

# PARKVIEW

Activities for mind, body and soul

Centre for the Community

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**Life isn't about finding yourself.  
Life is about creating yourself.**

George Bernard Shaw  
Author and dramatist from Maybury Knowle

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# Welcome to Parkview

**Parkview is a light, bright purpose built community centre in Sheerwater. Its multi-use rooms lend themselves to a range of activities and classes, which can be hired by groups or individuals. These include a mirrored dance studio, hall with stage, therapy rooms, hairdressing salon, meeting rooms and other spaces.**

A changing programme of activities and events at Parkview provides opportunities for learning, exercising and socialising. You can take part in a dance class, study photography or access a range of wellbeing services under one roof such as hairdressing, podiatry and massage.

Parkview overlooks Sheerwater Recreation Ground and benefits from ample free parking on-site. The Centre is conveniently located close to Woking Athletics Club, Woking SureStart Children's Centre and Sheerwater Health Centre.

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## Opening hours:

Monday to Thursday Parkview is open 9am to 5pm. On Fridays the Centre closes at 4.30pm.

Parkview also opens evenings and weekends for specific activities and private hire.

**Phone:** 01483 743974

**Email:** [parkview@woking.gov.uk](mailto:parkview@woking.gov.uk)

## Parkview is open daily for groups and people of all ages to use:

- Relax and feel at home in the lounge area.
- Meet up with friends at the coffee bar.
- Take part in a variety of social activities and classes.
- Look and feel good with our range of subsidised wellbeing services.
- Hire a space for your club, community group or private event.
- Get connected with free WiFi throughout.
- Access specialist care, information and support.

# Exercise for mind and body

**Parkview provides residents of all ages living in Sheerwater and beyond with the opportunity to live well and take steps towards improving their health and wellbeing.**

## **Mentally fit**

The more active your brain is, the better your memory is likely to be. Stay mentally fit at Parkview by joining a new group, indulging your personal interests, talking over coffee or picking up something new to read at the Book Swap.

## **Physically active**

Regular physical activity can help you lead a healthier and even happier life. People who keep active are at lower risk from many chronic diseases, such as heart disease, diabetes, stroke, and some cancers. Research shows that physical activity can also boost energy levels, self-esteem, mood, and sleep quality. Whatever your ability there's plenty on offer at Parkview to keep you in optimum health.

## **Parkview lecture series**

For people and practitioners with an interest in health, Parkview hosts a number of lectures throughout the year. Attracting upwards of 50 delegates, each lecture is presented by a local guest speaker who is an expert in their chosen field. Previous topics include ADHD, dementia, diabetes and autism. Ask at the Centre for details of the next event.

## **U3A membership**

The University of the Third Age (U3A) provides opportunities for retired and semi-retired people to come together to continue learning, not for qualifications but for the sheer joy of discovery and the sharing of skills and life experiences.

## **U3A activities and group meetings at Parkview:**

- Archaeology
- Astronomy
- Ballet appreciation
- Crafts
- Digital photography – all levels
- Flower arranging
- Gardening
- Genealogy
- Knitting
- Monthly lecture
- Pilates
- Quilting

U3A is a registered charity and charges a small membership fee, approx £15 for the year.

Download a member application form **wokingareau3a.co.uk** or ask staff at Parkview for contact details.

## Regular activities at Parkview:

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### Monday

- Bridge ■ Yoga ■ Woking Active Retirement Club (monthly)
  - U3A member activities ■ Pilates ■ Next Steps - post-natal support
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### Tuesday

- Line dancing ■ Bridge for beginners ■ Children's Art Club ■ Photography
  - Arabic classes
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### Wednesday

- Bridge ■ Yoga-Pilates ■ U3A member activities
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### Thursday

- U3A member activities ■ Athletics Club ■ Kickboxing and Kung-Fu
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### Friday

- Next Steps - wellbeing ■ U3A member activities
  - Self defence for young people
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### Saturday

- Slimming World ■ Well Café
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### Evenings and weekends

Parkview is available for private hire. Turn to page 9 for room details.

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For class times and up to date prices  
ask at reception or phone Parkview  
on 01483 743974.



# Soul

**Parkview promotes good health by offering a range of wellbeing services.**

## **Hairdressing**

Looking good is an essential part of feeling good. Book an appointment at the modern Parkview hair salon for a great value cut with one of the visiting stylists. Prices are normally a lot less than your average high street salon.

## **Podiatry**

Parkview has a private treatment room where its resident podiatrist can treat and alleviate day-to-day foot problems such as cutting nails and soothing cracked heels as well as carrying out more advanced procedures to treat corns, fungal infections, and ingrowing toenails and foot pain. New clients require an initial assessment, starting at £44, basic nail cutting service from £27 thereafter.

