New activities this term!
See inside for more details
Regular exercise

Exercise is important during all life stages and our Health & Wellbeing Team would be happy to help you find the right class for you. For a full timetable please speak to reception or visit our website.

Prices

Classes are free with YMCA London South West membership, discounted with Senior Social Membership or an Active Kingston Card* or are available to purchase on a pay-as-you-go basis.

Senior Social Membership costs £25 a year and also gives you 15% off senior trips and activities and on food and drink at YMCA LSW cafés. (excluding pre-packed items).

Get in touch

Please contact the relevant centre below for more information

YMCA Hawker
Lower Ham Road
Kingston
KT2 5BH
T 020 8296 9747
E info.hawker
@ymcalsw.org

YMCA Surbiton
49 Victoria Road
Surbiton
KT6 4NG
T 020 8390 0148
E info.surbiton
@ymcalsw.org

YMCA Wimbledon
200 The Broadway
Wimbledon
SW19 1RY
T 020 8542 9055
E info.wimbledon
@ymcalsw.org

YMCA White House
45 The Avenue
Hampton
TW12 3RN
T 020 8979 1884
E whitehouse
@ymcalsw.org

Want to know more?

020 8339 7311
Out and about

Trips are a great way to get out and about and see some beautiful places as well as socialise with friends and meet new people. We currently have two buses available:

- YMCA White House - 14 spaces - pick up at 9.30am
- YMCA Surbiton/Hawker - 14 spaces - pick up from YMCA Hawker at 9am and YMCA Surbiton at 9.30am

Windsor with Afternoon Boat Ride

Thursday 11 August
Arrive in the beautiful royal and historic town of Windsor and enjoy the centre with its wonderful mix of old and new shops and architecture. You can take pictures next to the castle and wander the high street in the morning at your leisure. In the afternoon you will take an afternoon boat ride leaving from Windsor Promenade. Cruising along the river you can take in the beautiful sights along the river and enjoy some afternoon tea if you wish.

Senior Social Members, £18; Non-members, £21

Penshurst Place and Gardens

Thursday 21 July
Penshurst Place was granted to Sir William Sidney in 1552 by King Edward VI after it was left to him by his father Henry VIII. A mere 460 years on and the Sidney family still call Penshurst Place their family home and those that live and work there welcome visitors to discover the charm of Penshurst in the state rooms, gardens, parkland and beyond. With so much to do and see including a toy museum and a woodland trail as well as the beautiful gardens and house steeped in history, it promises to be a fantastic day out.

Senior Social Members, £20; Non-members, £23.50

Staunton Country Park and Farm

Thursday 15 September
This promises to be a beautiful day out where you can explore the exquisite gardens and park, as well as meet some animals in the farm. Enjoy locally sourced food in the Regency Tea Rooms and browse in the shop which boasts all items on sale from toys to wood to gifts to groceries - all produced on the Staunton Estate.

Senior Social Members, £18; Non-members, £21

Please note
Trips must have a minimum of 10 people per bus booked in order to run. Please book in advance at reception to avoid disappointment. A waiting list will be compiled when trips are full.
We start from the Centre promptly at 10am and return mid-afternoon. Please wear appropriate clothing and footwear. It is your responsibility to ensure that you are in good enough health to participate in these walks.

Monday 11 July (led by Jill), Wimbledon Common
We take the bus to Kingston Hill, then walk to Wimbledon Common, through the Cannizaro Gardens and up to the Windmill, where we'll have lunch. It's then a short walk to the bus and home.
About 4 miles, some inclines and may be muddy

Monday 22 August (led by Jill), historic East London
From Canada Water DLR station we walk through the streets of Bermondsey and Rotherhithe and finish our historic walk at London Bridge.
About 3.5 miles, flat and paved

Monday 12 September (led by Jill), Hampton Court
We take the bus to Hampton Court, then walk through the grounds of Hampton Court and into Bushy Park, where we enjoy the woodland gardens before having lunch at the café there.
About 4 miles, flat but with a possibility of mud

Monday 26 September (led by Jill), Mayfair
Train and underground take us to Mayfair, where we enjoy the highways and byways of this area of London, finishing our walk at Marble Arch for lunch and the return home.
About 3.5 miles, flat and paved
We start from the Centre promptly at 10am and return mid-afternoon. Please wear appropriate clothing and footwear. It is your responsibility to ensure that you are in good enough health to participate in these walks.

