



Staines Community Centre

Newsletter | September 2026



A Warm Welcome

Whether you're looking to keep active, learn a new skill, meet friends or enjoy a freshly cooked lunch, there's something for everyone at Staines Community Centre.

If you know someone who may enjoy our activities, please encourage them to visit or share this newsletter with them.

Cafe

Our café is open Monday to Friday, 9am - 3pm and is supported by our wonderful volunteers.

Main meal: £5.00 Dessert: £1.00

Lunch served at 12.30pm

Meals must be ordered by 11.30am

Please let us know about any allergies or dietary requirements before ordering.



Staines Community Centre

Thames Street, Staines-upon-Thames, TW18 4EA

Manager: Monika Oliver

Deputy Managers:

Mandy Mason (Mon and Tue)
and Carole Clark (Wed - Fri)

Contact Us:

 01784 463073

 stainescommunitycentre@spelthorne.gov.uk

 www.spelthorne.gov.uk

 @stainescommunitycentre

Membership

Annual Membership (2026/27)

Spelthorne residents: £20 non-residents: £32

Joint Centre and Spelride membership: £32

Please note: We are cash only and do not accept card payments.

Member Benefits

- ✓ Reduced prices for activity classes
- ✓ Access to services including Hairdressing, Chiropody, Physiotherapy and IT Support
- ✓ Priority booking for trips and special events
- ✓ Please bring your membership card when booking activities or events.
- ✓ Non-members are welcome to attend most activity classes at a slightly higher price.

Events / Special occasions

Day	Time	Event	Price
Every fourth Thursday of the month	12.30pm - lunch	Deaf Club	Free
Every fourth Tuesday of the month	11am – 1pm	Veterans Hub	Free
Tuesday 8 th September	12.30pm	Bond themed party with entertainment and lunch.	£10
Thursday 10 th September	9.30am leaving 4pm returning	Worthing Trip	£20
Friday 25 th Sept	10am-12pm	Macmillan tea & cakes	Donation
Friday 30 th September	10.45 meet at the Victoria gate kew	Kew Gardens	Free , make your own way there

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.

Volunteering

If you are looking for a rewarding experience in volunteering at the centre, please email us some details of your past work experience and availability. Alternatively, why don't you pop in and see us during the week and meet the team.

Services

Day / Time	Service	How to Access / Contact	Prices
Monday to Friday (pre-booked journeys)	Spelride	Accessible door-to-door transport for eligible residents. Speak to the office or call 01784 446301 to register and book.	£6 single £10 return
Tuesdays & Wednesdays (by appointment)	Hairdresser - Gemma	Call 07832 209499 (10am-6pm).	Variable prices
Friday only by appointment	Hairdresser- Sylvia	Book in the office	Variable prices
Monday 9.30am 12.30pm Friday 10.00am-2.00pm	Chiropody	Members only - book through the office.	£20
Thursday 10.00am-2.30pm	IT Support	Members only - book through the office for an hour session.	£5 members only
Tuesdays from 1.30pm (by appointment)	Physiotherapy	Contact Kazi Karim on 07497 005332.	£40
Second Thursday of every month	Hearing Aid Maintenance. Free NHS hearing aid support - book through the office.	Walk in clinic 10am – 12pm	Free
Wednesdays	Benefits Advice by Age UK Surrey. One-to-one appointments	Contact (Age UK Surrey) on 07394 810609.	Free Service
First Monday of every month from 2.00pm	Ear Wax Removal	Contact Polly on 07492 954371.	Price on application

Activities

Day	Activity	Time	Price
Monday	Extend Exercise Class	10.30am - 11.30am	£5.00 - £5.50
	Spanish Moderate	11.00am -12.00pm	13-week term
	Spanish beginners	12pm - 1pm	£5.00 - £5.50
	Come together Move together	11.45am -12-30pm	Book In office / Free
	Carpet Bowls	12.45pm - 2.30pm	£3.00 – £3.50
	Art group watercolour	1.30pm - 3.00pm	£5.00 - £5.50
	Pilates	2.45pm -3.45pm	£5.00- £5.50
Tuesday	Knitting Club	9am - 12 noon	FREE
	French beginners	10am-11am	£5.00- £5.50
	Extend exercise	10.15am-11.15am	£5.00 - £5.50
	Scrabble Group	10.30 am- 12.30pm	£3.00 - £3.50
	Yoga	11.30am -12.30pm	£5.00 - £5.50
	Tai Chi Yang beginner	1pm - 2pm	£5.00 - £5.50
	Tai Chi Yang Advanced	2pm - 3pm	£5.00 - £5.50
Wednesday	Art class watercolour	10.30am-12 noon	£5.00- £5.50
	Extend Exercise	10.30am - 11.30am	£5.00- £5.50
	Pilates	12.30pm - 1.30pm	£5.00 - £5.50
	Bingo (raffle, tea & cakes)	1.45pm – 3.00pm	£5 Everyone
	Line dancing	2pm - 3pm	£5.00 - £5.50
Thursday	Qi Gong	9am -10am	£5.00 Everyone
	Photography club	10.30am – 12pm	FREE
	Extend Exercise Class	10.30am - 11.30am	£5.00 - £5.50
	Creative writing	10.30am -12pm	Back on 10th September
	Come together move together	11.45am-12.30pm	Book in office/ free
	Table Tennis	1.30pm - 3.30pm	£5.00 - £5.50
	Quiz	2.00pm - 3.30pm	£3.00 - £3.50
Friday	Spanish moderate - advanced 5 classes - check in office which level you will be.	9.30am am 3.30pm	Back on the 11th September
	Bridge club	10.30am - 12.30pm	£3.00 / £3.50
	Dance mix	1pm - 1.45pm	£5.00 - £5.50
	Let's meet social group over 65s	2pm - 3pm	FREE
	Zumba gold	2pm - 2.45pm	£5.00 - £5.50

