# Monday



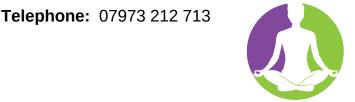
## Activities Programme

## Sally Rowland Yoga

Time: 9.30 - 10.45am

Contact: Sally Rowland

**Email:** <u>sally@sallyrowlandyoga.co.uk</u> **Website:** <u>www.sallyrowlandyoga.co.uk</u>



## **Yogic Tones**

**Time:** 10.30 - 11.30am **Telephone:** 07779 579 285

Contact: Jessica Turner

Email: yogictones@gmail.com

## **Adult Weight Management**

Time: 5.00 - 7.00pm Contact: Laura Fuller

Email: weightmanagement.referrals@enablelc.org

Website: www.enablelc.org



**Time:** 3.45 - 4.45pm

Contact: Tina Parmar Telephone: 07525 182 618

Email: contact@soulful-touch.com



## Sarah Greenall Yoga

Time: 7.15 - 8.30pm Mixed Level Yoga class

Contact: Sarah Greenall

Email: sarah@sarahgreenall.com Telephone: 07952 931 383

Website: www.sarahgreenall.com



Time: By appointment only

**Contact:** Natalie Abadzis

**Email:** artspsychotherapyspace@gmail.com



## **Bridge Club**

**Time:** 7.30 - 10.00pm **Telephone:** 07702 813 847

Contact: Melba Moon

Email: melbamoon2003@yahoo.co.uk



# 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 **Website:** <u>www.sarahgreenall.com</u>



## 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

Website: 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

Website: www.laurenhaithdance.com



## **JA Pilates**

**Time:** 6.30 - 8.30pm **Contact:** Jane Arlow

Email: jane arlow21@yahoo.co.uk

Website: www.japilates.co.uk



**Telephone:** 07788 440 876

# 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:** <u>www.sarahgreenall.com</u>

## **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:** <u>info@activewomenandgirls.org.uk</u> **Website:** <u>www.activewomenandgirls.org.uk</u>



## 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



### **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@laurenhaithdance.com

Website: www.laurenhaithdance.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 Telephone: 07952 931 383

Website: www.sarahgreenall.com



### **Parkinson's Exercise Class**

**Time:** 12 - 1.30pm

Contact: Lidia Lonergan Telephone: 020 8876 5767

**Email:** lidia@livewellexercise.co.uk **Website:** www.livewellexercise.co.uk



**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

Website: 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 **Telephone:** 020 8876 5767

**Email:** lidia@livewellexercise.co.uk **Website:** www.livewellexercise.co.uk

### **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 Blackbourn

Website: <a href="https://www.woodcraft.org.uk/groups/gecko-pioneers/">www.woodcraft.org.uk/groups/gecko-pioneers/</a>





# 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 **Website:** <u>www.sarahdinsdalestudio.com</u>

## **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

**Website:** <u>www.carlspeckmusic.com/singing-for-the-brain</u>

### **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





# Saturday

### **Lauren Haith School of Dance**

**Time:** 9.00am - 3.15pm

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

**Contact:** Lauren Haith **Telephone:** 07912 947 117

**Email:** principal@laurenhaithdance.com

Website: 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 **Website:** <u>www.greenwoodcommunity.org.uk</u>

## **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 Telephone: 020 8941 1611

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

Website: www.greenwoodcommunity.org.uk



# Sunday

### **Room Hire - Children's Parties**

**Time:** 10.00am - 8.00pm

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

Website: www.greenwoodcommunity.org.uk



## **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: <u>www.counselling-directory.org.uk</u>

#### **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: <a href="https://www.emmabrownetherapy.co.uk">www.emmabrownetherapy.co.uk</a>

### **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 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: <a href="www.bacp.co.uk/">www.bacp.co.uk/</a>

#### **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.

## **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 **Website:** 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

Website: 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

Website: 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

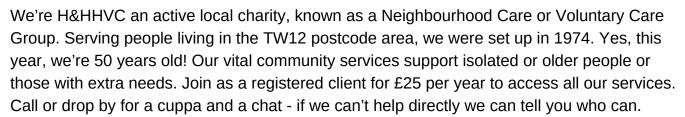
Website: www.seen.charity Telephone: 020 8892 8483

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## **Hampton & Hampton Hill Voluntary Care**

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



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

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

Website: <a href="https://www.greenwoodcommunity.org.uk/community-services">www.greenwoodcommunity.org.uk/community-services</a>

### **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.

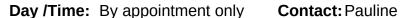
## **Hampton & Hampton Hill Voluntary Care**



### 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**



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.

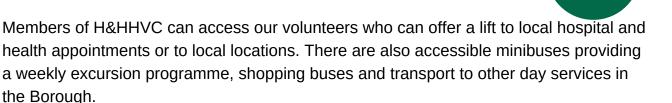


## **Digital Buddies**

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**





## **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

Website: 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 **Telephone:** 020 8941 1611

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

Website: 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: <a href="http://eepurl.com/g6">http://eepurl.com/g6</a> opf

or scan this QR code opposite





