# Access Ham & Petersham

#### **Ham & Petersham SOS**

The Woodville Centre, Ham, Richmond, TW10 7QW Neighbourhood care group for elderly and disabled residents of Ham and Petersham. They provide transport, weekly activities, monthly outings and practical help.

#### **Woodville Centre**

Day centre for people with moderate to severe dementia which is open all year round. The service supports people with dementia and their carers by offering diverse activities, regular carer support meetings and organising intergenerational events.



020 8948 0911



020 8948 1090



www.hamandpetershamsos.co.uk



## **Get Active Outdoors**

## **Yoga Classes on Ham Common**

Outdoor classes held on Thursday evenings from 19:15 - 20:15, starting from Thursday 23rd March. Classes will be held near the pond on Ham Common. Spaces are limited so participants will need to book via the website.



www.flowsmiths.wixsite.com/yoga

## Let's Go Outside and Learn LGOAL and Friends of Ham Lands

Grow Wild on Monday afternoon from 13:00 - 15:00 on Ham Lands. Help improve habitats for wildlife whilst learning new skills. Meeting at the zebra crossing on Riverside Drive. To participate, get in touch.



Gaby.Docker@lgoal.org.uk

## **Richmond Ramblers**

Offer well-being walks across Ham.

- Wednesday at 10:30. Meet on Ham Parade, by Tesco, Ashburton Road, TW10 7NR. A walk in Ham Lands and along the river paths. A flat walk with a mix of paved and grass surfaces. There is a short walk option of approximately 30 40 mins, and a gentle to intermediate walk of 60 minutes.
- Second Monday of every month at 10:30am. Meet on Ham Parade, by Tesco, Ashburnham Road, Ham, TW10 7NR. Ham and Richmond Park walk. This 90 minute linear walk follows a route around Ham and Richmond Park and includes a coffee stop at the end at Pembroke Lodge.

## **Outdoor Fitness Equipment**

There are a number of sites across the borough where fitness equipment has been installed.

• Ham Village Green, Ham Street, Richmond, TW10 7HW

### **Richmond MakerLabs**

All-inclusive space for people with an interest in DIY and craft. Little House, Ham Close, Ham, Richmond, TW10 7NU.

## www.richmondmakerlabs.uk

#### **Richmond Parish Lands**

Offer a fast response to help with urgent living expenses. They can provide grants to residents in TW9, TW10, SW13 & SW14. They have direct referral partners who can be contacted first including Richmond Aid, Citizens Advice Richmond and Age UK Richmond.

## www.rplc.org.uk

#### **Richmond EAL**

Provide informal English classes across Richmond.

 Class and Craft Group on Wednesday 11:30 - 14:30 at Ham Youth Centre, Ham Close, Richmond, TW10 7PL



## **Warm Spaces**

## **Ham Library**

Ham Street, Ham, TW10 7HR

Open to all

Opening Hours: Monday, Tuesday, Friday 9:30 - 18:00, Wednesday 10:00 - 19:00, Saturday 9:30 - 16:00

#### **Ham Youth Centre**

Ham Close, Ham, TW10 7PL

This venue is used as a Warm Space only during regular activities, subject to capacity. For 10 to 19 year olds, or up to 25 if disabled. Contact for opening hours.

## **Cost of Living Advice Project**

Service provided by Citizens Advice Richmond.

- many of the second of the season of the second of the se

They can advise on how to access help with the cost of living crisis such as applying for grants, checking if you are getting the correct benefits and helping you with debts.

Ham Library every Friday from 13:30 - 16:30. No appointment needed.



020 8288 0916

## **Ham Library**

Ham Street, Ham, TW10 7HR

- Make Do and Mend classes take place from 10:00 - 12:00 every Tuesday and Saturday
- Bingo Extravaganza on the fourth Wednesday of each month from 14:30 - 16:30
- Ham Library Reading Group on the second Monday of the month at 12:45
- IT Taster Sessions are offered by appointment, to enquire please contact



This resource was created by Ruils in March 2023.