



Places Leisure

Part of Places for People

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Warmth & Wellbeing Café

The Malden Centre launched the 'Warmth & Wellbeing Café' in partnership with one of our swimming teachers.

We had a local dementia care home (Whitehouse Care Home) attend with 3 residents, 2 nurses and their driver. We are continuing to network with local care homes.

We are now in talks with Princess Alice Hospice to continue to grow the Warmth and Wellbeing Café even further.



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Because Community Matters

WARMTH AND WELLBEING

POP IN FOR A FREE CUPPA, CHAT & GAMES

RingGo code for the car park: 26563

Mondays 2pm-3pm
in our community room
Everyone welcome!

The Malden Centre
Blagden Rd, New Malden KT3 4TA
020 8336 7770

Managed by Places for People Leisure Ltd in partnership with Kingston Borough Council



Forever Active

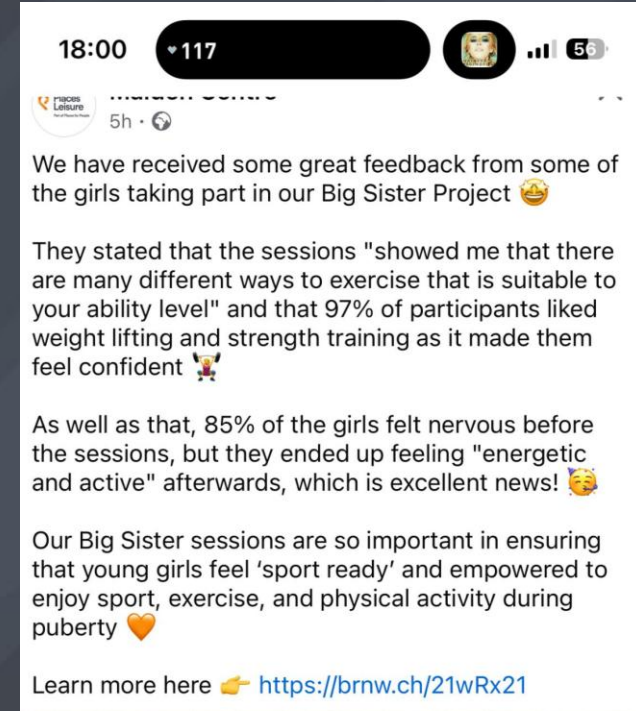
- Places Leisure and Kingston Council partnered creating Forever Active as part of the Age Friendly campaign and the Move Well, Live Well project.
- We have up to 10 new classes/sport sessions in the three sites – Malden, Tolworth and Weir Archer. These classes and sessions are for over 50s and we are tracking progress for sustainability and success.



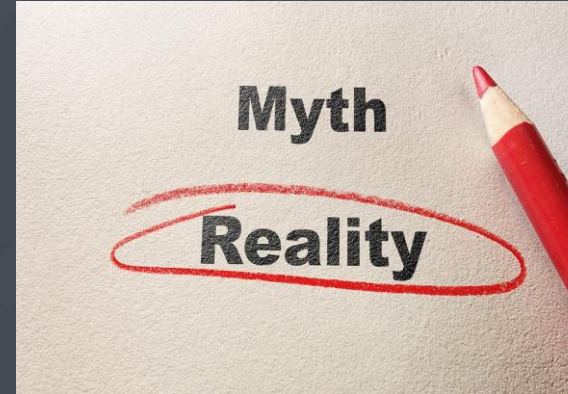
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Big Sister Project

- Big sister Project was developed by Places Leisure with our Head of Fitness Sarah Roberts partnering with Women in sport and Hey Girl in 2022.
- The project aims to inspire a generation of girls to find confidence and joy in Sport and activity. As part of the Big sister membership, we offer free girl-focussed exercise and gym sessions with additional free resources on the Places Leisure App. This is now running at Tolworth, with Malden starting in Q3.
- Sarah Roberts won the Europe Active Citizenship Award for the project, and in addition in October she attended the House of Commons with Belinda Steward our Managing Director, to showcase the project at a Commons event celebrating Women in Sport's 40th birthday.
- A local school to Kingston, Holy Cross Catholic Girls school have partnered with the Malden Centre to use the Big Sister 'We Move' sessions for their core PE time. The Malden centre will host 60 girls over 2 days for 8 weeks.
- We are continuing to network & promote Big Sister with local schools, clubs & community to grow the project within our 3 sites. Malden We Move Monday & Tuesday 3:45-4:45pm. Tolworth We Move Monday, Tuesday & Thursday 3:30pm-4:3pm.



