



Wimbledon
Guild

What's On

Activity Guide

for over
50's

Our full range
of classes, clubs
and talks
listed inside!



July / August / September 2024



www.wimbledonguild.co.uk

Registered Charity No. 200424

Company No. 383330

Culture Through Cuisine

Monthly, Guild Lounge, 11am - 12pm, £4

Includes
refreshments
& tasters

30th July - All Things Spice

Join us on a journey through time as we uncover fascinating tales behind some of the world's most beloved spices. With a tasty mix of adventure, history and gastronomy, these spicy narratives explain how the aromatic treasures in our cupboards have influenced the course of history and shaped our modern world.



24th September - Belgium



What springs to mind when you think of Belgium? Perhaps it's chocolate or waffles? With its French, Dutch and German neighbours, Belgium certainly has more to offer than just sweet treats. Come and hear all about what Belgians bring to the table, with dishes including moules frites, carbonade flamande, and stoemp.

The HomeFood Café will serve a two-course themed meal from 12pm on the above dates. If attending Culture Through Cuisine, lunch is only £5 (£9 for both talk and lunch).

Please note, there will be no Culture Through Cuisine in August.

For more information or to book on to any activities, call 020 8946 0735 or email activities@wimbledonguild.co.uk

Get your craft on this summer

Monthly, Drake House, 2 - 3.30pm

Take what you make at our crafty workshops.

25th July – Spring Flower Lanterns: Give old jars a new life and turn them into an accessory for the home or garden using dried flowers.

29th August – The Art of Paper Marbling: Learn the art of illusion, how to turn a sheet of paper into a stylish art form, creating your own unique and stylish gift tags or stationery.

26th September – Stamp Making: Create your own 'stamp' of approval for adding a personal touch to bespoke cards, tags, or even on fabric!

Places are limited and must be booked in advance.



Free



Wellbeing Workshops

Monthly, WG Morden, 1.30 - 3pm

Booking essential

26th July - Managing Anger & Irritability

Recognise differences between anger and irritability and links between anger, stress, and low mood. We'll also discuss short and long-term strategies to manage anger.

30th August - Improving Self-confidence

Learn what self-confidence is, and how to boost your self-esteem in order to feel more motivated.

20th September - Lifting Your Mood

Understand causes of low mood, how we can challenge negative thinking and tips to increase wellbeing, including relaxation and mindfulness.

In
Morden

For more information or to book on to any activities, call 020 8946 0735 or email activities@wimbledonguild.co.uk

Where Did I Leave My Keys?

Friday 16th August, 1.30 - 3pm, WG Morden



Free

Learn the difference between forgetfulness and dementia with Andrea from Alzheimer's UK. She'll explain what to look out for and why it is good to get advice early, as things may not be all they seem.

Andrea will also cover what to expect when you seek help, what support is available and answer any questions you may have.

Booking is essential. Please contact us to reserve your place.

Special Sashiko Workshop

Monday 30th September, 2pm

£10, Guild Lounge

Take what you make!

Learn the ancient art of Sashiko, a type of traditional Japanese embroidery or stitching used for the decorative and functional reinforcement of cloth and clothing.

Create your own Sashiko bag for life - no experience necessary!

**Booking is essential.
See contact details below.**



For more information or to book on to any activities, call 020 8946 0735 or email activities@wimbledonguild.co.uk

Food for Thought Talks

Every Wednesday, Guild Lounge,
10.30am - 12pm (booking essential)

£4 incl.
refreshments



Highlights include:

July - Be Scam Aware with Trading Standards (Free): Being scammed is more common than you think. Learn about the latest scams in Merton, what to look out for and how to stay safe.

August - All About Sue Ryder: Many know about the charity shops, homes and hospice but who actually was Sue Ryder? To mark her centenary, find out her fascinating story.

September - The Wandle and its Waters: In conjunction with World Rivers Day, the Wandle Industrial Museum shines a light on the uses of the Wandle, from being a water supply for London, to pollution and disputes over its use.

