 2EE
Info: A charity and part of the British Lung Foundation. Meet on the first Wednesday of the month except January. Friendly, welcoming group with speakers on interesting topics, outings and lunches out.

Ashford W.I
Contact: Heather McIntyre
Tel: 01784 889240
Mobile: 07979 891547
Email: ashfordeveningss@mfwi.org.uk
Venue: St Michael’s Church Hall, Muncaster Close, Ashford, TW15 2EE
Info: A charity and part of the British Lung Foundation. Meet on the first Wednesday of the month except January. Friendly, welcoming group with speakers on interesting topics, outings and lunches out.

Ashford W.I
Contact: Heather McIntyre
Tel: 01784 889240
Mobile: 07979 891547
Email: ashfordeveningss@mfwi.org.uk
Venue: St Michael’s Church Hall, Muncaster Close, Ashford, TW15 2EE
Info: A charity and part of the British Lung Foundation. Meet on the first Wednesday of the month except January. Friendly, welcoming group with speakers on interesting topics, outings and lunches out.

Ashford W.I
Contact: Heather McIntyre
Tel: 01784 889240
Mobile: 07979 891547
Email: ashfordeveningss@mfwi.org.uk
Venue: St Michael’s Church Hall, Muncaster Close, Ashford, TW15 2EE
Info: A charity and part of the British Lung Foundation. Meet on the first Wednesday of the month except January. Friendly, welcoming group with speakers on interesting topics, outings and lunches out.
For adults of all ages who are lonely or have mental health issues. Activities include music and dance nights, games and crafts, and lots of fun! Cost £3 per person per session. Carers welcome. Other venues are in Chertsey holding activities on Tuesday evenings and on Thursday evenings in Walton-on-Thames.

The Penrose Club
Contact: Marilyn Lacey
Mobile: 07986 912360
email: admin@thepenroseclub.com
Venue: Hangrove Hall, Station Crescent, Ashford, TW15 3JJ
Info: A social club for adults with special needs, 18+yrs. Every Tuesday, 7.15-9.15pm, subscription £15.00 per month. A range of activities including discos, karaoke, arts and crafts, quiz nights, competition games (pool, snooker, darts, table tennis etc.) BBQs, outside entertainers, music and drama.

Shepperton Ladies’ Club
Contact: June Barnard
Mobile: 07956 903361
email: sheppertonladiesclub@googlemail.com
Venue: Hallford Community Hall, Upper Hallford Road, Shepperton, TW17 8SE
Info: Women’s social club of all ages meeting on the 1st and 3rd Wednesdays of the month, except for July and August. Prompt start at 7.30pm and close at 10pm, with a refreshment break at approx. 8.30pm. Speakers on a variety of topics and occasional socials and suppers. Outings also available.

Spelthorne Shed
Contact: Mike Wallin
Tel: 07411 480045
email: spelthorneshed@gmail.com
Venue: Garages in Fordbridge Park, Kingston Road, Ashford, TW15 3SJ
Info: Service club with local and international connections. Meeting time 2pm Mondays except bank holidays.

Spelthorne Women’s Social Club for the Blind and Partially Sighted
Contact: Fred Laminck
Tel: 01784 886053
Venue: Grovebars, Park Avenue, off Lalmead Road, Staines-upon-Thames, TW18 2EY
Info: Two-hour evening sessions (2-4pm) in the village halls of Spelthorne. Some 360 members, with some 360 members, with some 360 members, with some 360 members, with some 360 members.

Sunbury on Thames W I
Contact: Susan Whitworth
Mobile: 07887 640942
email: sunburyonthameswi@gmail.com
Venue: The Drangery, Squares Garden Centre, Hallford Road, Upper Hallford, Shepperton, TW17 8SG
Info: Meeting on fourth Thursday of the month (except August). 2-4pm. A chance to build new skills, take part in a wide variety of activities and make new friends.

Sunbury Village Women Institute - SVWI
Contact: Nicola Cussen
email: sunburvyvillage@gmail.com
Venue: Various, please check website
Info: SVWI meets once a month on a Monday evening between 7:30-9:30pm. We are a group of ladies of all ages who enjoy each others company, learn from interesting speakers and events, benefit from individual skills and support initiatives within our community. Additionally we have a choir, book clubs, walking group, social group and craft club.

Staines Rotary Club
email: stainesrotary@gmail.com
web: www.staines.rotary1145.org
FB: StainesRotary
T: @StainesRotary
Venue: Mercure, Thames Lodge, Thames Street, Staines-upon-Thames, TW18 4SJ
Info: Tuesday 6.30pm for 7pm.

Staines District Probus Club (1970)
Contact: Ken Whelton
Tel: 0208 941 8912
email: whelton@btinternet.com
Venue: Ashford Manor Golf Club, Fordbridge Road, Ashford, TW15 3RT
Info: We have a regular luncheon meeting for retired professionals and businessmen on the first Tuesday of every month. We meet at 11.30am, lunch is at 12.30pm followed by a speaker at 2pm. New members are most welcome.

Staines Rotary Club
email: stainesrotary@gmail.com
web: www.staines.rotary1145.org
FB: StainesRotary
T: @StainesRotary
Venue: Mercure, Thames Lodge, Thames Street, Staines-upon-Thames, TW18 4SJ
Info: Tuesday 6.30pm for 7pm.

Stanwell W I
Contact: Jill Lord
Tel: 01784 259037
email: stanwellw1@btinternet.com
Venue: Stanwell Village Hall, High Street, Stanwell, TW19 7JR
Info: First Tuesday of the month 7.30-10pm, guest speakers. Monday and Wednesday 2-4pm from May to the end of September Croquet Club (Stanwell Recreation Ground). Equipment provided.

Sunbury on Thames W I
Contact: Barbara James
Tel: 01784 452707
Venue: The St Peters Hall, Lalmead Road, Staines-upon-Thames, TW18 2DX
Info: Every Wednesday afternoon 3-5pm. Principally for over 50s includes speakers, quizzes, bingo, games. Entrance £2.50 including tea and biscuits plus raffle.
Steam railway

Hampton and Kempton Waterworks Railway (HKWR)
email: mwbrsoffice@gmail.com
web: www.hamptonkemptonwaterworks.org.uk
FB: @Hampton_Kempton
TW: @HamptonKempton
Venue: Kempton Park Waterworks, Snakye Lane, Hanworth, TW13 8XH
Info: HKWR is a heritage narrow gauge railway that offers children, adults and enthusiasts the wonderful experience of a steam passenger ride against the backdrop of the adjacent and magnificent Kempton Steam Museum. Picnic and play area, refreshments available. March to November, Sundays 10.30am to 4pm and some Saturdays when Kempton Steam Museum is open. Visit website for fares and experience information.

Uniform groups

Boys Brigade 7th North Surrey
Contact: Justin Camis
Tel: 01932 772711
Mobile: 07768 726203
email: bb7thnorthsurrey@aol.com
FB: @bb7thnorthsurrey
web: www.boys-brigade.org.uk
Venue: Ashford Common Methodist Church, on the junction of Feltham Hill Road and Saxon Road, Ashford, TW15 1SS
Info: We are the social side of MS and meet on the first Saturday of each month at noon for lunch (buy your own) and chat. The venue has suitable access and facilities.

Steam Museum

Kempton Steam Museum
Contact: Gaynor Gaurter
Tel: 01568 720571 / 01932 765328 (Tues, Thurs and steaming weekends)
email: KemptonSteam@btinternet.com
web: www.kemptonsteam.org
FB: @www.kemptonsteam.org
Venue: Kempton Park Water Treatment Works, Snakye Lane, Hanworth, TW13 6XH (TW13 7ND for sat-nav)
Info: Housing the world’s largest working triple-expansion steam pumping engine in a magnificent Art Deco building. Guided tours available. For steaming weekend dates please visit our website.

Social Prescribing

Social Prescribing is a way of linking people with social, emotional and practical needs to a range of local non-medical support services. We can support adults in a variety of areas including:

- Physical and mental wellbeing
- Community centres
- Financial support
- Advice and Information
- Leisure services
- Housing options advice and adaptations
- Council services
- Befriending schemes
- Family support

Contact us for more information on 01784 448631, email socialprescribing@spelthorne.gov.uk or speak to your GP.

Provided by Spelthorne Borough Council
SSSIs (Sites of Special Scientific Interest) and areas of ecological interest

SSSIs are of significant environmental importance and can be designated due to a variety of ecological and landform factors. The Council actively manage three SSSI sites within the Borough.

Staines Moor SSSI
Location: Via Moor Lane (TW18 4YY), Stanwell Moor (TW19 6AU) or by footpath near Wraysbury Gardens (TW18 4US)
Info: Designated a SSSI because of its important floral species, wading birds, and wildfowl. The River Colne flows through the site which is great for bird watching with seasonal specialities such as Hobby, Kingfisher, Yellow Wagtail, Stonechat and Short-eared Owl. The Moor is designated common land and holds great historic value. We ask all visitors to follow the onsite signage during the nesting season (April-July). Ground nesting birds such as Lapwing and Skylark use the Moor during this time and nests can be abandoned if disturbed, so we ask walkers and dog owners to be considerate.

Shortwood Common SSSI
Location: Situated between Staines Bypass and London Road. Access through Leacroft (TW18 4NL), Shortwood Avenue (TW18 4JL), Shortwood Common London Road (TW18 4HF) and footpath near TW15 3JL
Info: A grassland site which boasts rare species of plants such as Wild Clary, Wormwood and Bermuda grass. Time your visit in May and an impressive display of Buttercups can be seen. The pond falls within the SSSI remit and holds Brown Gallinage (a nationally rare plant), and is a haven for fish, birds and amphibians.

