

ST MARY'S

Activities for mind, body and soul

Centre for the Community

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**There are no strangers here;
only friends you haven't yet met.**

William Butler Yeats
Irish poet

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Interesting fact:

St Mary's was officially opened by Princess Diana on 11 March 1986.

Welcome to St Mary's

Situated in the heart of Byfleet, St Mary's is a tastefully converted school building bursting with character. The St Mary's Coffee Shop brings new life to the building, popular with passers-by and visitors to the nearby recreation ground.

A changing programme of activities and events at St Mary's provides opportunities for learning, exercising and socialising. You can take part in a yoga or dance class, hire a meeting space or access a range of wellbeing services under one roof such as hairdressing, assisted bathing and foot care.

There is always a tempting selection of tasty and reasonably priced cakes, meals and refreshments on offer daily.

Opening hours:

Weekdays St Mary's is open 9am to 4.30pm. Lunch is served at 12.30pm in the main hall – book before 11am.

St Mary's also opens evenings and weekends for specific activities and private hire.

Phone: 01483 743877

Email: stmarys@woking.gov.uk

Live life to the full at St Mary's:

- Relax and feel at home in our lounge areas.
- Meet up with friends at the coffee bar.
- Enjoy great value cooked lunches and refreshments prepared on-site.
- Take part in a variety of social activities and classes.
- Look and feel good with our range of wellbeing services.
- Hire a space for your club or community group.
- Get connected with free WiFi throughout.
- Access specialist care, information and support.



An appetite for life at St Mary's

Dine with friends

A balanced diet is essential for maintaining good health, so is access to healthy, nutritious meals. People can enjoy the company of others and a choice of hot or cold midday meals in St Mary's bright and airy main hall.

All meals are prepared on-site and the team can cater for a wide range of dietary requirements. All meals are reasonably priced for members and non-members, as well as concessions for eligible customers.

Place your order before 11am either in person or phone, 01483 743877.

Meal of the month

Part of the lively activities programme, themed lunches are a regular occurrence at St Mary's. Attracting upwards of 80 diners per setting, these ticketed events offer colourful decorations, a themed menu and a great atmosphere. Pick up a 'What's on' leaflet or ask staff at the Centre for details of the next event.

Coffee and companionship

Weekday mornings and afternoons our coffee shop serves hot and cold refreshments at very reasonable prices including tea, fresh coffee and a range of sandwiches. Why not try our selection of home-baked cakes? Drop-in whenever you are in need of a bit of company, a drink and a chat.

Volunteering

Support from volunteers ensures we can offer a diverse range of services and activities to the community. Opportunities for volunteering at St Mary's include reception duties, managing activity sessions, serving in the coffee bar and providing event support. Ask the Centre Manager for more information about volunteering roles that would suit your interests and availability.

Activities for mind, body and soul

Our programme of weekly and monthly activities is designed to help you stay mentally and physically fit. It encourages social interaction, promotes continued learning and above all, will entertain and inspire you to have fun.

Mind

St Mary's boasts a varied programme of daily activities to entertain and challenge you. Cards, bingo and board games will satisfy those with a competitive streak, while the more creative are catered for with arts, crafts and weekly knitting sessions.

Body

Regular physical activity helps to maintain strength, flexibility, stamina and balance so that you can carry on doing the things you enjoy. At St Mary's you can coaster step and jazz box your way across the main hall or find inner calm with gentle yoga. There's plenty on offer to keep you in optimum health, whatever your interest or ability.

Soul

Express yourself through singing and painting at St Mary's or for a more healing experience join one of the many support groups that meet regularly.

If laughter and social interaction is your preferred form of therapy, every month the staff at St Mary's organise a number of events. These can be anything from themed lunches to outings, live entertainment or clothing sales.

What's on

Pick up a 'What's on' leaflet for details of upcoming events and a full list of activities taking place at St Mary's. Alternatively, ask for it to be emailed to you each month.

