

Welcome to issue 2 of the Greenwood Post. We hope that everyone is having a lovely summer, especially now that we can all be together with family and friends once again.

We are lucky to have a great community here in Hampton Hill, with friendly local businesses, and green spaces like Bushy Park.

The Greenwood Community Centre, run by Hampton & Hampton Hill Voluntary Care, is delighted to be part of and to serve this community. If you would like to know more or get involved, please visit our website www.greenwoodcommunity.org.uk

If you have any ideas for content in the next newsletter you can contact the editor Patricia Mowbray via email: enquiries@greenwoodcommunity.org.uk

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FLexercise Fun and Fitness for the over 50s

***'Why don't you build me up Buttercup'* is playing in Stanton Hall and the FLexercise class members are moving to the beat, toes tapping, arms swinging.**

"That's much better than last week!" says Lidia Lonergan. "Very good."

A dozen women aged 66 to 85 are looking very fit and clearly enjoying this community-based exercise class for people of all ages but specialising in exercise for over 50s in a non-judgmental and supportive environment.



25 years at Greenwood

Classes have been running for at least 25 years at the Greenwood Centre, originally with Marjorie Beebee in charge, who retired from teaching in 2019, having taught for the organisation for no less than 60 years.

Lidia then took over and says: "Some in the class are amazingly fit for their age. One of the older members recovered from surgery in January and you wouldn't know she'd been ill. She has been coming to classes for over 20 years."



Certainly, the women in the class are moving well and smiling broadly. It looks like fun, certainly not a chore.

FLexercise blends the principles of correct body alignment, joint mobilisation, muscle strengthening and lengthening and coordinated movement without tension, with something for everyone.



Using the FLexercise principles, Lidia delivers exercise and movement which can be adapted for each class member, while enabling them to enjoy the benefits of working in a group.

Pre and post-op strengthening

"We have lots of positive feedback on how much better people feel after attending. Aches and pains are reduced, balance improves, mental health issues are less acute, they become more body aware and have fun," says Lidia.



“Those requiring pre- and post- operation strengthening for hip and knee replacements are particularly helped. Our exercise system is also beneficial for those with Parkinson’s Disease, osteoporosis, osteoarthritis, and back pain.”

One class member who is now happily also cycling with confidence, says: “Twenty odd years ago I had some lower back problems and my osteopath said I had to go to a stretch exercise class. I discovered my nearest class was run by Marjorie Beebee, an ex-teaching colleague, who had also taught my son the clarinet! That class made such a difference. I loved the variety of exercises, often quite challenging, and always felt better for going. Marjorie was great, the people were friendly, and I soon persuaded a friend to join. “About seven years ago I had a hip replacement, and 3 years ago the other hip joint was replaced. I still need to walk with a stick for any distance. However, the FLeXercise class has continued to strengthen the muscles and over the last few months I have been able to stand up and walk so much better. In fact, thanks to some exercises given to me by our present lovely tutor, Lidia, I can now walk upstairs without holding a rail or using a stick, for the first time in years!”

“So, long may the classes continue! I am really grateful to Marjorie and Lidia, and others who have stepped in on occasion, for keeping us so much fitter and livelier than we would otherwise have been.”

Lidia’s two careers

Lidia has combined a career as a geologist with being a FLeXercise teacher. Since settling in London in 1995, and taking up a lecturing post at Imperial College, Lidia has continued teaching FLeXercise. “Having these two careers has been fundamental to who I am and my wellbeing. Since growing up as a teenager in Ireland in a supportive family, I’ve always believed that everything is possible!” she says. Studying the history of the earth and its life, especially as recorded in rocks, Lidia manages to make life better for its inhabitants by keeping them active. Not a bad combination.



Lidia’s class at Greenwood Community Centre are on Thursdays from 2:15 to 3:15 .

For more information contact:

Lidia at lidialonergan@btinternet.com or Tel: 020 8876 5767

Scan the following QR code to join our mailing lists to receive any of the following:

- The Greenwood Post
- Greenwood Activities Programme
- Excursions Programme



Greenwood hospitality for all your events

Are you hosting an event or party? The Greenwood Community Centre has some great spaces for every type of gathering, at reasonable prices.

Whether you need a rehearsal space, want to host a team event, get friends and family together for a celebration or throw a fun children's party, we have the ideal space for you. You can even take a room for one-to-one meetings or counselling sessions.

If you want to host a reception or party you can decorate the hall to suit and whatever your event, there will be someone to answer any queries.

So why not stay local and help your community at the same time, with lettings helping to fund services provided.

