

# Teddington & Hampton Wick

## Voluntary Care Group

### Autum 2023

Dear All

I hope you have all enjoyed the summer months and our recent spell of warm weather.

It's been a very busy year for the office so we're so very grateful to all our volunteers for giving up their time to help out, we certainly wouldn't be able to do it without them.

We'd also like to thank everyone who has given us a donation, they all help keep the Voluntary Group going so they are very much appreciated.

We have a few more events to come so take a look at the back page and give us a call if you fancy coming to any of them.

It'll soon be Christmas!

*Jules, Hilary & Sara*



Our office opening hours are: **Monday – Friday** from **0930-1130**  
tel: **020 8943 3112** Please leave us a message outside of these times.

Our address is: 1 Stanley Road, Teddington, TW11 9DR

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

**ELLERAY HALL - An ideal place to meet new friends, try new activities or have lunch.**

## Services

Every weekday Elleray Hall's doors are open. Each day at Elleray offers a coffee bar, a two-course meal and a fantastic range of activities. Moreover, there are discounted hairdresser services, a weekly bargain shop, and even a chiropodist on a monthly basis. In addition to regular amenities, outings are a cherished feature for the members.



## Activities

**Here are just a few of the activities that happen throughout the week.**

Chair based, Zumba Gold, Yoga, Tai-Chi, Pilates and Line Dancing for the more mobile or Gentle Exercise for those preferring chair-based stretches.



For those seeking a less sporty way of spending their time at Elleray, there's a vast array of social groups.

Bingo, Book Club, Quiz, Roulette, darts, bridge club relaxation, visits from animals and beetle drives, indoor bowls and even Indoor crazy golf!



There dementia friendly group draws a dozen people on a Wednesday morning for chats, crafts and some games.

As an integral part of Teddington's past, Ellera Hall's new programme of activities means it is now firmly set to be an equally integral part of Teddington's future.

### Opening times

Monday to Friday from 9.30 am - 4.00 pm and closed only on Bank Holidays.

As you can see there's something for everyone, so why not give them a call or pop in. **020 8977 0549**

## Closure of Kington Bus Station



From Monday 28 August 2023, buses will not stop at the bus station and some buses which normally stop in the bus station or Cromwell Road will serve temporary stops, be diverted or stop short of their normal destinations.

Stops A1 to A16, and Z1 will be closed for the duration of the works. Stop R on Wood Street will also be closed.

Two new temporary bus stops (PW and RC) with shelters will be located to the east of the bus station on Cromwell Road and the bus lane will be extended.

During the works, allow extra time and use nearby alternative bus stops. Please see attached map for where to catch your bus.

# OUTINGS AND EVENTS

**AGM** – Methodist Church

Saturday 7<sup>th</sup> October **2.00pm - 4.00pm**

Official stuff plus tea & cake after



**Coffee morning** – Methodist Church

Saturday 21<sup>st</sup> October **10.30am – 12.00pm**

Why not catch up with friends for a good old natter.



**Squires Garden Centre** for tea/coffee, cake of choice & a bit of shopping - **£12 (approx.) including transport**

Wednesday 22<sup>nd</sup> November – **pick up from 1.00pm**



**Christmas party** - Saturday 9th December - **2:30pm**

Get your glad rags on for tea, cake, carols and more.



**REMEMBER:** You **MUST** phone the office to book any of our outings. This ensures your name is on the list and will avoid disappointment. Some of our outings are limited numbers so we will work on a first come first served basis.

**0208 943 3112, Mon-Fri from 0930-1130** or leave us a message.

**Payment will be collected on the day of the outing (cheque or cash).**