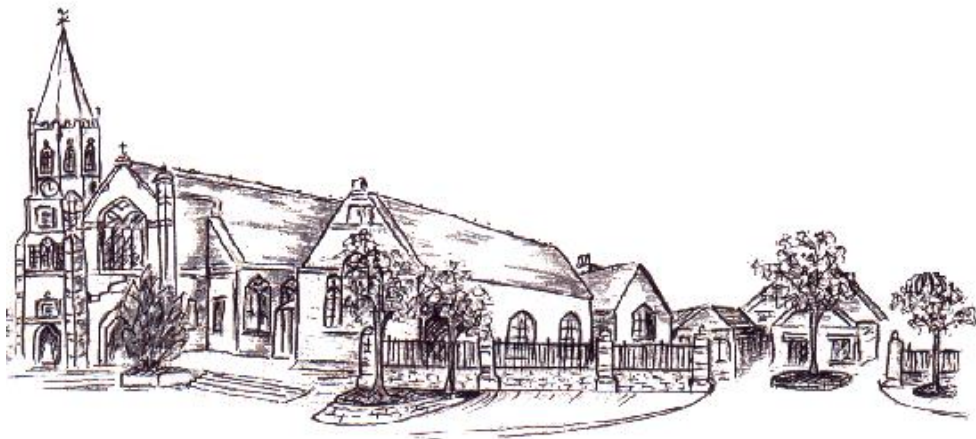


# What's On

Oct - Nov 2019



## The Christ Church Centre

Tel: 01491 577733

Email: [managers@christchurchenley.org.uk](mailto:managers@christchurchenley.org.uk)

Website: [www.christchurchenley.org.uk](http://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](mailto: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)

£30.00 / hour (up to 18.30)

£32.00 / hour (after 18.30)

**Kempster Hall**

**88 sq m**

£30.00 / hour

**Morris Room 2**

**50 sq m**

£25.50 / hour

**Wentworth Room**

**18 sq m**

£17.50 / 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](http://www.christchurchhenley.org.uk)

# Well-Being

## 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](mailto:info@acoa.uk)

### A-A

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**

### Al-Anon

Help and support for families and friends of problem drinkers

**Thursdays 20.00 – 21.30**

Wentworth (Room 1)

**Tel: 0207 4030888**

### 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**

Email: [kate@mylifemychoice.org.uk](mailto:kate@mylifemychoice.org.uk)

### Psychotherapy Counselling

**(UKCP registered)**

Individual and couples therapy.

**Tuesdays, Wednesdays, Thursdays &**

**Saturdays**

Tel: 07500 603480

Email: [carol.titley@btopenworld.com](mailto:carol.titley@btopenworld.com)

## Dr Katy Messenger, Clinical Psychologist

Providing effective, evidence-based psychological assessment and therapy for adults and adolescents with a wide range of psychological issues, including trauma, phobias, depression, stress, anxiety, panic and OCD, using Cognitive Behaviour Therapy (CBT) and Eye Movement Desensitisation and Reprocessing (EMDR) .

**Tel: 07733 471482**

**Email: [katymessenger@rocketmail.com](mailto:katymessenger@rocketmail.com)**

# Health & Fitness

## 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](mailto:julian@tranquilrivertaichi.com)**

## Weight Watchers

Weekly meetings, including weigh-ins & discussions

**Fridays 09.00 – 11.00**

Pither Hall

**Tel: 08457 123 000**

[www.weightwatchers.com](http://www.weightwatchers.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](mailto:scott@candomartialarts.co.uk)**

# Educational (Children)

## 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](http://www.henleynursery.com)**

**Email: [manager@henleynursery.com](mailto:manager@henleynursery.com) Tel: 07713 187353**

## Henley Music Centre

High quality music education at all levels

**Saturday mornings during term-time in the**

**Morris Suite**

**Tel: 0118 9617584**

**Email: [vcel@gmx.co.uk](mailto:vcel@gmx.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](mailto:leoniesacher@btinternet.com)**

## Educational (Adults)

### WEA

The UK's largest voluntary sector provider of adult education.

