

Getting Active with HMC



There are many ways to get active, benefiting your physical and mental health.

Here are links to free local groups that can help you increase your activity. (links in Orange!)

For further support, feel free to reach out to us at HMC.

Walking and Running Groups

[Richmond Wellbeing walks \(Ruils\)](#)

Third Friday of every month at different locations across the borough.
10.30am to 12.30pm. Free
Contact: garywilliams@ruils.co.uk or 07904 608404

[Run Talk Run- Twickenham](#)

Every Thursday 18:30-19:30
Run and talk free from judgement
Walking groups too!

Click on the links for more detail and to prebook

[Richmond Ramblers Wellbeing walks](#)

Held regularly, six days per week.
No need to pre register, just turn up its free
Easy ground and steady pace to suit everyone.
Contact: ramblers@ramblers.zendesk.com
or 020 3961 3232



[ParkRun](#)- BushyPark

Fun, and friendly and free weekly 5k community event. Walk, jog, run
Every Saturday at 9:00am.



Exercise Groups

Contact the community centre to book or click on the links for more detail

Linden Hall Community Centre

Short mat bowls, Pilates, body conditioning, movement awareness, yoga, Seated exercises flow, Table tennis, Zumba Gold.

Click here for [Classes details](#)

Contact: enquiries@lindenhall.org.uk or 020 8941 2373



Greenwood Community Centre (Hampton)

Walking buddies, men's group, Flexicise (over 60s), Pilates, yoga (free for women over 60).

Click here for [Upto date activity programme for Greenwood](#)

Contact:

enquiries@greenwoodcommunity.org.uk or 020 8979 9662



Cycling and Football groups

Richmond Cycling

Monthly cycles for all ages

Click on the links for
more detail

Walking football

At Hampton Rangers Training Ground
Fridays at 3pm or Sundays at 10.30am.
Open to anyone over the age of 50 of
any ability

Contact:

hamptonrangerswalkingfootball@yahoo.com



FOUNDED 1986

All via Age UK
Please note pre-booking is essential
for all activities;

- Contact each Social Centre directly
- Email Wellbeing Services team:
wellbeing@ageukrichmond.org.uk
- Call 020 8744 1965.

More Regular Local activities via AgeUK

Monday	Tuesday	Wednesday	Thursday	Friday
Allotment Club 10am - 12pm Teddington	IT Drop in Club Hampton Methodist Church 10.30am - 12.30pm	Walking Football 10.30am - 11.30am St Mary's Uni, Teddington Lock <i>(currently full - please email to be placed on waiting list)</i>	Zoom Zumba Gold 10am - 11am Online	Zumba Gold 11.15am - 12.15pm Hampton Methodist Church
Fit for Men 11.30am - 12.30pm Hampton Pool	Zoom Tai Chi 11am - 12pm Online	Ukulele Club 10.30am - 11.30am Cabbage Patch Pub, Twickenham	Allotment Club 10am - 12pm Teddington	Walking Football 1pm - 2pm St Mary's Uni, Teddington Lock <i>(currently full - please email to be placed on waiting list)</i>
Table Tennis 2pm - 4pm Brunswick Club, Twickenham	Fit for Men 12pm - 1pm Barn Elms Sports Trust		Monthly Health Stroll 11.15am Last Thursday of every month. Meet outside the Twickenham Wellbeing Centre	
Strength Training 1.30pm - 2.15pm ETNA Centre, St Margarets	Man with a Pan 12pm - 2pm Twickenham Wellbeing Centre		Man with a Pan 3rd Thursday of every month, 12pm - 2pm ETNA Centre, St Margarets	
	Zumba Gold 2.30pm - 3.30pm ETNA Centre, St Margarets			 Richmond upon Thames ageUK

More NHS approved resources to stay fit at HOME



NHS Active 10 app

Track and build up your daily walks
– start with 10 minutes every day!



NHS Couch to 5K app

A running app for absolute beginners



NHS Weight Loss Plan app

A 12-week plan to help you lose weight.

**COUCH TO
FITNESS**

Couch to Fitness Programme

9 week fitness programme free

**Better
Health** Let's
do this

[NHS Live Well](#)
[NHS Better Health](#)