Dumsey Meadow SSSI
Location: Opposite the Kingfisher Pub with parking available off Chertsey Bridge Road (KT16 8LF) and Thames Path.
Info: An area of unimproved grassland situated on the floodplain of the River Thames; such habitat are now very uncommon in the south-east of England. Dumsey Meadow is the only remaining grazed unimproved Thames-side meadow in Surrey. The grass is cut for hay in August and then grazed using a herd of Belted Galloway supplied by Surrey Wildlife Trust. The Thames Path skirts the southern perimeter of the site and is well worth a visit all year round.

Ecological interest

Along with the SSSIs mentioned, the Council also manages a number of other sites where ecological factors are a key priority in the management regime.

Sunbury Park
Location: Lower Sunbury, in-between Green Street and The Avenue, TW16 6RD
Info: This Park has a historic background and offers guests the chance to visit a park with more traditional methods of management resulting in a naturalised setting. A wide range of veteran trees can be seen with a variety of birds and invertebrates to be discovered. This site is seasonally grazed, typically between April – September which, in time, will aid the process of allowing more desirable floral species such as wildflowers to establish. Situated adjacent to the Walled Garden there’s an opportunity to visit both sites simultaneously.

Studios Walk
Location: Situated just south of Shepperton Studios, TW17 0QA
Info: The site runs parallel to the River Ash and incorporates approx. 1km of riparian habitat featuring mature Oak trees which hold significant value for varying bat species. A joint river enhancement project in 2016 with the Environment Agency, Groundwork and Spelthorne Council saw a relic channel re-opened as a fish bypass. This project brought hydrological and ecological benefits to the site. Keep your eyes peeled for Kingfishers and Stag beetles. The still water features also aid a population of amphibians; if you’re lucky you might also spot a Grass Snake.

Parks and open spaces

Spelthorne’s Outdoor Gyms
- Hengrove Park - Station Crescent, Ashford, TW15 3HN
- Shepperton Recreation Ground - Glebelands Garden, Shepperton TW17 9DH
- Stanwell - Corner of Clyde Road and Mulberry Avenue
- Staines Park (Fitness Trail) - Commercial Road, Staines-upon-Thames TW19 2QJ. Now for Spring 2020.

For more information call Neighbourhood Services on 01784 446411 or email to neighbourhoodservices@spelthorne.gov.uk

*Opening times: 10am-12.30pm and 2-4.45pm, May to September (Spelthorne Council reserves the right to change the opening and closing times for the maintenance of the Splash Park).

Spelthorne Borough Council
Spelthorne’s parks and open spaces

<table>
<thead>
<tr>
<th>Park or open space</th>
<th>Car park entrance**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ashford Recreation Ground</td>
<td>Rosary Gardens, Ashford, TW15 1BX</td>
</tr>
<tr>
<td>Bishop Duppas Park</td>
<td>Walton Bridge Road, Shepperton, TW17 8NR</td>
</tr>
<tr>
<td>Cedars Recreation Ground</td>
<td>Green Street, Sunbury-on-Thames, TW16 6QQ</td>
</tr>
<tr>
<td>Fordbridge Park</td>
<td>Kingston Road, Ashford, TW15 3SJ</td>
</tr>
<tr>
<td>Groveley Park</td>
<td>Groveley Road, Sunbury-on-Thames, TW16 7JŻ</td>
</tr>
<tr>
<td>Hengrove Park</td>
<td>Station Crescent, Ashford, TW15 3HN</td>
</tr>
<tr>
<td>Kenyngton Manor Park</td>
<td>Bryony Way, Sunbury-on-Thames, TW16 7RH</td>
</tr>
<tr>
<td>Laleham Park</td>
<td>Shepperton Road and Thames Side, TW18 1SS</td>
</tr>
<tr>
<td>Lammas Recreation Ground</td>
<td>Wraigsbury Road, Staines-upon-Thames, TW18 4XZ</td>
</tr>
<tr>
<td>Littleton Recreation Ground</td>
<td>Laleham Road, Littleton, TW17 0JS</td>
</tr>
<tr>
<td>Long Lane Recreation Ground</td>
<td>Cambria Gardens, Stanwell, TW19 7ER</td>
</tr>
<tr>
<td>Orchard Meadow</td>
<td>Orchard Meadow car park, The Avenue, TW16 5HY</td>
</tr>
<tr>
<td>Shepperton Recreation Ground</td>
<td>Glebeland Gardens, Shepperton, TW17 9DH</td>
</tr>
<tr>
<td>Shepperton Skate Park</td>
<td>Shepperton Court Drive (next to Shepperton Youth Centre) TW17 8EJ</td>
</tr>
<tr>
<td>Spelthorne Grove Recreation Ground</td>
<td>Staines Road West, Sunbury-on-Thames, TW16 7DB</td>
</tr>
<tr>
<td>Staines Park</td>
<td>Commercial Road, Staines-upon-Thames, TW18 20J</td>
</tr>
<tr>
<td>Stanwell Recreation Ground</td>
<td>Stanwell Close, Stanwell, TW19 7LL</td>
</tr>
<tr>
<td>Sunbury Skate Park</td>
<td>Sunbury Cross, TW16 6QA</td>
</tr>
<tr>
<td>Town Lane Recreation Ground (Lauser Rec)</td>
<td>Lauser Road/Town Lane, Stanwell, TW19 7PT</td>
</tr>
<tr>
<td>Walled Garden</td>
<td>Thames Street, Sunbury-on-Thames, TW16 6AB</td>
</tr>
</tbody>
</table>

* activities must be booked via Customer Services 01784 451499. ** Vehicle access times: 7.30am-8.30pm (1 April - 30 Sept) and 7.30am-6pm (1 Oct - 31 March). *** New for Spring 2020 (wooden fitness trail)

Visit [www.spelthorne.gov.uk/parks](http://www.spelthorne.gov.uk/parks) for more information on all our parks and their locations.
Spotlight on

Provided by Spelthorne Borough Council

Fit For Sport Holiday Activity Camps are designed to engage all children from 4-12 years old through multi-sports, games, and arts and crafts so that they can make friends and keep active throughout the holiday. Ofsted registered and run by trained professionals to provide school holiday childcare within a safe, supportive and fun environment. Extended School Day also available.

0208 742 4990
enquiries@fitforsport.co.uk
www.fitforsport.co.uk
Facebook @FitForSport.FFS

Xplorer – Family Orienteering
Xplorer is the perfect outdoor activity for families, offering a friendly navigation challenge that is educational and fun. Using a simple map the aim is to find a number of markers that are located around the park. At each marker children need to identify what is pictured and enjoy learning a fun fact to tell their friends. Older children will have fun competing against their friends or other family members whilst younger children will enjoy the excitement of successfully finding the markers. No experience of map reading is necessary and parents are encouraged to join in the fun!

Events are free and take place at Orchard Meadow and Kenyngton Manor Park in Sunbury, Ashford Recreation Ground, Long Lane Recreation Ground in Stanwell and Staines Park throughout the year.

For more information visit www.xplorer.org.uk or contact Leisure Services on 01784 446433 or email leisure@spelthorne.gov.uk

Scrap donations
If you work for a company that is looking to recycle waste material or are having a clear out of the attic, the Resource Centre is always looking for donations of scrap materials such as paper, card, clean plastic cartons, fabric or anything that could be used for craft activities.

For more information or a membership pack please contact us on 01784 461769 (answer phone outside opening hours) or visit www.spelthorne.gov.uk/resourcecentre or Facebook @spelthorneresourcecentre

Info:
The sensory room has been specifically designed for children up to the age of 11 with disabilities or special needs. The Sensory Room can be adapted to suit the needs of each individual child and is open 9.30am-4.30pm Monday to Wednesday and 9.30am-12.30pm Thursday and Friday (term time only). Booking is advisable to ensure availability.

Available to schools, colleges, uniformed groups, playgroups, nurseries, families and child-minders
the Resource Centre offers scrap materials for fun and creative crafts. Materials available include card, plastics, paper and fabric. There is also a small art materials shop. We have our own Saturday Craft club for 5-11 yrs and throughout the year art open days also take place.

Opening hours (term time only)
Monday 10am - 1pm
Tuesday closed
Wednesday 11am - 2pm
Thursday 10am - 12noon
Friday closed
Saturday 10am - 1pm
Sunday closed

Spotlight on

Provided by Spelthorne Borough Council

Sensory Room
Tel: 01784 241407
email: stanwellfamilycentre@surreycaretrust.org.uk
web: www.stanwellchildrenscentre.org.uk/support-additional-needs
FB: @SurreyFIS
TW: @SurreyFIS
Info:
The sensory room has been specifically designed for children up to the age of 11 with disabilities or special needs. The Sensory Room can be adapted to suit the needs of each individual child and is open 9.30am-4.30pm Monday to Wednesday and 9.30am-12.30pm Thursday and Friday (term time only). Booking is advisable to ensure availability.

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For more information or a membership pack please contact us on 01784 461769 (answer phone outside opening hours) or visit www.spelthorne.gov.uk/resourcecentre or Facebook @spelthorneresourcecentre

Info:
Offers practical help, emotional support and friendship to families with at least one child under 5yrs. Preparation courses for interested volunteers.
Sports, health and fitness

Important

Please ensure that providers have Safeguarding Children policies and procedures and have sufficient qualifications, training and insurance in order to coordinate the activity.

