

Georgie Pepperrell
Contract Healthy Communities Manager
Places Leisure
Kingston Upon Thames
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Healthy Communities Kingston Team

Hours: 8am-4pm Monday – Friday
Based at Malden Centre
(changes due to business needs)



Georgie

As **Healthy Communities Manager**, I oversees the delivery of Healthy Communities Programmes at all of our Kingston sites, ensuring alignment with Places Leisure Strategy, local health priorities, and measurable impact. This includes developing partnerships with healthcare professionals and community organisations to establish referral pathways. Alongside overseeing all referrals and supporting the team to provide a positive customer journey.



Teresa

Teresa is our Level 3 Exercise Referral instructor. She also teaches on our specialist classes such as Strength & Balance. She is based at the Malden Centre but also does outreach healthy communities work such as a cancer class at Kingston Hospital every Wednesday in the Sir William Rous Unit.



Clare

As **Healthy Communities Instructor**, she is one of our point of contacts for patients referred to our programmes, qualified in Level 3 Exercise Referral and Level 4 Cancer Specialist instructor. She ensures each individual has a positive experience from the very beginning, helping them feel comfortable, confident, and supported as they start their journey with us. She also supports on the coordination of national programmes such as Move Through Menopause programme.



Dom

Dom is our other Level 3 Exercise Referral instructor. He teaches on our Forever Active programme, over 60s classes and has a passion for supporting those with long term health conditions through personal training and swimming. Dom also teaches our chair-based cancer class at Malden Centre every Wednesday.

Coming soon...

Hours: 18hours contracted
Based at Malden Centre (changes due to business needs)

TBC

Healthy Communities Co-Ordinator x 2
Hours: 40 hours a week based at all sites
Social Prescribing Link Worker
Hours: 40 hours a week based at all sites

Move Through Menopause

Move through menopause is a 12-week programme consisting of 45 minutes education and 45 minutes of physical activity each week at one of our sites with a qualified female instructor.

Examples of education topics include:

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

Examples of physical activity sessions:

- Body sculpt class
- Women's only gym strength session
- Beginners' yoga
- Group cycling class



"it's been amazing to meet likeminded women and trying new activities" - Helen

"My plans are to get fitter & stronger with the healthy communities membership offer" - Theresa



Move through Menopause

An expert-led course designed to help People navigate menopause confidently

Now available at our centre



Parul's story

Parul (top left) has been a group exercise instructor with Places Leisure for a number of years. She's passionate about helping others. She heard about Move Through Menopause and joined as a participant at the Malden Centre. She enjoyed connecting with likeminded ladies and sharing different experiences.

Since participating in the course, Parul is continuing their journey with us as she loved the course so much that she reached out to the Healthy Communities manager for Kingston to become a facilitator and is going to be delivering the next course at Tolworth Recreation Centre in July.

She has said she's now able to draw on her own experiences and years of training to create a safe and open space for those on the next move through menopause course. She's excited to interact with the other ladies on the course, trying out new exercises and use holistic tools that nurture the mind, body and spirit.



Move Through Menopause in the Kingston Contract



Forever Active

- 10 new classes at Malden & Tolworth with a focus on 50+ population in partnership with Kingston Council.
- Forever Active is part of the wider focus on Move Well, Live Well campaign.
- Pay as you go at £4.20 or healthy communities membership to attend classes.

“I’m actually recovering from an operation, so the fact that forever active classes are a gentle start was perfect” - Julie

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Because Community Matters

Forever Active timetable

Malden Centre	Tolworth Recreation Centre
 Forever Active Pilates Tuesdays 1pm – 2pm	 Forever Active Steady and Strong Mondays 1pm – 2pm
 Forever Active Chair Exercise Tuesdays 2pm – 3pm	 Forever Active Keep Fit Fridays 11.35am – 12.35pm
 Forever Active Yoga Wednesdays 11.50am – 12.50pm	 Forever Active Mind and Body Fridays 11.10am – 12.10pm
 Forever Active Keep Fit Wednesdays 12.30 – 1.30pm	
 Forever Active Steady and Strong Thursdays 12.10pm – 12.55pm	
 Forever Active Easy Aqua Fit Fridays 2.00pm – 3.00pm	
 Forever Active Zumba Saturdays 11am – 12pm	
 Forever Active Yoga Sundays 11am – 12pm	

Your first session is free and must be booked in person!

