

Twickenham

All Hallows Church, Erncroft Way, TW1 1DA. 020 8241 2345

Wednesday, weekly, term time, 12.30pm, Lunch Club, £4, 2 courses

Wednesday, weekly, 9.30am, Said Eucharist, followed by tea & biscuits

St Stephen's, Richmond Rd, TW1 2PD. 020 8843 7046

Monday, 1st & 3rd/month, 12.30pm, Monday lunches, £3.50

Wednesday, 2pm, term time Chairiobics, £3.00

Thursday, 1st, 3rd & 5th/mth, 10am, Scripture for Life (informal Bible Study)

Thursday, 2nd & 4th/month, 10am, "By Still Waters" church service

Nov 4th 2023, 3pm, annual "Service of Light" to mourn our loved ones

Twickenham Green Baptist, TW2 5AB. 020 8898 2194

Tuesday, 10am-12noon Craft Club

Thursday, 11.30am-1.30pm, Meet & Eat Lunch (£4.50 for 2 courses)

St Mary's, Church Street, TW1 3NJ. 020 8744 2693

Weds, 1st & 3rd/mth, 2.30pm, Tea, Coffee & Chat

Saturday, 10.30-12.30, once/mth knitting group

United Reformed, First Cross Rd, TW2 5QA. 020 8894 3404

Thursday, 2nd & 4th / month, 2-4pm, Tea & Chat with board games

Whitton

St Augustine's, Hospital Bridge Rd, TW2 6DE. 020 8894 0848

Tuesday, 2nd/mth, 2:30pm, Cornerstone: informal tea, cake & chat

Monday to Friday, Homelink Day Respite Care, 020 8255 1992

Saturday, last of month - Strollers group, 4-6 mile walk with coffee & lunch, fellowship & gentle exercise. pdewinton@aol.com

St Edmund of Canterbury, 213 Nelson Rd, Whitton, TW2 7BB Jean, 020 8898 4484

Friday, 1st & 3rd/mth, term-time, 1.30pm, Seniors Group

SS Philip & James, Hounslow Rd, TW2 7DY. 020 8898 2694

Monday, 2nd/mth, 2-3.30pm & 6.30-8pm, Relax & reflect, mindfulness activities, no booking needed. Held in Church

Wednesday, 1st/mth, 8pm, Men's Group 'Pints of View' @ Admiral Nelson pub

Thursday 3rd/mth, 2.30-3.30pm, Space Café, conversation, refreshments, board games, hobbies and lots more, held in Parish Hall

Thursday, 3rd/mth, 7:30pm, Women's Group, held in Parish Hall

Saturday, 2nd/mth, 10am-12noon, Coffee mornings, held in Parish Hall

Sunday, 1st/mth, 2-4pm, Bereavement Café, in Parish Hall



Activities for You 2023

in Churches across LBRuT

Churches across the Borough hold activities for older people, from exercise classes, craft groups, computer classes and lunch clubs, to name a few. Older people are of course welcome to the multi-generational activities run by local churches, but this leaflet outlines groups especially designed for the young at heart. Most churches also hold services on Sundays which are often followed by refreshments and opportunities to socialise. You don't need to have a particular connection with a church to attend - all are welcome.



Hampton

St Mary's, Thames St, TW12 2EB. Ron Pettit, 07758 823474

Tues, 1st & 3rd, 2-4pm, "Let's Get Together" a free social group for anyone with chatting, board games & tea, coffee & cake.

Hampton Mission Partnership, Percy Road, TW12 2JT

Tues, 10.30am-12.30pm, term time, Computer Club, £1

Fri, 1st/mth, 11am-12.30pm, Tea & Memories - Cafe session for people with memory loss & their carers

Fri, 11.15am-12:15pm, Zumba Gold exercise for people aged 50+, £5
info@hamptonmissionpartnership.org.uk

Ham

St Richard's, Ashburnham Rd, TW10 7NL. 020 8546 1438

Tuesdays, 10am, Morning service followed by refreshments

St Andrew's, Church Road, TW10 5HG. Contact: 020 8948 7374

Wednesdays, 2nd & 4th / month, 11.15am - 1.30pm, Welcome

Wednesdays - All welcome of any gender, age or faith to enjoy tea and coffee, chat, enjoy crafts or listen to a speaker.

EMBRACING AGE
Later life in all its fullness



embracingage.org.uk



This leaflet was updated for the Full of Life Fair 2023. Scan the QR code opposite for information updated after that time.