Archery

Laleham Archery Club
Contact: Mark Harmon
email: info@lalehamarcheryclub.co.uk
web: www.lalehamarcheryclub.co.uk
Venue: Staines and Laleham Sports Association, Worple Road, Laleham, TW18 1HR
Info: 8+yrs. We offer beginners courses for most of the year. Club nights are Fridays.

Spelthorne Archers
Mobile: 07802 864562
email: secretary@spelthornearchers.org.uk
web: www.spelthornearchers.org.uk
FB: @SpelthorneArchery
Venue: Lakeside, Chertsey Road, Sunbury-on-Thames
Info: We run beginners courses from April to August for adults and children from 8yrs. The Club participates in national and county leagues and runs open tournaments as well as club competitions and activities.

Athletics

Windsor, Slough, Eton and Hounslow Athletics Club
Contact: Dennis Daly
Tel: 01753 686169
Mobile: 07973 192221
e-mail: secretary@wseh.info
web: www.wseh.info
Venue: Thames Valley Athletic Centre, Pococks Lane, Eton, SL4 6HN
Info: 10+yrs. Includes an active veteran section 25+yrs women/40+yrs men. All weather track and field activities in all Olympic events, cross country and road running. Also indoor 80m track for throws and jumps.

Spelthorne Boccia Club
Thursday evenings from 6-6.55pm at Spelthorne Leisure Centre, Knowle Green, Staines-upon-Thames, TW18 1AJ. The club is open to adults with disabilities. The cost of each session is £3.

Boccia is an inclusive sport and is similar to bowls and petanque. The aim of the game is to propel leather balls, coloured red or blue, close to a white target ball (the jack). It is played from a seated position and the ball can be moved with players’ hands, feet or an assistive device e.g. a head or hand pointer.

For more information on these sessions and to check dates please contact Leisure Services on 01784 446433 or email leisure@spelthorne.gov.uk

Sports, health and fitness

Badminton

Ashford High Badminton Club
Contact: Ian McBride
Tel: 01784 254902
Mobile: 07929 212196
Venue: Thomas Knuyt College, Stanwell Road, Ashford, TW15 3DU
Info: 18+yrs. Tuesday, 7.30-9.30pm. A practice club for experienced players. Open 50 weeks of the year. Quarterly fee of £35 plus 50p per week to cover insurance.

Everyone Active Badminton and Junior Badminton
Tel: 01932 772287
e-mail: sunburyinfo@everyoneactive.com
web: www.everyoneactive.com
FB: @eaSunbury
Venue: Sunbury Leisure Centre, Nursery Road, Sunbury-on-Thames, TW16 6LG
Info: Adult badminton club nights. Beginners—intermediate Wednesday 6-8pm, intermediate only 8-10pm. Moderate-intermediate players only Friday 8-10pm. Junior badminton club 8-16yrs Wednesday 6-7pm.

Everyone Active Essentials Badminton
Tel: 01784 493493
e-mail: spelthorneinfo@everyoneactive.com
web: www.everyoneactive.com
FB: @eaSpelthorne
TW: @eaSpelthorne
Venue: Spelthorne Leisure Centre, Knowle Green, Staines-upon-Thames, TW18 1AJ
Info: Affordable beginners courses available to learn the essentials of how to play badminton. Contact for more information and dates.

Everyone Active No Strings Badminton
Tel: 01784 493493
e-mail: spelthorneinfo@everyoneactive.com
web: www.everyoneactive.com
FB: @eaSpelthorne
Venues: Spelthorne Leisure Centre, Knowle Green, Staines-upon-Thames, TW18 1AJ
Info: Turn up and play against others with a coach on hand to supervise the session. Thursday 8pm.

Leacroft Badminton Club
Contact: Mary O’Connor
Tel: 07952 901852
email: leacroftbdminton@yahoo.com
Venue: Leacroft Centre, Leacroft, Staines-upon-Thames, TW18 4PB
Info: Saturday mornings 10am-12noon. Term times only. 7-18yrs £25 per term. Guest fees £3 per session.

Racqueteers Badminton
Contact: Sheila Collins
Tel: 01784 257964
email: cshl19483@aol.com
Venue: Bishop Wand Sports College, Layton’s Lane, Sunbury-on-Thames, TW16 6LT
Info: 5-11yrs Fridays 6.15-8.15pm and 12-16yrs Fridays 7.15-9.15pm.

Shuttles Badminton Club
email: shuttlesbc@yahoo.com
web: www.shuttlesbadmintonclub.wordpress.com
Venue: Matthew Arnold Sports Centre, Kingston Road, TW18 1PF
Info: Fridays 8-10pm, first session free, all abilities welcome.

Basketball

Spelthorne Atoms Basketball Club
Contact: Debbie Bishop
Tel: 01784 248042
Mobile: 07759 365377
e-mail: spelthorneatoms@gmail.com
web: www.spelthorneatoms.co.uk
Venue: ACS International School, London Road, Egham, TW20 0HS
Info: U10s to U16s train on Saturday mornings. Please ring in advance. All new players welcome.

Spelthorne LeaCroft Sports Centre
Contact: Sheila Collins
Tel: 01784 257964
email: cshl19483@aol.com
Venue: Leacroft Centre, Leacroft, Staines-upon-Thames, TW18 4PB
Info: Saturday mornings 10am-12noon. Term times only. 7-18yrs £25 per term. Guest fees £3 per session.

www.spelthorne.gov.uk/leisure leisure@spelthorne.gov.uk
Sports, health and fitness

Bowling

Ashford (Middx) Bowling Club
Contact: Marion Bushnell
Mobile: 07597 696616
email: marionb33@gmail.com
web: www.ashfordmiddlexbowlingclub.co.uk
Venue: WR Sports Club, Woodthorpe Road, Ashford, TW15 3JX
Info: Competitive bowling, friendly matches, lessons and sports injury clinic. We aim to bring the enjoyment of bowls to players of all levels, young and old, in a friendly and welcoming environment. New members welcome.

Bishop Duppas Bowls Club
Contact: Carol Kowalski
Tel: 01932 221492
email: raycar.kowalski@virgin.net
web: www.bishopduppasbowlsclub.hitssports.com
TW: @DubbasClub
Venue: Bishop Duppas Park, Walton Bridge Road, Shepperton, TW17 8NR
Info: Everyday, May to September. Club night Tuesday 6pm. Bowls and social activities. Free coaching available for new players. All ages welcome.

Fordbridge Park Bowls Club
Contact: Jackie Peaty
email: fbpc2012@btinternet.com
Venue: Fordbridge Park, Kingston Road, Ashford, TW15 3SJ
Info: 16+yrs. May to September lawn bowling available on a competitive, friendly and casual basis. Regular social activities in the winter months. New members and beginners always welcome and tuition is available. Hall available for hire.

Staines Bowling Club
web: www.stainesbowlingclub.co.uk
FB: @stainesbowlingclub
TW: @StainesBowls
Venue: Staines Park, Knowle Green, Staines-upon-Thames, TW18 1AJ
Info: 16+yrs. Lawn bowling. New members and beginners always welcome. All ages welcome.

Stanwell Bowls Club
Contact: Hilary Netherwood
Tel: 01932 840578
Mobile: 07710 410231
email: hilary.netherwood@gmail.com
Venue: Stanwell Recreation Ground, Oaks Road, Stanwell, TW19 7LL
Info: 12-65+yrs. Stanwell is a competitive mixed ability club with experienced and novice bowlers both young and old. New members welcome.

Sunbury Sports Bowls Club
Contact: David Chatterton
Tel: 01332 783092
email: via website
web: www.sunburysportsbowlsclub.co.uk
FB: @SunburyBowls
Venue: Sunbury Sports Bowls Club, Kenton Court, Meadow, Lower Hampton Road, Sunbury-on-Thames, TW16 5PS
Info: Tuition from qualified instructors. Bowling opportunities at all levels and social activities summer and winter. Membership gives entitlement to all Sunbury Sports Association facilities including the bar and catering services.

Spelthorne Kayak and Canoe Club (SKCC)
Mobile: 07542 107493
e-mail: spelthornekayakandcanoeclub@gmail.com
web: www.spelthornekayakandcanoeclub.co.uk
FB: @spelthornekk
Venue: The Pavilion, Lamas Park, Wraysbury Road, Staines-upon-Thames, TW18 4XZ
Info: British Canoeing Affiliated - Award Quality Mark. The club runs from April through to October. Club nights every Wednesday 5.45-8.15pm. Membership: Adults £95, Child £65. Taster sessions £10. Exercise while having fun on the water!

Sunbury’s Sports Bowls Club
Contact: Autumn Hadfield
Tel: 01332 783092
email: via website
web: www.sunburysportsbowlsclub.co.uk
FB: @SunburyBowls
Venue: Sunbury Sports Bowls Club, Kenton Court, Meadow, Lower Hampton Road, Sunbury-on-Thames, TW16 5PS
Info: Tuition from qualified instructors. Bowling opportunities at all levels and social activities summer and winter. Membership gives entitlement to all Sunbury Sports Association facilities including the bar and catering services.

Boxing

Knowle Green ABC
Contact: Gary Egletton
Tel: 01276 453766
Mobile: 07831 691007
email: info@kgabc.co.uk
web: www.knowledgeabc.co.uk
FB: Sport Martial Arts Academy
Venue: The Knowle (opposite Spelthorne Leisure Centre)
Info: Knowle Green, Staines-upon-Thames, TW18 1AJ
Info: An amateur boxing club for children and adults age 10+yrs. Training Monday and Wednesday, juniors at 6pm, adults at 7pm and Saturday at 11am.

