

Keeping active and independent

Local activities for older people in Richmond



care and
support
& you

This leaflet lists local activities and organisations that can help older people to be active, healthy and independent

Service	Provider	Location	Eligibility	Opening Times	Description
Barnes Green Social Centre	Age UK Richmond	Barnes Green Centre The Green, Church Road, Barnes, London, SW13 9HE	Open Access for residents over 50	Mon-Fri 9:00am- 4:00pm	A community resource offering a wide range of activities and outings to members. The centre aims to encourage people to enjoy a healthy and rewarding life that makes living longer a real cause for celebration. We provide opportunities to keep physically and mentally active to promote wellbeing. There is an annual membership fee of £40. www.ageuk.org.uk/richmonduponthames
Elleray Hall Social Centre	Elleray Hall	Elleray Hall, Elleray Road, Teddington, Middlesex, TW11 0HG	Open Access	Mon-Fri 9:30am- 4:00pm	A social centre offering opportunities to build new friendships and maintain old ones with the aim of alleviating loneliness in the local community. The centre offers a coffee bar, lunch club and a range of activities, including daily exercise classes, bi-monthly outings, chiropody and hairdressing services. There is an annual full membership fee of £35 and the associate membership is £1 per day. www.ellerayhall.org
Greenwood Community Centre	Hampton & Hampton Hill Voluntary Care	Greenwood Community Centre, 1 School Rd, Hampton Hill TW12 1QL	Open Access	Mon-Fri 9:30am- 4:30pm	A community centre offering a range of community projects and activities designed to promote the health and wellbeing of the local community. Services include transport, befriending, wellbeing classes and days out. www.greenwoodcommunity.org.uk

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Linden Hall Community Centre	Linden Hall Community Centre	Linden Hall Community Centre, Linden Road, Hampton, TW12 2JG	Open Access	Tuesday & Thursday 9:00am-2:30pm Friday 10:00am-2:30pm	A community centre offering a range of regular events and activities aimed at supporting the local community's needs and providing a welcoming environment for all. Regular activities include entertainment, daily lunches and refreshments, social occasions and useful services. The centre is also home to Lindeners Social Club offering hairdressing, chiropody, lunch, exercise, refreshments, charity shop and entertainment - all at a reduced cost. www.lindenhall.org.uk
The Avenue Club	Kew Community Trust	Kew Community Centre, St. Luke's in the Avenue, Kew, Richmond TW9 2AJ	Open Access for retired residents living in Kew and Richmond	Mon-Fri Classes run between 9:30am and 3:00pm	A daytime social and leisure club offering a range of classes, activities and events for those who wish to get the most out of retirement. Activities include art classes, book club, community choir, chiropody, yoga and mindfulness, language classes and lectures on a range of topics. There is an annual subscription fee of £30 and the classes are all pay as you go. www.avenueclubkew.com

Service	Provider	Location	Eligibility	Opening Times	Description
Twickenham Wellbeing Centre	Age UK Richmond	Twickenham Wellbeing Centre, Arragon Road, Twickenham TW1 3NH	Open Access for residents over 50	Mon-Fri 9:00am-4:00pm	A wellbeing centre offering around 30 activities each week including computer courses, exercise classes including yoga and pilates, art classes, discussion groups and outings to interesting places as well as providing a friendly place to meet friends or just drop in for a coffee or tea and chat. There is an annual membership fee of £40. www.ageuk.org.uk/richmonduponthames
Whitton Social Centre	Age UK Richmond	Whitton Social Centre 111a Kneller Road, Whitton, London, TW2 7DT	Open Access for residents over 50	Tues-Fri 9:00am-5:00pm	A lively community resource offering a wide range of activities and outings to members. The centre aims to encourage people to enjoy a healthy and rewarding life that makes living longer a real cause for celebration - keeping physically and mentally active is essential for good health. There is an annual charge of £23. www.ageuk.org.uk/richmonduponthames

Service	Provider	Location	Eligibility	Opening Times	Description
Neighbourhood groups, support and activities					
Gardening Service	Age UK Richmond	Boroughwide in residents' homes	Open Access for residents over 50	By appointment	<p>This is a chargeable gardening service for people who need assistance with their garden such as general gardening and maintenance, planting bulbs, mowing the lawn, potting, weeding, trimming and pruning.</p> <p>The service is available at a subsidised rate of £18 an hour plus materials for those aged over 65. www.ageuk.org.uk/richmonduponthames</p>
Ham and Petersham SOS	Ham & Petersham SOS Neighbourhood Care Group	Various locations	Open Access for residents living in Ham and Petersham residents	Mon-Fri 10:00am-12:00pm	<p>Ham and Petersham SOS is a neighbourhood group run by volunteers with the aim of supporting elderly and disabled people to be more independent. Services include outings, coffee mornings, transport services, computer club, lunch club, bingo and befriending. www.hamandpetershamsos.co.uk</p>
Handyperson Service	Age UK Richmond	Boroughwide in residents' homes	Open Access for residents over 50	By appointment	<p>This is a chargeable handyperson service for people who need a helping hand with things around the home such as changing bulbs, fittings, putting up curtains, moving furniture, fitting locks and chains and help with computers and technology. The service is available at a subsidised rate of £25 an hour plus materials for those aged over 65. www.ageuk.org.uk/richmonduponthames</p>

