

Monday



- 09:30 - 15:00 **Cafe Hope with -**
Hersham Surgery Health Coach, DWP, Community Connectors, PCSOs, Hearing aid battery replacement
- 10:00 - 14:00 **The Hope Kitchen (free lessons)**
Healthy, affordable cooking course while supporting Cafe Hope
- 10:00 - 12:00 **Walton Stroke Group (free)**
- 13:00 - 15:00 **Aphasia Group (free)**
- 15:00 - 16:00 **Seated Chair Exercise ****
- 16:15 - 17:00 **Family Fun Fitness (£5 / family, 5yrs +)**

Tuesday



- 09:30 - 15:00 **Cafe Hope with -**
- 10:00 - 12:00 Games Morning: Bridge, Mahjong, Scrabble
Community Connectors
- 10:00 - 11:00 **Italian Group (free)**
- 13:15 - 14:15 **Zumba ****
- 19:30 - 21:30 **History Society (monthly) ****

Wednesday

- 09:00 - 15:00 **Counselling (1-1) ****
- 09:15 - 09:45 **Mini-Movers (Under 5yrs) (£3)**
- 11:00 - 14:00 **Sheriff Trust Art Club (free)**
- 15:00 - 16:00 **Strength in Motion (£3)**
- 19:00 - 21:00 **Wyvern Bridge Club ****

Thursday



- 09:30 - 15:00 **Cafe Hope**
- 10:00 - 12:00 **Chess Club (free)**
- 9:00 - 16:00 **Sole to Sole chiropody service ****
- 12:30 - 14:30 **BRITE Box (volunteers session)**
- 12:45 - 14:45 **Hersham Art Class ****
- 12:45 - 14:45 **Nit & Natter (free)**
- 13:15 - 14:30 **Love of Music Quiz (free)**
- 19:10 - 20:10 **Pilates ****

Friday

- 09:00 - 15:00 **Hersham Surgery Health Coach (1-1)**
Counselling (1-1) **
- 10:00 - 13:00 **BRITE Box (volunteers session)**
- 11:00 - 15:00 **Massage (1-1) ****

We have done our best to finalise this, however some details may still change

** = Independent hirers, speak directly to provider for costs / to book

For more information, email: ourplaces@voh.org.uk