Odyssey Boxing
Tel: 07956 544853
email: odysseyboxing@gmail.com
FB: @odysseyboxingclub
Venue: Ashford Youth Centre, Kenilworth Road, TW15 3EL
Info: We train on Mondays and Wednesdays 7-9.30pm. Open to all abilities, 11+yrs.

Canoeing and kayaking

Shepperton Slalom Canoe Club
Contact: Andy
Mobile: 07802 975540
email: a_pearson7@hotmail.com
web: www.sheppertonmcc.co.cc
Venue: Lock Island (behind Shepperton Lock), Ferry Lane, Shepperton, TW17 9LW
Info: Structured groups from novice to elite international. For details of training groups see our website.

Cheerleading

Beas Cheerleading
Contact: Berenese D’soura
Tel: 01784 730227
Mobile: 07825 726718
email: info@beascooer.co.uk
web: www.beascooer.co.uk
FB: @beascooer
TW: @beas_cheer
Venue: Christ Church Hall, Kenilworth Gardens, Staines-upon-Thames, TW18 1DR
Info: Competitive and recreational classes available for ages 3-18+yrs. Office hours Monday-Friday 9am-3pm. Class hours Monday-Friday 4-9pm. Disability session available Fridays 5-6pm for 11+yrs.

Sports, health and fitness

Surrey Canoe Club
Contact: Panagiota Angelopoulou
Tel: 0208 399 1858
Mobile: 07447 049157
e-mail: info@surreycanoeclub.org.uk
web: www.surreycanoeclub.org.uk
FB: @surreycanoeclub
Venue: Laleham riverside
Info: Something for everyone - beginner to advanced. Kayaking and canoeing is a great activity for building up your fitness. Fantastic opportunity to make new friends while learning new skills. Regular adult, family and youth sessions Tuesday to Thursday 7-9pm plus Saturday canoe polo 10am-4pm. See website for more information.

In the run up to the Games, children and young people aged 6-16 receive up to eight weeks coaching in their chosen sport or sports. These sessions begin in April and are held at various venues throughout the Borough. There are many sports to choose from including hockey, netball, squash, badminton and tennis. All sports are aimed at total beginners which offer young people a fantastic opportunity to try new sport.

Look out for Spesavers Surrey Youth Games flyers from March onwards or visit www.surreyyouthgames for the latest information. Alternatively contact Leisure Services on 01784 446433 or email leisure@spelthorne.gov.uk if you are interested in taking part.

Provided by Spelthorne Borough Council
Climbing

Everyone Active Climbing Wall

Tel: 01932 772287
email: sunburyinfo@everyoneactive.com
web: www.everyoneactive.com
FB: @eaSunbury
Venue: Sunbury Leisure Centre, Nursery Road, Sunbury-on-Thames, TW16 5LG
Info: Junior Climbing Wall Tuesdays and Thursdays 6-8pm. Adult Climbing Wall Tuesdays and Thursdays 8-10pm. Must be assessed by a coach before attending. Group private bookings and children’s birthday parties also available.

Spelthorne Sports Cricket Club

Contact: Tom Bourne
Mobile: 07805 936447
email: speltworthesportscct@outlook.com
web: www.spelthornesports.play-cricket.com
TW: @SpelthorneCC
Venue: Spelthorne Sports Club, 296 Staines Road West, Sunbury-on-Thames, TW15 1RY
Info: Cricket for all ages and abilities 7-15yrs. Two senior men’s teams, one on Saturdays playing league cricket, one on Sundays playing friendlies. Junior section playing matches in Surrey Junior competitions. For all abilities with an emphasis on fun and participation. Qualified ECB Level 2 coaches. ECB Clubmark accredited. Social membership £35 pa and Playing membership £50 p/a. Clubhouse open from 6pm on weekdays and 12 noon at weekends. Hall available for hire.

Cycling

Hounslow and District Wheelers Cycling Club

Contact: Bill Carnaby
Tel: 0208 287 3244
email: billcarnaby@outlook.com
web: www.hounslowanddistrictwheelers.co.uk
Venue: Staines Sailing Club, 101 Chertsey Lane, Staines-on-Thames, TW18 3LQ
Info: Club meets Fridays (including school holidays) 6-7.30pm juniors (9-16yrs) and 7.30-10.30pm. Fencing and coaching for all levels of fencer, beginner through to international. We run separate courses specifically for young (10-16yrs) and adult beginners. The sport can be started at almost any age; we have members ranging from 8-80yrs old.

Sunbury Cricket Club

Contact: John Ventham
Tel: 01932 783133 (Club)
Mobile: 07769 657032
email: johnvent@hotmail.co.uk
web: www.sunburycricket.com
Venue: Geoff Kaye Memorial Ground, Kenton Court Meadow, Lower Hampton Road, Sunbury-on-Thames, TW16 5PS
Info: Wide range of senior and colts players. Four Saturday senior sides, all in the top Divisions in the Surrey Championship. Two/three senior XIs in cup, league and friendly matches on Sundays, together with 11 Colts’ teams.

Fitness clubs and classes

360 Ultimate Fitness

Contact: Matt Hamilton
Mobile: 07764 500557
email: coach@360ufit.com
web: www.360ufit.com
FB: @360UFit
Venue: Suffolk House, Drake Avenue, Staines-upon-Thames, TW18
Info: CrossFit, personal training, 360 kids club, QuickFit

Croquet

Bishop Duppas Croquet Club

Contact: Jackie Elliott
Tel: 01932 786287
Venue: Bishop Duppas Park, Walton Bridge Road, Shepperton, TW17 8NR
Info: A small club, open to anybody. We meet on Monday, Wednesday and Friday afternoons 2-4pm at the Bishop Duppas Bowls Club. No equipment needed, just wear flat soled shoes. Coaching will be given. Open May to September.

Fencing

Egham Fencing Club

Contact: Niall Maynard
Mobile: 07780 830084
email: niallmaynard@googlemail.com
web: www.eghamfencingclub.org.uk
Venue: Spelthorne Leisure Centre, Knowle Green, Staines-upon-Thames, TW18 1AJ
Info: Club meets Fridays (including school holidays) 6-7.30pm juniors (9-16yrs) and 7.30-10.30pm. Fencing and coaching for all levels of fencer, beginner through to international. We run separate courses specifically for young (10-16yrs) and adult beginners. The sport can be started at almost any age; we have members ranging from 8-80yrs old.

Busylizzy Runnymede

Tel: 01784 668151
email: lucie@busylizzy.co.uk
web: www.busylizzyrunnymede.co.uk
FB: busylizzy runnymede
Venue: Fordbridge Park and Wraysbury Village Hall
Info: We host eight pre and post natal fitness and baby classes a week. From 14 weeks pregnant up to 18 months old. See website for class times.

Free

Cycling for Health

Improve your health by taking up cycling. This scheme is free and aimed at adults, offering guided rides of around 5-12 miles during the week. All rides are led by trained volunteers and if there is a café or pub nearby the group often stops for a drink and a chat after the ride. Everyone welcome! For more information contact Leisure Services on 01784 446433, email leisure@spelthorne.gov.uk or visit www.spelthorne.gov.uk/cyclingforhealth to book a ride.

Self-led Cycle Pack

Explore Spelthorne independently by downloading the pack from www.spelthorne.gov.uk/cyclingforhealth. Hard copies are also available from the Council Offices, leisure centres and Spelthorne libraries.

Fencing

Egham Fencing Club

Contact: Niall Maynard
Mobile: 07780 830084
email: niallmaynard@googlemail.com
web: www.eghamfencingclub.org.uk
Venue: Spelthorne Leisure Centre, Knowle Green, Staines-upon-Thames, TW18 1AJ
Info: Club meets Fridays (including school holidays) 6-7.30pm juniors (9-16yrs) and 7.30-10.30pm. Fencing and coaching for all levels of fencer, beginner through to international. We run separate courses specifically for young (10-16yrs) and adult beginners. The sport can be started at almost any age; we have members ranging from 8-80yrs old.

Sunbury Cricket Club

Contact: John Ventham
Tel: 01932 783133 (Club)
Mobile: 07769 657032
email: johnvent@hotmail.co.uk
web: www.sunburycricket.com
Venue: Geoff Kaye Memorial Ground, Kenton Court Meadow, Lower Hampton Road, Sunbury-on-Thames, TW16 5PS
Info: Wide range of senior and colts players. Four Saturday senior sides, all in the top Divisions in the Surrey Championship. Two/three senior XIs in cup, league and friendly matches on Sundays, together with 11 Colts’ teams.

Busylizzy Runnymede

Tel: 01784 668151
email: lucie@busylizzy.co.uk
web: www.busylizzyrunnymede.co.uk
FB: busylizzy runnymede
Venue: Fordbridge Park and Wraysbury Village Hall
Info: We host eight pre and post natal fitness and baby classes a week. From 14 weeks pregnant up to 18 months old. See website for class times.

FintDance

Contact: Gerda
Mobile: 07766 950650
email: gerda1_2@msn.com
FB: @fintdance
Venue: St Mary’s Parish Hall, Green Street, Sunbury-on-Thames, TW16 6RN
Info: Saturdays 10.30am. Love dancing? Easy to follow fintdance choreography adult class to pop, tango, zumba, jazz, even strictly come dancing music and songs. First class free.

