

Issued: April 2022

Monday



Activities

Sally Rowland Yoga

Time: 9.30am - 11.00am

Contact: Sally Rowland

Email: sallyjrowland@hotmail.com

Website: www.sallyrowlandyoga.co.uk



Telephone: 07973 212 713



Yogic Tones

Time: 10.30am - 11.00am

Contact: Jessica Turner

Email: yogictones@gmail.com



Telephone: 07779 579 285



Sarah Greenall Yoga

Time: 7.15pm-8.30pm

MIXED LEVEL YOGA designed to stretch deeply, breathe fully and relax completely

Contact: Sarah Greenall

Email: sarah@sarahgreenall.com

Website: www.sarahgreenall.com



Telephone: 07952 931 383



Bridge Club

Time: 7.30pm - 10.00pm

Contact: Melba Moon

Email: melbamoon2003@yahoo.co.uk

Telephone: 07702 813 847



Tuesday

Sarah Greenall Yoga

Time: 10.00am - 11.00am

CHAIR YOGA for older adults and the less mobile

Contact: Sarah Greenall

Telephone: 07952 931 383

Email: sarah@sarahgreenall.com

Website: www.sarahgreenall.com



Pilates - Simona Stojkova

Time: 9.30am - 10.30am

Contact: Simona Stojkova

Telephone: 07917 1038 56

Email: simona.pt@hotmail.co.uk



Men's Group

Time: 1.45pm - 3.15pm

A group for members of Hampton & Hampton Hill Voluntary Care

Contact: Pauline Hollis

Telephone: 020 8979 9662

Email: enquiries@greenwoodcommunity.org.uk

Website: www.greenwoodcommunity.org.uk



Lauren Haith School of Ballet

Time: 3.30pm - 7.45pm

Children's and vocational ballet classes

Contact: Lauren Haith

Telephone: 07912 947 117

Email: principal@laurenhaitdance.com

Website: www.laurenhaitdance.com



Wednesday

Sarah Greenall Yoga

Time: 9.30am - 10.45am

MIXED LEVEL YOGA designed to stretch deeply, breathe fully and relax completely

Contact: Sarah Greenall

Email: sarah@sarahgreenall.com

Website: www.sarahgreenall.com



Telephone: 07702 813 847

Yogic Tones

Time: 10.30am - 11.30am

Contact: Jessica Turner

Email: yogictones@gmail.com



Telephone: 07779 579 285

Lauren Haith School of Ballet

Time: 4.00pm - 9.00pm

Children's and adult's contemporary and ballet classes

Contact: Lauren Haith

Email: principal@laurenhaitdance.com

Website: www.laurenhaitdance.com



Telephone: 07912 947 117

Mindful Yoga

Time: 7.00pm - 8.15pm

Contact: Sanjive Vasant

Email: sanjivevasant@yahoo.co.uk



Telephone: 07941 546 005

Thursday

Sarah Greenall Yoga

Time: 9.30am - 10.45am

GENTLE YOGA enjoy a slower class, working at your level & your pace

Contact: Sarah Greenall

Email: sarah@sarahgreenall.com

Website: www.sarahgreenall.com



Telephone: 07702 813 847

Women's Group

Time: 1.45pm - 3.15pm

A group for members of Hampton & Hampton Hill Voluntary Care

Contact: Pauline Hollis

Telephone: 020 8979 9662

Email: enquiries@greenwoodcommunity.org.uk

Website: www.greenwoodcommunity.org.uk



Pilates+

Time: 2.00pm - 3.00pm

Programme for Women 60 + Beginner / Level 1

Delivered by: Active Women and Girls Foundation

Contact: Sarah Robbie

Telephone: 07941 334 956

Email: sjanerobbie@aol.co.uk

Website: www.activewomenandgirls.org.uk/



FLexercise

Time: 2.15am - 3.15am

Contact: Lidia Lonergan

Email: lidialonergan@btinternet.com

Website: https://www.fl-exercise.com/



Telephone: 020 8876 5767

Thursday

Soulful Touch (Kid's Yoga)