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HANDS (Help a neighbour in distress scheme)	HANDS Care Group	Various locations	Open Access for residents living in Twickenham and St. Margaret's	Mon-Fri 9:30am-12:30pm	HANDS act as good neighbours for people in Twickenham and St. Margaret's with the aim of improving quality of life and helping to maintain independence. They can help with transport, visiting and befriending, small household jobs, shopping bus and organise outings. www.handscaregroup.org.uk
Health walks	Richmond Council	Various locations	Open Access	Mon-Sun Times and dates vary	Richmond Health Walks are free, organised group walks for people who are currently not very active but would like to increase their physical activity. Each walk lasts between 45 and 70 minutes and will be supervised by at least two walk leaders. You will be encouraged to go at a pace that is comfortable for you. www.richmond.gov.uk/health_walks
Housekeeping Service	Age UK Richmond	Boroughwide in residents' homes	Open Access for residents over 50	By appointment	This is a chargeable service for people who need assistance with housework and other tasks, such as cleaning, laundry, shopping, collecting prescriptions and preparing light snacks. This service has a fee of £18 per hour. www.ageuk.org.uk/richmonduponthames

Service	Provider	Location	Eligibility	Opening Times	Description
FiSH Neighbourhood Care	FiSH Neighbourhood Care	Various locations	Open Access for residents living in Barnes, Mortlake and East Sheen	Mon-Fri 9:30am-12:00pm	FiSH is a neighbourhood care group aiming to inspire a caring community where older people live fulfilling, independent lives knowing that help willingly given by neighbours is at hand. Services include door to door transport for medical and local appointments, befriending services, FiSH coffee corner, help with shopping, outings, exercise and dance classes and the Retro café for people with memory loss. www.fishhelp.org.uk
Multicultural Richmond	Multicultural Richmond	Multicultural Richmond, 11a Kneller Road, Whitton TW2 7DT	Open Access	Mon-Fri 9:00am-5:30pm	An independent voluntary organisation working for equality and fairness in the black and ethnic minority communities living and working in Richmond. They offer face-to-face support and advice, support victims of racial harassment, promote equality, support development of self-help groups, promote equality and celebrate diversity, hold lunch clubs, provide activities and offer short breaks to BME carers. www.multiculturalrichmond.org.uk

Service	Provider	Location	Eligibility	Opening Times	Description
Richmond Carers Hub Service	Richmond Carers Centre	Richmond Carers Centre, 5 Briar Road, Twickenham, TW2 6RB	Open Access for carers of all ages	Mon-Fri 9:00am-4:00pm	The Richmond Carers Hub service centre provides a wide range of services for young and adult carers in the community providing support, information advice, workshops, activities, counselling and therapies. www.richmondcarers.org
Teddington & Hampton Wick Voluntary Care Group	Teddington & Hampton Wick Voluntary Care Group	Various locations	Open Access for residents living in Teddington and Hampton Wick	Mon-Sun Times vary	Teddington & Hampton Wick Voluntary Care Group is run by volunteers that can help seven days a week with all of the tasks that a good neighbour would help with such as lifts to appointments, lifts to the local shops, collecting prescriptions, providing advice and information, outings and activities. www.tedcare.org.uk
Whitton Network	Whitton and Heathfield Voluntary Care Group	Various locations	Open Access for residents living in Witton	Mon-Fri 9:30am-12:00pm	Whitton Network are a group of volunteers that help with tasks that a good neighbour would do for someone such as lifts to your appointments, help with shopping and collecting prescriptions. They can also offer companionship and organise outings where you will be able to meet new people. www.whittonnetwork.org

Our contact details

Monday to Friday 9am to 5pm

Telephone: 020 8891 7971

SMS Phone: 07903 738043

Email: adultsocialservices@richmond.gov.uk

Website: www.richmondcareandsupport.org.uk

Write to us at:

London Borough of Richmond Upon Thames Council

Adult Social Care

Civic Centre

44 York Street

Twickenham

TW1 3BZ

For information on local services please visit CarePlace www.careplace.org.uk



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