

## Have you thought about leaving a gift in your Will?



Deciding to leave money to a charity in your Will allows you to support worthwhile causes even after you're gone. Leaving a gift to HAPSOS enables us to provide local support to those who need it most and helps us to plan for the future.

If you'd like to consider this, contact Jill at the office on:  
[manager@hamandpetershamsos.co.uk](mailto:manager@hamandpetershamsos.co.uk)

### Useful Telephone Numbers

Non-urgent NHS helpline: 111

Non-urgent Police: 101

Social Services: 020 8891 7971

CareLine: 0845 600 7413

Richmond Council: 020 8891 1411

Electricity Emergencies: 105

RHP Customer Service: 020 3166 2200

Age UK Richmond: 020 8878 3073

Citizens Advice: 0808 278 7873

RUILS: 020 8831 6083

RAID: 020 8831 6080

**SOS Office: 020 8948 1090**

(Open Mon-Fri 10.00am-12noon)

E-mail: [enquiries@hamandpetershamsos.co.uk](mailto:enquiries@hamandpetershamsos.co.uk)



# Members' Magazine

Spring/Summer 2025

The days are getting a little longer, the temperature a little warmer, and the sun a little brighter. There is a lot to look forward to over the coming months, have a look through the magazine and we hope to see you at some of our sociable and friendly events.

### Dates for your diary...

We've got a few key dates for your diaries starting with the Easter Party on Tuesday 8th April (*page 3*) and a VE Day Dinner and Quiz Night on Thursday 8th May (*page 11*).

We also need your help. We've decided to sell potted herbs and homemade jams and pickles on our stand at the Ham Fair this year which is on Saturday 14th June. If you are a pickler or a preserver can you spare a jar or two? Or join us on our Ham Fair Crafting afternoon to help make pots (*see pages 6 and 13*).



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# What's Been Happening?



The year ended with a busy and festive December and it was lovely to see so many faces at all the events. From roast turkey at The New Inn, wreath making in the library, to our first London Christmas Lights trip, we hope you enjoyed these and all the other Christmas events on offer.

Kick starting the New Year, we ran our first four week wellness programme, and we are excited that this will continue Monday. Still



on our health related activities, five intrepid cooks from HAPSOS participated in the Cooking Up programme, learning how to cook healthy and economic vegetarian food. We've reserved places for the next course in April.

Not forgetting our annual January get together, a hearty roast was enjoyed at The Toby Carvery and, in February, we visited The Milestones Museum. Everyone had a great day at the museum, unfortunately we don't have any photos as Kerri our trip leader spent the time sorting out a flat tyre on the minibus! Thank you Kerri.



# How We Run Our Services



All our services are delivered by a fantastic team of volunteers who give their time to support us all. Without our volunteers we would not be able to operate.

## Your Donations

In addition to bidding for grants and fundraising, we also ask for voluntary donations to support the activities we offer. We are not funded by the local council, the NHS, or social services. If you have any concerns about making a donation, please speak to the SOS team in confidence. We aim to offer a service for everyone.

## Card Payments

We are now able to take card payments for donations and trips. If

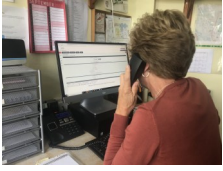


you prefer to pay by debit card please ask at the office when you pop in. We can only take these payments in person.

## Referral to other services and support

If we can not help in a specific situation we can refer you to other voluntary organisations that may help. For example, Age UK, Richmond AID, RUILS or Richmond Carers Centre. This can include benefit advice from Age UK Richmond, debt advice from Citizens Advice Richmond, and financial support from Richmond Parish Lands.

## How We Can Help?



At HAPSOS we aim to offer support services catered to the individual. In addition to our regular activities, we also offer:

### Telephone and in-person Befriending

We have a wonderful team of volunteers whom we match with you, providing regular phone calls or in-person visits.

### Transport to Medical/Social Appointments

We offer an individual lift service where volunteers pick you up from home and take you to and from medical appointments or social events. Please give us as much notice as possible.

### Prescription Collection/Delivery

We can collect and deliver your prescription medicines

as well as any additional items you have ordered from a local chemist.

### Shopping Bus service

Our minibus runs every Thursday providing a door-to-door service to Sainsbury's in Kingston. Volunteers help with your bags. Maximum 8 passengers and pre-booking is essential. **Maximum number of shopping bags is 3 per person.**

### List Shopping

We offer a supermarket shopping service if you are unable to use our shopping bus or get out yourself.