Book online, app or in person!

Scan with your phone camera for more information or to book



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Because Community Matters

Forever Active in Kingston Upon Thames

Our Forever Active programme is designed for over 50s to improve mobility, fitness and general wellbeing in a fun and welcoming environment!

Your first session is free and must be booked in person!

Book online, app or in person!

 Chair Exercises	 Easy Aqua Fit
 Zumba	 Mind & Body
 Keep fit	 Pilates
 Yoga	 Steady & Strong

Malden Centre
020 8336 7770

Tolworth Recreation Centre
020 8391 7910

Scan with your phone camera for more information



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<https://drive.google.com/file/d/1y5lYkfpHJBTBYwL1PvnAFuj4n2C5HoBj/view?usp=sharing>

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Easy Aquafit

Fridays at Malden Centre
2pm–3pm



A total body workout that ensures that you use every muscle in your body and use the water as resistance to get the ultimate workout.

Book online, app or in person!

 Malden Centre
Blagdon Road
KT3 4TA
020 8336 7770

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 KINGSTON
UPON THAMES

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Mind & Body

Fridays at Tolworth Recreation Centre
11:10am–12:10pm



Low impact class, designed to reduce your stress levels and improve posture, balance and flexibility.

Book online, app or in person!

 Tolworth Recreation
Centre
Fillers Way North
KT6 7LQ
020 8391 7910

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 KINGSTON
UPON THAMES

Joseph's story

Joseph is 85 years old; he started his journey with Places Leisure with our council Exercise Referral programme and joined onto our Healthy Communities membership. He choose the membership as he wanted to try new classes, improve his physical activity and meet new people.

Before joining, Joseph used to do just one class a week (Aerobics with Anita), Joseph stated he has lower back pain and leg numbness, he is under hospital care for these conditions. Joseph says he enjoys meeting people and has achieved some weight loss. The classes help him to stay motivated to lose more weight. He stated he's motivated to lose weight and change his lifestyle through exercise and nutrition rather than weight loss medication. He said he has come to realise there is no "quick fixes". Joseph said he is sleeping better, "feels very good" and is controlling his diet now.

He mentioned key members of staff at the Malden Centre who have helped and supported him, these are Teresa, Anita, Aggie and Sarah. These members of staff are a combination of council Exercise Referral staff and Places Leisure Healthy Communities staff who teach on Forever Active Keep fit, Chair Based Exercise and over 60s Fit and Tone. Joseph is also attending one gym session a week.



Forever Active in the Kingston Contract



Big Sister

- A programme for girls, by girls, to help them enjoy physical activity and movement.
- Unlimited gym use during junior gym hours.
- Unlimited swimming.
- We Move sessions exclusively for girls with female instructor.
- Friendly on-site team, including our Big Sister Ambassadors.
- Free access to Places Leisure app and virtual studio with hundreds of at home workouts.
- As part of the programme girls aged 9-15 can access a discounted membership (50% off our standard rate) or a free membership (eligibility criteria applies).



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Because Community Matters



We Move Studio
Mondays 4.15pm–5.00pm

For girls aged 9-10. Designed by girls, for girls! This class contains everything from dance, aerobics, boxing to yoga led by female instructor.

Book via the Places Leisure app or visit
<https://www.placesleisure.org/centres/malden-centre/centre-activities/fitness-health/>

Malden Centre
Blagdon Road
KT3 4TA
020 8336 7770

BIG SISTER  

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 **Places Leisure**
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Because Community Matters



We Move Gym
Tuesdays 4:00pm–4.45pm

For girls aged 11-15. Gain confidence using a range of gym equipment and take part in various fun challenges, with support from a female instructor

Book via the Places Leisure app or visit
<https://www.placesleisure.org/centres/malden-centre/centre-activities/fitness-health/>

Malden Centre
Blagdon Road
KT3 4TA
020 8336 7770

BIG SISTER  

Operated by Places for People Leisure Ltd.

Jessica, Joanna, and Mavis' Stories

Before taking part in the We Move sessions, Jessica found physical activity exhausting. After 8 weeks of trying different ways to exercise that it can be fun, enjoyable, and more energetic, she has found increased confidence and now continues to exercise outside of the sessions.

Joanna has always enjoyed exercise, but the sessions in the leisure centre allow her to access equipment that she wouldn't otherwise have access to, for example the gym equipment for strength sessions.

