

# Access Hampton

## Greenwood Centre

Run and host a variety of activities and events such as yoga, pilates, bridge, book club, women's group and men's club.

 020 8979 9662

 [www.greenwoodcommunity.org.uk](http://www.greenwoodcommunity.org.uk)

## Hampton and Hampton Hill

### Voluntary Care

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

 020 8979 9662

 [www.greenwoodcommunity.org.uk/community-services](http://www.greenwoodcommunity.org.uk/community-services)

## Linden Hall

Community centre offering a wide range of activities such as parent and toddler groups, pilates, table tennis. The Lindeners Social Club offers activities such as bingo, quizzes, and entertainment, as well as a two course lunch.

 020 8941 2373

 [www.lindenhall.org.uk](http://www.lindenhall.org.uk)

## Hampton Inspired Hub

Offer activities every day such as boot camp, aerobics, Zumba, tai chi, pilates and chi gong. They are open every day. Surplus food is available for a voluntary donation. Community Café is open Monday to Saturday and provides a selection of hot and cold food.

 07713 405049

 [www.theinspiredhub.co.uk](http://www.theinspiredhub.co.uk)

## Hampton White House

Host an array of classes and events such as Zumba, pilates, patchwork and quilting, seated exercise, community bowls and kettlecise.

 020 8979 1884

 [www.ymcastpaulsgroup.org/centres/white-house-hampton](http://www.ymcastpaulsgroup.org/centres/white-house-hampton)

## 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](http://www.homelinkdaycare.co.uk)

## Hampton 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](mailto:leisure@richmond.gov.uk)

## Richmond Ramblers

Provide a variety of free wellbeing walks around Bushy Park for 60 minutes, with lakes, woodland gardens and parkland.

- Sunday at 10:15am. Meet at Pheasantry car park, Bushy Park
- Third Monday of every month at 10:30am. Meet at Laurel Road Gate, Laurel Road, Bushy Park

## Outdoor Fitness Equipment

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

- Carlisle Park, Wensleydale Road, Hampton, TW12 2UL
- Hatherop Park, Hatherop Road, Hampton, TW12 2RQ
- Hampton Common, Buckingham Road, Hampton, TW12 3JA

## 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](http://www.hamptonfund.co.uk)

## Richmond EAL

Provide informal English classes across Richmond. Walk and Talk in Bushy Park on a Tuesday from 10:00 - 12:00. Meeting at Hampton Hill Gate, usually followed by coffee.

 [www.richmondeal.org.uk](http://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
- Thursday from 11:30 - 13:30 at Linden Hall, Linden Road, Hampton TW12 2JG

## Hampton Library

Local library located at Rosehill, Hampton, TW12 2AB

- Hampton Library Reading Group on the first Tuesday of the month and second Friday of the month at 15:00
- IT Taster Sessions are offered by appointment, to enquire please get in touch

 020 8734 3347

All Saints Church Hampton have partnered with local organisations to create 'Living Space'. They coordinate the local support, activities and warm hubs available each day in the area, to provide support in light of Cost of Living crisis so that people have all the information in one place.

 [livingspace@allsaintshampton.co.uk](mailto:livingspace@allsaintshampton.co.uk)

## Churches

### All Saints Parish Church

The Avenue, Hampton, TW12 3RG

- Community Lunch – Wednesday 12:00 - 14:00
- Community Supper – Wednesday 16:30 - 19:00
- Coffee morning – First Thursday of every month 10:30 - 12:00
- Coffee afternoon – Third Thursday of every month 14:30 - 16:00

### St Richards Church

35 Forge Lane, Hanworth, TW13 6UN

- Community soup lunch - Wednesday 13:00-14:00
- Coffee morning – Thursday 9:00 – 12:00

### St James Church

St James' Road, Hampton Hill, TW12 1DQ

- Connections Café - provides a place sit and chat over coffee and cake, play a game or complete a jigsaw puzzle. Tuesday 12:15 – 14:30
- Free NHS Walk-in Hearing Aid Clinic

### Hampton Hill URC

35 High Street, Hampton Hill, TW12 1NB

- Community Choir - sing for fun simply to enjoy the music and shared experience. Thursday 12:30 – 15:30
- Coffee and Conversation - come for coffee/tea and conversation with friends old and new. Saturday 10:30 - 12:00

The first two sessions are free. After that, £6 a session.

## Warm Spaces

### All Saints Parish Church

The Avenue, Hampton, TW12 3RG

Opening Hours: Wednesday 12:00 - 15:00, First Thursday of the month 10:30 - 12:00, Third Thursday from 14:30 - 16:00

### Hampton Inspired Hub

The Bungalow, 3 Ashley Road, Hampton, TW12 2JA

Opening Hours: Monday to Sunday 9:00 - 15:00

### Hampton Library

Rosehill, Hampton, TW12 2AB

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

### St James's Church

St James's Road, Hampton Hill, TW12 1DQ

Opening Hours: Monday, Wednesday and Thursday 12:30 - 15:30

### Hampton Hill Library

68 High Street, Hampton Hill, TW12 1NY

Opening Hours: Monday, 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.