

Issued: Feb 2023

Monday



Activities Programme

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 - 11.30am

Contact: Jessica Turner

Email: yogictones@gmail.com

Telephone: 07779 579 285



Soulful Touch (Kid's Yoga)

Time: 3.45pm - 4.45pm

Contact: Tina Parmar

Email: contact@soulful-touch.com

Telephone: 07525 182 618



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



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



Diabetes Awareness

Time: By GP referral only

Diabetes awareness programme comprises of informative, interactive tuition on how to minimise your risk of developing diabetes.

Contact: Your local GP

Website: <https://www.hrch.nhs.uk/services/search-services/diabetes-service-richmond>



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



JA Pilates

Time: 7.30pm - 8.30pm

Contact: Jane Arlow

Telephone: 07788 440 876

Email: jane_arlow21@yahoo.co.uk

Website: www.japilates.co.uk/



Wednesday

Sarah Greenall Yoga

Time: 9.30am - 10.45am

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

Contact: Sarah Greenall

Telephone: 07702 813 847

Email: sarah@sarahgreenall.com

Website: www.sarahgreenall.com



Yogic Tones

Time: 10.30am - 11.30am

Contact: Jessica Turner

Telephone: 07779 579 285

Email: yogictones@gmail.com



Sarah Greenall Yoga

Time: 11.00am - 12.15pm

BEGINNERS YOGA designed to stretch deeply, breathe fully and relax completely

Contact: Sarah Greenall

Telephone: 07702 813 847

Email: sarah@sarahgreenall.com

Website: www.sarahgreenall.com



Lauren Haith School of Ballet

Time: 4.00pm - 9.00pm

Children's and adult's contemporary and ballet classes

Contact: Lauren Haith

Telephone: 07912 947 117

Email: principal@laurenschoolofballet.com

Website: www.laurenschoolofballet.com



Mindful Yoga Flow

Time: 7.00pm - 8.15pm

Flowing mindfully with the breath through a sequence of seated, standing and inverted postures ending with a period in relaxation, to leave us feeling energised yet calm, grounded yet uplifted. Suitable for all bodies!

Contact: Sanjive Vasant

Telephone: 07941 546 005

Email: sanjive.vasant@googlemail.com

Website: www.mindfullyyogaflow.co.uk



Thursday

Sarah Greenall Yoga

Time: 10.00am - 11.15am

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

Contact: Sarah Greenall

Telephone: 07702 813 847

Email: sarah@sarahgreenall.com

Website: www.sarahgreenall.com



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



FLexercise

Time: 2.15am - 3.15am

Contact: Lidia Lonergan

Telephone: 020 8876 5767

Email: lidialonergan@btinternet.com

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



Soulful Touch (Kid's Yoga)

Time: 3.45pm - 4.45pm

Contact: Tina Parmar

Telephone: 07525 182 618

Email: contact@soulful-touch.com



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

Telephone:

Email:

Website: www.woodcraft.org.uk



Friday

Hartbeeps

Immersive, sensory music sessions for little folk and their grown-ups!
Various sessions run from 9am to 1pm.

Time: 9.00am - 1.00pm

Contact: Abi

Email: abi@hartbeeps.com

Website: www.hartbeeps.com



Yogic Tones

Time: 10.30am - 11.30am

Contact: Jessica Turner

Email: yogictones@gmail.com

Telephone: 07779 579 285



Singing for the Brain

Time: 2.00pm - 3.30pm (second and fourth Friday of every month,)
Singing for the Brain brings people affected by dementia together to sing a variety of songs they know and love, in a fun and friendly environment.

Contact: Joy at Home Instead

Telephone: 020 3879 7877

Email: joy.james@homeinstead.co.uk



Feldenkrais Method & Pilates

Awareness Through Movement lessons

Accessible All Public, FREE TASTER CLASS with the code HELLO22
Participants need to bring a mat and wear comfortable clothing

Time: 2.00pm - 3.00pm

Contact: Laure Bachelot

Email: www.movementawareness.uk



Guitar Club

Time: 7.30pm - 9.00pm (every fortnight)

Contact: Mick Leyden

Email: micklizleyden@gmail.com

Telephone: 07711 126 558



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@laurenschoolofballet.com

Website: www.laurenschoolofballet.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



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

Telephone: 020 8941 1611

Email: roomhire@greenwoodcommunity.org.uk

Website: www.greenwoodcommunity.org.uk



Sunday

Hannah Parkin Yoga

Time: 10.00am - 11.15am (First Sunday of each month)

Contact: Hannah Parkin

Telephone: 07958 464 248

Email: hannah.parkin@icloud.com



Room Hire - Party Bookings

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Other Services



Counselling Services at Greenwood Community Centre

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>

Stuart Neville

Life sometimes requires us to change. The issue that brought you here need space to be voiced and attention to be processed. We will do this work together, courageously and sensitively. Your Psychotherapy sessions will focus on self-exploration - it's about getting unstuck and moving forward in our lives. Whether it's a close relationship, a work issue, a sense of meaninglessness, or concerns about your mental health, we will talk about what really matters to you.

Day /Time: By appointment only

Contact: Stuart Neville

Telephone: 07481 946 204

Email: enquiries@greenwoodcommunity.org.uk

Website: <https://www.counselling-directory.org.uk/counsellors/stuart-nevill>

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.

Other Services



Counselling Services at Greenwood Community Centre

David Pexton

I am an experienced therapist using an integrative approach to counselling. Primarily I work using a person-centred approach combining psychodynamic theory (psychosocial and attachment theory), CBT, Transactional analysis with a keen interest in Transpersonal theory. I am passionate about your physical, emotional, spiritual and mental well-being.

Day /Time: By appointment only

Contact: David Pexton

Telephone: 07967 808 085

Email: enquiries@greenwoodcommunity.org.uk

Website: <http://www.holistichealthrichmond.co.uk/>

Space 2 Grieve

A local registered charity founded by a group of highly trained volunteers who have many years' experience in bereavement support.

Day /Time: By appointment only

Contact: Space 2 Grieve

Telephone: 0751 937 6363

Email: support@space2grieve.org.uk

Website: www.space2grieve.org.uk

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

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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.

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.

Other Services

Hampton & Hampton Hill Voluntary Care



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, Elleray Hall and Homelink

Room Hire - Party Bookings

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Telephone: 020 8941 1611

Email: roomhire@greenwoodcommunity.org.uk

Website: www.greenwoodcommunity.org.uk



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

