

The Post is back!

It's been five years since The Greenwood Post last appeared but it's in leaf again this Spring for clients, volunteers, local residents and businesses and with a digital version available.

With Hampton & Hampton Hill Voluntary Care operating Greenwood Community Centre, Post editor, Patricia Mowbray, moved nearby.

Impressed by the centre's support for the local community, she offered to help. If you have ideas, suggestions for content or questions, you can contact Patricia via Hampton & Hampton Hill Voluntary Care by email:

enquiries@greenwoodcommunity.org.uk

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Keeping Residents Safe

During the pandemic Greenwood Community Centre hosted vaccination clinics for local residents served by Broad Lane and Park Road Surgeries and Hampton Medical Centre.

The clinics came under the Hampton Primary Care Network, a partnership of the three surgeries, and were organised by the individual GP surgeries, their medical team giving the vaccinations, with a GP on site. Each surgery recruited their own volunteers to help, with many of them existing Hampton & Hampton Hill Voluntary Care (H&HHVC) volunteers.

The initial lead GP setting up all the clinics was Dr Saikat Adhikari from Broad Lane Surgery. He later passed this responsibility on to Dr Sean Gallagher from Park Rd Surgery.

Dr Gallagher said: "H&HHVC have been brilliant, their facilities at Greenwood Community Centre were exactly what we needed to operate our vaccine clinics. However, even with such a great venue, our task would have been much harder without the tireless efforts of H&HHVC staff and volunteers. From booking and arranging transport through to putting up with mountains of PPE in their hall, they have been wonderful! Planning the clinics has come with many uncertainties, and the flexible approach from all of them has been invaluable."



Dr Gallagher continued to say "The beginning of the pandemic understandably caused a lot of fear and anxiety. The start of the vaccine programme felt for me and for many like the first ray of light in lifting this feeling. Many of our elderly and vulnerable patients had been shielding at home for months, so it was lovely so see them again and be able to give them a reason to see that life could go back to normal."

When asked "Did it establish closer links with H&HHVC and its volunteers and clients?" he responded "My GP surgery is in Teddington, so I hadn't heard much about the Greenwood Community Centre or Hampton & Hampton Hill Voluntary Care before we started to work with them. They have been a thoroughly lovely bunch to work with, and I truly hope that more collaborative work will follow on from this."

Keeping Residents Safe continued.

Dr Adhikari echoed these sentiments, adding: "Working in collaboration with Hampton & Hampton Hill Voluntary Care made it easier for patients without transport to make it to their hospital and GP appointments. The charity's volunteers offered a driver service for planned and, now, emergency appointments based on their availability. This pilot has been very helpful. It has also helped introduce clients to H&HHVC at Greenwood Community Centre and made them aware of the other services they provide. With the team at H&HHVC collaborating more closely with the GP practices, they are also, with a patient's consent, able to raise concerns they have about patients more easily. This has been helpful as sometimes the patients in need don't contact us themselves."

Rob McRae-Adams, CEO of H&HHVC, said: "The operation of these vaccination clinics was very impressive and an example of the outstanding effort of the NHS at a very challenging time. They worked tirelessly to create the clinics at very short notice and put in many additional hours. From our perspective everything ran extremely smoothly and professionally and we were very glad to help."

Activities for members of

Hampton & Hampton Hill Voluntary Care



Walking Group

Meets each Wednesday mild to moderate walks our clients, supported by volunteers, in and around the local area.



Men's Group

Meets each Tuesday and offers the chance for social activities and talks at Greenwood Community Centre



Women's Group

Meets each Thursday and offers the chance for social activities and talks at Greenwood Community Centre



Book Club

Meets monthly, a group for avid readers who cannot easily get out and about

A new space at Greenwood Community Centre

We are excited to announce that we have created a new space at the centre for community use and room hire.

Hampton & Hampton Hill Voluntary Care have moved their office to the front, reception space of the building creating an opportunity to form a really lovely space suitable for meetings, small parties, activities and events.

You can see more at: www.greenwoodcommunity.org.uk



Thank you for the music



Geoff and Jeanne arriving at Greenwood Community Centre

Geoff and Jeanne Wells have been married for 67 years, and he still feels incredibly lucky to have her as his wife.

A joiner and cabinet maker, Geoff was erecting a sign at Bentalls and couldn't take his eyes off lovely young Jeanne, who worked in the store altering garments. His workmate told him "You don't stand a chance, mate!"

"But that's the girl I married," Geoff grins. Adding when asked the secret of a long and happy marriage: "You have to choose the right one!"



