



# Health and wellbeing at Stoke Poges Village Centre

# Connecting our community to health and wellbeing



Across the country, village halls are spaces that bring people together, support healthier lifestyles and make everyday life richer and more inclusive.

Village Halls Week 2026 is shining a spotlight on how community venues support our physical, mental and social wellbeing.

The events and activities at Stoke Poges Village Centre play a vital role in keeping our community healthy, active and connected.

From hobbies and social activities that create friendships and combat loneliness, to exercise classes that keep us moving, we provide a home for things that make a real difference to

people's lives every single day – no matter what their age.

Check our noticeboards or visit our website for the latest information and to find out more about how to join in with any of the clubs and societies featured in this brochure.



**Village Halls Week**  
**16-22 March 2026**



# Keep on moving

---



**Our Village Centre is home to a variety of exercise opportunities that could be beneficial for your physical health.**

## **STAY STEADY, STAY STRONG**

In partnership with Threeways Surgery, these sessions are designed to help you move with confidence and balance, feeling steadier on your feet.

Participants experience the benefits of gentle strength and balance exercises and connect with others in a friendly and supportive environment.

Monday afternoons

---

Connecting our community to health and wellbeing

---

## **TAI CHI FOR HEALTH**

A very gentle form of exercise involving slow flowing movements. It can be carried out sitting or standing and adapted to all levels of ability.

Beneficial for balance and prevention of falls, mobility and wellbeing.

Monday and Tuesday mornings

## **YOGA & CARDIO**

Move your body and free your mind with our yoga and cardio classes!

We specialise in working with people between the ages of 40 and 70. However, any age or gender is welcome to come.

Thursday afternoons

## **GENESIS MARTIAL ARTS**

Popular kickboxing classes for ages 5 to adult.

Our sessions help to improve fitness and confidence, enabling students to protect themselves.

Tuesday, Wednesday and Friday evenings

---

## **STOKE POGES BADMINTON CLUB**

Two hours of social badminton. Great exercise, good for co-ordination and helps teamwork, plus a supportive evening's chat with friends.

Thursday evenings  
from October to March

## **LADIES' BADMINTON**

A friendly badminton group for ladies.

New members welcome.

Friday mornings





“ This school has been such a constant and positive part of my life, not only for the high standard of training but also for the sense of community it creates. I’ve made friends here who will be in my life forever, and the welcoming, encouraging atmosphere makes it a joy to walk through the doors each week. An outstanding school in every way. ”



## **ONDINE ACADEMY OF DANCE**

Tap, contemporary and modern dance classes for students from 2½ years old to adults.

A perfect blend of technique and wellbeing, dance classes have been scientifically proven to have many benefits for the health of our minds and bodies. They improve brain function, memory and co-ordination whilst also building strength and promoting balance in a space that enhances confidence and fosters social connections.

Monday evenings

---

## **ZIG ZAG ACROBATIC ACADEMY**

Floorwork acrobatics with classes covering flexibility, strength, balance, limbering and tumbling, for children aged 4 years and over.

All levels from beginner to advanced welcome.

Thursday evenings plus special workshop events throughout the year

## **LITTLE KICKERS**

Giving children a positive introduction to sport by teaching high quality football skills in a friendly, pressure-free environment.

There are four different classes tailored specifically to the needs of children between 18 months and their eighth birthday, helping to develop confidence, control, co-ordination and a sense of camaraderie.

Saturday and Sunday mornings

# Take up a new hobby

---



Spending time on an activity that you enjoy and being part of a social group can be hugely important for your mental and emotional wellbeing.

## STOKE POGES PHOTOGRAPHIC CLUB

A friendly and welcoming club for all levels, from beginners to advanced.

By encouraging us to slow down, notice details in our surroundings and engage in the present moment, photography can really help with mindfulness and reduce stress and anxiety.

Tuesday evenings  
from September to June

## SLOUGH MAGIC THE GATHERING CLUB

Escape to another world and keep your mind sharp with this strategic, fantasy-themed game.

We are a small group with a mix of men and women aged 20 to 50. Open to all skill levels, adults only.

Alternate Thursday evenings

## STOKE POGES PLAYERS

A long-established amateur dramatics group, founded in 1963, welcoming members of all ages (currently from around 15 to 70+) with all levels of experience.

Acting is a great activity that boosts confidence and connection with others through creativity, teamwork and self-expression.

We offer the chance to try new skills both on-stage and backstage, helping our members to develop and grow in a supportive setting.

Monday evenings with various performances throughout the year



“Drama boosts my wellbeing by giving me a fun, creative escape where I can switch off from work, laugh at myself and have a great time with a fantastic bunch of like-minded people.”

---

Connecting our community to health and wellbeing

# Social opportunities

---



## STOKE POGES & WEXHAM WI

The Women's Institute aims to inspire and empower women.

It contributes to the wellbeing and mental health of the community by offering educational opportunities, companionship and friendship to like-minded women of all generations in a safe, secure and supportive environment.

Monthly, Wednesday afternoons

## SUNSHINE CORNER PARENT, BABY & TODDLER GROUP

A warm and friendly meeting place for parents and carers to come and have a chat, a cup of coffee and a biscuit while their children make friends.

We have a large selection of toys to suit all ages from birth to 5 years, plus a craft table and song time.

Thursday mornings during term time

## STOKE POGES VILLAGE SOCIAL CLUB

A members' social club in the heart of the village. Whether you're looking for a drink with friends, a game of pool or darts or somewhere to bring the kids on a rainy day, we're always happy to help, with board games and cards available.

The Social Club is here for the community and we pride ourselves on bringing together local residents. We have a weekly general knowledge quiz and a golf society with monthly games from April to October.

Every day - see the Village Centre website for current opening hours

# The benefits of volunteering



## Being a volunteer can improve your health and wellbeing in many ways.

- Volunteering is a great way to make friendships and new social contacts.
- It can help boost your self-esteem and life satisfaction as you develop new skills and gain a sense of accomplishment, purpose and meaning.
- Many volunteer roles, such as conservation work or community event assistance, encourage physical activity.

Whilst they might not hold regular activities at our Village Centre, we have a number of charities and organisations who have committee meetings here.

There is always a need for volunteers to help with events, fundraising, publicity, admin and more. Giving your time and support could make a big difference to our community.

Visit our website to discover more about volunteering opportunities and how you can get involved.



# Promoting positive health and wellbeing for everyone



## STOKE POGES HEALTH & WELLBEING COMMUNITY HUB

Monthly group with workshops and information around health and wellbeing, open to residents of Stoke Poges and all patients of Threeways Surgery.

Supported by Stoke Poges Parish Council, Carers Bucks, Threeways Surgery and Buckinghamshire Healthcare NHS Trust.

Third Thursday of each month



in partnership with



Stoke Poges  
Parish Council

**CarersBucks**



Threeways Surgery



Buckinghamshire Healthcare  
NHS Trust



Stoke Poges Village Centre

129 Rogers Lane  
Stoke Poges  
SL2 4LP

[www.stoke-poges-centre.org.uk](http://www.stoke-poges-centre.org.uk)