

What's On

July - August 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

Playball

Comprehensive movement & sport skills based programme for 2 – 4 year olds.

Thursdays 09:30 - 11:45

Fridays 10:45 - 12:00

(Last session 02/08, then restarts on 13/09)

Kempster Hall

Tel: 07477 860335

Email: matthewjmackinnon@gmail.com

Montessori Bambino Stay & Play

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

Fridays 09:45 – 11:15 (Last session 27/07, then restarts on 14/09)

Haymes Hall

Tel: 077131 87353

Email: manager@henleynursery.com

Smart Raspberry Cookery School

This summer get your children inspired to cook with some delicious recipes! Suitable for children aged 5 – 12 years

Tuesdays 10:00 – 13:00

31/07, 07/08, 14/08, 21/08 & 28/08

Pither Hall

Tel: 0845 269 2665

Email: info@smartraspberry.com

Creative Writers' Days

For children who want to have fun with words & keep their imaginations active until September! Ages 8 – 11 years.

Wednesdays 06/08 & 29/08

10:00 – 16:00 Morris 2

Tel: 07812 174372

Email: jamescarterpoet@btinternet.com

Church

Sunday Morning Worship 10.30am

Everyone welcome

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

Messy Church!

Activities & hot meal for families

2nd Friday every month 16.00 – 18.00 (No session in August)

Pither Hall

Tel: Glyn 01491 412621

Email: glyn@millingtons.org.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

Morris 2

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

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

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

Elderly

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

Age UK Oxfordshire

Strength & Balance Exercise Class

Focusing on strength, balance, flexibility and
mobility. Uses chair as a support, ideal for
people who are worried about their balance

Wednesdays 13.30 – 14.30

Pither Hall

Tel: 01235 849403

www.generationgames.org.uk

Christ Church Memory Café

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

Parkinson's Seated Exercise Class

Every Wednesday except the 4th

Wednesday of the month (no classes
during July)

10.30 – 11.30

Kempster Hall

Tel: 01491 628520

Henley Branch Parkinson's UK

Meets on the **4th Wednesday** of every
month (except August)

10.30 – 12.30

Kempster Hall

Tel: 01491 628520

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 Voice Exercise Class

1st Friday of every month

13.30 – 15.30

Morris 2

Tel: 01491 628520

Health & Fitness

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

Weight Watchers

Weekly meetings, including weigh-ins &
discussions

Fridays 09.30 & 10.15

Pither Hall

Tel: 08457 123 000

Can Do Martial Arts

Karate for Adults & Children

Saturdays 09.00 – 10.00

Pither / Kempster Hall

Tel: 01235 364370 Email: scott@candomartialarts.co.uk

Other

Antiques Fairs

Next Dates: Saturdays 14th July & 11th August

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

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