

Access Kew, Sheen & Barnes

Castelnau Community Centre

Offer a range of activities including, gardening, yoga, walking football and more. If your daily life is changing, they can explain options or help you find extra help and support, whether financial or practical, including funding applications and signposting on to one of our network of local organisations.

 020 8741 0909

 www.castelnaucentreproject.co.uk

FiSH Neighbourhood Care

Aims to inspire a caring community where older people live fulfilling, independent lives. They offer one-to-one befriending, coffee mornings, shopping, bridge, choir, outings and more.

 020 8876 3335

 www.fishhelp.org.uk

Mortlake Hall


Offer gentle exercise classes, singing, Tai chi, drawing and computer classes throughout the week. They also offer creative arts and karate.

 020 8878 8780

 www.mortlakehall.co.uk

Mortlake Community Association


Offer singing, drawing, gardening, exercise and opportunities to meet other people.

 020 8487 5500

 www.mortlakecommunityassociation.org.uk

LiveWell Kew

Offer a range of classes and activities including Pilates, yoga, Tai chi, walk and talk, and a community café on a Monday. They also offer free taster sessions in many of these classes.

 020 3479 1945

 www.livewellkew.org.uk

The Avenue Club


A busy daytime social and leisure club offering a range of classes, activities and events for those who wish to get the most out of their retirement. This includes exercise classes, bridge, creating writing, film, languages, line dancing and more.

 020 8948 8807

 www.kewcommunitytrust.org.uk

Shene Sports and Fitness Centre

Consists of a fitness suite, cycle studio, class studio, all-weather pitch and multi-use sports hall. They offer both adult and junior sports courses and classes, adult exercise classes and fitness memberships.

 020 3772 2999

 leisure@richmond.gov.uk

Richmond Ramblers

Provide a variety of free wellbeing walks around parks with lakes, woodland gardens and parkland.

- Thursday at 10:30. Meet outside the Ship Inn, Ship Lane, Mortlake, SW14 7QR. This walk has a number of routes along the riverside. Paths can be uneven, wet and slippery, and can be muddy as the river is tidal.


Outdoor Fitness Equipment

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

- Castelnau Recreation Ground, Barnes Avenue, SW13 9AA
- Palewell Common and Fields, Enmore Gardens, SW14 8RF
- North Sheen Recreation Ground, Dancer Road, Richmond, TW9 4LB
- Old Deer Park, Old Palace Lane, Richmond, TW9 1PQ

Barnes Fund

Support individuals and families on low income with a grant to help with the costs of living.

 07484 146802

 www.thebarnesfund.org.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

Castelnau Library

75 Castelnau, London, SW13 9RT


- Castelnau Library Reading Group - First Tuesday of the month at 14:00 and third Tuesday of the month at 11:00
- Winter Warmers Coffee Mornings – every Friday from 10:30 to 12:00
- IT Taster Sessions – offered by appointment only, please call to enquire

 020 8734 3350

East Sheen Library

Sheen Lane, London, SW14 8LP

- East Sheen Reading Group - second Monday of the month at 16:30 and second Wednesday of the month at 18:00
- IT Taster Sessions – offered by appointment only, please call to enquire

 020 8734 3337

Warm Spaces

Age UK Barnes Green Day Centre

Church Road, Barnes, SW13 9HE

Opening Hours: Monday and Friday 9:30 – 12:00,
Tuesday 10:00 – 12:00

Mortlake Community Association

Mortlake Hall, 30 Mullins Path, Mortlake, SW14 8EZ

Opening Hours: Wednesday and Thursday 12:00 - 15:00

Barnes Home Guard Association

76A Richmond Park Road, London, SW14 8LA

Opening Hours: Monday 12:00 – 15:00

Castelnau Library

75 Castelnau, London, SW13 9RT

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

St Mary's Church

Church Road, Barnes, London, SW13 9HL

Opening Hours: Thursday 10:00 - 12:00

East Sheen Library

Sheen Lane Centre, Sheen Lane, London, SW14 8LP

Opening Hours: Monday, Tuesday, Thursday, Friday
9:30 - 18:00, Wednesday 10:00 - 19:00, Saturday 9:30 -
16:00, Sunday 13:00 - 17:00

OSO Arts Centre

Community Hall, 49 Station Road, Barnes, SW13 0LF

Opening Hours: Monday to Friday 9:00 -18:00, Saturday
9:00 - 16:00, Sunday 10:00 - 16:00

Sheen Lane Centre

74 Sheen Lane, East Sheen, SW14 8LP

Opening Hours: Wednesday 10:30 - 12:00



This resource was created by Ruils in April 2023.

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