



Community and Wellbeing Centre

- + Range of activities provided
- + Coffee shop with fresh cakes and savouries
- + Freshly cooked meals made on site
- + Hairdressers
- + Foot care clinic
- + Aromatherapy massage
- + Warm and friendly staff
- + Provided by Epsom & Ewell Borough Council

We welcome people 55 and over who are looking for an exciting programme of social and recreational events. The centre offers a range of classes designed to promote health and wellbeing. The centre is open five days a week, Monday to Friday from 9am to 4pm.

The Centre offers activities that individuals can choose to participate in:

- Tai-chi
- Line dancing
- Stay young exercise
- Whist drives
- Arts and crafts group
- Bingo
- Indoor bowls
- Chess
- Computer classes
- Singing

The centre has a comfortable coffee shop where you can relax over a hot drink and enjoy one of the freshly baked cakes or savouries. This is the focal point of the centre where people can catch up with friends and check out the regular events and activities. Lunch is freshly prepared onsite; there are choices of main meals, puddings and snacks at competitive prices. In addition, there are special occasion lunches followed by live entertainment.

The centre also offers the following bookable services:

- Hairdressing salon
- Foot care clinic
- Aromatherapy massage
- Assisted bathing
- Laundry facility



FOR MORE INFORMATION CONTACT US ON:

01372 732000

OR ALTERNATIVELY EMAIL:

contactus@epsom-ewell.gov.uk

COMMUNITY AND WELLBEING SUPPORT FOR YOU