**History: Daily Life & Society in Ancient Egypt – 10 sessions, starts 17<sup>th</sup> September**

Tuesdays, 14:00 – 16:00, Kempster Hall

**Tel: 0118 2076783**

**Email: [Henley.branch@wea.ac.uk](mailto:Henley.branch@wea.ac.uk)**

### U3A

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

**Jazz Appreciation, 3<sup>rd</sup> Tuesday every month, 14:00 – 15:00, Wentworth**

**Classical Music Appreciation, 2<sup>nd</sup> Thursday every month, 14:00 – 16:00, Wentworth**

Contact: Sylvia Pugsley on 01491 573259

**Photography, 1<sup>st</sup> Monday every month, 14:00 – 15:00**

Contact Keith Appleby on 07787 534724

**Discussion Group, 1<sup>st</sup> Wednesday every 2 months (next meeting 6th November), 14:00 – 15:00**

Contact Cathy Notaras on 01491 411407

## Church

### Sunday Morning Worship 10.30am

Everyone welcome

For more details, please refer to [www.christchurchhenley.org.uk](http://www.christchurchhenley.org.uk)

### Messy Church!

Bible story-related activities & a hot meal for accompanied children

**2<sup>nd</sup> Friday every month 16.00 – 18.00, Pither Hall**

**Tel: Glyn 01491 412621**

**Email: [glyn@millingtons.org.uk](mailto:glyn@millingtons.org.uk)**

# Elderly

## Parkinson's Movement to Music

Every other Monday

**14:30 – 15:45**

Kempster Hall

**Tel: 07766 666551**

## Parkinson's Voice Exercise Class

1st Friday of every month

**14:00 – 16:00**

Morris 2

**Tel: 07766 666551**

## Christ Church Memory Café

A supportive, 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

**Every Wednesday Morris 2 from 10.30 – 12.00**

**Tel: 01491 577733**

## Parkinson's Seated Exercise Class

**Every Wednesday** except the 4th Wednesday  
of the month

**10.30 – 11.30 Kempster Hall**

**Tel: 07766 666551**

## Henley Branch Parkinson's UK

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

**10.30 – 12.00**

Kempster Hall

**Tel: 07766 666551**

## Bluebells Day Centre

Bluebells provides social engagement, activities and care for people living with Dementia and related disabilities, and a day of respite for their carers. Transport available.

**Mondays & Thursdays 10:30 – 15:30, Morris 2**

**Tel: 07931 980597**

**Email: [info@bluebellsdaycentre.org.uk](mailto:info@bluebellsdaycentre.org.uk)**

## Henley Stroke Club

Local group for those affected by stroke – survivors and carers. Providing support & friendship through social activities.

Transport available.

**Tuesdays 10.30 – 12.00**

Kempster Hall

**Tel: 01491 572861**

## Age UK 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**

Kempster Hall

**Tel: 01235 849403**

**[www.generationgames.org.uk](http://www.generationgames.org.uk)**

# Social

## Christ Church Lunch Club

Home-cooked lunches – open to everyone.  
No need to book! Very reasonable prices.

**Mondays, Wednesdays Thursdays &**

**11.30 – 13.30**

**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 the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month 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**

**See notice board for room**

Tel: Lynda Edwards – 01491 871054

## Opera Prelude

Lecture Recitals, Concerts, Masterclasses

Working closely with early-career opera singers bringing opera into the community

**Last Friday in the month 10:30 – 12:30**

Book online at [www.operaprelude.org](http://www.operaprelude.org) or call 020 7183 7323

# Children's Activities

## Playball

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

**Mondays, Tuesdays, Thursdays & Fridays during term time**

**Kempster Hall**

Please contact Matt for exact class times & holiday classes

**Tel:** 07477 860335

**Email:** [matthewjmackinnon@gmail.com](mailto:matthewjmackinnon@gmail.com)

## Smart Raspberry

### Pre-School Cookery Classes

Tuesdays 10.00 – 12.00 during term-time

**Pither Hall**

*Holiday classes also available*

**Tel:** 0845 269 2665

**Email:** [info@smartraspberry.com](mailto:info@smartraspberry.com)

## Alison-Jayne School of Dance

Classes in ISTD ballet, tap & modern from 3+

**Tuesdays 15:30 – 18:45 Morris 2**

**Wednesdays 16.00 – 20.00 Kempster Hall**

**Tel:** 01189 790683

**Email:** [ajdance.uk@gmail.com](mailto:ajdance.uk@gmail.com)

## **NEW!** Vision Gymnastics

Children's Gymnastics classes starting Thursday 12<sup>th</sup> September

**Thursdays 16:00 – 19:30 Pither Hall**

**16:00 – 16:45 ages 4 and 5**

**17:00 – 18:00 ages 6 to 8**

**18:15 – 19:15 ages 9+**

**Tel:** 07770 563492

**Email:** [katie@visiongymnastics.co.uk](mailto:katie@visiongymnastics.co.uk)

**Website:** [www.visionngymnastics.co.uk](http://www.visionngymnastics.co.uk)