Mavis said physical activity has always made her tired and never understood why. After attending the We Move sessions, where activity is tailored to how the girls are feeling, she understood what did and didn't work for her. Mavis' favorite part of the sessions is using the gym facilities, and she now plans to use her membership at The Malden Centre more often.

The Big Sister Project in the Kingston Contract



Healthy Communities classes



Because Community Matters

Malden Centre Healthy Community Timetable

Monday

11:50am-12:50pm	50+ Supple Strength	Sports hall
1pm-2pm	Strength & Balance	Studio
2.30-4:00pm	Compassionate Cafe - Coming soon!	Community Room
4:15-5:15pm	New! Big Sister Program We Move 11-15 Years	Studio

Tuesday

9:45am-10:45am	Active health - hearts *previously cardiac rehab	Gym
12pm-1pm	NEW! Gentle Move *dance, Pilates, stretch	Community Room
12:45pm-13:45pm	Forever Active Dance fit	Sports hall
1pm-2pm	Diabetes Get Moving	Studio
1pm-2pm	Forever Active Pilates *all levels, floor based	Room 5
2pm-3pm	Forever Active Chair Based Exercise	Studio



Malden Centre
Blagdon Road
KT3 4TA
020 8336 7770

maldencentre.placesleisure.org

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Because Community Matters

Healthy Community Timetable

Wednesday

11:50am-12:50pm	Forever Active Yoga	Studio
1:15pm-2:15pm	Chair based exercise - cancer *free tea and coffee included	Community room
2pm-3pm	Chair based exercise - cancer	Kingston Hospital
12:30pm-13:30pm	NEW! Forever Active Keep Fit	Room 5
7:30pm - 8:30pm	NEW! Yoga for Menopause	Room 5

Thursday

11:00am-1pm	Living Well Hub *Free information & help desk in partnership with the local GP practices	Community room
12:10-12:55pm	Forever Active Steady & Strong	Sports hall
1pm-2pm	Dance with Dementia	Room 5
3:30pm-4:30pm	Tai Chi - Carehome	Outreach
5:00pm-5:45pm	NEW! Women Who Lift *Introduction to weight training, suitable for absolute beginners or experienced	Studio
6:00pm-7:30pm	Move Through Menopause 12-week course	Room 5

Friday

10:30am-2:30am	National Diabetes Prevention Programme *Must be referred by GP	Room 4
2pm-3pm	Forever Active Easy Aqua	Main pool

Saturday

11:00am-12:00pm	Forever Active Zumba	Sports hall
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Sunday

11am-12pm	NEW! Forever Active Yoga	Room 5
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Scan the QR code with your phone to book online!

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More classes & programmes coming soon...



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Healthy Communities classes – strength & balance

- Places Leisure healthy communities department have a partnership with Your Health Care Falls team in which discharged patients are signposted/referred to our two strength and balance classes.
- Both classes are led by 2 Places Leisure instructors who are level 3 GP referral qualified with a maximum of 20 participants.
- We can provide 2:1 support in the class which focuses on seated and standing movements for participants to get stronger and decrease their risk of falls.



The poster features a photograph of three people in a bright room. Two older adults, a man in a blue shirt and a woman in a white top, are seated in the foreground, facing away from the camera. They are clapping their hands. In the background, a woman in a black top is seated, facing them, also clapping. The room has light-colored walls and a wooden floor.

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Because Community Matters

Strength & Balance

***Mondays at Malden Centre –
1:00pm–2:00pm***

***Fridays at Tolworth Recreation Centre –
12:15pm–1:15pm***

A falls prevention class to improve muscle strength and stability.

Book online, app or in person!

Malden Centre
Blagdon Road
KT3 4TA
020 8336 7770

Tolworth Recreation Centre
Fillers Way North
KT6 7LQ
020 8391 7910

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Healthy Communities classes – active hearts

- Active hearts is run by our Places Leisure instructor who is level 4 British Association for Cardiovascular Prevention and Rehabilitation (BACPR) qualified.
- The class consists of a group warm up in one of our multi purpose rooms led by our level 4 instructor and then a gym-based session also led by our level 4 instructor focusing on cardiovascular fitness and endurance for heart health.
- The class is aimed at those who have had a cardiovascular event such as a heart attack or heart surgery who are fit to exercise.
- Participants must be referred by a health professional to ensure they can safely exercise.