Breast Health Information Talk

Tuesday 24th September, 10.30am - 12pm

Free, Guild Lounge

Over 90% of men diagnosed with breast cancer are 50+, while 80% of women diagnosed annually are 45+.

Breast health begins with breast awareness.

Being familiar with how your breasts usually feel makes it easier to detect when there's a change. Early detection can be a key factor in making successful recovery.

Ahead of Breast Cancer Awareness Month, come and hear from health professionals on the risks, signs and treatments.

Booking for this talk is essential. See contact details below.

Free

For more information or to book on to any activities, call
020 8946 0735 or email activities@wimbledonguild.co.uk

How we can help you

We're a community charity in Merton offering practical help and support, so you'll never have to face life's challenges alone.



When you want to try something new

Keen to try Pilates, have a go at tap dancing or get in touch with your inner artist? There's always a new experience to enjoy with our fun and friendly classes, clubs and talks.



When you want to meet new people

Like our activities, our busy HomeFood Café is a great place to build friendships. Or, if you can't get out, we'll connect you with someone local who'll happily pop round for a regular cuppa and a chat.



When you're feeling low

Talk to a therapist one-to-one or join one of our friendly groups to tackle difficult feelings and emotions.



When you're worried about money

From replacing broken appliances to support with bills, warm clothes or school uniforms, we can help make sure you've got the things you need right now.



When someone's died

If you need to talk, we're here to listen. We'll help you explore your emotions and work out what life looks like going forwards.



When you want to stay independent

Whether it's arranging transport, adapting your home, or support to continue doing the things you love, we're here to help.

To find out more email info@wimbledonguild.co.uk, call us on 020 8946 0735 or pop in to see us at Guild House, 30-32 Worple Road, SW19 4EF or WG Morden, 3-4 Crown Parade, Crown Lane, SM4 5DA.