For these services we ask for a **voluntary** donation of £3.00.



## Easter Party Invitation

Please join us on Tuesday, 8th April from 4.30pm to 6.00pm at The Woodville Centre.

We welcome all our members and friends to our annual Easter Party. Freshly made sandwiches, cakes and unlimited tea or coffee will be served.

**Transport is available but needs to be booked.**

**RSVP by Thursday 3rd April so that we can plan the catering.**

# Health and Wellbeing Sessions

## Monday Morning Wellness Four Week Course

Join us every Monday for a fun and friendly Chair Yoga Dance class followed by a nutritional snack and time to chat with your fellow yogis.

Each session will guide you through:

- A 60-minute Chair Yoga Dance session, helping to increase flexibility and strength, improve balance and coordination, and reduce pain;
- Nutritional tips on food for our wellbeing;
- A light nutritional snack.



We run the sessions as a four week rolling programme so all four sessions **must be booked**. The next four week course starts on Monday 17th March.

Course cost is £20.00 (£5.00 per week).

Location: St Thomas Aquinas, Ham

Time: 10.50 am to 12.20 pm

**To book call us on 020 8948 1090 or  
Email: natalie@hamandpetershamsos.co.uk**

# Diary Dates

Enclosed with the newsletter is our updated trips and outings list for the next few months.



Don't forget we also have our weekly meet-ups:

## Tea & Chat weekly coffee morning, Ham Library



We welcome you with fresh tea/coffee and an assortment of cakes from **11.00 am every Monday**. No booking necessary. Suggested donation £3.

## Lunch Club, Ham Library

Enjoy home made soup and bread every **Wednesday from 12:30pm**. No booking necessary. Suggested donation £4.

## Help needed for Ham Fair

If you are a preserver or pickler would you donate a jar or two of your produce so that we can sell it on our stand? No need to worry about labels, we will be buying some green gingham and making labels!



We also need empty tin cans for our herb pots. Over the course of the next month, or so, if you have one or two, please drop them in to the office or at an activity. **Thank You.**

# Members' News

## Welcome to our new members

A warm welcome to our newest members who we will hopefully see at some of our activities: Hazell Jacobs, Janet Russell, and Abdul Rida.



## Meet our new Trustee

Some of you have already met Louisa Peacock, either on the Birdworld trip or at one of our weekly activities. Louisa comes with a wealth of experience in the corporate and legal world and lives in Petersham with her husband and two sons who are 10 and 9. Welcome Louisa!

## Members' Benefits

We offer a wide range of activities and support services. For many we request a voluntary donation, and for others we charge. Please reach out to us if you are having difficulties paying. We do not want to exclude anyone.

Don't forget, your annual membership also gives you **FREE access to Kew Gardens**. All you need to do is get a letter from the office confirming you are a member. For further details contact the office.



**OFFICE HOURS: MONDAY TO FRIDAY 10.00am to 12.00pm.**

# Health and Wellbeing Sessions

Come long and share favourite songs and music that evoke happy memories for us.

## Melodies and Memories

**Friday 11th April, 2.00 pm to 4.00 pm, Ham Library**



Music can transport us back to a time and a place, to a person or an emotion. See where your tunes carry you in this interactive workshop. Share your favourite songs and why they hold meaning for you.

**Places are strictly limited so book early.**

**The cost is £5.00 and includes tea/coffee and biscuits.**

## Free, Five Week Cookery Course

Our five intrepid cooks, Carole, Helen, Rose, Sonnie, and Yvonne, had a fantastic time with COOKING UP. You can too!

Over the course of five weeks, enjoy 90-minute cooking sessions where you'll learn to prepare a delicious meal for four to take home.

**Classes will run at Ham Youth Centre 11am-12.30pm every Wednesday starting 23rd April. Three places are reserved for HAPSOS members. Booking is essential.**



**COOKING UP**

## Crafting Sessions

### Hand Decorating Herb Pots Friday 16th May, 2.00pm to 4.30pm, Ham Library

For the Ham Fair this year we're selling herb pots and we're hoping a few brave souls will join us at this crafting event to help us make them. We plan on upcycling tin cans following a variety of designs.

Tea and biscuits will be provided.  
Booking essential. No cost.



