

New to Hersham Centre

Discover new groups, classes and volunteering opportunities..
from cooking, fitness and art, to family fun and much more!

HOPE KITCHEN

Learn to make tasty, healthy food on a budget while helping prepare dishes for Café Hope. Relaxed, practical and suitable for complete beginners.

When: Mon, 10am–2pm

Cost: Free, sign up @ the centre

Starting: Mon 21 September

Run by: Maria, Voices of Hope



WALTON STROKE GROUP

A friendly group offering companionship, activities and practical support for people adjusting to life after a stroke.

When: Mon, 10am–12pm

Cost: Free, ask about membership

Starting: Mon 14 September

Run by: Walton-on-Thames Stroke Group



TALK APHASIA GROUP

Communication activities, friendship and support for people living with aphasia following a stroke or brain injury.

When: Mon, 1–3pm

Cost: Free

Starting: Mon 14 September

Run by: TALK Surrey



SEATED CHAIR EXERCISE

Gentle, accessible exercise to help you move more freely and improve your strength and balance.

When: Mon, 3–4pm

Cost: £3, payable on the day

Starting: Mon 14 September



FAMILY FUN FITNESS

A lively workout for children and grown-ups together. Come ready to move, play, laugh—and hopefully wear the children out!

When: Mon, 4.15 – 5pm

Who for: 5 – 11yrs with a parent / carer

Cost: £5/family, payable on the day

Starting: Mon 14 September

Run by: Dom McGintry, Level 3 Advanced Fitness Instructor



STRENGTH IN MOTION

Build strength and improve your flexibility, posture and balance through a blend of yoga, Pilates and functional movement.

When: Weds, 3–4pm

Cost: £3 on the day

Starting: Weds 16th Sept

Run by: Dom McGintry, Level 3 Advanced Fitness Instructor, Functional Movement Specialist



MINI MOVERS

Action songs, dancing and movement games for under-fives and their grown-ups to enjoy together.

When: Weds, 9.15 – 9.45am

Who for: Under-fives with a parent or carer

Cost: £3 per family, payable on the day

Starting: Weds 16 September

Run by: Dom McGintry, Level 3 Advanced Fitness Instructor (early years experience)



RCSHERRIFF TRUST ART GROUP

A friendly group for people aged 60+ to explore their creativity, try different art activities and enjoy creating together. No experience needed.

When: First 3 Weds of each month,
10.30am–2.15pm

Cost: £5 for 3 sessions

Starting: Weds 10 September

Run by: RCSheriff Trust



BRITE BOX

Join a fabulous team of local volunteers preparing healthy recipe kits for local children and families.

When: Thurs, 12.30–2.30pm, and Fri, 10am–1pm

Cost: Free

Starting: Mon 21 September

Run by: Tamiza, Voices of Hope, Volunteer sign-up needed



U3A Jazz Band

We are delighted to be hosting monthly afternoons with the U3A Jazz Band.

When: Friday 9th Oct, 13th Nov, 18th Dec
1.30pm – 3pm

Run by: U3A and Voices of Hope



Volunteer with us: Whatever your skills or availability, there's a place for you!
email: ourplaces@voh.org.uk to get involved