

October 2024

Monday



Activities Programme

Sally Rowland Yoga

Time: 9.30 - 10.45am

Contact: Sally Rowland

Email: sally@sallyrowlandyoga.co.uk

Website: www.sallyrowlandyoga.co.uk

Telephone: 07973 212 713



Yogic Tones

Time: 10.30 - 11.30am

Contact: Jessica Turner

Email: yogictones@gmail.com

Telephone: 07779 579 285



Adult Weight Management

Time: 5.00 - 7.00pm

Contact: Laura Fuller

Email: weightmanagement.referrals@enablelc.org

Website: www.enablelc.org



Soulful Touch (Kid's Yoga)

Time: 3.45 - 4.45pm

Contact: Tina Parmar

Email: contact@soulful-touch.com

Telephone: 07525 182 618



Sarah Greenall Yoga

Time: 7.15 - 8.30pm

Contact: Sarah Greenall

Email: sarah@sarahgreenall.com

Website: www.sarahgreenall.com

Mixed Level Yoga class

Telephone: 07952 931 383



Art Therapy

Time: By appointment only

Contact: Natalie Abadzis

Email: artpsychotherapyspace@gmail.com

Bridge Club

Time: 7.30 - 10.00pm

Contact: Melba Moon

Email: 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

Website: 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

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

Telephone: 07788 440 876

Email: jane_arlow21@yahoo.co.uk

Website: 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



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

Website: 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



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



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

Email: lidia@livewelleexercise.co.uk

Website: 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

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

Email: lidia@livewelleexercise.co.uk

Website: 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/



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: 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

Website: 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



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: 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

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Sunday

Room Hire - Children's Parties

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Telephone: 020 8941 1611

Email: roomhire@greenwoodcommunity.org.uk

Website: 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

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

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: 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

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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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

Website: 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

Website: www.greenwoodcommunity.org.uk



Room Hire - Community Space

Time: 9.00am - 8.00pm

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

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- Exercise groups or classes
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- 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: http://eepurl.com/g6_opf
or scan this QR code opposite