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Because Community Matters

Active Hearts

*Tuesdays at Malden Centre –
9.45am–10.45am*

An ongoing maintenance class to support overall heart health.

Book online, app or in person!

Malden Centre
Blagdon Road
KT3 4TA
020 8336 7770

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Michel's story

Michel, aged 63 years, said before taking part in Active Hearts at the Malden Centre, he completed phase 3 Cardiac Rehabilitation set up by his local NHS team after he had a quadruple bypass. He was then referred to our Active Hearts class by Your Health Care's Cardiac team and has been thoroughly enjoying it. Alongside recovering from surgery he has asthma and type 2 diabetes.

He enjoys having a supportive group who have similar experiences as there is a strong social element to the classes in which participants can have a laugh while exercising. It has impacted his mental wellbeing positively, as well as his physical wellbeing as the class is adaptive to all abilities.

Michel stated that Sue our British Association for Cardiovascular Prevention and Rehabilitation (BACPR) instructor is very supportive and keeps a close eye on all participants to monitor and assess if 'anyone's over doing it'. He said because of this programme he is going to continue getting into more exercise and going to take up our healthy communities membership to do so.

Active Hearts in the Kingston Contract



Exercise Referral – Get Active

What is exercise referral?

A low cost 12-week exercise programme for adults run by qualified exercise referral specialists who are referred by a health professional.

Who is it run by?

Run by Kingston Council in our leisure centres Malden, Tolworth & Weir Archer.

3 instructors – Gareth, Magda & Agi.

Places Leisure

Places Leisure work in partnership with Kingston Council, when individuals sign up or complete their Exercise Referral programme, they are offered our healthy communities membership to continue exercising and socialising at a low cost with no joining fee.



Exercise Referral

"**Magda** is an excellent coach who knows what she does. She is a great motivator who knows how to inspire her students. Through her effort, I have improved on my health; reduced weight, sugar levels and improved my mental state. I now have a positive outlook on life and all credit goes to her. Thank you"

"I have never been to a gym before and so was a bit nervous beforehand. **Agi**, the instructor, was delightful – very professional, very caring and considerate and all my fears disappeared. Would thoroughly recommend this course as a gentle way to get fit and to help recuperate post-op. The fact that it was run in the ladies gym made it even better for complete novices like me"

"When I was referred I was overweight and had shoulder pain. The strength exercises helped my shoulder which has improved and I no longer have a problem with it. The classes also helped me to stay focused with my eating and I have lost over 5 kilos. It has inspired me to carry on with a healthy lifestyle." "**Gareth** is absolutely inspiring and motivating. He has encouraged me all the way. Well done on employing him!"



Gareth



Magda



Agi

Partnership work, so far...

Places Leisure healthy communities team have partnered with the New Malden & Worcester Park Primary Care Network on:

- Your Mental Health Matters event – May 2025
- Carers One Stop Shop at the Malden Centre – May 2025
- Living Well Hub at the Malden Centre – September 2025
- Living Well with Diabetes event – October 2025

We are looking to partner with the other PCNs in our local area to strengthen the work & support the NHS as much as possible!



Coming soon...

- Cancer pathway
- Good Boost
- Compassionate Café with Princess Alice Hospice

January 2026

- Falls prevention
- Cardiac Rehabilitation phase 4
- Parkinsons Move & Shout

March 2026

Cancer Pathway

- Currently working on the pathway to include prehabilitation, rehabilitation and posthabilitation for all stages of a cancer pathway including diagnosis, treatment, recovery and palliative care.
- Myself and two instructors are going on the Level 4 Cancer Specialist training funded by RM Partners called CanRehab in November 2025.
- Exciting meetings on with RM partners on next steps for Cancer prehabilitation and rehabilitation.
- Working with key stakeholders & referring partners.
- Gathering feedback from a variety of individuals and using this to shape the cancer pathway locally.



Cancer pathway with Places
Leisure



RM Partners
NW & SW London Cancer Alliance



3 October 2025

Executive Team
Places Leisure
The Gurney Office
Building Three, Riverside Way,
Watchmoor Park,
Camberley,
GU15 3YL

RM Partners
5th Floor
Alliance House
12 Caxton Street
London, SW1H 0QS

Dear Executive Team

Re: Improving Access to Exercise Opportunities for People with a Cancer Diagnosis

RM Partners NHS Cancer Alliance is an organisation commissioned to improve cancer outcomes across north west and south west London. We work in partnership with NHS providers, NHS organisations and local authorities, people affected by cancer, and voluntary sector partners to improve outcomes and experiences for those affected by cancer.