Information is provided by the website www.spelthorne.gov.uk/leisure and leisure@spelthorne.gov.uk
Leisure Centres

Spelthorne Leisure Centre
Tel: 01784 493493
email: spelthorneinfo@everyoneactive.com
FB: @eaSpelthorne
Venue: Knowle Green, Staines-upon-Thames, TW18 1AJ
Info: 25m swimming pool and a teaching pool. Six court sports hall marked for badminton, five-a-side football, volleyball, basketball, boccia and netball. Two dance/aerobics studios. 120 fitness stations and health suite with inclusive fitness initiative equipment. Personal trainers. Squash courts. Café. Free children’s soft play area and a crèche.

Lifestyle Fitness Matthew Arnold
Tel: 01784 453963
email: matthew.arnold@lifestylefitness.co.uk
web: www.lifestylefitness.co.uk
FB: @matthewarnoldsportscentre
Venue: Matthew Arnold School, Kingston Road, Staines-upon-Thames, TW18 1PF
Info: Fully equipped fitness suite, weights area, functional room, over 30 weekly group exercise classes, dance studio, spin studio, sports hall, 7-10a 4G pitch and 11-a-side 5G pitch.

The Thames Club
Tel: 01784 463100
email: sales@thethamesclub.co.uk
web: www.thethamesclub.co.uk
FB: @thethamesclub
TW: @TheThamesClub
Venue: Wheatsheaf Lane, Staines-upon-Thames, TW18 2PD
Info: Gym, pool, classes and wellbeing centre. Flexible membership options, personalised fitness journeys and tailored gym programmes. Visit our website for more information.

Colne Valley Girls & Ladies Football Club Ltd
Contact: Jason Free
Tel: 01784 882091
Mobile: 07849 550643
email: jason@cvgfc.co.uk
web: www.cvgfc.co.uk
FB: @colnevalleygirlsfc
TW: @cvgfc
Venue: Matthew Arnold School, Staines-upon-Thames TW18 1PF and Kenyon Manor Park, Sunbury-on-Thames, TW16 7OL
Info: 5-65yrs. Training Tuesday 6-9.30pm at Matthew Arnold School. SSE Wildcats and Mars Just Play.

Everyone Active Walking Football
Tel: 01784 493493
email: spelthorneinfo@everyoneactive.com
web: www.everyoneactive.com
FB: @eaSpelthorne
TW: @Spelthorne
Venue: Spelthorne Leisure Centre, Knowle Green, Staines-upon-Thames, TW18 1PF
Info: Aimed at those aged 50+ or happy to walk not run. Ideal for getting back into the beautiful game! Friday 12 noon during term time.

Sports Focus in Schools Ltd
Contact: Dave
Mobile: 07792 212937
email: adam@sportsfocusinSchools.co.uk
web: www.sportsfocusinSchools.co.uk
TW: @SportsFocusLtd
Venue: Various in Spelthorne
Info: 4-12yrs. Saturday morning soccer schools for boys and girls at Stannwell Fields School, 4-6yrs 9.30-10.30am £4 per session, 7-12yrs 9.30-11am £5.50 per session. Plus Multi Sports funweeks in school holidays at Matthew Arnold School and Chenneston School. Qualified coaches.

Spelthorne Sports Football Club
Mobile: 01932 961055
web: www.pitchero.com/clubs/spelthornesportsfc
FB: @TheSpelly
TW: @TheSpellyFC
Venue: 296 Staines Road West, Ashford, TW15 1RY
Info: 5yrs-veterans. Football coaching and teams. FA charter standard club.

Staines Lammams FC
web: www.pitchero.com/clubs/staineslammascf
FB: @staineslammascf
TW: @LammasStaines
Venue: Laleham Village Recreation Ground
Info: Male/Female 18-50yrs. Four adult football teams play on Saturday.

Staines Lammams Youth & Laleham and Kempton FC
Contact: Andy Kelly
Mobile: 07982 140942
email: club.sec@staineslammasyouth.com
www.staineslammasyouthfc.co.uk
Info: Male/Female 6-16yrs. 34 youth teams, play on Sunday.

Staines and Laleham Juniors FC
web: www.pitchero.com/clubs/stainestownjuniorsfootballclub
FB: @stainestownjuniors
TW: @SandjnrscFC
Venue: Staines and Laleham Sports and Leisure Club (SALSAL), Worple Road, Staines-upon-Thames, TW18 1HP
Info: Formally Staines Town Juniors. Teams for boys and girls aged 6 to 18. See website for more information.

Colne Valley Girls & Ladies Football Club Ltd
Contact: Jason Free
Tel: 01784 882091
Mobile: 07849 550643
email: jason@cvgfc.co.uk
web: www.cvgfc.co.uk
FB: @colnevalleygirlsfc
TW: @cvgfc
Venue: Matthew Arnold School, Staines-upon-Thames TW18 1PF and Kenyon Manor Park, Sunbury-on-Thames, TW16 7OL
Info: 5-65yrs. Training Tuesday 6-9.30pm at Matthew Arnold School. SSE Wildcats and Mars Just Play.

Everyone Active Walking Football
Tel: 01784 493493
email: spelthorneinfo@everyoneactive.com
web: www.everyoneactive.com
FB: @eaSpelthorne
TW: @Spelthorne
Venue: Spelthorne Leisure Centre, Knowle Green, Staines-upon-Thames, TW18 1PF
Info: Aimed at those aged 50+ or happy to walk not run. Ideal for getting back into the beautiful game! Friday 12 noon during term time.

Sports Focus in Schools Ltd
Contact: Dave
Mobile: 07792 212937
email: adam@sportsfocusinSchools.co.uk
web: www.sportsfocusinSchools.co.uk
TW: @SportsFocusLtd
Venue: Various in Spelthorne
Info: 4-12yrs. Saturday morning soccer schools for boys and girls at Stannwell Fields School, 4-6yrs 9.30-10.30am £4 per session, 7-12yrs 9.30-11am £5.50 per session. Plus Multi Sports funweeks in school holidays at Matthew Arnold School and Chenneston School. Qualified coaches.

Spelthorne Sports Football Club
Mobile: 01932 961055
web: www.pitchero.com/clubs/spelthornesportsfc
FB: @TheSpelly
TW: @TheSpellyFC
Venue: 296 Staines Road West, Ashford, TW15 1RY
Info: 5yrs-veterans. Football coaching and teams. FA charter standard club.

Staines Lammams FC
web: www.pitchero.com/clubs/staineslammascf
FB: @staineslammascf
TW: @LammasStaines
Venue: Laleham Village Recreation Ground
Info: Male/Female 18-50yrs. Four adult football teams play on Saturday.

Staines Lammams Youth & Laleham and Kempton FC
Contact: Andy Kelly
Mobile: 07982 140942
email: club.sec@staineslammasyouth.com
www.staineslammasyouthfc.co.uk
Info: Male/Female 6-16yrs. 34 youth teams, play on Sunday.

Staines and Laleham Juniors FC
web: www.pitchero.com/clubs/stainestownjuniorsfootballclub
FB: @stainestownjuniors
TW: @SandjnrscFC
Venue: Staines and Laleham Sports and Leisure Club (SALSAL), Worple Road, Staines-upon-Thames, TW18 1HP
Info: Formally Staines Town Juniors. Teams for boys and girls aged 6 to 18. See website for more information.

Colne Valley Girls & Ladies Football Club Ltd
Contact: Jason Free
Tel: 01784 882091
Mobile: 07849 550643
email: jason@cvgfc.co.uk
web: www.cvgfc.co.uk
FB: @colnevalleygirlsfc
TW: @cvgfc
Venue: Matthew Arnold School, Staines-upon-Thames TW18 1PF and Kenyon Manor Park, Sunbury-on-Thames, TW16 7OL
Info: 5-65yrs. Training Tuesday 6-9.30pm at Matthew Arnold School. SSE Wildcats and Mars Just Play.

Everyone Active Walking Football
Tel: 01784 493493
email: spelthorneinfo@everyoneactive.com
web: www.everyoneactive.com
FB: @eaSpelthorne
TW: @Spelthorne
Venue: Spelthorne Leisure Centre, Knowle Green, Staines-upon-Thames, TW18 1PF
Info: Aimed at those aged 50+ or happy to walk not run. Ideal for getting back into the beautiful game! Friday 12 noon during term time.

Sports Focus in Schools Ltd
Contact: Dave
Mobile: 07792 212937
email: adam@sportsfocusinSchools.co.uk
web: www.sportsfocusinSchools.co.uk
TW: @SportsFocusLtd
Venue: Various in Spelthorne
Info: 4-12yrs. Saturday morning soccer schools for boys and girls at Stannwell Fields School, 4-6yrs 9.30-10.30am £4 per session, 7-12yrs 9.30-11am £5.50 per session. Plus Multi Sports funweeks in school holidays at Matthew Arnold School and Chenneston School. Qualified coaches.

Spelthorne Sports Football Club
Mobile: 01932 961055
web: www.pitchero.com/clubs/spelthornesportsfc
FB: @TheSpelly
TW: @TheSpellyFC
Venue: 296 Staines Road West, Ashford, TW15 1RY
Info: 5yrs-veterans. Football coaching and teams. FA charter standard club.
Sports, health and fitness

Golf

Ashford Manor Golf Club
Tel: 01784 493493
web: www.amgc.co.uk
Venue: Fordbridge Road, Ashford, TW15 3RT
Info: Everyone Active Trampolining (Spelthorne)
Tel: 01332 727287
email: sunburyninfo@everyoneactive.com
web: www.everyoneactive.com
FB: @eaSunbury
TW: @eaSunbury
Venue: Spelthorne Leisure Centre, Nursery Road, Sunbury-on-Thames, TW16 BLG
Info: 5-Byrs 3.50-4.55pm, 7-16yrs 4.50-5.50pm, Mondays (term time only).

