

October 2024

# Monday



## Activities Programme

### Sally Rowland Yoga

**Time:** 9.30 - 10.45am

**Contact:** Sally Rowland

**Email:** [sally@sallyrowlandyoga.co.uk](mailto:sally@sallyrowlandyoga.co.uk)

**Website:** [www.sallyrowlandyoga.co.uk](http://www.sallyrowlandyoga.co.uk)

**Telephone:** 07973 212 713



### Yogic Tones

**Time:** 10.30 - 11.30am

**Contact:** Jessica Turner

**Email:** [yogictones@gmail.com](mailto:yogictones@gmail.com)

**Telephone:** 07779 579 285



### Adult Weight Management

**Time:** 5.00 - 7.00pm

**Contact:** Laura Fuller

**Email:** [weightmanagement.referrals@enablelc.org](mailto:weightmanagement.referrals@enablelc.org)

**Website:** [www.enablelc.org](http://www.enablelc.org)



### Soulful Touch (Kid's Yoga)

**Time:** 3.45 - 4.45pm

**Contact:** Tina Parmar

**Email:** [contact@soulful-touch.com](mailto:contact@soulful-touch.com)

**Telephone:** 07525 182 618



### Sarah Greenall Yoga

**Time:** 7.15 - 8.30pm

**Contact:** Sarah Greenall

**Email:** [sarah@sarahgreenall.com](mailto:sarah@sarahgreenall.com)

**Website:** [www.sarahgreenall.com](http://www.sarahgreenall.com)

Mixed Level Yoga class

**Telephone:** 07952 931 383



### Art Therapy

**Time:** By appointment only

**Contact:** Natalie Abadzis

**Email:** [artpsychotherapyspace@gmail.com](mailto:artpsychotherapyspace@gmail.com)

### Bridge Club

**Time:** 7.30 - 10.00pm

**Contact:** Melba Moon

**Email:** [melbamoon2003@yahoo.co.uk](mailto:melbamoon2003@yahoo.co.uk)

**Telephone:** 07702 813 847



# Tuesday

## Sarah Greenall Yoga

**Time:** 10.00 - 11.00am

Chair Yoga for older adults and those less mobile

**Contact:** Sarah Greenall

**Telephone:** 07952 931 383

**Email:** [sarah@sarahgreenall.com](mailto:sarah@sarahgreenall.com)

**Website:** [www.sarahgreenall.com](http://www.sarahgreenall.com)



## Men's Group

**Time:** 1.30 - 3.15pm

A group for registered clients of Hampton & Hampton Hill Voluntary Care

**Contact:** Pauline Hollis

**Telephone:** 020 8979 9662

**Email:** [enquiries@greenwoodcommunity.org.uk](mailto:enquiries@greenwoodcommunity.org.uk)

**Website:** [www.greenwoodcommunity.org.uk](http://www.greenwoodcommunity.org.uk)



## Lauren Haith School of Dance

**Time:** 4.00 - 8.30pm

Children's and vocational ballet classes

**Contact:** Lauren Haith

**Telephone:** 07912 947 117

**Email:** [principal@laurenhaithdance.com](mailto:principal@laurenhaithdance.com)

**Website:** [www.laurenhaithdance.com](http://www.laurenhaithdance.com)



## JA Pilates

**Time:** 6.30 - 8.30pm

**Contact:** Jane Arlow

**Telephone:** 07788 440 876

**Email:** [jane\\_arlow21@yahoo.co.uk](mailto:jane_arlow21@yahoo.co.uk)

**Website:** [www.japilates.co.uk](http://www.japilates.co.uk)



# Wednesday

## Sarah Greenall Yoga

**Time:** 9.30 - 10.45am

Mixed Level Yoga class designed to stretch deeply, breathe fully and relax completely.