...and for the green fingered

### Indoor Planting Session Thursday 5th June 4.00pm to 5.30pm, The Woodville Centre

We are planning to grow the herbs from seed and then plant them in our pots. So, if you fancy getting your hands dirty we need some help with potting the seedlings. Dependent on weather, we may be indoors or out. Refreshments provided.  
Please let us know if you can help.



If anyone is good at growing herbs from seed and would like to help, please contact Jill.

# VE DAY

80th ANNIVERSARY

## A SHARED MOMENT OF CELEBRATION

8 MAY 2025

Let's all get together and commemorate VE DAY

### VE Dinner and Quiz Night

Thursday 8th May from 5.30pm to 7.30pm  
At The Woodville Centre

The evening will start with a complimentary glass of sherry (or wine) and a fun, topical quiz. Dinner will be a classic British supper dish followed by a sweet treat.

We do hope you can join us.

**Suggested voluntary minimum donation £8.00.**  
**Includes meal, welcome drink and quiz.**  
**Further drinks will be available for a donation.**

# Community News

**Mindful March (and April) coffee mornings, Ham Library  
Every Wednesday 10.00am - 11.30am until 9th April**

This spring try some new activities at the library. Each week a different well-being activity will be explored, including gardening and crafting. Coffee and biscuits will be provided.



**For further information contact the library on 020 8734 3354**

**Saturday 14th June, 11.00am to 4.30pm, Free event**

A traditional village fair with stalls; food and drink; entertainment and much more.

**Join us on our stand!**



## FIRST SATURDAY EVERY MONTH

For delicious, unusual, and local produce



Next Markets: 5th April, 3rd May, 7th June, 5th July

**Ham Parade Market** is run by the community, for the community. We are all volunteers who live locally and the profits from the Market go back into improving Ham Parade and making our local high street a success.



# New Oral History Project

*Rediscovering our histories  
through storytelling*

We are putting together an exciting new project which explores our members' oral histories, aiming to capture our own unforgettable stories and contextualise them within recent history that we are all familiar with.

From remembering the first moon landing, to the fall of the Berlin Wall, to simply spending a memorable afternoon with someone in a place long forgotten, do you have a story that can help us with this new project?

**Would you like to be part of this interesting project?  
If so, please let Jill, Millie or Natalie know.**



# Spring and Summer Outings

## Fulham Palace House and Garden, Tuesday 13th May

Once the 'country' home of the powerful Bishops of London, today saunter around the Palace and gardens of this hidden gem.

Find a secret door, hear about 'Bloody' Bishop Bonner, and discover the surprising history of Fulham Palace, on our **private guided tour** lasting around 45 minutes. Have something to eat in the café before exploring again.

**Cost: £14.00 (includes private guided tour but no refreshments)**

**Departs: 10.00am from Ham Library**



## Watt's Gallery Artists' Village, Tuesday 8th July

Today we'll be visiting a unique, cultural hub in Surrey that has something for everyone. Art galleries, a mystical chapel, beautiful gardens, and a shop.

The current visiting exhibition is

*Scented Visions: Smell in Art 1850 – 1915!* Be

prepared for an unusual experience. We have organised a private sandwich lunch in The Old Kiln Room with tea and coffee. This is included in the price of this trip.

**Cost: £20.00 (includes lunch, tea or coffee)**

**Departs: 10.00am from Ham Library**



## River Wey, Godalming Navigations and Dapdune Wharf, Thursday 12th June

'All Aboard' as we venture along The River Wey, Britain's first river to be made navigable for barge traffic in 1653.

Arriving at the wharf, we will board our private boat at 11.50am for a 40 minute journey down the river. Afterwards visit the award-winning visitor centre, have a light lunch in the cafe, and wander round

The Bookshed, with its selection of second hand books.

**Cost: £14.00 (Refreshments not included)**

**Departs: 10.00am from Ham Library**



## Curry Night at Saqui, Thursday 19th June

We love getting suggestions from you - especially this one, a curry night! Our tasty, local curry house, Saqui, will be hosting us and offering a choice of poppadoms, mains and rice.

**Cost: £8.00 (This does not include drinks)**

**Time: 6.00pm to 7.30pm**



## A DATE FOR YOUR DIARY

Our Annual Summer Party will be on Tuesday 11th August at The Woodville Centre from 4.30 pm to 6.00 pm