So, for your next get together why not have a look and book with us?

Stanton Hall can seat 70 in a light, bright space and has a great floor for dancing.

Oak Room seats up to 50 and has a 55" monitor for presentations or workshops

Rowan Hall seats up to 20 people and has a 55" monitor for presentations or workshops

Maple and Holly Rooms are carpeted spaces ideal for counselling or presentations. The Maple room has a 42" monitor for presentations or workshops

The onsite kitchen, attached to the Stanton Hall, has a double oven, gas range cooker, microwave, two large fridge-freezers and a dishwasher, with tableware and glasses available for hire.



Holly Room



Maple Room



Oak Room



Rowan Hall



Stanton Hall

For more information email: roomhire@greenwoodcommunity.org.uk

N.B. We do impose restrictions on some bookings due the residential nature of our location and cannot accommodate, smoke machines, glitter packs and certain other decorations

A warm, welcoming place to talk

Lorrie Berry is an integrative counsellor who draws on a number of different counselling theories, depending on a client's needs. She began to train as a counsellor after the death of her father and as her daughter grew older, freeing more of Lorrie's time.

"I'd had experience of counselling myself and decided I might make a good counsellor. I certainly enjoy the work and find the Greenwood Centre warm and welcoming. As someone with mobility challenges, I originally found the centre on the British Association for Counselling and Psychotherapy's accessible directory.

"It's an ideal environment for counselling and I see clients from 15 upwards there, as well as being a telephone befriender for the Greenwood Community Centre, which I find very uplifting.

"When I moved to Sunbury, I loved coming here so much that I knew it was where I would stay. It's such an inviting place, with staff that are so lovely. Having somewhere so friendly and accessible for me and the clients is fantastic." **You can contact Lorrie via lorrie_berry@hotmail.com**



Struggling to get about?

Once you can no longer drive and hopping on a bus becomes more and more of a problem, it can be difficult to pick up shopping or travel to health appointments.

So if you, or someone you know, is finding transport a challenge you can contact the Hampton & Hampton Hill Voluntary Care who run two community minibuses in partnership with Richmond & Kingston Accessible Transport.

Volunteer drivers and passenger assistants support the service and take people on regular shopping trips, on excursions and to local groups. There's also a team of volunteers using their own cars to take people to health appointments, social activities, faith groups and community services.

Email: transport@greenwoodcommunity.org.uk, visit www.greenwoodcommunity.org.uk or call 020 8979 9662



Did You Know?



Opening of CCG office in August 1974

Where the Greenwood Community Centre is now located a school for infants and girls was opened in 1865. Her Majesty's Inspectors wrote favourably about the needlework and knitting, with the school leaving age just 11. School attendance wasn't compulsory until 1876.

We saw the official opening of the Hampton Hill and Hampton Community Care Group Office in 1974, based in the United Reform Church. The charity was renamed Hampton & Hampton Hill Voluntary Care when it registered with Companies House.

In 1991 extensive building work took place at the site in School Road and, in 1992, Greenwood Community Centre was opened by Her Royal Highness The Duchess of Gloucester

Loving Hampton Hill Life

Carole Richardson moved to Hampton Hill from Teddington recently and went to the Greenwood Community Centre to have her covid vaccinations.

"I looked at the noticeboard in the hallway, discovered all that they do and signed up straight away," she says.

"As you get older you shouldn't rely on family all the time as they have their own commitments and it's good to know I can rely on the centre and look forward to their events. I've been on a few excursions and have met people with great personalities and the charity's CEO, Rob, is brilliant. I worked in government for 39 years, so I recognise a system that works.



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Jubilee lunch was great

"I get shopping delivered and go out with my walker to pick up extras, so I don't need help shopping but I enjoy the trips, like one to a craft fair and another to a lovely event at Fulwell Golf Club. We also had a Jubilee lunch, with some people dressing up, table decorations and an amazing singer. People gave it their all and there was a great atmosphere and great catering.

"I love music, my father played the accordion and insisted we had Spanish blood. He loved playing Portuguese fado and the Pasa Doble and adored Chopin. Family has always been very important to me and, as a single mum, I'm very close to my son Marlon, his wife Claire and my two lovely grandchildren Scarlett and Violet.

Recommending the centre

"I know that they're glad I found the centre. You'd have to pay me to leave it! I'm always recommending it to others I meet, and the volunteers are wonderful. It's very valuable meeting people and I've always enjoyed it. I'm very sociable and enjoy the way different cultures contribute different things

"I'm glad I moved to Hampton Hill recently as people around here are ultra-friendly and never more so than at the centre where I've met some very nice people. You can choose what to take part in and it offers so many things. I joined because I thought it would expand my life and it has.