**Contact:** Sarah Greenall

**Telephone:** 07952 931 383

**Email:** sarah@sarahgreenall.com

**Website:** [www.sarahgreenall.com](http://www.sarahgreenall.com)



## Yogic Tones

**Time:** 10.30 - 11.30am

**Contact:** Jessica Turner

**Telephone:** 07779 579 285

**Email:** yogictones@gmail.com



## Pilates - free for women over 60

**Time:** 11.00am - 12 noon

**Contact:** Sarah Robbie

**Email:** [info@activewomenandgirls.org.uk](mailto:info@activewomenandgirls.org.uk)

**Website:** [www.activewomenandgirls.org.uk](http://www.activewomenandgirls.org.uk)



## Sarah Greenall Yoga

**Time:** 11.45am - 1.15pm

Beginners Yoga course - 6 week introduction to yoga

**Contact:** Sarah Greenall

**Telephone:** 07952 931 383

**Email:** sarah@sarahgreenall.com

**Website:** [www.sarahgreenall.com](http://www.sarahgreenall.com)



## Lauren Haith School of Dance

**Time:** 4.00 - 9.00pm

Children's and adult's contemporary and ballet classes.

**Contact:** Lauren Haith

**Telephone:** 07912 947 117

**Email:** principal@laurenhaitdance.com

**Website:** [www.laurenhaitdance.com](http://www.laurenhaitdance.com)



# Thursday

## Sarah Greenall Yoga

**Time:** 10.00 - 11.15am

Gentle Yoga class - enjoy a slower class at your own level and pace.

**Contact:** Sarah Greenall

**Email:** [sarah@sarahgreenall.com](mailto:sarah@sarahgreenall.com)

**Telephone:** 07952 931 383

**Website:** [www.sarahgreenall.com](http://www.sarahgreenall.com)



## Parkinson's Exercise Class

**Time:** 12 - 1.30pm

**Contact:** Lidia Lonergan

**Email:** [lidia@livewelleexercise.co.uk](mailto:lidia@livewelleexercise.co.uk)

**Website:** [www.livewelleexercise.co.uk](http://www.livewelleexercise.co.uk)

**Telephone:** 020 8876 5767



## Women's Group

**Time:** 1.30 - 3.15pm

A group for registered clients of Hampton & Hampton Hill Voluntary Care.

**Contact:** Pauline Hollis

**Telephone:** 020 8979 9662

**Email:** [enquiries@greenwoodcommunity.org.uk](mailto:enquiries@greenwoodcommunity.org.uk)

**Website:** [www.greenwoodcommunity.org.uk](http://www.greenwoodcommunity.org.uk)



## Sarah Greenall Yoga

**Time:** 2.00 - 3.00pm

Chair Yoga for older adults and those less mobile

**Contact:** Sarah Greenall



## FLexercise for the over 60's

**Time:** 2.15 - 3.15pm

**Contact:** Lidia Lonergan

**Email:** [lidia@livewelleexercise.co.uk](mailto:lidia@livewelleexercise.co.uk)

**Website:** [www.livewelleexercise.co.uk](http://www.livewelleexercise.co.uk)

**Telephone:** 020 8876 5767



## Woodcraft Folk (Geko Pioneers)

**Time:** 7.15 - 8.45pm

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

**Contact:** Ralph Blackburn

**Website:** [www.woodcraft.org.uk/groups/gecko-pioneers/](http://www.woodcraft.org.uk/groups/gecko-pioneers/)



# Friday

## Learn to paint

**Time:** 10.30am - 12.30pm

Indulge your creative side with a relaxed morning spent learning to paint with watercolour. Take home your artwork in a frame, or make your own cards and gift tags. From £30 for a two hour workshop with personalised tuition.

**Contact:** Sarah Dinsdale

**Telephone:** 0797 457 6526

**Email:** [info@sarahdinsdalestudio.com](mailto:info@sarahdinsdalestudio.com)

**Website:** [www.sarahdinsdalestudio.com](http://www.sarahdinsdalestudio.com)



## Singing for the Brain

**Time:** 2.00 - 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:** Home Instead

**Telephone:** 020 3879 7877

**Email:** [richmond@homeinstead.co.uk](mailto:richmond@homeinstead.co.uk)

**Website:** [www.carlspeckmusic.com/singing-for-the-brain](http://www.carlspeckmusic.com/singing-for-the-brain)



## Guitar Club

**Time:** 7.30 - 9.00pm (every fortnight)

The club aims to encourage and develop classical guitar ensemble playing at fortnightly sessions, performances and organised events. New members are always welcome.