Geoff and Jeanne at Fulwell Golf Course New Year Lunch

They are sitting in high-backed comfy chairs in Greenwood Community Centre and Jeanne explains: "This place does everything for us. It has been a life saver. When you are older, can't drive and can't walk far you can be cooped up at home. The centre takes us shopping, They are absolutely wonderful, laying on three shopping trips each week with the minibuss. We come here for social events, crafts, talks, exercises and they take us on trips to garden centres and the like."

"I come to the men's club as well," says Geoff. "I have never met people as kind as the volunteers, nothing is too much trouble and the camaraderie when we all get together really cheers you up. We didn't get Covid, they picked us up and took us to the centre for our three jabs."

The couple had three sons and have six grandchildren. Sadly, one of their sons died recently. "That was an absolute tragedy, so hard," says Geoff. "This place helped us to get through it. Our son was so glad of the way they always looked after us that our daughter-in-law gave the collection money in his memory to this charity,"

Families are tremendously grateful for the support Greenwood Centre gives to their elderly relatives. And there are many fun times too. The annual party held at Fullwell Golf Club may have been delayed by covid but it took place a few weeks ago, when Geoff and Jeanne were having a fantastic time, singing along to the performer's rendition of Abba's 'Thank you for the music.'

The music, laughter the shopping and the friendships – that's what they were both keen to thank Hampton & Hampton Hill Voluntary Care and their "lovely people" for.

If you know someone who needs help, contact Hampton & Hampton Hill Voluntary Care at Greenwood Community Centre on 020 8979 9662 or email enquiries@greenwoodcommunity.org.uk

Tu-tu glad to be back dancing together

Lauren Haith School of Dance, an inclusive dance school has offered lessons in ballet, contemporary, progression ballet technique and more at Greenwood Community Centre since September 2019. Due to the pandemic, classes had to move online during lockdown but once lockdowns ended, principal Lauren Haith, found that there was an increase in both children and adults enrolling in her dance classes.

“Parents wanted children to be active and back in a group for both their physical and mental health and wellbeing,” she says. “Some of the younger children whose reception education or time at nursery had been disrupted were quite shy at first but both they and adult dancers benefitted from not being reduced to sitting at home.

Dancing is a huge confidence boost. Having the courage to come to classes where you might not know anyone, making friendships with different people, going into that situation and believing in yourself, letting yourself be free, is very beneficial. I've seen youngsters who struggled with confidence becoming happy to perform and take exams, to express themselves. It's fantastic to see that growth and change.

And it's not just the children, adults who are doing something they have never done, or not done for years, can be outside their comfort zone. That's why we always start at the barre before moving into the centre as it gives that extra security and comfort.”

Lauren began dancing herself when she was two and, by the time she was 13, was helping her ballet teacher at classes. She still remembers the joy of helping a much younger child learn to skip and the delight on the little one's face. She trained at the Royal Academy of Dance, has a BA in Ballet Education as well as registered teacher status and teaches the Royal Academy syllabus. From toddlers to older adults, Lauren loves seeing her students develop in ballet, contemporary dance, adults' Pilates-based exercise and vocational students' progressive ballet technique (PBT) which helps train muscle memory to improve dancers' technique.

“I want dance to be really inclusive, whatever a person's age, gender, background or ability, to offer something for everybody,” says Lauren. “Although we quite quickly changed to online dance and had a lot of exercise and family dance classes during lockdowns bringing everyone together, it was fantastic to be back at Greenwood Community Centre.

“It is the best hall I've taught in, with great facilities including barres, good lighting and a very good floor. People are always on site, which makes a big difference because of the great sense of community. We were hoping to do a performance for the older people but had to postpone it because of covid. But we will rearrange it as we very much want to belong to the Greenwood community.” **If you or your child would like to get your dancing shoes on visit:**

www.laurenhaitdance.com or email: principal@laurenhaitdance.com



Hampton & Hampton Hill Voluntary Care shopping services help local people who are finding it difficult to get to the shops to do their weekly shop. Call us on 020 8979 9662, email enquiries@greenwoodcommunity.org.uk or visit www.greenwoodcommunity.org.uk to find out more



A win-win situation

Shirley Flanagan has been volunteering at H&HHVC for over three years and says: "I have really enjoyed it. It's great to meet lots of different local people and I get a lot of enjoyment out of it."

She has lived in the area a long time and her son went to school in Hampton but, working full time as a tax advisor, "I wasn't involved in the local activities until I retired."

