

Access Whitton & Heathfield

Whitton Network

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

 020 8755 1336

 www.whittonnetwork.org

Whitton Community Centre

Offer a range of activities such as yoga, table tennis, dance classes, Zumba, Silver Fit, singing, photography and art groups.

 020 8894 4452

 www.whittoncommunity.org

Age UK Whitton Social Centre

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

 020 8894 4963

 www.ageuk.org.uk/richmonduponthames

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.


 07717 494476

 gg-richmond@tcv.org.uk

Wednesday from 10:45 – 14:00 at Meadway Orchard (TW2 6PQ). To book a place contact.

Whitton Sports and Fitness Centre

Consists of a multi-purpose sports hall, studios, multi-use games area (MUGA), fitness suite, five-a-side football pitch and floodlit 3G pitch. They offer both adult and junior sports courses and classes, fitness memberships, plus pitch and court hire.

 020 3772 2999

 leisure@richmond.gov.uk

Richmond Ramblers

Offer a 90 minute circular 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.

Fourth Monday of every month at 10:30.

Outdoor Fitness Equipment

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

- Kneller Gardens, Meadway, Twickenham, TW2 6PH
- Heathfield Recreation Ground, Powder Mill Lane, Twickenham, TW2 6EG

One You Hounslow

Offer free community health walks in Hounslow.

- Mondays from 10:00 - 11:00. Hounslow Heath Local Nature Reserve, 12 Barrack Rd, Hounslow TW4 6AE. Meeting point: Hounslow Heath car park, outside the Visitors centre, opposite The Hussar Bar and Restaurant.
- Fridays from 10:30 - 11:30. Bedfont Lakes Country Park, Feltham, TW14 8QA. Meeting point: Bedfont Road car park.

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.

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.

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

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
- Thursday from 11:30 - 13:30 at Linden Hall, Linden Road, Hampton TW12 2JG

Warm Spaces

Homelink Day Respite Centre

Hospital Bridge Road, Whitton, TW2 6DE

Open to older residents

Opening Hours: Wednesday 12:00 - 15:00

Whitton Community Centre

Percy Road, Whitton, TW2 6JL

Open to all

Opening Hours: Thursday 10:00 - 17:00, Friday 13:00 - 21:00, Saturday 15:00 - 20:00, Sunday 13:00 - 18:00

Whitton Day Centre

111A Kneller Road, Twickenham, TW2 7DT

Run by Age UK Richmond for residents over 60

Opening Hours: Tuesday 14:00 - 16:00


Whitton Library

141 Nelson Road, Whitton, TW2 7BB


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

This resource was created by Ruils in March 2023.

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

 020 8255 1992

 www.homelinkdaycare.co.uk

 020 8941 7866

 www.hamptonfund.co.uk

 www.richmondeal.org.uk

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

Whitton Library

141 Nelson Road, Whitton, TW2 7BB

- Make Do and Mend classes 10:00 - 12:00 every Thursday and Saturday
- Whitton Library Reading Group at 18:00 on the last Wednesday of the month
- Winter Warmers Coffee Mornings from 10:00 - 12:00 every Thursday. Informal coffee morning where you can stay for a chat, read a book or play board games. You can simply take a seat and relax. Free event, no booking required
- IT Taster Sessions are offered by appointment, to enquire please contact

 020 8734 3343

Cost of Living Advice Project

Service provided by Citizens Advice that can advise you 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.

Whitton Library every Wednesday from 10:00 - 13:00. No appointment needed.