

Reigate & Banstead Living & Ageing Well Week

27 September – 1 October 2021

Below you will find a list of venues and organisations where you can get involved with your local community, try out new activities or find volunteering opportunities. On the back page there is a listing of some of the things happening during Living & Ageing Well Week. Why not give some of them a go?

Places to go

Community Centres - providing a wide range of activities for all ages, hot meals and snacks.

- The Banstead Centre, The Horseshoe, Bolters Lane, Banstead, SM7 2BG, Tel 01737 361712
- Regent House, Albert Road, Horley, RH6 7JA, Tel 01293 774770
- The Woodhatch Centre, Whitebeam Drive, Reigate, RH2 7LA, Tel 01737 221030
- Merstham Community Hub, 2b Portland Drive, Merstham, RH1 3HY, Tel 01737 333461

Leisure Centres - providing a wide range of exercise classes, swimming* & outdoor sports.

- Donyngs, Linkfield Lane, Redhill, RH1 1DP, Tel 01737 764732
- Tadworth, Merland Rise, Tadworth, KT20 5JG, Tel 01737 361933
- Horley, Anderson Way, Horley, RH6 8SP, Tel 01737 779979
- YMCA East Surrey, Princes Road, Redhill, RH1 6JJ, Tel 01737 779979 (*no swimming pool)

Theatre - Offering a varied programme of shows, films, bar and café facilities.

- Harlequin Theatre, Warwick Quadrant, Redhill, RH1 1NN, Tel 01737 276500

Parks and Countryside - Offering a wide range of playgrounds, allotments, sports pitches and countryside across the borough. www.reigate-banstead.gov.uk has a searchable list of all the facilities in the borough or call 01737 276000 for more information.

Volunteering - matching volunteers to volunteering opportunities.

- Voluntary Action Reigate & Banstead (VARB), Tel 01737 763156

Support for Older Residents - Providing support for vulnerable older residents and helping to reduce social isolation in the over 55s.

- Age Concern Banstead, Banstead Centre, The Horseshoe, Bolters Lane, Banstead, SM7 2BG, Tel 01737 352156
- Age Concern Merstham Redhill & Reigate, Merstham Centre, Weldon Way, Merstham, RH1 3QB, Tel 01737 645636
- MHA Communities East Surrey, Redhill Methodist Church, Gloucester Road, Redhill, RH1 1BP, Tel 01737 780610

Interest Groups - Providing a wide range of groups where people can share their interests, learn new things, and make friends.

- U3A Banstead via their website, www.u3asites.org.uk/banstead
- U3A Horley via their website, www.u3asites.org.uk/horley
- U3A Reigate & Redhill, via their website, www.RRU3A.org.uk or call 01737 929001

What's on

Please note that some of these events need to be pre booked

To book a place at the MHA coffee mornings or dementia support group please call 01737 780610

To book an appointment with VARB call 01737 763156 or email volunteer@varb.org.uk

To book a meal at one of the community centres call:

- Woodhatch 01737 221030
- Regent House 01293 774770
- Banstead 01737 361712

Monday 27 September

Woodhatch Centre: Choir concert and cream tea from 10:45 am

VARB at Regent House: 10 – 12 noon – Find out about volunteering opportunities in the Horley area (pre booking needed)

Regent House:

- Movie and a Meal, 10am – 1pm
- A two course lunch for £6 (pre booking needed)
- Sequence dance session 2 – 4pm

MHA: Coffee morning in Horley at 10.30am

Tuesday 28 September

Woodhatch Centre: 12.30pm, bring a friend to lunch for free (pre booking needed)

Banstead Centre: Open day - free tea, coffee, and cake, available all day

Age Concern Banstead: Musical Memories taster session, 2.30 – 3.30pm

Regent House:

- Open morning with cake, 10 – 11am
- Live music entertainment 11 – 12 noon
- Roast beef dinner at 12.15 (£10, book and pay by 23 September)

YMCA Health Check: Free NHS Health Check for those aged 40 – 74. Tel 01737 779979

Wednesday 29 September

Woodhatch Centre: Coffee morning and cake sale 10.30 am – 12.30 pm

Regent House:

- Computer/smart phone help, 10 -12 noon
- Arts and crafts taster session, 1.30 – 3.30pm
- Line Dancing taster session, 7pm

VARB at Banstead Centre: 10 – 12 noon - Find out about volunteering opportunities in the Banstead area (pre booking needed)

U3A Reigate & Redhill: Open morning at the Harlequin 10.30 – 12 noon

MHA: Coffee mornings in Redhill and Banstead at 10.30am

Thursday 30 September

Woodhatch Centre: 12.30pm, bring a friend to lunch for free (pre booking needed)

VARB at Woodhatch Community Centre: 10 – 12 noon, find out about volunteering opportunities in the Woodhatch area (pre booking needed)

Regent House:

- Knit and natter, 10 – 12 noon
- Quiz taster session, 10 – 11am
- Two course lunch for £6 (pre booking needed)

MHA: Coffee morning in Reigate at 10.30am

Friday 1 October

Woodhatch Centre: Themed lunch, 60s style, £12 per person (pre booking needed), 12.30 – 4.30 pm

Banstead Centre celebratory welcome back lunch:

- A three course home cooked meal, complementary wine, followed by tea and coffee and entertainment and a super raffle.
- 12 noon to 4pm open to all
- Tickets £12 available from the centre.

Regent House: Games Morning 10 – 12 noon, Bingo 1.30 – 3.30pm

MHA: Dementia support group in Redhill, 10.30am

Everyday / most days

Banstead Centre: Taster sessions for non-members for all activities, two course lunch for £4

Harlequin Cinema: Free cup of tea / coffee with every cinema screening before 4.30pm. Look out for the regular dementia friendly screenings

YMCA Health Walks: Free walks at various locations across East Surrey, for more information speak to Julie on 01737 779979 or email Julie.Haslett@ymcaeast Surrey.org.uk

Age Concern Merstham, Redhill & Reigate: Day Centre taster days by appointment, please call 01737 645636 or to visit **Men in Sheds** please call 07557 950628 and ask for Simon.

Leisure centres

Visit <https://www.reigate-banstead.gov.uk/leisure> and click on "Leisure Centres" to see some great offers from our leisure centres.