St Margarets	Richmond	Teddington	Hampton Wick
<p>St Margaret's Church, TW1 1RL 020 8892 3902 In church hall Wednesdays, Fortnightly, 1:45 - 3:15pm Tea n' Chat. Home made cakes and good company Phone or check website for dates www.stmargaretsrccchurch.co.uk Twickenham Repair Cafe Saturdays, 3rd/mth, 10:30am - 1pm Bereavement Cafe Saturdays, 3rd/mth, 2:30 - 4pm All Souls, Northcote Rd, TW1 1PB. 020 8891 6820 Monday, 1st/mth, 12noon, Communion service followed by soup & roll. Monday, 3rd/mth, 10.45am, Coffee and conversation</p>	<p>Duke Street Church, TW9 1DH. 020 8940 1551 Tuesday, 1st, 2nd & 4th/mth, 2.30pm, Tuesday Fellowship - friendship, a Bible talk, singing & a cuppa Tuesday, 3rd/mth, 12.15pm, Seniors lunch & a Christian thought, £3 Wednesday, alternate, 10am, Ladies' Bible Study Richmond Team Ministry 020 8940 0362 St John the Divine, TW9 2NA St Mary Magdalene, TW9 1SN St Matthias, TW10 6LS Various adhoc activities Holy Trinity Richmond, Sheen Park, TW9 1UP. Contact: 020 8404 1112 Wednesday, 11.30am, Morning Service followed by lunch</p>	<p>Peter & Paul Centre, 4 Church Rd, TW11 8PB, 020 8943 2262 Mon, 1:30-4:30pm, Teddington Community Café - open to all, but particularly those who feel isolated Tues, 1st & 3rd/mth, 1.30 - 3pm, Memory Café - For those living with memory problems & who enjoy companionship. Free refreshments. Tues, 2nd & 4th/mth, 1:30-3pm, Bereavement Café - For those who are bereaved & would like to chat & meet others in a similar position. Teddington Methodist, 1 Stanley Rd, TW11, 020 8973 1880 Wed, 10.30am, Fortnightly Bible study Fri, 11am, Fortnightly fellowship Sat, 10:30am Charity Coffee Morning; 12:30pm Chair Zumba St Mark's Teddington TW11 9DE, 020 8977 1653 Wed, 9.45am, Coffee morning Tues, 1st/mth, Grandparents Group - in homes over supper</p>	<p>St John's Hampton Wick, Church Grove, KT1 4AL 020 8977 7733 Wednesday, 1st/mth, 12-1.30pm Mid week communion, followed by a light lunch Hampton Wick Baptist Church, 11A Upper Teddington Rd, KT1 4DL 020 8977 7733 Friday term time, 10.30am-12noon, "Take time" meditations on the life of Jesus</p>
East Sheen	Mortlake	Kew	
<p>East Sheen Baptist, Temple Sheen Rd, SW14. 020 8876 2321 Mon, 9.30am-3pm Solid Rock Cafe Mon, 2pm-3.30pm, Ladies meeting Tues, fortnightly, 11am-3pm, Ladies craft club Tues, 1st/mth, 7.30pm, Men's Fellowship Tues, 3rd/mth, 7.30pm Women's Fellowship Tues, 3pm Music down Memory Lane with cream tea Wed, 11am-2pm Solid Rock Cafe Thurs, 10am-2pm Solid Rock Cafe</p>	<p>Mortlake Parish: 020 8876 1630 Christ Church, SW14 7AW Weds, 10.30am, Holy Communion followed by coffee & chat, Lifts available. St Mary the Virgin, Mortlake High St Tuesdays, weekly, 10am, Holy Communion followed by coffee & biscuits All Saints, corner of East Sheen Avenue and Park Avenue, SW14 8AT Thursdays, 10am, Eucharist service followed by tea and coffee. Holiday at Home - first week of August each year</p>	<p>Raleigh Road United Church, Raleigh Rd, Richmond TW9 2DX 020 8948 7851 Thursdays - 3rd of month, 10.30am - 12noon, Coffee & chat St Luke's, 30 The Avenue, TW9 2AJ 020 8948 8807 Daily activities at the Avenue Club. See website for more details kewcommunitytrust.org.uk/avenueclub</p>	
Hampton Hill			
<p>St James, St James's Road, TW12 1DQ. 020 8941 6003 Tues, 10.30am-12:30pm, Connections Café with games & refreshments Tues, 1st & 3rd, free NHS Hearing Aid Clinic Tues, 1st/mth - Wellbeing counsellor available from MIND, Richmond Hampton Hill URC, 35 High St, TW12 1NB. John 020 8255 0994 Tues, 9-11am (term time only), For toddlers and their carers of any age. Tues, 1:30-3:30pm, Bereavement Café in partnership with The Princess Alice Hospice. Company, cake, chat, scrabble - an informal time together. Thurs, 7.30-9.30pm, Community Choir - all welcome, no auditions. Come and sing for fun! Sat, 10.30-12, Coffee & company Produced by Embracing Age, in partnership with churches across Richmond upon Thames</p>			