

Regular Activities

For more information visit richmondmenicap.org.uk/events

MONDAYS	TUESDAYS
<p>10AM-12PM: TPH Puzzles & Games (@ Whitton Community Centre) £5 020 8977 5447</p> <p>11AM: Richmond Health Walks (@ Richmond Station) Free pam.mcmillen@richmondandwandsworth.gov.uk</p> <p>1.30PM-2.30PM: Dramatize Acting (@ Ham Youth Club) Ages 18+. £5 07912 183085</p> <p>5.30PM-6.30PM: TPH Picture Bingo (@ Cabbage Patch Pub) £7 020 8977 5447</p> <p>5.45PM-7PM: RISE Fusion Dance (@ Teddington Sports Centre) £5 020 8831 6134</p> <p>7PM-9PM: TPH Pub Night (@ Cabbage Patch Pub) Fun and socialising £2.50 020 8977 5447</p>	<p>10AM-11AM: Dramatize Creative Movement (@ Kew Bridge Arches) Ages 18+. £5 07912 183085</p> <p>11AM-12PM: Dramatize Zumba (@ Kew Bridge Arches) Ages 18+. £5 07912 183085</p> <p>2PM-4PM: Computer Club (@ St Mary's Church, Mortlake) Free 020 8487 5500</p> <p>6PM-8PM: Tuesday Group (@ Enterprise, Rowan House, Field Lane) Social group £3 020 3737 0601</p> <p>6.30PM-8.30PM: Limitless Adult Hub (@ Whitton Youth Zone) 18+ youth club. £5 07946 897995</p> <p>7PM-9PM: Richmond Gateway Club (@ Linden Hall, Hampton) Ages 18+. £2.50 020 8392 6383</p>
WEDNESDAYS	THURSDAYS
<p>9.45AM-10.30AM: Karate (@ Enterprise, Rowan House, Field Lane) £10 020 3737 0601</p> <p>10AM-12.45PM: TPH DanceAct (@ Landmark Arts Centre) Dance group £20 020 8977 5447</p> <p>1PM-3PM: Crafty Minds (@ Vinyard Community Centre, Richmond) Craft group. 07827 491325</p> <p>2PM-4PM: TPH Wellbeing Drop-in (@ The People Hive) £2. 020 8977 5447</p> <p>5.30PM-8.30PM: Meeting Place (@ Various) A social group. £2+ 020 8744 1923</p>	<p>12PM-1.30PM: The Job Club 020 8744 1923</p> <p>1PM-3PM: Yoga (@ Rowan House, Field Lane) Any age, gender or level of fitness. £10 020 3737 0601</p> <p>4PM-6PM: Something to Say (@ Richmond Theatre) Dance and drama group. 020 8744 1923</p> <p>5PM-6PM: Dramatize Physical Theatre (@ Exchange Theatre) Ages 16+. £13 07912 183085</p> <p>5.30PM-6.30PM: DSActive Rugby Session (@ Hazelwood Centre TW16 6QU) £3 0333 12 12300</p> <p>5.30PM-8.30PM: TPH Film Club (@ Cabbage Patch Pub) £12 020 8977 5447</p>
FRIDAYS	SATURDAYS
<p>10AM-12PM: Art 4 All (@ Enterprise, Rowan House, Field Lane) £10 020 3737 0601</p> <p>11AM-1PM: Friday Friendship Club (@ United Reformed Church, New Malden) Art based social club. £10 020 8547 3777</p> <p>3.45PM-5PM: The Chirpy Cheeps (@ Elleray Hall, Teddington) Singing group. £1 07906 277849</p> <p>7.30PM-9.30PM: TAG Youth Club (@ Ham Youth Centre) Club for ages 15-25. £5 07557 397934</p> <p>8PM-11PM: Open Mic Night (@ Shepperton Studios, TW17 0QD) Age 18+. £5 07785 187748</p>	<p>10AM-12PM: TPH Mini River Ramble £5 8977 5447</p> <p>10AM-2PM: TPH Winter Walks £15 8977 5447</p> <p>11AM-12PM: RISE Multi Sports (@ Hampton Sports Centre) £5.60 020 8831 6134</p> <p>11.30AM-12.30PM: RISE Trampoline (@ Whitton Sports & Fitness Centre) £6.10 020 8831 6134</p> <p>12PM-1PM: RISE Football (@ Hampton Sports Centre) £4.50 020 8831 6134</p> <p>12.30PM-2PM: TPH Lunch Club (@ Twickenham) Meet at friendly pub. £30 020 8977 5447</p> <p>7PM-9PM: TPH Evening Diner's Club (@ Twickenham) Try new food! £30 020 8977 5447</p>
SUNDAYS	
<p>11.30AM-4PM: Activity Station Activities (@ OSO Arts Centre, Barnes) www.activitystation.org.uk</p>	

This calendar is produced by Richmond Mencap and includes events and activities organised by



as well as other organisations