We are writing to highlight the increased evidence base for the role of physical activity and exercise in cancer care, and to explore collaboratively how local services and referral pathways might better support people affected by cancer. A growing body of evidence from organisations such as NICE, the American College of Sports Medicine, and Macmillan Cancer Support demonstrates that physical activity including during treatment can improve physical function, reduce fatigue, enhance quality of life, and in some cancers, improve survival rates.

NHS guidelines recommend that people with cancer are encouraged to be as physically active as their condition allows, with structured personalised support wherever possible. The *CHALLENGE* trial (2025), which has been widely reported in the UK media highlights the survival benefits of facilitated physical activity for people affected by colon cancer.

Currently many people with cancer are unable to access local exercise referral schemes, often due to limitations in exercise referral criteria, precautionary policies or limited provider training. These factors can create barriers when people most need support.

We would greatly value the opportunity to work collaboratively to understand how we can improve access. We are also keen to explore how any increase in referrals could be managed effectively to ensure services remain sustainable.

At RM Partners, we are already supporting this agenda by providing specialist cancer exercise training for fitness professionals working in local authority leisure facilities across north west and south west London. We would be delighted to collaborate with you as commissioners of exercise referral schemes to expand opportunities and support people affected by cancer to live well during and after treatment.

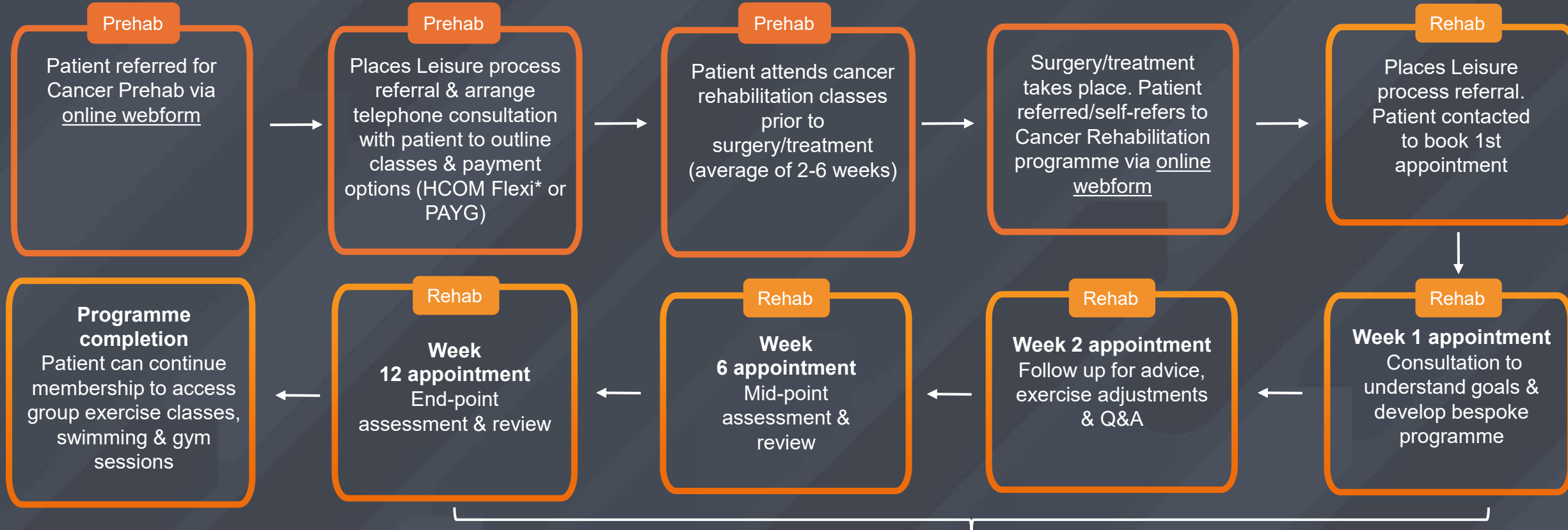
We are keen to meet with you at the earliest opportunity to discuss enhanced access to exercise schemes in your organisation. Please could you email Alby Wakeling, Programme Director via alby.wakeling@nhs.net and Kath Malhotra, Personalised Care Clinical Lead via katharine.malhotra1@nhs.net so that we can arrange an initial discussion.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Susan Sinclair'.