Spelthorne Gymnastics
Contact: Melanie Grey
Tel: 01784 781338
email: spelthornegymnastics@me.com
web: www.spelthornegymnastics.com
FB: @spelthornegymclub
TW: @Spelthornegym
Venue: Laytons Lane, Sunbury-on-Thames, TW16 6LP
Info: Classes for both boys and girls catering for preschool, recreational and elite level members. Please see website for full class details, times and costs.

Sunbury Golf Centre
Tel: 01932 771414
web: www.sunburygolf.co.uk
Venue: Charlton Lane, Shepperton, TW17 8OA
Info: A range of classes for all abilities, 4+yrs.

Everywhere Active Gymnastics Club
Tel: 01784 493493
email: spelthornegymnastics@me.com
web: www.everyoneactive.com
FB: @eaSpelthorne
TW: @eaSpelthorne
Venue: Spelthorne Leisure Centre, Knowle Green, Staines-upon-Thames, TW18 1AJ
Info: A range of classes for all abilities.

Sunbury & Walton Hawks Hockey Club
Tel: 07973 417908
email: bouncybees@yahoo.co.uk
web: www.sunburyninfo@everyoneactive.com
FB: @eaSpelthorne
TW: @eaSpelthorne
Venue: Spelthorne Leisure Centre, Nursery Road, Sunbury-on-Thames, TW16 BLG
Info: 5+yrs. The Club has four male teams and three female teams. The thriving colt section has regular training sessions on Sunday morning and Wednesday evening. Astro turf pitch.

Martial arts

Shentie Martial Arts Academy
Contact: Lee Adam
Mobile: 07525 745723
email: info@shentie.co.uk
web: www.shentie.co.uk
FB: @shentiefullmartialartsacademy
Venue: Spelthorne Leisure Centre, Staines-upon-Thames and Sunbury Leisure Centre, Sunbury-on-Thames
Info: Spelthorne Leisure Centre: 4-16yrs on Sundays 9.45am. All ages on Sundays, 7pm (parents train free with children). Sunbury Leisure Centre: All ages on Fridays 6.30pm and Saturday 11am. First class is free. Shentie Martial Arts Academy is unique in all aspects, our styles include Kung Fu, Kickboxing, Tae Kwon Du, Wu Shu Kwan, JuJitsu and Karate. All these martial arts combine to create Shentie.

Sunbury & Walton Hawks Hockey Club
Tel: 01784 252288 (day) 01784 255511 (eve)
email: info@ashfordhockeyclub.co.uk
FB: @ashfordhockeyclub
TW: @ashfordHC
Venue: The Club House, Short Lane, Sunwell, TW19 7BO
Info: A private coaching setting for all abilities.

The Knowle (opposite Spelthorne Leisure Centre), Venue:
Contact: Graham Hibbs
Mobile: 07876 732661
email: grahamhibbs@hotmail.com
FB: @thamesvalleytaekwondoclub
Venue: Spelthorne Leisure Centre
Info: 6+yrs. Saturday 10.45am-12 noon. Parents also welcome. Train is free. Shentie Martial Arts Academy is

Tora-Kai School of Judo
Contact: Adrian Pearman
Tel: 01932 227655
Mobile: 07717 625273
email: adrian@torakaijudo.co.uk
web: www.torakai-school.co.uk
Venue: Various venues
Info: Please refer to our website for venues and age groups available.

Netball

Didasko Netball Club
Contact: Charlotte Halliday
Mobile: 07746 651201
email: didaskonetball@gmail.com
web: www.didasko-sports.co.uk
Venue: Thomas Knyvett College, Stanwell Road, Ashford, TW15 3DU
Info: Mondays. U10-U11 (yrs 4 and 5) 5.15-6.15pm, indoors. U12-U13 (yrs 7 and 8) 6-7.30pm, outdoors. U14-U16 (yrs 9-11) 7-9pm, outdoors.

Staines Preparatory School, Gresham Road, Staines-upon-Thames, TW18 1BJ
Info: Training: Tuesday’s 7.30-9pm. Matches: Thursday’s in Ascot, Chertsey and Walton. The club is set up to provide quality and fun coaching, alongside competitive competition. We welcome new players of any ability - just pop down on a Tuesday evening. The first session is free!
Outdoor learning courses

Thames Young Mariners Outdoor Educational Centre (Surrey Outdoor Learning and Development)
Contact: Jo Prior
Tel: 01372 378901
email: outdoor.learning@surreycg.gov.uk
web: www.surreyoutdoorlearning.uk
Venue: Ham Fields, Riverside Drive, Ham, Richmond, TW10 7RX
Info: 6+yrs. Canoeing, kayaking, paddle boarding, sailing and power boating courses from complete beginners to instructor level training. Other activities include climbing, mountain biking, low ropes, archery, tepee village and camping. Weekend sessions for children and adults and holiday activity days and courses. Forest School sessions for 18mth-4yrs each week. Many of our activities are accessible, bespoke sessions or programme to meet the needs of the group.

Rowing

Burway Rowing Club
Contact: Jim Mathieson
Mobile: 07845 995516
email: captain@burwayrowingclub.co.uk, juniorcoach@burwayrowingclub.co.uk
web: www.burwayrowingclub.co.uk
Venue: The Boathouse, Thameside, Laleham, TW18 1UQ
Info: Both competitive and leisure. For adults and juniors from 12+yrs. Training Monday and Wednesday from 6.30pm for Senior rowing, Tuesday and Thursday from 6.30pm for Junior rowing. Saturday and Sunday mornings from 8am for all members. Regular Learn to Row courses for adults and juniors (11/12 to 18yrs). Please refer to website for details.

Staines Boat Club
Contact: Membership Secretary
email: membership@stainesboatclub.co.uk
web: www.stainesboatclub.co.uk
FB: @StainesBoatclub
Venue: 28 Riverside Drive, Chertsey Lane, Staines-upon-Thames, TW18 3JN
Info: Offers a friendly welcome to rowers of all ages and abilities. We cater for the complete novice, competitive racers, through to masters and leisure rowers.

Sunbury Skiff and Punting Club (SSPC)
Mobile: 07973 814552
email: skiffing@btinternet.com
web: www.sunburyskiffclub.co.uk
FB: @sunburyskiffclub
Venue: Ferris Meadow, Ferry Lane, Shepperton, TW17 9LH
Info: Skiffs are hand-crafted, traditional timber racing boats, with fixed wooden seats, designed for either one or two rowers. Our members can take part in Skiff Racing Association events from March through to October along the River Thames at various club events from Teddington to Henley. We train throughout the year from our base at Ferris Meadow. All ages and abilities of rower and potential rowers welcome.

Rugby

London Irish Amateur Rugby Football Club
web: www.liarfc.co.uk
Venue: Hazelwood Centre, Hazelwood Drive, Sunbury-on-Thames, TW16 8OU
Info: Our goal is to develop the club and its players, men and women, so they can play rugby and compete at all levels whilst remaining, at its core, an amateur club. We play for the enjoyment of members and the local community and are proud of our achievements. Over recent years we have established ourselves in the RFU National Leagues.

Staines Rugby
Contact: Stephen Leach
Mobile: 07555 400710
email: s.leach@stainessrugby.co.uk
web: www.stainessrugby.co.uk
FB: @StainesRugby
TW: @StainesRugby
Venue: The Reeves, Snakey Lane, Hanworth, TW13 7NB
Info: Men’s Senior rugby 18+ train Tuesday and Thursday from 7.30pm and play on Saturday afternoons. Vets (35+yrs) play Friday nights. Micros and Minis - girls and boys 4-12yrs, train and play on Sunday 10am-12 noon. Youth rugby - Girls Switch, train Sunday 10am-12 noon, Boys 12-17yrs, train midweek and Sunday mornings (times may vary).

Running

Hazelwood parkrun
email: hazelwoodparkrun@parkrun.com
web: www.parkrun.org/hazelwood
FB: @hazelwoodparkrun
Venue: Hazelwood Centre, Hazelwood Drive, Sunbury-on-Thames, TW16 8OU
Info: A free weekly 5km event for runners of all standards which takes place every Saturday at 9am. Visit our website to register for your first run.

Laleham Junior Parkrun
email: laleham-juniorparkrun@parkrun.com
web: www.parkrun.org/laleham-juniors
FB: Laleham Junior Parkrun
Venue: Laleham Park, Thames Side, Laleham, TW18 1SS
Info: A free fun 2k run for juniors of all standards aged 4-14yrs. Run by volunteers, it is held every Sunday at 9am. Visit our website to register for your first run.

Shepperton Running Group
Contact: Steve Barrington
Mobile: 07957 135607
email: stevebarrington@hotmail.com
web: www.surreyoutdoorlearning.uk
Venue: Shepperton
Info: All abilities from 18+yrs welcome. We run between 3 and 10 miles at various paces. We meet Mondays, Wednesdays and Thursdays 7.30pm by the Co Op on Shepperton High Street.

Staines Strollers
Contact: Membership Secretary
email: contact@stainesstrollers.org.uk
web: www.stainesstrollers.org.uk
FB: @StainesStrollers
TW: @stainesstrollers
Venue: Law Courts car park, opposite Council Offices, Knowle Green, Staines-upon-Thames, TW18 1XB
Info: Wednesday at 7.15pm. The Strollers is a friendly club for all standards of runners. Free.

Spelthorne Junior Parkrun
email: spelthorneparkrun@parkrun.com
web: www.parkrun.org.uk/shepperton-juniors
info: Visit our website to register for your first run.

