

What's On

March - April 2018



The Christ Church Centre

Tel: 01491 577733

Email: managers@christchurchenley.org.uk

Website: www.christchurchenley.org.uk

Rooms For Hire

For all room hire enquiries, please contact the Centre Office on
01491 577733 or email managers@christchurchhenley.org.uk

Discounts are available for registered charities and for block bookings of 10
or more dates. Please refer to the Centre Information booklet for more
details.

Pither Hall (135 sq m)

£28.50 / hour (up to 18.30)

£30.50 / hour (after 18.30)

Kempster Hall

88 sq m

£28.50 / hour

Morris Room 2

50 sq m

£24.25 / hour

Wentworth Room

18 sq m

£16.75 / hour

Morris Room 3

13 sq m

£14.00 / hour

Also available to hire:

- The Concourse and Kitchen for lunches, dinners etc
- The Church may be hired for Concerts, Recitals, Plays etc
 - The Chapel for small, private meetings.

**Please feel free to discuss your requirements with the Centre Management –
we are sure to have a space available to suit you!**

The Christ Church Centre

46 Reading Road,

Henley-on-Thames.

RG9 1AG

www.christchurchhenley.org.uk

Children's Activities

Montessori Bambino Stay & Play

Join us for an interactive morning with your child – with coffee & cake as well!

Fridays 09:45 – 11:15

Haymes Hall

Tel: 077131 87353

Email: manager@henleynursery.com

Playball

Comprehensive movement & sport skills based programme for 2 – 8 year olds.

Thursdays & Fridays 09:30 – 12:00

Kempster Hall

Tel: 07477 860335

Email: matthewjmackinnon@gmail.com

Alison-Jayne School of Dance

Classes in ISTD ballet, tap & modern from 3+

Tuesdays 15.45 – 18.15 Pither Hall

Wednesdays 16.45 – 19.45 Kempster Hall

Tel: 01189 790683

Email: ajdance.uk@gmail.com

3rd Henley Brownies

Weekly meetings during term-time for

7-10 year olds

Thursdays 16.45 – 18.00

Pither Hall

Email: brownies.rachel@gmail.com

Well-Being

Meditation & Mindfulness

Find tranquillity while supporting Sue Ryder Nettlebed Hospice

Thursdays 19:00 – 20:00

19.00 – 20.00 Morris 2

Tel: 0207 4030888 Email: kamaey@life360.uk

Mindfulness for Stress

From 18/04 – 13/06

Wednesdays 20:00 – 21:30 Morris 2

Tel: 07940 808252

Email: lynne.wilkes@talk21.com

Self-Development Group for Counsellors

From 01/02 – 03/05

Thursdays 12.30 – 14.30 Wentworth

Tel: 07767 488403

Email: nicki.gray@hotmail.co.uk

Well-Being

Late Spring – Bereavement Group

Support and friendship

Mondays fortnightly

13.30 – 15.30 Wentworth

Tel: Sue Kendrick 0118 9474562

Email:

latespring@ageukoxfordshire.org.uk

Henley Community Acupuncture

Affordable acupuncture in a peaceful
group setting

Tuesdays 09.00 – 12.30

Morris Room 2

Tel: 07904 588395

My Life My Choice

Self-advocacy group for people with
learning disabilities

Third Monday of every month

19.00 – 21.00

Wentworth (Room 1)

Tel: 01865 204214

Psychotherapy Counselling

(UKCP registered)

Individual and couples therapy.

Tuesdays, Wednesdays, Thursdays &

Saturdays

Tel: 07500 603480

Email: carol.titley@btopenworld.com

A-Anon

Support group for those who wish to
recover from alcoholism and achieve
sobriety

Tuesdays 07.30 – 08.30 Chapel

Thursdays 19.00 – 21.00 Kempster Hall

AI-Anon

Help and support for families and friends
of problem drinkers

Thursdays 20.00 – 21.30

Wentworth (Room 1)

Tel: 0207 4030888

Adult Children of Alcoholics – Henley Branch

An anonymous program for people who grew up in alcoholic or otherwise dysfunctional homes. We meet with each other in a mutually respectful, safe environment and acknowledge our common experiences.

Mondays 20.00 – 21.30

Wentworth

Tel: 01590 610936 Email: info@acoa.uk

Educational

Henley Village Montessori Nursery School

"A happy place to learn"

Supporting children through their early years to become confident, content and considerate.

Open from 9.00 – 16.00, Monday – Friday, 45 weeks of the year

For admissions, please visit www.henleynursery.com

Email: manager@henleynursery.com

Tel: 07713 187353

Kumon Maths and English Study Programmes

After-school Maths and English classes for children of all ages and abilities, offering an individualised programme for each student.

Wednesdays 15.45 - 17.45 Pither Hall

Saturdays 10.30 – 12.00 Kempster Hall

Contact Dawn Willoughby on 0118 987 2928 or 07814 722830

Email: henleyonthames@kumoncentre.co.uk

Dyslexia Assessments

Specialist assessments for individuals of any age who feel that they or their child are not progressing as well as they might.