Move through Menopause Course



Our Move through Menopause course has been created to empower women through learning about this experience, meeting other women going through the same thing, and ultimately closing the stigma around menopause.

Topics within this course include, but are not limited to:

- Symptom management
- Hormones and HRT
- Myth busting
- Menopause & Mental Health
- Menopause & Nutrition

We have completed 2 cohorts with 8 participants on both courses in September 2024 and April 2024 and now onto our 3rd cohort launching in March 2025 at Malden Centre with 7 participants with opportunity to put on another cohort at Tolworth Rec. there is also interested in delivering MTM for the Kingston Council.



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We are also planning to launch Menopause Yoga ladies only sessions and a Menopause café.



Enable

The charity Enable, a specialist mental health service have partnerd with the Kingston contract to use our places leisure sites.

They will be doing a 10-week programme of 1:1 PT sessions for long term and severe mental illness service users to reduce barriers to exercise and social isolation.

This programme has been running extremely successfully since 2015 in our other contracts.

Enable will be providing data on demographics such age, gender, ethnicity and physical activity levels to help track engagement at our 3 sites.

Surplus to Supper



- We are in Partnership with KVA (Kingston Voluntary Action), we are about to set up a “Hub” at the Malden Centre to bring “Surplus to Supper” into Kingston.
- Surplus to supper collect surplus food from businesses that would otherwise end up in landfill.
- The food is then used to provide nutritious meals for free to some of the most vulnerable people in the community, including the homeless.
- Surplus are looking to provide food to Kingston foodbanks, Schools and the homeless in Kingston

Frailty Oversight groups

Places Leisure are now part of the frailty oversight group which involves the NHS, Yourhealthcare, Kingston Council, Kingston Hospital NHS foundation trust.

We have been involved in monthly meetings discussing partnership work and funding opportunities to help the most frail in the borough. Currently we are working with the local care homes to assess the need and respond most effectively.

There are 7 local care homes that Places Leisure could potentially partner with to produce this project.

The NHS logo, consisting of the letters 'NHS' in white, bold, sans-serif font, set against a blue rectangular background.The 'your healthcare' logo, with 'your' in a blue, lowercase, sans-serif font, 'healthcare' in a green, lowercase, sans-serif font, and a blue underline beneath 'your'.

Living Well hub & Carers event

- Places Leisure are working with Primary Care Networks closely. New Malden & Worcester Park PCN are relocating the Living Well Hub where social prescribers, DWP and many more organisations provide a hub to network and for the local community to access services.
- This will be every Thursday 11-1pm in Malden Centre's community room with the addition of the 'Carers One Stop Shop' bimonthly with more specific services in attendance. The first carers event is Thursday 1st of May.
- We are also hosting a mental health event with Roselawn GP surgery on Wednesday 14th of May 4:30pm-7pm.





Cancer Pathway

We have just had the relocation from Sir William Rous Unit at Kingston Hospital to the Malden Centre for the chair-based exercise class as it's so popular. We are working with Macmillan on pathways for this cohort of individuals pre, during and post treatment.

Malden Centre are also hosting the 'Can you C me?' cancer conference in partnership with Macmillan on Thursday 29th of May!



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Because Community Matters

Chair-based exercise class

Wednesdays 1.15pm - 2.15pm at Malden Centre

Join us in our community room for a chair-based exercise class, aimed for People who have been affected by cancer and the symptoms that follow before or after diagnosis. Plenty of time for tea, coffee and a chat!

Call us on 02089735001 to secure your space

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