Susan Sinclair
Managing Director
RM Partners

Stronger Together - Places Leisure Cancer Pathway



***Professional referral only**

**HCOM Flexi can be frozen for up to 3 months during treatment period*

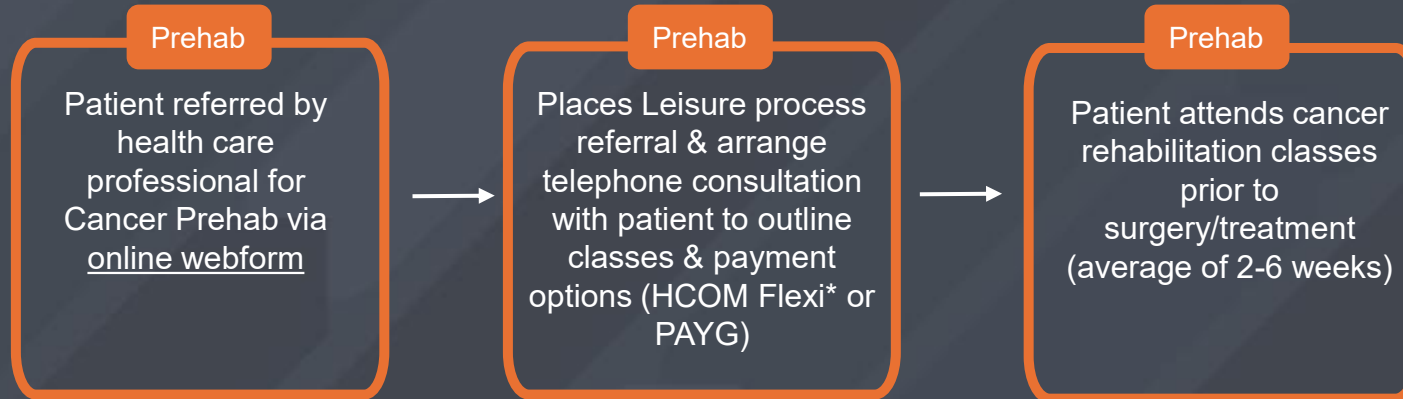
Prehabilitation

Timing: Before Treatment

Primary Focus: Strengthening, education & readiness

Outcome: Fitter for surgery/treatment

Intensity: Moderate & Proactive



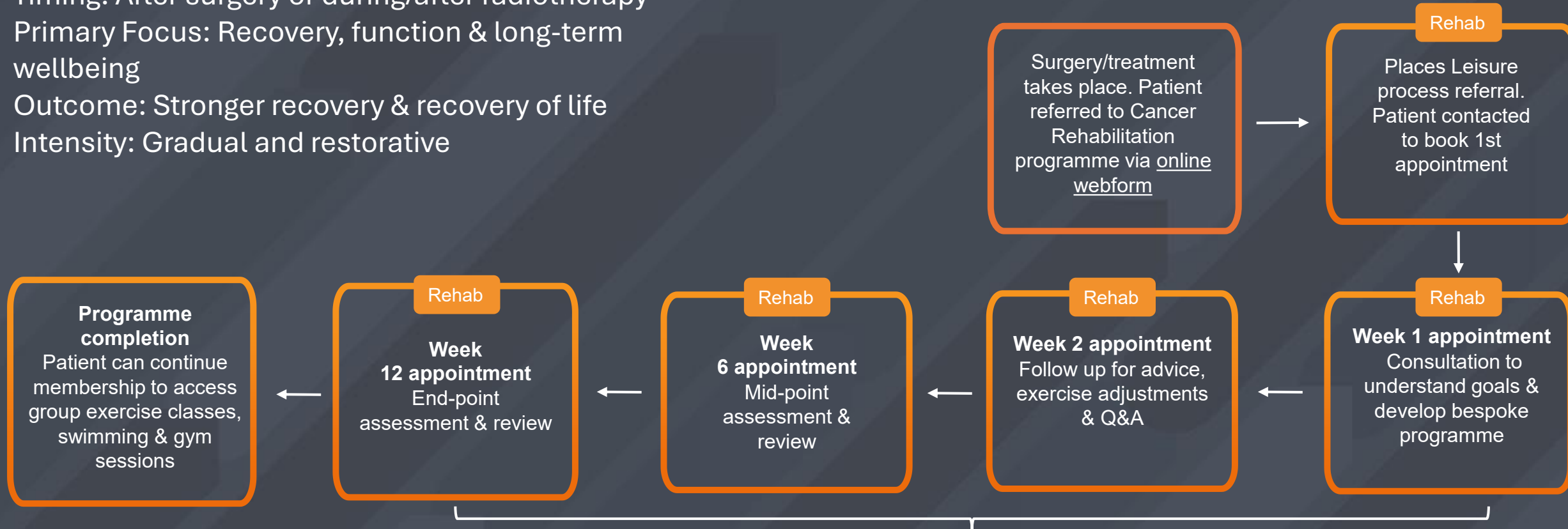
Rehabilitation

Timing: After surgery or during/after radiotherapy

Primary Focus: Recovery, function & long-term wellbeing

Outcome: Stronger recovery & recovery of life