Regular activities at St Mary's:

Monday

- Tea dance (fortnightly)
 - Hoi cards
 - Zumba
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Tuesday

- U3A (monthly)
 - Mature movers
 - Scrabble
 - Chi ball
 - Singing for fun
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Wednesday

- Bridge
 - Crafts
 - Bingo
 - Yoga
-

Thursday

- Knitting
 - Chair-based yoga
 - Extend exercises
 - Line dancing
 - Byfleet Heritage Society meeting
 - Parkinson's Disease Society (monthly)
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Friday

- Art class
 - Bingo
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Weekends

St Mary's is open for specific activities and private hire.

Membership

Members can enjoy discounted rates and priority booking for some services and activities. Ask staff at the Centre for more information.

For class times, bookings and up to date prices ask at reception or phone the Centre on 01483 743877. U3A is a registered charity and charges a small membership fee.

Wellbeing services

Bath in comfort

Nothing beats a warm relaxing soak in the tub to wash away stresses and strains. St Mary's houses a specialist bathing facility to give people with restricted mobility access to a refreshing dip. Assisted bathing or unassisted bathing prices are very reasonable. Advanced booking is required, so please call us to book or for more information.

Basic foot care

Healthy feet keep you mobile and independent. St Mary's has a private treatment room where Age UK delivers its 'Feet First' service. Age UK can treat and alleviate day-to-day foot problems, cut nails and soothe cracked heels. The Feet First service offers a reasonable price for its treatments which must be booked in advance.