**Wednesday 6 July (led by Jill), Ashtead & Espom Common**

After a short bus journey, we walk from Chessington over Ashtead and Epsom commons, finishing with lunch in Epsom.

**About 4 miles, some inclines and may be muddy**

**Wednesday 20 July (led by Jill), Historic East London**

From Canada Water station we walk through the streets of Bermondsey and Rotherhithe and finish our walk at London Bridge.

**About 3.5 miles, flat and paved**

**Wednesday 3 August (led by Jill), North Woolwich & O₂**

We travel by train and DLR to North Woolwich, where we walk under the Thames and then along the Thames Path to the O₂, viewing the Thames Barrier en route. We'll have lunch at the O₂ and return to Waterloo.

**About 4 miles, flat and paved**

**Wednesday 17 August (led by Jill), Hampton Court**

A short train ride to Hampton Court takes us to Bushy Park where we enjoy the Woodland Gardens before having lunch at the café.

**About 4 miles, flat but with a possibility of mud**

**Wednesday 7 September (led by Jane and Peter), Hampstead Heath**

By train and overground to Hampstead Heath, and thence to Golders Hill Park and back to Hampstead.

**About 4.5 miles, some inclines, may be muddy in places**

**Wednesday 21 September (led by Jill), Mayfair**

Train and underground take us to Mayfair, where we enjoy the highways and byways of this area of London, finishing our walk at Marble Arch for lunch and the return home.

**About 3.5 miles, flat and paved**

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**Do you have a passion for people and a love of walking?**

We are currently looking for **volunteer walk leaders**. Full training and support will be given. In the meantime - why not come along and see if it's for you?

For more information contact: Team.community@ymcalsw.org or go to ymcalsw.org
We start from the Centre promptly at 10am and return mid-afternoon. Please wear appropriate clothing and footwear. It is your responsibility to ensure that you are in good enough health to participate in these walks.

**Wednesday 13 July (led by Bob), Crane Valley Walk**

A gentle walk through Crane Valley Park towards Twickenham and back. We see the old Shot Tower and take a small detour into a nature reserve on a island in the River Crane. There’s a toilet and safe stop half way before we return along the other bank of the river. The 111 bus takes us to the start which is also the finish. On our return to YMCA White House, we’ll have a late lunch together.

**About 4 miles, some inclines and may be muddy**

**Wednesday 27 July (led by Bob), Bushy Park**

A pleasant walk to and around Bushy Park. We stop for a coffee at the Pheasantry Café, then follow through the Woodland Gardens down to the Thames near The Bell pub. We then catch the 111 back to YMCA White House where we’ll have a late lunch together.

**About 4.5 miles, may be muddy**

**Wednesday 10 August (led by Bob), Thames Upstream from The Bell pub**

We take the 65 bus to The Bell. After crossing the river by ferry, we have a gentle walk along the Thames upstream. We walk until lunchtime to The Weir pub. Following lunch, we’ll walk to catch the 461 bus to Hampton Court and then the 111 bus home.

**About 3.5 miles, may be muddy**

**Wednesday 24 August (led by Bob), Hampton Court to Kingston and back**

A pleasant walk from Hampton Court to Kingston and back. On the way, we stroll upstream along the river and come back through the Home Park. There’s a toilet and café stop half way into Kingston. The 111 bus will then take us back to the start, which is also the finish. On our return we'll enjoy a late lunch at YMCA White House.

**About 4.5 miles, may be muddy**

**Wednesday 14 September (led by Bob), Dysart to Kingston (lunch at YMCA Hawker)**

We take the 111 bus and then the 65 bus to The Dysart and join the Thames Path near Richmond. We walk upstream past Marble Hill House, Ham House, Eel Pie Island and Teddington Lock. This leads us to YMCA Hawker where we stop for lunch. After this there is a gentle stroll into Kingston to catch the 111 home.

**About 4.5 miles, may be muddy**

**Wednesday 28 September (led by Bob), Richmond Park & Isabella Plantation**

A pleasant climb through part of Richmond Park before a stroll around Isabella Plantation. We’ll then descend into the river valley to YMCA Hawker for lunch. After lunch there’s a walk into Kingston through Canbury Gardens before catching the bus home.