Stapleford Parkrun
email: staplefordparkrun@parkrun.com
web: www.parkrun.org.uk/stapleford
info: Visit our website to register for your first run.

Sports, health and fitness

Exercise Referral

A great way for people with long term health conditions to increase physical activity levels and improve health.

The exercise referral scheme is for people with certain medical/health conditions or recovering from recent surgery. People who already have a pre-existing or health risk condition or those at risk through a non-active lifestyle can also apply.

If you would like a referral please discuss this with your GP or health professional as they will need to complete the relevant paperwork for you. Please note that there is a charge for the scheme but exercise referral participants are invited to attend the Leisure Centres for a reduced rate.

1st and 3rd Saturday of the month from 10.15-11.45am at Spelthorne Leisure Centre (term time only)

The club offers young people with disabilities and their siblings the chance to take part in a wide variety of sports each week as well as offering sport specific coaching for those interested in developing skills. The club is open to children and young people aged 5 - 25yrs and costs £3 a week and £2 for siblings. First session is free.

The club is run by volunteers.
For an up-to-date programme of activities visit: www.spelthorne.gov.uk/parasportsclub
email: leisure@spelthorne.gov.uk
or call: 01784 446433

Supported by Spelthorne Borough Council
Support for Talented Athletes

FACS - under the FACS (Free Access for County Sportspeople) scheme, county sportspeople (county standard or above in their sport) who live in Spelthorne may be eligible to use the Leisure Centres free of charge (conditions apply). Applications can be submitted all year round. Please visit www.spelthorne.gov.uk/facs or call 01784 464343 for an application form.

Everyone Active Sporting Champions
- provides funding and support for talented athletes. There are three levels of support, Gold, Silver and Bronze. All levels have access to over 150 Leisure Centres nationwide including Spelthorne and Sunbury. Those receiving the Silver and Gold packages also receive financial support. Visit www.easportingchampions.com for information or to apply.

Provided by Spelthorne Borough Council and Everyone Active

Information on Local Activities

**Littleton Sailing Club**
Contact: Vanda Jowett
Tel: 01932 569157 (club answerphone)
email: info@littletonsc.co.uk
web: www.littletonsc.co.uk
FB: Littleton Sailing Club
Venue: Littleton Sailing Club, Littleton Lane, Shepperton, TW17 0NF
Info: A family friendly club offering sailing, windsurfing and paddleboarding for all ages. Weekend dinghy racing and cruising all year, plus regular weekday racing/cruising in the summer months. Dedicated junior sailing sessions with equipment provided on Saturday afternoons April - October. RYA recognised training for members by qualified instructors. Club hire boats available.

**Queen Mary Sailing Club**
Tel: 01784 248881
e-mail: sailqueenmary@queenmary.org.uk
web: www.queenmary.org.uk
FB: @queenmarysc
Venue: Queen Mary Sailing Club, The Club House, Ashford Road, Ashford, TW15 1UA
Info: 8+yrs. Friendly club with great racing, social sailing and a wide range of facilities. Open seven days a week in the summer, five days including weekends in the winter. Courses available from March to October.

**Queen Mary Sailability**
Tel: 01784 248881
e-mail: qmsailability@gmail.com
web: www.queenmary.org.uk
FB: @qmsailability
Venue: Queen Mary Sailing Club, Ashford Road, Ashford, TW15 1UA
Info: Supervised sailing for people with a disability on Thursday afternoons April to October. Opportunities for disabled sailors to progress to competitive sailing by attending Sailability Saturday club every two weeks on a Saturday morning.

**Silver Wing Sailing Club**
Contact: Philip Bergquist
Tel: 01784 483610 (only available on Sundays)
Mobile: 07730 301392
e-mail: coxesdore@yahoo.com
web: www.silverwings.co.uk
FB: @SilverWingSC
Venue: Staines Road, TW19 5AG less than 1 mile from the M25/J13
Info: Family friendly sailing club with great racing all year round. Beginners welcome, RYA training and club boats available.

**Staines Sailing Club**
Contact: Joyce Threadgill
Tel: 01784 451704
e-mail: info@stainess.org.uk
web: www.stainess.org.uk
Venue: 105 Chertsey Lane, Staines-upon-Thames, TW18 3LQ
Info: Dinghy sailing club for all ages. Open every Sunday afternoon with casual sailing on Saturdays from the end March until the end of October. Social events throughout the year. Free taster sessions. Family membership £130pa, Single membership £85pa.

**Spelthorne Leisure Centre**
Tel: 01784 246395
Mobile: 07841 019532
email: events@stjamesenterprises.co.uk
web: www.stjamesenterprises.co.uk
Facebook: @stjamesenterprises
Venue: Church Road, Ashford, TW15 3BZ
Info: With two large green fields, a lake, tennis courts and cricket nets available to hire, we can accommodate most sporting requests.

**Staines Sailing Club**
Contact: Vanda Jowett
Tel: 01932 569157 (club answerphone)
email: info@littletonsc.co.uk
web: www.littletonsc.co.uk
FB: Littleton Sailing Club
Venue: Littleton Sailing Club, Littleton Lane, Shepperton, TW17 0NF
Info: A family friendly club offering sailing, windsurfing and paddleboarding for all ages. Weekend dinghy racing and cruising all year, plus regular weekday racing/cruising in the summer months. Dedicated junior sailing sessions with equipment provided on Saturday afternoons April - October. RYA recognised training for members by qualified instructors. Club hire boats available.

**Queen Mary Sailing Club**
Tel: 01784 248881
e-mail: sailqueenmary@queenmary.org.uk
web: www.queenmary.org.uk
FB: @queenmarysc
Venue: Queen Mary Sailing Club, The Club House, Ashford Road, Ashford, TW15 1UA
Info: 8+yrs. Friendly club with great racing, social sailing and a wide range of facilities. Open seven days a week in the summer, five days including weekends in the winter. Courses available from March to October.

**Queen Mary Sailability**
Tel: 01784 248881
e-mail: qmsailability@gmail.com
web: www.queenmary.org.uk
FB: @qmsailability
Venue: Queen Mary Sailing Club, Ashford Road, Ashford, TW15 1UA
Info: Supervised sailing for people with a disability on Thursday afternoons April to October. Opportunities for disabled sailors to progress to competitive sailing by attending Sailability Saturday club every two weeks on a Saturday morning.

**Silver Wing Sailing Club**
Contact: Philip Bergquist
Tel: 01784 483610 (only available on Sundays)
Mobile: 07730 301392
e-mail: coxesdore@yahoo.com
web: www.silverwings.co.uk
FB: @SilverWingSC
Venue: Staines Road, TW19 5AG less than 1 mile from the M25/J13
Info: Family friendly sailing club with great racing all year round. Beginners welcome, RYA training and club boats available.

**Staines Sailing Club**
Contact: Joyce Threadgill
Tel: 01784 451704
e-mail: info@stainess.org.uk
web: www.stainess.org.uk
Venue: 105 Chertsey Lane, Staines-upon-Thames, TW18 3LQ
Info: Dinghy sailing club for all ages. Open every Sunday afternoon with casual sailing on Saturdays from the end March until the end of October. Social events throughout the year. Free taster sessions. Family membership £130pa, Single membership £85pa.

**Spelthorne Leisure Centre**
Tel: 01784 246395
Mobile: 07841 019532
email: events@stjamesenterprises.co.uk
web: www.stjamesenterprises.co.uk
Facebook: @stjamesenterprises
Venue: Church Road, Ashford, TW15 3BZ
Info: With two large green fields, a lake, tennis courts and cricket nets available to hire, we can accommodate most sporting requests.

**Staines Sailing Club**
Contact: Vanda Jowett
Tel: 01932 569157 (club answerphone)
email: info@littletonsc.co.uk
web: www.littletonsc.co.uk
FB: Littleton Sailing Club
Venue: Littleton Sailing Club, Littleton Lane, Shepperton, TW17 0NF
Info: A family friendly club offering sailing, windsurfing and paddleboarding for all ages. Weekend dinghy racing and cruising all year, plus regular weekday racing/cruising in the summer months. Dedicated junior sailing sessions with equipment provided on Saturday afternoons April - October. RYA recognised training for members by qualified instructors. Club hire boats available.

**Queen Mary Sailing Club**
Tel: 01784 248881
e-mail: sailqueenmary@queenmary.org.uk
web: www.queenmary.org.uk
FB: @queenmarysc
Venue: Queen Mary Sailing Club, The Club House, Ashford Road, Ashford, TW15 1UA
Info: 8+yrs. Friendly club with great racing, social sailing and a wide range of facilities. Open seven days a week in the summer, five days including weekends in the winter. Courses available from March to October.

**Queen Mary Sailability**
Tel: 01784 248881
e-mail: qmsailability@gmail.com
web: www.queenmary.org.uk
FB: @qmsailability
Venue: Queen Mary Sailing Club, Ashford Road, Ashford, TW15 1UA
Info: Supervised sailing for people with a disability on Thursday afternoons April to October. Opportunities for disabled sailors to progress to competitive sailing by attending Sailability Saturday club every two weeks on a Saturday morning.

**Silver Wing Sailing Club**
Contact: Philip Bergquist
Tel: 01784 483610 (only available on Sundays)
Mobile: 07730 301392
e-mail: coxesdore@yahoo.com
web: www.silverwings.co.uk
FB: @SilverWingSC
Venue: Staines Road, TW19 5AG less than 1 mile from the M25/J13
Info: Family friendly sailing club with great racing all year round. Beginners welcome, RYA training and club boats available.