## **Homeopathy**

This is a complete and holistic system of medicine that considers the mental, emotional and physical aspects of the individual. It treats the whole person, not just the disease or complaint. An initial 60-minute consultation starts at £45, follow-up appointments from £35 thereafter for a 30-minute session.

## **Reflexology**

This is a non-intrusive therapy based on the theory that different points on the feet correspond with different areas of the body. When pressed and massaged in a systematic way they stimulate the body's natural healing powers and restore health. A 60-minute session starts at £35.

## **Reflexology for MS**

This complementary health therapy is available at Parkview, at reduced rate for MS patients, via GP referral or referral from the MS Society.

## **Massage therapy**

An effective aid to relaxation, massage can release tightness, tension and toxins in the body. The following massage therapies are available at Parkview, which start at £30 for a 30-minute session.

- Holistic massage
- Hot stone massage
- Indian head massage
- Pregnancy massage
- Reflexology
- Sports massage (60 minutes)
- Thai massage

## **Counselling**

Next Steps helps people with depression in Woking through the provision of information, signposting and support. This support includes one-to-one meetings and individual support groups. Help with post-natal depression and general wellbeing is available at Parkview.

Visit [nextsteps.me.uk](http://nextsteps.me.uk) for more information or ask at the Centre for session details.





# Rooms for hire at Parkview

Boardroom	Cabaret	Theatre	Classroom	Dinner	U-Shaped (chairs)	U-Shaped (tables)

## Main Hall capacity

40	80	180	72	100	64	38
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## Function Room capacity

28	30	50	32	50	34	22
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## Training Room capacity

36	40	65	36	40	48	32
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## Equipment available with room hire

- Projector
- Screen
- Folding tables
- Padded chairs
- Flipchart stand
- Catering (basic)

## Commercial space for hire at Parkview

Facility	
Hair Salon	Fully fitted with sink and two hairdressing stations.
Coffee Bar	Serving counter, sofas (x6), table and chairs (x3).
Wellbeing Room	Suitable for consultations, treatments and therapies. Space for single massage bed.
Fitness Studio	6m x 7.5m, mirrored back wall, air conditioned. Capacity 15 to 20 exercising.

Block bookings and charity discounts are available. Ask at the Centre for latest room rates and hire charges, or visit [woking.gov.uk/parkview](http://woking.gov.uk/parkview)



# Additional information

## Opening hours

Parkview is open to the public Monday to Friday between the hours of 9am to 5pm (4.30pm on Friday). It is open evenings and weekends for specific activities and private hire.

## Contact details

Phone: 01483 743974  
Email: [parkview@woking.gov.uk](mailto:parkview@woking.gov.uk)  
Off Blackmore Crescent, Sheerwater,  
Woking, Surrey, GU21 5NZ

## Getting to Parkview

Parkview can be found next to Sheerwater Recreation Ground.



## Parking

Free parking and disabled parking is available on-site.

## Public transport

**436** – Woking to Weybridge  
(via Sheerwater)

Bustler Dial-A-Ride provides an assisted door-to-door service. Book in advance by calling 01483 724433 or ask the staff at Parkview to help you.

## Open door policy

You do not need to be referred to a Centre for the Community to use the services on offer. Simply drop-in to enjoy the company and activities on offer. Some services need to be booked in advance.

## Our other Centres:

**Brockhill**, Goldsworth Park, GU21 3NE  
Phone: 01483 743975

**Moorcroft**, Westfield, GU22 9LY  
Phone: 01483 743373

**St Mary's**, Byfleet, KT14 7LZ  
Phone: 01483 743877

**The Vyne**, Knaphill, GU21 2SP  
Phone: 01483 743558

# Services to help you live well in Woking

## Independent with Careline

Our Community Alarm Service allows people to live independently in their own home, safe in the knowledge that help is at hand 24/7 at the touch of a button.

## Extra care and companionship at Brockhill

Brockhill is a housing scheme in Goldsworth Park that helps frail and vulnerable people to continue living independently. Centred around a lively community centre, Brockhill residents can access 24-hour care and support.

## Staying connected

Home Support Officers make daily, weekly or fortnightly home visits to keep you connected with your local community. They can help with tasks such as shopping and liaise with other support services.

## An appetite for life

A balanced diet is essential for maintaining good health. Our Community Meals Service can deliver a selection of nourishing lunchtime meals and a teatime sandwich direct to your door.

## Safe and secure at home

Look after your home and it will look after you. Our Homelink Handyperson can carry out low-cost repairs and minor adaptations to support your changing needs.

## Bright minds

For people coping with memory loss, The Wellbeing Centre, at The Vyne in Knaphill, offers drop-in sessions, information and support for carers.

For further information visit [woking.gov.uk/livingwell](http://woking.gov.uk/livingwell)