"I'm interested in documentaries and history, in people who have left their mark. The Greenwood Community Centre will certainly leave a mark with its lovely people, different personalities, great vibes, and great fun. They have been very kind to me."

The value of volunteering

Volunteering can make a real difference to your own life as well as the lives of others. Taking up a volunteer role can build your confidence, your CV and bring new friendships while you are making a difference to your community.

The Greenwood Community Centre has a variety of volunteering opportunities. In total around 120 to 200 Greenwood volunteers are helping their local community and you would be very welcome to join them.

You could help people make the most of digital services, drive them to health and social appointments, befriend them by regular visits or calls, assist the minibus drivers on shopping trips and excursions, help run groups and activities; help foster a love of reading through the Book Club, provide company on gentle walks, pick up shopping or even help with crafting.



There's a volunteer role to suit everyone. **So why not visit the website or call 020 8979 9662 or email: enquiries@greenwoodcommunity.org.uk.**



Two cards from the Queen

Ron and Jean Nokes met in the days when entertainment was Saturday night dances or visits to the local cinema. Ron, now 93, had gone to Wimbledon Town Hall with some friends from his RAF national service days and asked Jean, who is now 92, to dance. "It was the waltz, quickstep or tango in those days," he says. "I was living with my mum in Southfields and Jean was with her family in Chessington. When I saw her at the dance again, I asked her on a date to the cinema. We met and married in ten months!"



That was 70 years ago and the couple, who live near the Uxbridge Road, have now had two cards from the Queen, one for their diamond wedding anniversary and recently for their platinum wedding.

A well-travelled inspiration

They are an inspiration. Ron still drives and does the chores and they like nothing more than weekends away on the coast.

"We loved travelling, mostly in Europe," says Jean whose aptitude for maths saw her sought after as a bookkeeper and wages clerk. "There was no other way to do it in those days except for in your head and jobs were plentiful.

"When we got married, we had a week's honeymoon on the Isle of Wight. People didn't really holiday abroad then but over the years we've been to Italy, Spain, France, Cyprus, Malta, often with friends. We went to America too but the place we both loved and went back to was Sorrento on the Italian coast and we took a trip to Venice and went in a gondola."

Ron, who served as a wireless operator with the RAF in what is now Sri Lanka but was then Ceylon, went on to become a telephone engineer with the GPO, later British Telecom. He was a manager and still has a lovely clock his staff gave him when he retired. The company gave him a television and two years' pay for his 42 years' service. He then worked part time for an engineering firm.

62 years in their home

Having lived with Ron's mother to save for a home of their own, the couple saw that houses were being built on what had been the Ringwood Nursery and "I put a deposit down, not really sure what we were getting other than a three-bedroom house," says Ron.

They have had a happy 62 years in that house, which is beautifully kept, with a lovely garden. Ron laughs that he has two new knees. Jean has had a hip replacement. But they are what everyone would call marvellous, neither look their age.

They became clients of the Greenwood Centre a couple of years ago at the suggestion of a neighbour Suraya Goodlett, a volunteer there.

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Ron says that although they can't walk far both he and his wife are totally independent.

"We've had a busy social life until recently and I can still drive to the shops. But it's good to know that the community centre is there when we do need it and when I can't drive any more. In the hot weather they phoned to check we were all right. It's good to know that they are there when we need them."

And, of course, there must be a secret to 70 years of happy marriage and, as they both say, still in love. "Never go to bed on a quarrel," says Ron. "Count your blessings and be grateful for what you've got," says Jean.

Hampton & Hampton Hill Voluntary Care Platinum Jubilee Celebrations



We put on a wonderful celebration party for clients of Hampton & Hampton Hill Voluntary Care with the support of a grant from LB Richmond upon Thames.

Our clients were treated to a Royal Garden Party themed event, including catering from Hampton Hampers, "Name the Corgi" run by our Duke of Edinburgh volunteers, entertainment from Sarah Burley, an online quiz and a good old traditional round of BINGO!

Supporting a local charity

Hampton & Hampton Hill Voluntary Care would find it difficult to provide all their services and run Greenwood Community Centre without regular donations from the local community. These donations are very much appreciated and go towards the great services supporting local people week in week out.

If you or your business or organisation are considering a local charity to support, or if you are taking on a challenge for charity, do please consider Hampton & Hampton Hill Voluntary Care. For more information or to make a donation, see www.greenwoodcommunity.org.uk