**Staines Sailing Club**
Contact: Joyce Threadgill
Tel: 01784 451704
e-mail: info@stainess.org.uk
web: www.stainess.org.uk
Venue: 105 Chertsey Lane, Staines-upon-Thames, TW18 3LQ
Info: Dinghy sailing club for all ages. Open every Sunday afternoon with casual sailing on Saturdays from the end March until the end of October. Social events throughout the year. Free taster sessions. Family membership £130pa, Single membership £85pa.
Hire a smoothie bike
Spelthorne Borough Council's smoothie bike is a great way to encourage people to get active as well as promoting healthy eating and drinking. The bike is available for local schools, clubs and organisations to hire for a small charge.

Swim Heron Open Water Swim
Mobile: 07762 744736
email: info@swimheron.co.uk
web: www.swimheron.co.uk
Venue: Heron Lake, Heron Lake Road, Staines-upon-Thames, TW19 8HW
Info: Whether you are new to open water swimming or looking to improve, our 500m and 100m courses offer something for everyone. With a friendly atmosphere, swimmers and triathletes of all abilities are invited to join us. Visit our website for more information.

Table tennis
Ashford Table Tennis Club
web: www.ashfordttc.co.uk
Venue: WR Sports, Woodthorpe Road, Ashford, TW15 3JX
Info: 11am-11pm, 7 days a week. We cater for any age and all abilities. Coaching available. New members welcome.

Tennis
Ashford Tennis Club
Mobile: 07581 124985
email: membership@ashfordtennisclub.co.uk
web: www.ashfordtennisclub.co.uk
FB: @AshfordTennisClub
Venue: Ashford Tennis, WR Sports Club, Woodthorpe Road, Ashford, TW15 3JX
Info: 4+ys all abilities. Community tennis club offering coaching and playing facilities. Nine courts all floodlit. We are a mini tennis accredited centre. Facilities for wheelchair tennis.

Elmsway Tennis Club
Contact: Margaret Kissner
Tel: 01784 253045
email: martin.kemble@hotmail.com
Venue: Elmsway (off Fordbridge Road), Ashford, TW15 2SH
Info: Club sessions on Wednesday evenings, Saturday and Sunday afternoons. Call Paul Manning on 01784 243918 to book a place. All ages. Grass and floodlit hard courts. Coaching for juniors available.

Shepperton Tennis Club
Contact: Penny Allen
Tel: 01332 245820
Venue: Bishop Duppas Park, Walton Bridge Road, Shepperton, TW17 8NR
Info: We play Saturday pm all through the year on three courts. Plus Wednesday evening in the summer. About 20 members.

Spelthorne Community Tennis Centre
Contact: Steve Savage
Tel: 01784 882905
Mobile: 07956 493529
email: info@tennisSpelthorne.com
web: www.tennisSpelthorne.com
FB: Tennis Spelthorne
Venue: Fordbridge Park, off Kingston Road, Ashford, TW15 3SJ
Info: Our tennis centre has 4 all weather courts (3 floodlit), 4 mini courts, pavilion, tennis office, spectator viewing, coffee shop (96 degrees). Can be booked online 7 days a week 8am-9.30pm. Affordable friendly tennis with centre card available, or pay as you go. All ages and abilities catered for. Social tennis, teams, coaching available by Tennis Focus Academy.

Spelthorne Parks Tennis League
Contact: Sally Kinnes
Mobile: 07503 281732
email: info@localtennisleagues.com
web: www.localtennisleagues.com
FB: @localtennisleagues
TW: @TennisLeague
Venue: Fordbridge Park, Kingston Road, Ashford, TW15 3SJ and other Spelthorne Parks
Info: 18+ys. An easy way to play friendly, competitive singles matches for men and women of all standards. See website for more information.

Trampolining
(see Gymnastics/Trampolining)

Volleyball
Spelthorne Volleyball Club
Contact: SVC Membership Secretary
email: speltvolvic@gmail.com
web: www.spelthornenovolleyball.co.uk
FB: @SpelthorneVC
Venue: Egham Orbit Leisure Centre, Vicarage Road, TW20 8NL
Info: Beginners/Intermediate men and women’s training on Thursday 8-10pm. Advanced training on Tuesdays 8-10pm. We play in the Surrey Volleyball Association League and have five men’s (which includes women too) and one women’s team. We are always looking for new players! See our Facebook page for latest details about our club, send us a direct message for a quick response. Volleyball is great exercise and great fun, all ages and abilities can play together. We play outdoors on grass over the summer too.

Free Tennis in Spelthorne
Most public tennis courts in the Borough are free for members of the public to use, simply turn up and play.

Court locations:
• Staines Park, Commercial Road, Staines-upon-Thames, TW18 2DL
• Cedars Park, Green Street, Sunbury-on-Thames, TW16 6QJ
• Stanwell Recreation Ground, Oaks Road, TW19 7LL
• Lammas Park, Wrasby Road, Staines-upon-Thames, TW15 4XZ
• Bishop Duppas Park, Walton Bridge Road and Russell Road, Shepperton TW17 8NR
• Ashford Recreation Ground, Clockhouse Lane, TW15 2HH

Courts can be booked only by coaches. To book email customer.services@spelthorne.gov.uk or call 01784 451499.

The tennis courts at Fordbridge Park, Kingston Road, Ashford, TW15 3SJ are operated by Community Tennis Limited. Some free community hours are available. Visit www.spelthorne.gov.uk/tennis or www.tennisSpelthorne.com for details.

Free Table Tennis
An outdoor table tennis table is available for members of the public to use at Shepperton recreation ground, Glebeland Gardens, Shepperton, TW17 9DH. Just turn up and play.
Walking/Rambling
Spelthorne Ramblers
Contact: Doris Houghton
Tel: 01344 843014
email: dorisoughton@gmail.com
Info: Sociable walking club for people of all ages. Regular Sunday walks from 10am covering 6-8 miles. Also some weekday walks under 6 miles. Surrey, the North Downs and the Chilterns. Holidays and socials.

Staines Ramblers
Contact: Elspeth Scott
Tel: 01784 491769
web: www.stainesramblers.org.uk
Venue: Ramblers Association (Staines Group)
Info: Everyone welcome. Walks are local and further afield ranging from 4-10 miles. We are a friendly active group, you are welcome to join us. Walking boots or stout shoes recommended.

Surrey Walks Club
Contact: Clare Leeming
Tel: 01332 853056
email: clare.leeming1@hotmail.co.uk
web: www.surreywalksclub.org.uk
Venue: Various in the home counties
Info: Two Sunday walks, one 3-6 mile and one 8-11 mile and a Thursday walk 3-6 miles. To reduce the cost of transport we meet locally and car share to the start. Walking boots or stout shoes recommended.

TryNordic Walking
Contact: Beverley Boom
Mobile: 07903 356092
email: beverley@trynordic.co.uk
web: www.trynordic.co.uk
Venue: Hampton Court and surrounding areas.
Info: A great outdoor activity and alternative to the gym to help you keep fit and make new friends. Led by a qualified instructor and all equipment supplied. Just bring comfortable walking shoes, water and suitable clothing. All abilities welcome.

Water ski and wakeboarding
British Disabled Water Ski and Wakeboard Association
Tel: 01784 483664
email: office@bdwsa.org
web: www.bdwsa.org
FB: @BDWWA
Venue: The Tony Edge Centre, Heron Lake, Hythe End Road, Wraysbury, TW19 6HW
Info: Water-skiing and wakeboarding for people with disabilities with specialist equipment and expertise to help you get out on the water. Available to people of all ages, regardless of physical or learning ability. We are actively seeking new members and volunteers so, please get in touch.

Yoga
Karma Connection
Contact: Joeann Davison
Mobile: 07903 907912
email: joe@karmaconnection.co.uk
web: www.karmaconnection.co.uk
FB: @karmaconnection1
TW: @pepgayj
Venue: Ashford, Staines and Shepperton
Info: Weekly Yoga, PiYo and Pilates for everyone including Beginners Yoga. Daytime and evening classes available. 45 min classes £5, 60 min £8, 75 mins £10 and 120 mins £15 plus private classes from £25. Monthly Candlelight Yin, Yoga Nidra meditation, full moon meditation and a speciality class. See website or Facebook for current classes and workshops.

Spotlight on
Free
Sports, health and fitness
Spelthorne Walking for Health Scheme
Short walks between 1-3 miles for adults in Spelthorne and the surrounding area. All walks are designed for beginners or those who want to become more active.

There are three daytime walks of varying lengths each week throughout the year. Occasional weekend and evening walks are also scheduled.

All walks are led by experienced volunteers. There is always a front, middle and back leader to ensure that you can participate at your own pace. If there is a café or pub nearby, the group often stops for a drink and a chat after the walk. Everyone is welcome!

Further information, programmes and registration forms are available from Leisure Services on 01784 446433. email leisure@spelthorne.gov.uk or visit www.spelthorne.gov.uk/walkingforhealth

Self-Led Walk Pack
Explore Spelthorne independently by downloading the pack from www.spelthorne.gov.uk/walkingforhealth. Hard copies are also available from the Council Offices and Spelthorne libraries.
Come and try out the facilities at Spelthorne or Sunbury Leisure Centre for a whole day, absolutely free!

Redeem at www.everyoneactive.com/haveadayonus

Spelthorne Leisure Centre 01784 493493
Sunbury Leisure Centre 01932 772287

Everyone Active manages these facilities in partnership with Spelthorne Borough Council.

16+. For further details visit www.everyoneactive.com/haveadayonus. Valid email address required to validate pass. In order to activate the pass you must book an appointment at your local centre. New customers only.