



Staines Community Centre Newsletter October 2025

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We aim to offer something for everyone so there should be no excuse for anyone being home on their own. If you know of someone who might be interested in the centre or who might need a gentle prompt to get themselves out and about, please feel free to take a copy and put it through their letterbox. **Please note we do not take credit/debit cards at the centre its cash only.**

Coffee Shop/Restaurant

Our restaurant is open from 9am – 3.00pm and mainly run by unpaid volunteers. Members and non-members pay the same price for food.

Meal costs

Main meal £4.00 & puddings £1.00 Meals **must be** ordered by 11.30am. All food is cooked at the centre. Lunch is served at 12.30pm. Please let us know of any dietary requirements allergies.

New membership costs for 2025 / 2026 from 1st October 2025 to 31st March 2026

Spelthorne residents **£9.50**

Non-residents **£15.00**

Joint Centre/Spelride membership cost will be **£30.00**

Members will receive discount off all the classes.

Members also have exclusive use of our hairdressing, chiropody, Physiotherapy, IT support and can attend all outings and events.

Non-members are welcome to attend all our activity classes at a slightly higher price than our members.

Spelride

Spelride is an accessible door-to-door transport service for disabled and elderly people living in Spelthorne who cannot use public transport. Once you become a member of Spelride you can use it to go anywhere within the Borough – Day Centres, doctor's surgeries, visiting friends, shopping trip etc. Single trip costs £5 and return costs £9. If you wish to upgrade your Centre membership to a Joint membership or for further information, please speak to Monika or Carole

Green and Grey Food Caddies

There are a number of food caddy boxes in the foyer area, if yours is broken or you need another, please feel free to help yourself. They are completely **FREE OF CHARGE**. Please note there is a form to be completed before you can take one of these caddies. We also have the clear plastic bags for recycling electricals and clothes/fabrics. **For Spelthorne residents only**

Battery Re-cycling

If you have any old batteries that no longer work, we have a recycling bin for them in the upstairs lounge area. Please note - we do not accept Lithium batteries.

Used Stamps in aid of Huntingdon's Disease

Just a reminder that we collect used stamps from letters and parcels- to raise much needed funds in support of people suffering from Huntingdon's disease.

IT Support/ Computer

Individual tuition by our IT volunteers is available on Wednesdays and Thursdays, either for complete beginners or for people needing a little extra help. Lessons are for **members only** and are charged at £4.50 per one hour lesson. Please make bookings in the office. Our IT advisors give advice/tuition on all types of technology such as mobile phones, digital cameras, iPads, tablets as well as laptops, computers and printers. These lessons are extremely popular, if you make a booking and cannot attend, please ring us to let us know as there are often people waiting for classes. If you fail to let us know then, unfortunately the next time you want to book, we will have to ask you to pay in advance.

The Friends of Staines Community Centre

This is the fundraising group at the community centre to organise outings, events and through selling donated items from the sales table. **If you have any items of good condition re-sellable bric a brac books etc, you wish to donate please hand them in to Monika or Carole.** Please do not be offended if we cannot accept your donation as there are some items we cannot sell.

We are also looking for volunteers to help for a variety of duties if you are interested, please speak to Monika or Carole.

Please regularly check the noticeboards around the building as we put up posters for quiz, entertainment afternoons, talks, day trips and events. All events need to be paid for at the time of booking. ***Please see information sheet on the notice board with dates when the bookings will be open.***

Summer and winter we have good quality, new/ nearly new clothes for sale at very good prices the money we collect from the sale of these items go to our charity to fund days out etc. Donations of clothes are very welcome please note they must be in **good clean nearly new condition** for us to resell.

If you require assistance with form filling, advice on wills, power of attorney, Attendance allowance, blue badge application etc please speak to the management who can arrange a free one to one appointment with an advisor who has many years of experience in these areas

For Members only.

7th October 2025, Tuesday – Barn Dance party – 12.30 £9

16th October 2025, Thursday – Centre Closed due to by - election for Staines Ward.

21st October 2025, Tuesday – Centre will be closed at 1.30 pm due to staff training.