Tel: 07950829764

Email: leoniesacher@btinternet.com

Henley Music Centre

Eureka! Foundation music tuition for children and young people

Saturdays 09.30 – 12.30

Morris Suite

Tel: 0118 961 7584

Email: vcel@gmx.co.uk

WEA

Providing high quality learning opportunities for adults from all walks of life.

Tuesdays 17th April – 22nd May 14.00 – 16.00

British Prime Ministers

Kempster Hall

Tel: 0118 940 4752

Email: pbeilbysmith@btinternet.com

U3A

An international movement whose aims are the education and stimulation of mainly retired members of the community

14:00 – 16:00 in Wentworth room

Discussion Group Wednesdays bi-monthly

Contact: Cathy Notaras on 01491411407

Music Appreciation 2nd Thursday every month

Contact: Sylvia Pugsley 01491 573259

Elderly

Bluebells

Day Centre providing care and therapeutic activities for people over 60, specializing in dementia care. Services for up to 16 members a day, including lunch.

Wednesdays & Thursdays 10.00 – 14.00 (*up until 29th March*)

Morris Room 2

Tel: 07827235424

Henley Stroke Club

Local group for those affected by stroke

– survivors and carers

Tuesdays 10.30 – 12.00

Kempster Hall

Tel: 01491 572861

Parkinson's Seated Exercise Class

Every Wednesday except the 4th

Wednesday of the month

10.30 – 11.30

Kempster Hall

Tel: 01491 628520

Henley Branch Parkinson's UK

Meets on the **4th Wednesday** of every month

10.30 – 12.30

Kempster Hall

Tel: 01491 628520

Parkinson's Singing Group

2nd Friday of every month

13.30 – 15.30

Morris 2

Tel: 01491 628520

Unpaid Carers Support Groups

All welcome, meetings held in the Wentworth Room

3rd Tuesday of the month 10.30 – 12.00

Contact Fiona on 07557430873 or just turn up

Office Tel: 01235 424715

Email: louisegriffiths@ageukoxfordshire.org.uk

Christ Church Memory Café (*starting 18th April*)

A social gathering place for anyone with memory loss, mild cognitive impairment, early Alzheimer's, or other dementia, and their family and friends. Enjoy tea, coffee & home-made cakes and stay for a light lunch afterwards if you wish!

Every Wednesday on the Concourse 10.30 – 12.00

Tel: 01491 577733

Health & Fitness

Weight Loss Course

From 9th April – 21st May

Mondays 19.30 - 21.00

Wentworth

Tel: 07707693756

Email: hannahkeildson@googlemail.com

Weight Watchers

Weekly meetings, including weigh-ins & discussions

Fridays 09.30 – 10.30

Pither Hall

Tel: 08457 123 000

Pilates

Mondays 17.45 – 18.45

Kempster Hall

Tel: 07875 682797

Email: diana.physio@mail.com

Dance Fit Fun

Wednesdays 09.45 – 10.45

Pither Hall

Tel: 07970 074683

Email: kayleighrixon@gmail.com

Tai Chi

Slow meditative physical exercise for relaxation, balance and health

Thursdays 20.15 -21.15

Pither Hall

Tel: 01491 576611

Email: julian@tranquilrivertaichi.com

Can Do Martial Arts

Karate for Adults & Children

Saturdays 09.00 – 10.00

Pither / Kempster Hall

Tel: 01235 364370

Email: scott@candomartialarts.co.uk

Church

Sunday Morning Worship 10.30am

Everyone welcome

For more details, please refer to www.christchurchhenley.org.uk

Messy Church!

Activities & hot meal for families

2nd Friday every month 16.00 – 18.00

Pither Hall

Tel: Glyn 01491 412621

Email: glyn@millingtons.org.uk

Henley Bible School

Book of Daniel

Sundays from 21st January

18.30 – 19.30

Tel: Glyn 01491 412621

Email: glyn@millingtons.org.uk

Social

Open House Lunch

Home-cooked lunches – open to everyone.

No need to book!

Very reasonable prices.

Mondays & Thursdays

11.45 – 1.15 Concourse

Royal British Legion

Monthly Lunch Meeting

3rd Monday of the month

11.00 - 14.00

Kempster Hall

Tel: 01491 578238

Busy Bees

Craft Group – all welcome for coffee, chat & creative work. Any craft, any ability!

Meeting fortnightly Mondays 14.00 – 16.00 on the Concourse

Tel: Hilda Glendenning on 0118 9484614

Coffee Morning

Coffee, cakes & chat!

Everyone welcome!

Fridays 10.00 – 12.00

Concourse

Oddfellows Three Counties Branch

Third Tuesday of the month

14.00 – 16.00

Morris 2

Tel: Lynda Edwards – 01491 871054

Other

Antiques Fairs

Next Dates: Saturdays 10th March & 14th April

10.00 – 16.00

Pither Hall & Concourse Entry 50p

Hot food, tea, coffee & cakes available from
the kitchen

Tel: 07708 775668

Email: teddybearman1955@gmail.com

Opera Prelude

A small charity supporting young opera singers
and committed to bringing opera to new
audiences - *lecture demonstrations by
professional singers offering engaging insights
on repertory and technique*

Next Dates: Fridays 23rd March & 27th April

10.00 – 12.30

Morris 2

To book, please visit www.operaprelude.com