What's On at Wimbledon Guild

July / August / September 2024

Time	Activity	Description	Venue	Cost
Monday				
10.00 - 11.00	Active Exercise	Keep moving and feel great with our specially tailored class	Drake House Hall	£5.00
10.00 - 12.00	Knitting	All abilities welcome at this friendly club	Guild Lounge	FREE*
10.00 - 12.00	Table Tennis	Keep your brain sharp and improve your reflexes and balance	Drake House	£2.00
11.00 - 12.00	Pilates	Seated and standing exercises to tone and strengthen	Morden Baptist Church	£5.00
11.00 - 12.00	Walking Tennis	Tennis for those who want a gentler pace of play	Wimbledon Park	£5.00
11.15 - 12.15	Seated Exercise	Gentle exercise for joint mobility, suppleness and balance	Drake House Hall	£5.00
13.15 - 14.15	Mindful Moments	Pause, breathe, unwind and focus on the present	Online	FREE
13.30 - 14:30	Active Stroke Exercise (Level 2)	This class is designed as a progression from Level 1, or for those who are more physically active post-stroke	WG Morden	£4.00
14.00 - 15.00	Tai Chi (seated)	Improve posture, balance and strength	Drake House Hall	£5.00
14.30 - 15.30	Conversational Spanish	Practise your Espanol with this self-led informal group	HomeFood Café	FREE
Tuesday				
10.00 - 11.00	Pilates	Seated and standing exercises to tone and strengthen	Drake House Hall	£5.00
10.00 - 11.30	Art Group	Bring out your inner artist with our fun and creative group	Drake House	£4.00
10.00 - 12.00	Ladies Before Lunch	Relax and make new friends at this monthly meet-up	Guild Lounge	FREE* ●
10.30 - 12.00	Men's Space	Drop by to share stories, interests, news and views	WG Morden	FREE ●
11.00 - 12.00	Culture Through Cuisine	Monthly talks that are a feast for all the senses	Guild Lounge	£4.00 ●
11.00 - 12.00	Walking Tennis	Tennis for those who want a gentler pace of play	Canons Leisure Centre	£4.00
11.30 - 12.30	Pilates	Seated and standing exercises to tone and strengthen	Drake House Hall	£5.00
13.00 - 14.00	Seated Yoga	Increase strength, flexibility and wellbeing	Drake House Hall	£5.00
13.30 - 15.00	Stroke Social Club	Share experiences, get support and socialise	WG Morden	FREE ●
14.30 - 15.30	Seated Yoga	Increase strength, flexibility and wellbeing	Drake House Hall	£5.00
Wednesday				
10.30 - 11.30	Balance, Fitness and Mobility	A fun and friendly class to keep fit and flexible	Drake House Hall	£5.00
10.30 - 12.00	Food for Thought	Inspiring and entertaining talks on different topics	Guild Lounge	£4.00 ●
10.30 - 12.00	Kurling	Adapted version of curling, accessible for all	Martin Way Methodist Church Hall	£4.00
12.00 - 13.00	Stroke Exercise (Level 1)	Supporting recovery and increasing your mobility, stability and physical fitness	Drake House Hall	£4.00
12.30 - 13.00	Mobile & Tablet Workshop	Confused by technology? Let our tech whizzes help you	Guild Lounge	FREE
14.00 - 15.00	Pilates	Seated and standing exercises to tone and strengthen	Drake House Hall	£5.00
14.00 - 15.15	Quiz of the Week	Put your general knowledge to the test	Online	£4.00
14.00 - 15.30	Reading Retreat	Informal reading group for good stories and great chat	Guild Lounge	FREE ●
Thursday				
10.00 - 11.00	Tap Dancing	Improve your mental and physical agility	Drake House Hall	£5.00
10.00 - 12.00	Games	Keep your mind active with our fun and informal games	Guild Lounge	£4.00 ●
12.00 - 13.15	Dancing with Parkinson's	Specially designed dance class for people living with Parkinson's	Drake House Hall	£7.00 ●
13.00 - 15.00	Bridge	All levels welcome at this fun club	Guild Lounge	£4.00 ●
14.00 - 15.30	Arts & Crafts	Fun, tutored art group with optional monthly craft workshop	Drake House	£4.00
14.00 - 15.30	Board Games & A Brew	Bring a friend and grab a game	HomeFood Café	FREE ●
Friday				
10.00 - 11.00	Mat-based Yoga	Increase strength, flexibility and wellbeing (all levels)	Drake House Hall	£5.00
10.00 - 11.00	Tai Chi (standing)	Reduce stress, build strength and sustain mobility	WG Morden	£6.00
10.30 - 12.00	Men's Space	Drop by to share stories, interests, news and views	Guild Lounge	FREE ●
11.30 - 12.30	Mat-based Pilates	Toning and strengthening your body inside and out	WG Morden	£6.00
13.00 - 14.00	Circuit Training with Chelsea FC	A great class for an all-round workout	Online/Drake House	FREE
13.30 - 15.00	Wellbeing Workshops	Monthly workshops for wellbeing and self-care	WG Morden	FREE ●
13.30 start	Film Fridays	Enjoy an afternoon relaxing with a classic film	Guild Lounge	FREE

● refreshments included * refreshments available for a small charge ● monthly events - please contact us for more information

📍 Guild Lounge and HomeFood Café, Guild House, 30/32 Worples Road, Wimbledon SW19 4EF

📍 Drake House (behind Guild House), 44 St Georges Road, Wimbledon SW19 4ED

📍 WG Morden, 3-4 Crown Parade, Crown Lane, Morden, SM4 5DA

Please register if attending Wimbledon Guild for the first time. It's free!



Men's Space, Morden

Tuesdays, 10.30am - 12pm

WG Morden, 3-4 Crown Parade, SM4 5DA

We don't have a shed so we created a space instead! Drop by to share stories, interests, news and views. All men aged 50+ are welcome.



Book in advance to avoid disappointment

Activities are in high demand and places are very limited. To book:

- Tell us in person the week before
- Call reception on 020 8946 0735
- Email activities@wimbledonguild.co.uk



For more information or to book an activity, contact us on: 📞 020 8946 0735 ✉ activities@wimbledonguild.co.uk