	Activity	Time	Price
Monday	Chiropody (Alternate Mons)	9.30am – 12.30pm	£17.00 Members only
	Extend Exercise Class	10.30am – 11.30am	£4.50 members £5.00 non-members
	Come together Move together	11.45am -12-30pm	Book In office / free
	Carpet Bowls	12.45pm – 2.30pm	£2.50 members £3 non-members
	Art group- watercolour	1.30pm - 3.00pm	£4.50 members £5.00 non members
	Singing/music	2pm – 3.15pm	£2.50 members £3 non-members
Tuesday	Knitting Club	9.00am – 12pm	£2.50 members £3.00 non members
	Hairdresser Tel. 07832209499 Call between 10-6pm Mon-Fri	By appointment	Various prices Members only
	Extend Exercise Class	10.15am – 11.15 am	£4.50 members £5.00 non-members
	Yoga	11.30 – 12.30pm	£4.50 members £5.00 non-members
	Scrabble Group	10.30 –12.30pm	£2.50 - £3.00
	Physiotherapy 07497005332	1.30pm-3.00pm	Members only
	Tai Chi Yang style	1pm – 2pm	£4.50 members £5.00 non-members
Wednesday \	Art Class- watercolour	10am- 12noon	£4.50 members £5.00 non- members
	Computer IT Support	10am – 12pm	£4.50 Members only
	Extend Exercise Class	10.30am - 11.30am	£4.50 members £5.00 non-members
	Pilates	12.30 – 1.30pm	£4.50 members £5.00 non-members
	Bingo (raffle, tea & cakes)	1.45 – 3.00pm	£5 Everyone
	Line dancing	2.00pm-3.00pm	£4.50-£5.00
Thursday Friday	Computer IT Support	10.00am – 2.30pm	£4.50 Members only
	Extend Exercise Class	10.30am – 11.30am	£4.50 members £5.00 non-members
	Come together move together	11.45am -12.30pm	Book in office/ free
	Creative writing	10.30am -12pm	£2.50 - £3.00
	Quiz	1.30pm - 2.30pm	£2.50 - £3.00
	Table Tennis	1.30pm – 3.30pm	£4.50 - £5.00
	French Intermediate	2.30pm - 3.30 pm	£4.50/ £5.00
	Spanish advanced	9.30am -10.30am	£4.50 Members
	Intermediate	10.45am -11.45am	£5.00 non-members
	Moderate	12.00pm – 1.00pm	
	Moderate II	1.15pm – 2.15pm	
	Moderate I		
	Chiropody	10am-2pm	Members only
	Bridge club	10.30am-12.30pm	£2.50 members £3.00 non- members
	Qigong	2.00pm -3.00 pm	£4.50/ £5.00
	Dance mix	1.00pm -1.45pm	£4.50 - £5.00
	Knit and natter	1.30- 3.00pm	FREE
	Hairdressing	9.30am by appointment	Members Only

Hairdresser

Gemma has 26 years' worth of hairdressing experience, has worked in many famous salons and is qualified to use many colour brands and is highly qualified. Gemma will be offering Cut and Blow dries, Colouring including foil hi/lo lights and tints. Gemma will be available to book every Tuesday and Wednesday appointments available 10am-2pm

Contact Gemma directly on 07832209499 between 10am- 6pm Mon-Fri only

Free Benefits Advice Service

One to one session to:

- Check your benefits entitlement
- Apply for benefits with guidance

Every other Wednesday; 10am – 3pm

Contact **Shaun Tysoe directly for Information & Advice on 07394810609**

New Physiotherapy for Pain Relief

Fully qualified physiotherapist with over 10 years' experience in the NHS and private sector.

Treatment for:

- Back, shoulder and neck pain
- Muscle strain / sport injury
- Chronic pain and arthritis

Please contact Kazi Karim directly on 07497005332

Hear Here – Hearing aid maintenance service

Carole will be holding the clinic on the second Thursday of each month. Support for adults NHS hearing aids by,

- *Checking the aid is working properly*
- *Retubing, ear mould cleaning, battery replacement.*
- *Checking fitting.*
- *Advice on maintenance and cleaning.*
- *Referral back to hospital for issues we cannot solve.*

No appointment necessary
