



# MOVE WELL, LIVE WELL



## Clubs, groups, classes and activities to help you stay active and connected

For information about all the classes, clubs and activities - go online at Connected Kingston or pick up a full listing at your local library.

*Here is just a sample of activities available in your neighbourhood*

### KINGSTON

#### Silverfit: Yoga, Nordic Walking, Indoor Rowing, Dance & Tai Chi

- Tuesdays, Thursdays & Fridays
- Various locations (Canbury Pavilion, Kingston Rowing Club & Richard Mayo Centre)

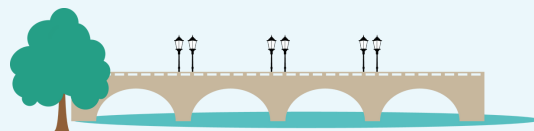


#### Weir Archer Centre - Places Leisure

- New 'Forever Active' timetable from October 2024

#### Mind in Kingston Walking Group

- Every Monday 11:30am



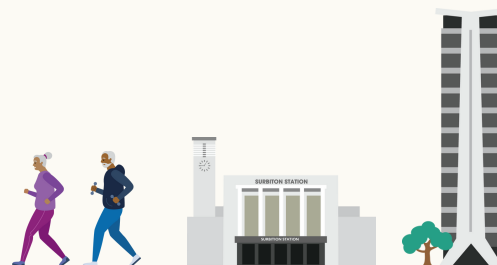
### SURBITON AND TOLWORTH

#### YMCA Surbiton - a range of classes to suit all abilities

- Open 7 days

#### Tolworth Recreation Centre - Places Leisure

- New 'Forever Active' timetable from October 2024



Find out about these classes and lots more at Connected Kingston



[connectedkingston.uk/collections/gentle-exercise](https://connectedkingston.uk/collections/gentle-exercise)

Turn over for more



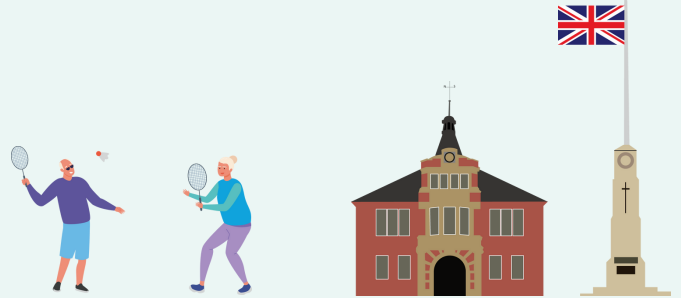
## THE MALDENS AND COOMBE

### Wesley's: Tai Chi, Short Tennis & Walking Group

- Tuesday & Thursday
- Wesley's Cafe, New Malden Methodist Church

### Malden Centre - Places Leisure

New 'Forever Active' timetable from October 2024



## CHESSINGTON

### Chessington Sports Centre - Strength & Balance Class

- Wednesday 10:30-11:30am

### Hook and Chessington Library - a range of group activities

- Open Tuesday - Saturday

### King George Field Indoor Bowls Club - Free taster session

- Open 7 days - Jubilee Way, Chessington



## WORRIED ABOUT MONEY THIS AUTUMN/WINTER?

### APPLY NOW FOR PENSION CREDIT

AND YOU COULD STILL GET THE WINTER FUEL PAYMENT

**Pension Credit** gives you extra money to help with your living costs if you're over State Pension age and on a low income. If you qualify - it will also give you access to a range of other benefits, like the Winter Fuel Allowance and a free TV Licence.

**APPLY NOW** online at [www.gov.uk/pension-credit/how-to-claim](http://www.gov.uk/pension-credit/how-to-claim)  
or you can telephone the Pension Credit claim line : 0800 99 1234

The new deadline to apply for the Winter Fuel Payment is 21 December 2024



## FIND A WIDE RANGE OF COST OF LIVING SUPPORT AND ADVICE FROM THE COUNCIL AND OUR COMMUNITY

For support and advice on finances and debt, benefits, emergency food, bills, jobs, health and families, visit:

[kingston.gov.uk/costoflivingsupport](http://kingston.gov.uk/costoflivingsupport)

For community places, clubs, meet-ups and activities, independent advice and a wide range of support services, visit:

[connectedkingston.uk](http://connectedkingston.uk)