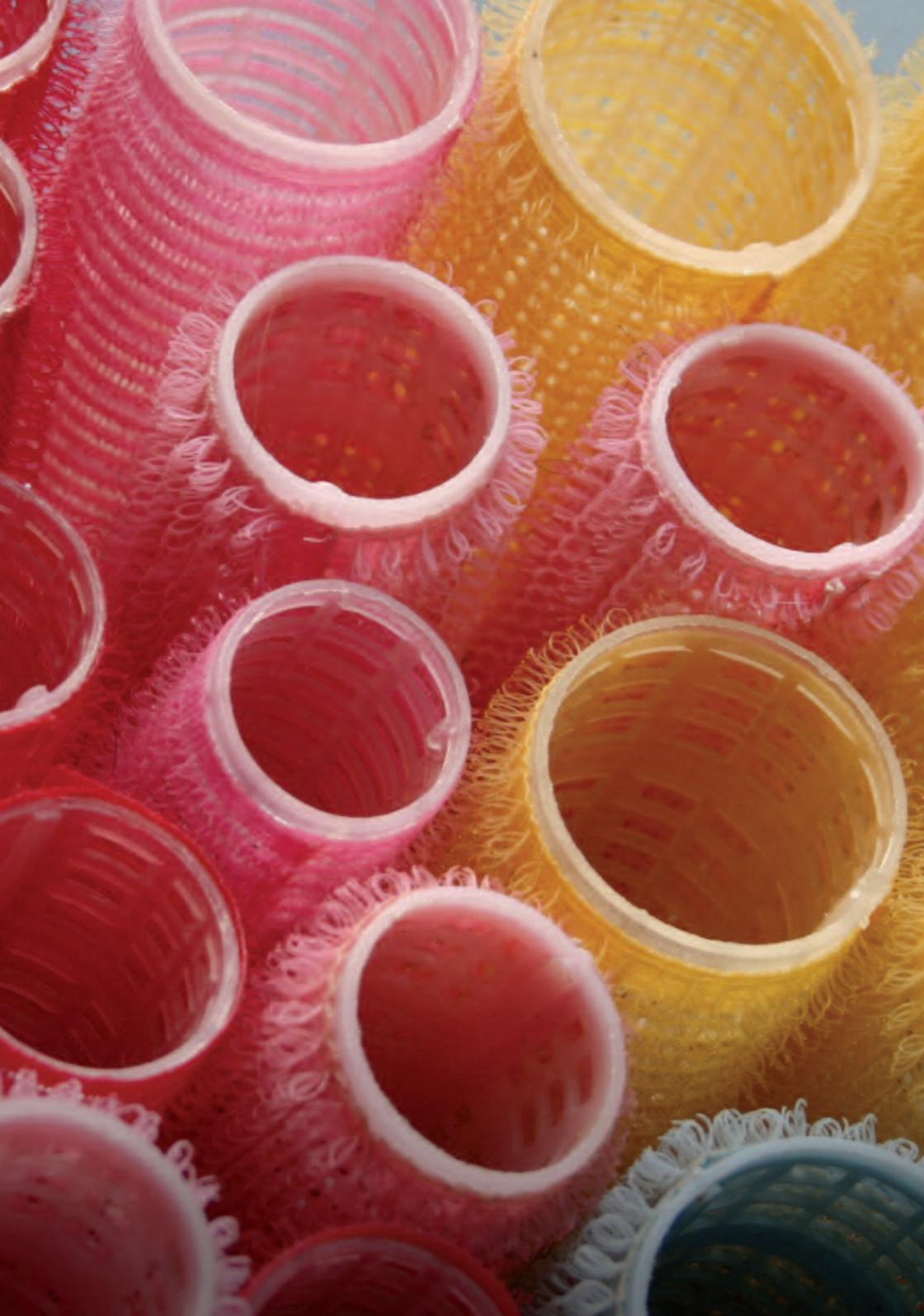
Advanced foot care

For more painful problems you can make an appointment with St Mary's resident podiatrists who can treat corns, fungal infections, ingrowing toenails, foot pain and carry out diabetic foot assessments.

Hairdressing

Looking good is an essential part of feeling good. Book an appointment at the St Mary's hair salon with the resident stylist for a great value cut. Prices are normally a lot less than your average high street salon.

For appointment bookings and up to date prices ask at reception or phone the Centre on 01483 743877.



Day Care at St Mary's

St Mary's can provide Day Care for frail or vulnerable people living alone in the community. Day Care can help people to overcome loneliness and reconnect with their community.

Day Care includes:

- Care and assistance provided by staff at the Centre.
- Return journey with Bustler, which provides an assisted door-to-door transport service suitable for people with mobility issues.
- Access to hot drinks and snacks available in the coffee lounge.
- The opportunity to take part in social activities and gentle exercise.
- A hot midday meal.
- Access to disabled toilets and other adapted facilities.

The service is available to people Monday to Friday between the hours of 10am and 3pm. Speak to staff at the Centre about eligibility and funding.

Peace of mind

Our Centres for the Community are caring environments that can offer frail and vulnerable people the opportunity to socialise and access to wellbeing treatments such as assisted bathing. Our staff and volunteers will ensure they are safe and supported throughout their visit.

If we identify a wellbeing concern whilst a person is in our care or we suspect someone is struggling at home, we will talk to them about their needs. Where required, we can liaise with carers and other services to arrange additional support for them.

Additional information

Opening hours

St Mary's is open to the public Monday to Friday 9am to 4.30pm. It is open evenings and weekends for specific activities and private hire.

Contact details

Phone: 01483 743877
Email: stmarys@woking.gov.uk
Stream Close, Byfleet, Surrey KT14 7LZ

Getting to St Mary's

St Mary's can be found opposite Byfleet Recreation Ground, close to Byfleet Methodist Church and the shops on High Road.



Parking

There is limited parking and disabled parking on-site. Additional free parking is available across the road at Byfleet Recreation Ground.

Public transport

St Mary's is serviced by two main bus routes which drop-off and pick up by the shops on High Road.

436 – Woking to Weybridge
(via Sheerwater)

437 – Woking to Weybridge
(via Pyrford)

Bustler Dial-A-Ride provides an assisted door-to-door service. Book in advance by calling 01483 724433 or ask the staff at St Mary's 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 food, company and activities. 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

Parkview, Sheerwater, GU21 5NZ
Phone: 01483 743974

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