

Access Twickenham

ETNA Centre

Offers a wide range of activities and classes such as yoga, Pilates, bridge, art, guitar and languages. There is also a sensory garden and community kitchen.

 020 8892 3676

 www.etnacentre.org

Age UK Twickenham Wellbeing Centre

Offers a wide range of activities such as exercise classes, arts and crafts, bingo, games afternoons and table tennis.

 020 8538 9254

 www.ageuk.org.uk/richmonduponthames

Homelink

Day respite care centre for adults. They also provide support for carers, including regular meetings and enhanced access to other local support groups. They offer individual professional advice and support.

 020 8255 1992

 www.homelinkdaycare.co.uk

HANDS


Provide a range of community services including befriending, shopping and transport.

 020 8891 3346

 www.handscaregroup.org.uk

Hampton Fund

Support individuals and families on low income with a grant to help with the costs of gas and electricity and essential household items.

 020 8941 7866

 www.hamptonfund.co.uk

Integrated Neurological Services

Provide a range of therapies and services to enable people with neurological conditions, and their carers, to live as fully and independently as possible.

 020 8755 4000

 www.ins.org.uk

Friends of the River Crane

Offer regular free activities on sites in Crane Park, Hounslow, Richmond and Twickenham working in Partnership with The Conservation Volunteers.


 info@force.org.uk

 www.force.org.uk

Richmond Green Gym

Offer a unique and free opportunity for local people to get involved in transforming Meadway Nature Park and Orchard for the benefit of wildlife and the local community. Wednesday from 10:45 – 14:00 at Meadway Orchard (TW2 6PQ). To book a place get in touch.

 07717 494476

 gg-richmond@tcv.org.uk

Richmond Ramblers

Fourth Monday of every month at 10:30. A circular 90 minute walk beside the River Crane through Crane Park via a nature reserve returning for coffee at the Prince Blucher pub, Twickenham Green. Meet and finish at Twickenham Green north west corner, by First Cross Road, opposite the Prince Blucher Pub.

Outdoor Fitness Equipment

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

- Kneller Gardens, Meadway, Twickenham, TW2 6PH

Twickenham United Reformed Church

Provide a monthly Tea and Chat afternoon from 14:00 - 16:00 on the second Thursday of each month.

 020 8894 3404

 teachat@twickenhamurc.org.uk

Richmond EAL

Provide informal English classes across Richmond.

- Tuesday from 10:00 - 12:30 at St Philip & St James Church Hall, Whitton, TW2 7BY
- Thurs from 10:00 - 12:30 at Crane Community Centre, 56 Meadway, Twickenham, TW2 6PQ

 www.richmondeal.org.uk

The Real Junk Food Project

Turn surplus food into delicious meals at their café, plus lots of surplus food to take away.

Open to anyone. Pay as you feel.

- Tuesday from 11:00 - 12:00 at Noble Green Wines, 153-155 High St, Hampton Hill, TW12 1NL
- Monday, Wednesday and Friday from 11:30 - 13:30 at the ETNA Community Centre, 13 Rosslyn Road, TW1 2AR.

Food for Thought Heathfield

Offers surplus food from local retailers at a pop-up market stall. Located outside the Pavilion on Heathfield Recreation Ground, Powdermill Lane, TW2 6EG.

Open to anyone and pay as you feel.

- Thursday from 14:30 - 16:30
- Saturday from 11:30 - 13:30

Warm Spaces

ETNA Community Centre

13 Rosslyn Road, Twickenham, TW1 2AR

Opening Hours: Monday, Wednesday and Friday 15:00 - 17:30

St Stephen's Church

Richmond Road, Twickenham, TW1 2PD

Opening Hours: Monday 10:00 - 12:00

The Turk's Head

28 Winchester Road, Twickenham, TW1 1LF

Opening Hours: Monday to Saturday 12:00 - 22:00
Saturday 12:00 - 21:00

Twickenham Congregational Church

First Cross Road, Twickenham, TW2 5QA

Opening Hours: Friday 12:00 - 15:00

Age UK Twickenham Wellbeing Centre

Arragon Road, Twickenham, TW1 3NH

Opening Hours: Tuesday 10:00 - 14:00 and Wednesday 9:00 - 11:00

Twickenham Library


Garfield Road, Twickenham, TW1 3JT

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

Twickenham Library

Garfield Road, Twickenham, TW1 3JT

- Twickenham Reading Group - third and fourth Wednesday of the month at 18:00
- Page Turner sessions - relaxed shared reading sessions on a Wednesday from 14:00 - 15:00
- Novel Steps - walking and reading group who meet monthly
- Make Do and Mend classes - take place from 10:00 - 12:00 every Wednesday
- Club del libro Italiano - monthly shared reading group to improve Italian language skills on the fourth Monday of each month from 17:00 - 18:00
- Winter Warmers Coffee Mornings - informal coffee morning where you can stay for a chat, read a book or play board games. Every Thursday from 10:00 - 12:00
- IT Taster Sessions - Wednesdays from 14:30 - 16:30, to enquire please contact

 020 8734 3340

This resource was created by Ruils in April 2023.

All information was accurate to the best of our knowledge at the time of printing.