But once she did get involved, Shirley became invaluable. She's an escort on the various excursions, became a telephone befriender during lockdown, does shopping for people and is part of the walking buddies scheme.

"With lock downs and older people not able to leave their homes, I was a telephone befriender for five people. Just having someone to talk to kept them connected with the outside world and helped with their anxiety and I was a link with the centre and able to report back if they needed particular help. I still call two people once a week and one three times a week. Having someone on the end of the phone, calling at a prearranged time, means they know I'll always be in touch. With Spring and better weather approaching, I look forward to getting back out as a walking buddy as just a short walk in the fresh air makes a difference.

"Now excursions can take place again, the minibus is almost always full. I've got to know the regulars and it's lovely to take part in their activities. It's great to be part of something so positive and it's also very positive for me."

If you would like to become a volunteer like Shirley you can get more information via Hampton & Hampton Hill Voluntary Care at Greenwood Community Centre on 020 8979 9662 or email: enquiries@greenwoodcommunity.org.uk.

We currently have volunteer vacancies for car drivers, weekly shoppers, digital buddies, visual display assistant, cycle couriers, mini-bus drivers and passenger assistants.



Moving Mountains

Mountain Pose in yoga means standing tall and strong, with your feet parallel and arms at your side, allowing you to take slow, deep breaths.

For yoga teacher Sarah Greenall taking a deep breath was essential when lockdowns hit. However, helping others to get through the pandemic with the help of yoga and meditation has seen Sarah's sessions adapt, improve and spread both nationwide and as far as Sydney, Australia.

Now, thanks to zoom, someone in Yorkshire or Essex can join a class at Greenwood Community Centre, while those who are vulnerable, or struggle to make it in person, can take part from home too, or even get recordings for later.

For some years Sarah has run yoga classes that cater for every level, from chair yoga to gentle yoga to mixed level sessions. Her aim is always to make yoga accessible, not intimidating, and she says the Greenwood space is "fabulous".

But unable to take physical sessions during lockdowns, she quickly got to grips with zoom, introduced an online booking system, and to the joy of many in her classes quickly started teaching on screen.

"Everyone loved the connection at such a difficult time as well as the ability to continue with an element of routine and use the power of yoga and meditation to find calm in such anxious times," she says. "But it was amazing to be back at the Centre when lockdowns lifted and, with my new hybrid system, to be able to still reach those too vulnerable or not yet ready to attend in person. Some, like parents of small children, are also finding it more convenient to do their yoga from home too.

"The Greenwood centre is a fabulous and friendly space and the community around here is great," says Sarah who grew up and has always lived in the area and whose family have owned and run Cavan bakery since it started in 1929. As an essential business they stayed open during the pandemic.

"We lost a lot of our wholesale business providing for pubs, hotels and restaurants but with the shops open the community really supported us which was fantastic," she explains. The pastries are so good it's just as well that Sarah's yoga can help to work off that extra lockdown weight!

Sarah teaches at Greenwood Community Centre Mondays-Thursdays, see her website for details www.sarahgreenall.com. The first class is free!



John Dormer



Everyone at Greenwood Centre was saddened by the recent death of long-term volunteer and staff member John Dormer. Someone who made a real difference.

Colleague, Pauline Hollis, said: "John has been involved with Hampton & Hampton Hill Voluntary Care for many years, starting as a volunteer telephone befriender around 15 years ago, and then stepping into the lettings role. He was very well known in the village and popular with our room hirers. His passion was his music. He was in a band playing guitar, with a collection of more than ten guitars. He would always do anything for anybody, had a wicked sense of humour and will be missed by us all."

Rob McRae-Adams, CEO, added "John was a great character and centre users always spoke highly of him. He had a wonderful sense of humour and was often caught singing to himself in the office. He will definitely be missed and staff, and many of the regulars who use Greenwood Community Centre, expressed their heartfelt condolences to his wife and family."

A Message from the CEO

We are so pleased to be bringing back the Greenwood Post for the local community. The previous newsletter circulated to nearly 18,000 homes, dropping through people's letterboxes on a regular basis.

With the changing times the popularity of receiving newsletters dropped, circulation dwindled, income generated from advertising ceased and the volunteers available to post them through letterboxes became more difficult to source all leading to the demise of the newsletter in 2016.

However, we now have the opportunity to relaunch the newsletter with the help of a new volunteer and digital resources to keep the costs and environmental impact down. I am sure you will see the content evolve with time, so do keep in touch with us and let us know your thoughts at enquiries@greenwoodcommunity.org.uk

Best Wishes

Rob

