

July 2025

Monday



Activities Programme

Sally Rowland Yoga

Time: 9.30 - 10.45am & 11.00 - 12 noon

Contact: Sally Rowland

Telephone: 07973 212 713

Email: sally@sallyrowlandyoga.co.uk

Website: www.sallyrowlandyoga.co.uk



Yogic Tones

Time: 10.00 - 11.00am

Telephone: 07779 579 285

Contact: Jessica Turner

Email: yogictones@gmail.com



Sarah Greenall Yoga

Time: 2.00 - 3.15pm

Gentle Yoga class

Contact: Sarah Greenall

Email: sarah@sarahgreenall.com

Telephone: 07952 931 383

Website: www.sarahgreenall.com



Soulful Touch (Kid's Yoga)

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



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 and less mobile adults

Contact: Sarah Greenall

Telephone: 07952 931 383

Email: sarah@sarahgreenall.com

Website: www.sarahgreenall.com



Zumba

Time: 11.15 - 12.15pm

Contact: Annamaria Galan

Telephone: 07719 866652

Email: gallantdriving@hotmail.com

Website: www.zumba.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 - 7.30pm

Children's and vocational ballet classes

Contact: Lauren Haith

Telephone: 07912 947 117

Email: principal@laurenschoolofdance.com

Website: www.laurenschoolofdance.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: 10.00 - 11.00am

Contact: Jessica Turner

Telephone: 07779 579 285

Email: yogictones@gmail.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
2.00 - 3.00pm Chair Yoga for older & less mobile adults
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



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



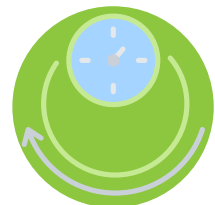
FLexercise for the over 60's

Time: 2.15 - 3.15pm
Contact: Lidia Lonergan **Telephone:** 020 8876 5767
Email: lidia@livewellexercise.co.uk
Website: www.livewellexercise.co.uk



Adult Weight Management

Time: 5.00 - 7.00pm
Contact: Laura Fuller
Email: weightmanagement.referrals@enablelc.org
Website: www.enablelc.org



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 (monthly)

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



Trainmaster **NEW**

Time: 9.45am - 10.45pm & 11.30am - 12.30pm

Trainmaster offers fun children's play with giant hands-on train track, electric trains, a ride on train, crafts and fancy dress.

Contact: Larissa Lamb

Website: www.trainmaster.co.uk/richmond/



Singing for the Brain

Time: 11.30am - 1.00pm

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



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@laurenhaitdance.com

Website: www.laurenhaitdance.com



Room Hire - Children's Parties

Time: 10.00am - 4.03pm

Our large hall is available for children's party bookings. We have small tables and chairs available for children up to the age of 5 years. 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.

Telephone: 020 8941 1611

Email: roomhire@greenwoodcommunity.org.uk

Website: www.greenwoodcommunity.org.uk



Room Hire - Community Space

Time: 9.00am - 4.01pm

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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Other Services

Counselling Services at Greenwood Community Centre



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/

Bryan Searle

Working in an integrative way, drawing on knowledge and experience of different theories and approaches, work is 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

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

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

H&HHVC is an active local charity, a Neighbourhood / Voluntary Care Group, serving people living in TW12. Set up in 1974, we're over 50 years old! Our vital community services support isolated or older people or those with extra needs enabling people to remain independent in their own home. 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

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. For bookworms who may be less mobile, we can organise the book to be dropped off to your doorstep!



Walking Group

Day: Day and time by group agreement

Time: 11.00am

We run a weekly walking group led by volunteers for registered clients of Hampton & Hampton Hill Voluntary Care.



Shopping Services

Day /Time: Various **Contact:** Pauline

Registered clients can access support to do their weekly grocery shop. We either ask one of our volunteers to shop on your behalf or help you shop online. We can put you in touch with a weekly local shopping bus that offers a door-to-door service and as it has a tail lift it is fully accessible for all.



Other Services

Hampton & Hampton Hill Voluntary Care



Join us!

If someone you know is feeling isolated or just '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 or Mandy 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 and lifts



Members of H&HHVC can access our helpful volunteers who, for a small fee, can offer a lift in their own cars to local hospital, health appointments or to local locations. There is also an accessible minibus providing a weekly excursion to places of interest. We can point you to other accessible shopping buses and transport to other local day services.

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Telephone: 020 8941 1611

Email: roomhire@greenwoodcommunity.org.uk

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Keep updated with our news

Sign up for our e-bulletin to receive news updates including our Excursion Programme, invitations to events like Quiz Nights or Community Fundraisers, click on this link to register: http://eepurl.com/g6_opf or scan the QR code opposite