**Contact:** Mick Leyden

**Telephone:** 07711 126 558

**Email:** [micklizleyden@gmail.com](mailto:micklizleyden@gmail.com)



## Lauren Haith School of Dance

**Time:** 9.00am - 3.15pm

Children's and adult's contemporary and ballet classes.

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**Telephone:** 07912 947 117

**Email:** [principal@laurenhaithdance.com](mailto:principal@laurenhaithdance.com)

**Website:** [www.laurenhaithdance.com](http://www.laurenhaithdance.com)



## Room Hire - Children's Parties

**Time:** 10.00am - 8.00pm

Our rooms and large hall are available for party bookings with some especially suited to children's parties. Due to local restrictions, it may be difficult for us to host large parties, but speak to our friendly team to discuss your needs and we will try to help. For hire rates, photos and details, check out our website - hall and room hire section.

**Contact:** Graham Robinson

**Telephone:** 020 8941 1611

**Email:** [roomhire@greenwoodcommunity.org.uk](mailto:roomhire@greenwoodcommunity.org.uk)

**Website:** [www.greenwoodcommunity.org.uk](http://www.greenwoodcommunity.org.uk)



## Room Hire - Community Space

**Time:** 9.00am - 8.00pm

Our comfortable rooms, available for community use, are suitable for:

- Counselling sessions
- Exercise groups or classes
- Activity groups - arts, craft and hobbies
- Meetings - AGM's, one-to-ones, small group discussions etc

**Contact:** Graham Robinson

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# Sunday

## Room Hire - Children's Parties

**Time:** 10.00am - 8.00pm

Our rooms and large hall are available for party bookings with some especially suited to children's parties. Due to local restrictions, it may be difficult for us to host large parties, but speak to our friendly team to discuss your needs and we will try to help. For hire rates, photos and details, check out our website - hall and room hire section.

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**Website:** [www.greenwoodcommunity.org.uk](http://www.greenwoodcommunity.org.uk)



# Other Services



## Counselling Services at Greenwood Community Centre

### Lorrie Berry

Integrative Relational Counsellor providing a warm, empathic, confidential and non-judgmental space for you to talk about the difficulties you are experiencing.

**Day /Time:** By appointment only      **Telephone:** 07714 047 741

**Email:** enquiries@greenwoodcommunity.org.uk

**Website:** [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

### Emma Browne

Offering a compassionate space for young people aged from 10 to 24 to share and explore their feelings, difficulties and experiences. Creative resources are available, offering you many different ways to express yourself and communicate.

**Day /Time:** By appointment only      **Telephone:** 07586 236682

**Email:** emmalouisebrowne50@gmail.com

**Website:** [www.emmabrownetherapy.co.uk](http://www.emmabrownetherapy.co.uk)

## Counselling Initiatives

Charity that provides counselling for depression; relationship problems; stress; addiction; anger; low self-confidence, eating disorders anxiety and many other issues. Clients pay for counselling by making an affordable donation to the Charity.

**Day /Time:** By appointment only

**Email:** [admin@ci-charity.org.uk](mailto:admin@ci-charity.org.uk)      **Telephone:** 07963 738 813

### David Pexton

Experienced Therapist, using a person-centred integrative approach to counselling combining psychodynamic theory, CBT and Transactional Analysis, who is passionate about your physical, emotional, spiritual and mental well-being.

**Day /Time:** By appointment only      **Telephone:** 07967 808 085

**Website:** [www.bacp.co.uk/](http://www.bacp.co.uk/)

### 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

### Bryan Searle

Working in an integrative way, drawing on my knowledge and experience of different theories and approaches, I work with you as an individual with 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

**Telephone:** 07368 174 925

**Email:** [bryan@bndscounselling.co.uk](mailto:bryan@bndscounselling.co.uk)

**Website:** [www.counselling-directory.org.uk](http://www.counselling-directory.org.uk)

### space2grieve

Offers free, confidential, one-to-one bereavement support to anyone living in Richmond borough. Highly-trained bereavement support specialists are available to listen, understand, and support you as you find your way forward.

