

THE VYNE

Activities for mind, body and soul

Centre for the Community

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**Let us be grateful to the people
who make us happy, they are
the charming gardeners who make
our souls blossom.**

Marcel Proust
French novelist

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Welcome to The Vyne

The Vyne is a purpose built community centre in Knaphill which offers something for everyone. Open daily for groups and people of all ages to use, enjoy the gentle buzz of life and the tantalising aroma of coffee as you meet up with friends.

A changing programme of activities and events at The Vyne provides opportunities for learning, exercising and socialising. You can take part in a Tai Chi 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 The Vyne is open 9am to 4.30pm. Lunch is served at 12.30pm in the café – book before 11am.

The Vyne also opens evenings and weekends for specific activities and private hire.

Phone: 01483 743558

Email: theyvne@woking.gov.uk

Live life to the full at The Vyne:

- 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 subsidised wellbeing services.
- Hire a space for your club or community group.
- Get connected with free WiFi throughout.
- Access specialist care, information and support.
- Visit the Wellbeing Centre for advice on memory loss.



An appetite for life at The Vyne

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 The Vyne's friendly café.

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 743558.

Meal of the month

Part of the lively activities programme, themed lunches are a regular occurrence at The Vyne. Attracting up to 100 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 bar 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 The Vyne 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

Bingo and Bridge will satisfy those with a competitive streak, while the more creative are catered for with arts, crafts, writers' circle 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 The Vyne you can coaster step and jazz box your way across the main hall, Zumba your way to fitness or enjoy short mat bowls. There's plenty on offer to keep you in optimum health, whatever your interest or ability.

Youth

Younger visitors can take part in any of the activities on offer at the Centre. Activities specifically for this audience are provided by the Jenny Reeds School of Dance and The Cabin Youth Club. Ask at the Centre for further information.

Soul

Express yourself at The Vyne through singing, writing and painting 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 The Vyne organise a number of events. These can be anything from themed lunches to outings, live entertainment or table top 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 The Vyne. Alternatively, ask for it to be emailed to you each month.

Regular activities at The Vyne:

Monday

- Yoga ■ Bingo ■ Dance fit ■ Youth club
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Tuesday

- Brush Strokes art ■ Computer lessons ■ Creative dance ■ Zumba gold
 - Organised walks ■ Yoga ■ Pilates ■ Well balanced fitness
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Wednesday

- Short mat bowls ■ Line dancing ■ Knitting ■ Yoga ■ Pilates
 - Jenny Reeds School of Dance ■ Dementia Café (monthly)
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Thursday

- Stroke recovery ■ Computer lessons ■ Line dancing (beginners)
 - Craft sessions ■ Sequence dance (fortnightly) ■ Writers' circle
 - Tea dance (fortnightly) ■ Bingo ■ Youth Club ■ Swim buddies
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Friday

- Choir ■ Well balanced fitness ■ Jenny Reeds School of Dance
 - Bridge ■ Short mat bowls ■ Tai chi
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Weekends

The Vyne 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 743558.



Wellbeing services

Bath in comfort

Nothing beats a warm relaxing soak in the tub to wash away stresses and strains. The Vyne 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. The Vyne 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 reasonable prices for its treatments which need to be booked in advance.

Advanced foot care

For more painful problems you can make an appointment with The Vyne'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 Vyne hair salon with the resident stylists for a great value cut. Prices are normally a lot less than your average high street salon.

Reflexology

Reflexology 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 30-minute session starts at £18.

Support groups

TALK meets every Thursday to help people overcome speech and communication difficulties following a stroke. For people coping with memory loss, the monthly Forget Me Not Café in The Vyne's Wellbeing Centre provides an opportunity to access specialist support and advice.

For appointment bookings and up to date prices ask at reception or phone the Centre on 01483 743558.

Day Care at The Vyne

The Vyne 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.
- A hot midday meal.
- The opportunity to take part in social activities and gentle exercise.
- Access to disabled toilets and other adapted facilities.

The service is available to people on Mondays, Wednesdays and Thursdays 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.

Lasting memories

For people coping with memory loss or dementia, The Wellbeing Centre, situated within The Vyne, offers drop-in sessions, information and support for carers. For a timetable of services, pick up a 'Bright' leaflet.

Additional information

Opening hours

The Vyne 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 743558
Email: theyvne@woking.gov.uk
Broadway, Knaphill, Woking GU21 2SP

Getting to The Vyne

The Vyne is situated just off Broadway, close to Vyne Field Recreation Ground. It shares the site with Heathcot Medical Practice.



Parking

There is disabled parking on-site, near the main entrance. Free parking is available in the Broadway Car Park, opposite the Centre.

Public transport

The Vyne is serviced by a number of main bus routes which drop-off opposite the Centre and pick-up outside the neighbouring Heathcot Medical Practice.

Number 28 – Woking to Guildford

Number 34 – Guildford to Camberley

Number 35 – Guildford to Camberley

Number 91 – Woking to Knaphill

Bustler Dial-A-Ride provides an assisted door-to-door service. Book in advance by calling 01483 724433.

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

St Mary's, Byfleet, KT14 7LZ

Phone: 01483 743877

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