**About 4 miles, some inclines and may be muddy**

For further information please contact: Anna L. Harris
E AnnaLHarris@ymcalsw.org  T 020 8339 7311
We start from the Centre promptly at 10am and return mid-afternoon. Please wear appropriate clothing and footwear. It is your responsibility to ensure that you are in good enough health to participate in these walks.

**Tuesday 26 July (led by Richard), Soho – Pox, Pleasure and Pestilence – Piccadilly Circus**

Walk around Soho tracing its social history, health care, flair and creativity. Learn about Dr Snow and the Soho Pump with the founding of the science of epidemiology with the end of a Cholera outbreak. Discover a surprising vibrant London community.

About 2.5 miles, flat and paved

**Tuesday 9 August (led by Richard), Time and Tide – Greenwich**

Discover the Royal Borough of Greenwich and learn how it has contributed to our nation's naval history and the location of the Prime Meridian. All part of London's green lung parkland.

About 3 miles, flat and paved

**Tuesday 23 August: The Blood of Smithfield – St Pauls**

Experience the bloody stories of Smithfield from the Protestant Martyrs, the bloody end to the Peasants' Revolt, the Resurrection men stealing bodies, Surgeons practicing anatomy and Harvey’s discovery of the circulation of blood. Not for the squeamish!

About 3 miles, flat and paved

For further information please contact: Lisa-Marie Hawkins
E Lisa-MarieHawkins@ymcalsw.org T 020 8544 6673 M 07880 033553

Please keep an eye out for new activities coming up at YMCA Hawker, Wimbledon and White House.

**YMCA Surbiton**

**Lunch Club**

On the last Friday of every month we get together to enjoy a traditional two-course meal, entertainment, a raffle and some fun and friendship.

Cost £8 – book and pay at reception.

**Upcoming dates:**

- 29 July
- 26 August
- 30 September

For a full entertainment programme, please visit our website, ymcalsw.org.

**Coffee and games**

Every Monday a group meet for coffee and games between 10am – 12 noon @ Surbiton Café with Nicky. It’s a great way to meet people and try your hand at some games.

**Teapot**

This happens every Wednesday between 2.30pm – 4pm @ Surbiton Café with Joyce. Enjoy each other’s company and catch up on the week’s events.

**Community choir**

Love to sing and meet new people? This meets every Wednesday, 7 – 8.30pm. There is no audition and it’s free - just turn up! For more information contact Katy Treharne 07976 89768
The YMCA Inclusive Lives Project provides activities that are welcoming, supportive and adaptive to all abilities across Kingston, Richmond and Merton.

YMCA INCLUSIVE LIVES
We believe that every person should be able to fulfil their full potential

For more information check out ymcalsw.org/inclusive-lives/
Contact: Hayley Turner
E Hayleyturner@ymcalsw.org
M 07587 034278

Release offers low cost, individual, couple and family counselling from various YMCA locations.
Weekly sessions are offered to reduce anxiety, depression and family conflict improving mental health and sense of wellbeing.

For more information contact:
M 07500 050957

Release Counselling
Counselling for the community

Join the Blossoming Y
Gardening group at YMCA White house
No experience necessary, help us transform our garden into a space for learning and creativity for people with a disability. We are looking for disability, supported living and care home groups to get involved and take ownership of a free plot space, as well as members of the community.

This is part of the YMCA London South West Inclusive Lives project, which enables people with disabilities to make positive lifestyle choices through access to a wide range of health and wellbeing activities.

Would you be interested in being part of a community garden project at YMCA Hawker?
If the answer is yes we’d love to hear from you!
Get in touch! Please contact Anna L. Harris
E AnnaLHarris@ymcalsw.org
T 020 8339 7311
Stay up to date

Get updates on class timetables, special promotions, success stories and more by following us on social media or by visiting our website.

What would you like to see at YMCA London South West?

Pick up a suggestion card from reception or contact: Lisa-Marie Hawkins (Merton)
E Lisa-MarieHawkins@ymcalsw.org T 020 8544 6673

Anna L Harris (Richmond & Kingston)
E AnnaLHarris@ymcalsw.org T 020 8339 7311

Volunteer with us
E team.community@ymcalsw.org

YMCA London South West is a registered charity.

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.