



Staines Community Centre Newsletter May 2026

Contact Info Tel: **01784 463073**

Manager - Monika Oliver

Deputy manager - Mandy Mason Mon, Tues.

Deputy Manager - Carole Clark Wed, Thurs Fri.

Email: stainescommunitycentre@spelthorne.gov.uk

Website: www.spelthorne.gov.uk/StainesCC

Find us on [Facebook](#)

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

New Main meal cost from April 1st £5.00 & puddings £1.00 Meals **must be** ordered by 11.30am on the day.

Lunch is served at 12.30pm. **Please let us know of any dietary requirements allergies.**

New membership costs for 2026/2027 due 13th April

Spelthorne residents **£20**

Non-residents **£32**

Joint Centre/Spelride membership cost will be **£32**

Members will receive discount on all the classes.

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

Membership cards must be shown at time of booking

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 £6 and return costs £10 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 several 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

Battery Re-cycling

If you have any old batteries that no longer work, we have a recycling bin for them in the foyer. 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. Lessons are for **members only** and are charged at £5.00 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. **Membership cards must be shown at time of booking**

The Friends of Staines Community Centre

This is the fundraising group at the community centre, we organise outings, and events through selling donated items from the sales table. **If you have any items in good condition which are re-sellable bric a brac books jigsaws etc, that 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.**

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. Any shoes must be new.

EVENTS IN MAY Any events will need to be paid for at the time of booking (Cash Only)

Monday 4th May *BANK HOLIDAY CENTRE IS CLOSED*

Thursday 7th May *NO ACTIVITIES AS CENTRE IS POLLING STATION*

Thursday 14th May *Hear Here Clinic 10.00-12pm (Booking not necessary)*

Friday 15th May *Kew Gardens free (book in office)*

Wednesday 20th *Meet the beat (Police Community support officers) 10am-12pm*

Thursday 21st May *River trip Henley On Thames (Fully Booked)*

Friday 22nd May *Wine tasting with Nigel Hedges £10 Non- members welcome*

Monday 25th May *BANK HOLIDAY CENTRE IS CLOSED*

Tuesday 26th May *Flavour Of west Country talk By Terry Moore £3 Non - members welcome*

Thursday 28th May *Deaf club lunch.*

	Activity	Time	Price
Monday	Chiropody (Alternate Mons)	9.30am – 12.30pm	£20.00 Members only
	Extend Exercise Class	10.30am – 11.30am	£5.00 members £5.50 non-members
	Spanish beginners	11am – 12pm	11-week course – booking closed
	Come together Move together	11.45am -12-30pm	Book In office / free
	Carpet Bowls	12.45pm – 2.30pm	£3.00 members £3.50 non-members
	Art group- watercolour	1.30pm - 3.00pm	£5.00 members £5.50 non - members
	Singing/music	2pm – 3.15pm	£3.00 members £3.50 non-members
	Board games club	2pm - 4pm	Free till 1 st July
	Pilates	2.45 -3.45	£5.00 Members £5.50 non-members
Tuesday	Knitting Club	9.00am – 12pm	£3.00 members £3.50 non-members
	Hairdresser Tel 07832209499	By Appointment	Members Only
	Extend exercise	10.15am-11.15am	£5.00 -£5.50
	Yoga	11.30am -12.30pm	£5.00 -£5.50
	Scrabble Group	10.30 –12.30pm	£3.00 -£3.50
	Physiotherapy 07497005332	1.30pm-3.00pm	Members only
	Tai Chi Yang -beg Advanced	1pm – 2pm -2-3pm	£5.00 -£5.50
Wednesday	Art Class- watercolour Currently no availability	10am- 12noon	£5.00 members £5.50 non- members
	Computer / IT Support	10am – 12pm	£5.00 Members only
	Extend Exercise Class	10.30am - 11.30am	£5.00 -£5.50
	Pilates	12.30 – 1.30pm	£5.00 -£5.50
	Bingo (raffle, tea & cakes)	1.45 – 3.00pm	£5 Everyone
	Line dancing	2.00pm-3.00pm	£5.00 -£5.50
Thursday	Computer / IT Support	10.00am – 2.30pm	£5.00 Members only
Friday	Qi Gong	9.00-10.00am	
	Extend Exercise Class	10.30am – 11.30am	£5.00 - £5.50
	Come together move together	11.45am -12.30pm	Book in office/ free
	Creative writing	10.30am -12pm	£3.00 - £3.50
	Quiz	2.00 - 3.30pm	£3.00 - £3.50
	Table Tennis	1.30pm – 3.30pm	£5.00 - £5.50
	Spanish advanced	9.30am -10.30am	£5.00 Members £5.50 non-members
	Intermediate	10.45am -11.45am	
	Moderate	12.00pm – 1.00pm	
	Moderate II	1.15pm – 2.15pm	
	Moderate I	2.30pm – 3.30pm	
Chiropody	10am-2pm	Members only	
Bridge club	10.30am-12.30pm	£3.00 /£3.50	
Dance mix	1.00pm -1.45pm	£5.00 - £5.50	
Zumba gold	2.00pm - 2.45pm	£5.00 - £5.50	
Hairdressing	9.30am by appointment	Members Only	

Free Benefits Advice Service provided by Age UK Surrey

One to one session to:

- Check your benefits entitlement

- Apply for benefits with guidance

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

Physiotherapy for Pain Relief

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

- 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.*

Ear Wax Removal Service with a qualified nurse

1st Monday of the month from 2pm

Please contact Polly directly on 07492954371

Hairdresser

Gemma can be contacted between the hours of 10am 6pm for appointments on Tuesdays and Wednesdays

Please call 07832209499