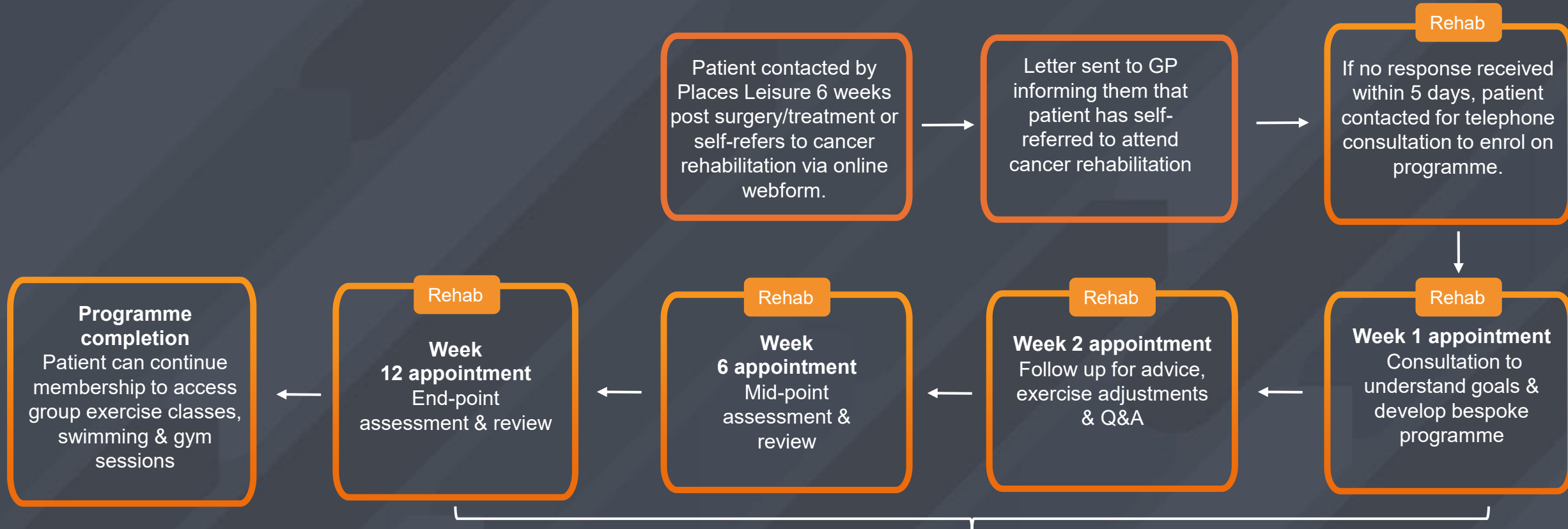
Intensity: Gradual and restorative



From the point of enrollment the patient is set up with a Healthy Communities Membership, giving access to Cancer Rehabilitation classes, all other group exercise classes, gym & swimming.

Self-Referral – Cancer Rehabilitation

A patient can self-refer if they have previously attended cancer prehabilitation classes or received cancer treatment/surgery within the last 12-weeks.



From the point of enrollment the patient is set up with a Healthy Communities Membership, giving access to Cancer Rehabilitation classes, all other group exercise classes, gym & swimming.