Time: 3.45pm - 16.45pm

Contact: Tina Parmar

Email: contact@soulful-touch.com



Telephone: 07525 182 618



YS Pilates

Time: 6.00pm - 7.00pm

Contact: Yolanda Seguro

Email: yolanda.seguro@googlemail.com

Website: www.yspilates.co.uk



Telephone: 020 8133 2603



Woodcraft Folk

Time: 7.15pm - 8.45pm

In our groups, young people learn new skills, form lifelong friendships and explore big ideas through fun activities.

Contact: Ralph Blackburn

Email: rblackbourn@hotmail.com

Website: www.woodcraft.org.uk



Telephone: 07947 799 602



Singers and Songs

Time: 7.30pm - 21.00pm

Not a choir or choral group. The emphasis with us is on your individual voice. All the enjoyment and singing with individual attention and focus, without having to pay for expensive private classes

Contact: Elaine Hallam

Email: info@singersandsongs.com

Website: www.singersandsongs.com



Telephone: 07956 323 782



Friday

Hannah Parkin Yoga

Time: 9.30am - 10.30am

Contact: Hannah Parkin

Email: hannah.parkin@icloud.com

Telephone: 07958 464 248



Yogic Tones

Time: 10.30am - 11.30am

Contact: Jessica Turner

Email: yogictones@gmail.com

Telephone: 07779 579 285



Guitar Club

Time: 7.30pm - 9.00pm (EVERY FORTNIGHT)

Contact: Mick Leyden

Email: micklizleyden@gmail.com

Telephone: 07711 126 558



YS Pilates (Beginners)

Time: 11.30am - 12.30pm

Contact: Yolanda Seguro

Email: yolanda.seguro@googlemail.com

Website: www.yspilates.co.uk

Telephone: 020 8133 2603



Room Hire - Community Space

Time: 9.00.am - 8.00pm

We have space available for community use and are suited for:

- Counselling services
- Exercise groups
- Activity groups

Contact: Graham Robinson

Email: roomhire@greenwoodcommunity.org.uk

Website: www.greenwoodcommunity.org.uk

Telephone: 020 8941 1611



Lauren Haith School of Ballet



Time: 2.00pm - 6.00pm

Children's and adult's contemporary and ballet classes

Contact: Lauren Haith

Telephone: 07912 947 117

Email: principal@laurenhaitdance.com

Website: www.laurenhaitdance.com

Room Hire - Party Bookings



Time: 10.00am - 8.00pm

We have space available for party bookings and are especially suited to children's parties. Due to local restrictions it can be difficult for us to host large parties, but it is always best to speak to our team to discuss your needs. Hire rates can be found on our web site.

Contact: Graham Robinson

Telephone: 020 8941 1611

Email: roomhire@greenwoodcommunity.org.uk

Website: www.greenwoodcommunity.org.uk

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Telephone: 020 8941 1611

Email: roomhire@greenwoodcommunity.org.uk

Website: www.greenwoodcommunity.org.uk

Sunday

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Telephone: 020 8941 1611

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Email: roomhire@greenwoodcommunity.org.uk

Website: www.greenwoodcommunity.org.uk

Other Services

Counselling Services at Greenwood Community Centre



Off the Record

Counselling service for young people aged 11 - 24.

Day /Time: By appointment only

Contact: Off the Record

Telephone: 020 8744 1644

Email: counselling@otrtwickenham.com

Website: www.otrtwickenham.com



Lorrie Berry

I am an Integrative Relational Counsellor. My aim is to provide a warm, empathic, confidential and non-judgmental space where you are able to talk about the difficulties you are experiencing.

Day /Time: By appointment only

Contact: Lorrie Berry

Telephone: 07714 047 741

Email: enquiries@greenwoodcommunity.org.uk

Website: <https://www.counselling-directory.org.uk/counsellors/lorraine-berry>



Bryan Searle

I work in an integrative way which means that I draw on my knowledge and experience of different theories and approaches to inform my work with you as an individual. I offer a safe, confidential, supportive, non-judgemental approach which puts you first and aims to help you to make sense of the issues that you are facing.