**Day /Time:** By appointment only

**Telephone:** 0751 937 6363

**Email:** [support@space2grieve.org.uk](mailto:support@space2grieve.org.uk)

**Website:** [www.space2grieve.org.uk](http://www.space2grieve.org.uk)

### Off the Record

Counselling Service specifically for young people aged 11 - 24 who live, work or study in the London Borough of Richmond.

**Day /Time:** By appointment only

**Telephone:** 020 8744 1644

**Email:** [counselling@otrtwickenham.com](mailto:counselling@otrtwickenham.com)

**Website:** [www.otrtwickenham.com](http://www.otrtwickenham.com)

### SEEN - Support, Empower, Educate and Nurture

Counselling and other support to those facing unplanned pregnancy or baby loss.

**Day /Time:** By appointment only

**Email:** [hello@seen.charity](mailto:hello@seen.charity)

**Website:** [www.seen.charity](http://www.seen.charity)

**Telephone:** 020 8892 8483

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# Other Services



## Hampton & Hampton Hill Voluntary Care

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

We're H&HHVC an active local charity, known as a Neighbourhood Care or Voluntary Care Group. Serving people living in the TW12 postcode area, we were set up in 1974. Yes, this year, we're 50 years old! Our vital community services support isolated or older people or those with extra needs. Join as a registered client for £25 per year to access all our services. Call or drop by for a cuppa and a chat - if we can't help directly we can tell you who can.

**Telephone:** 020 8979 9662      **Contact:** Pauline, Chris

**Email:** [enquiries@greenwoodcommunity.org.uk](mailto:enquiries@greenwoodcommunity.org.uk)

**Website:** [www.greenwoodcommunity.org.uk/community-services](http://www.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 can organise 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

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 our weekly shopping buses which has a tail lift making it fully accessible for all.



# Other Services

## Hampton & Hampton Hill Voluntary Care



### Join us!

If someone you know is feeling isolated, lonely or 'at a loose end' and lives in TW12 then for £25 for a year, they can join Hampton and Hampton Hill Voluntary Care (H&HHVC) to access our support services - see below. Contact our friendly team - Pauline, Mandy or Chris on 020 8979 9662 to find out more or pop in for a chat..... and we're always looking for volunteers too!

### 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 H&HHVC can access one of our Digital Buddies who can help un-pick your technology conundrums, one-to-one and in-person.

### Transport Services



Members of H&HHVC can access our volunteers who can offer a lift to local hospital and health appointments or to local locations. There are also accessible minibuses providing a weekly excursion programme, shopping buses and transport to other day services in the Borough.

## Room Hire - Party Bookings

**Time:** 10.00am - 8.00pm

We have space for party bookings, some especially suited to children's parties. Due to local restrictions, it can be difficult for us to host large parties, but do chat to our helpful team to discuss your needs. Room Hire rates can be found on our web site.

**Contact:** Graham Robinson

**Telephone:** 020 8941 1611

**Email:** [roomhire@greenwoodcommunity.org.uk](mailto:roomhire@greenwoodcommunity.org.uk)

**Website:** [www.greenwoodcommunity.org.uk](http://www.greenwoodcommunity.org.uk)



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**Contact:** Graham Robinson

**Telephone:** 020 8941 1611

**Email:** [roomhire@greenwoodcommunity.org.uk](mailto:roomhire@greenwoodcommunity.org.uk)

**Website:** [www.greenwoodcommunity.org.uk](http://www.greenwoodcommunity.org.uk)



## Keep updated

To receive regular updates of our Activities, our Excursion Programme and/or our newsletter, click on this link to register: [http://eepurl.com/g6\\_opf](http://eepurl.com/g6_opf)  
or scan this QR code