Day /Time: By appointment only

Contact: Bryan Searle

Telephone: 07368 174 925

Email: enquiries@greenwoodcommunity.org.uk

Website: <https://www.counselling-directory.org.uk/counsellors/bryan-searle>



Disclaimer:

Hampton & Hampton Hill Voluntary Care are unable to offer any recommendation or advice on the services hosted at Greenwood Community Centre. Please contact the service organiser/provider for information and their current prices/charges.

Join the team

Hampton & Hampton Hill Voluntary Care

Our volunteer car drivers provide essential support to members of the local community

Aimed at supporting those who are less mobile, our volunteers help by providing lifts to doctor, local hospital and dental appointments and groups or activities

We always welcome new volunteers to the team and the commitment can be as little as or as much as you choose

T: 020 8979 9662

E: enquiries@greenwoodcommunity.org.uk

W: www.greenwoodcommunity.org.uk



Hampton & Hampton Hill Voluntary Care
Supporting Local People : Improving Local Lives

1a School Road Hampton Hill, TW12 1QL
Registered in England & Wales Company No. 6431882 Charity No. 1140070



Other Services

Hampton & Hampton Hill Voluntary Care



Days: Monday to Friday **Time:** 9.00am - 5.00pm

We run Greenwood Community Centre and provide a range of services to support our local community and registered clients. Call or drop by for an informal chat about how we may be able to help.

Telephone: 020 8979 9662

Email: enquiries@greenwoodcommunity.org.uk

Website: <https://greenwoodcommunity.org.uk/community-services>

Book Club

Day /Time: Varies by arrangement

Meets monthly at Greenwood Community Centre or by Zoom or telephone conference call. Aimed at supporting those who are less mobile, we help by organising the book to be dropped off to your doorstep.

Walking Group

Day: Wednesdays (day subject to change by group agreement)

Time: 11.00am

We run a weekly walking, group lead by volunteers, on Wednesdays for registered clients of Hampton & Hampton Hill Voluntary Care.

Tea & Chat

Day: Mondays & Wednesdays **Time:** 3.15pm to 4.15pm

Young people volunteering to earn their Duke of Edinburgh award to run small "Tea & Chat" sessions at the Centre. Aimed at registered clients who can make their way to the Centre independently, who would enjoy some social contact with others.

Virtual Walks

Day /Time: By appointment only

We arrange virtual walks for people who are unable to get out and about. One of our volunteers will organise a Zoom call and take you on a local tour. For registered clients of Hampton & Hampton Hill Voluntary Care.

Shopping Services

Day /Time: Various

Contact: Mandy / Jackie

Registered clients can access support to do their weekly grocery shop. We either ask one of our volunteers to shop on your behalf or you can join one of the weekly shopping buses we provide. The bus has a tail lift making it fully accessible.

Befriending Service

Day /Time: By appointment only

Contact: Pauline

If you, or someone you know, is feeling isolated or lonely, one of our befriending volunteers can arrange weekly visits or telephone calls. All our volunteers have background checks and are matched to clients by our Befriending Coordinator.

Digital Buddies

Day /Time: By appointment only

Members of Hampton & Hampton Hill Voluntary Care can access one of our Digital Buddies who can help un-pick your technology conundrums.

Transport Services

Contact: Hampton & Hampton Hill Voluntary Care

Members of Hampton & Hampton Hill Voluntary Care can access volunteers who can offer a lift to local hospital and health appointments or to local locations. We also run accessible minibuses providing a weekly excursion programme, shopping buses and transport to Linden Hall, Ellera Hall and Homelink

Join our mailing list

You can receive regular updates of our Activities, Excursion Program and/or our regular newsletter, "The Greenwood Post" by subscribing at:

http://eepurl.com/g6_opf or scan this QR code

