Wellspring Community

Games Night

Second Tuesday of the month
7pm till 9pm

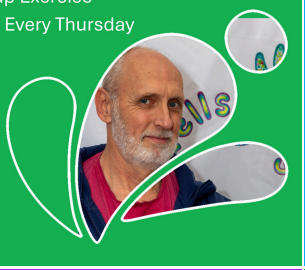
Board games for all.
£5 drop in or free for Wellspring members.



A Fitness Fix

Group Exercise
7pm Every Thursday

£5 per session or free for Wellspring members



Film night

3rd Tuesday of the month 6pm , held in Sherwood Grange cinema, Robin Hood Lane.

Our film nights are for all who wish to share in the magic of film. £5 per session free for members



Table Tennis

Wednesday 1 till 3

£5 per session, free for members must be booked.



Walk a labyrinth

3rd Monday of the month 3pm

A walking meditation meeting in the main hall, which can help find inner stillness and focus



Tai Chi

Thursday 11.30 to 12.30

This class is sponsored by Walfinch.

Walfinch
REDEFINING HOME CARE



Poems by Fireside

We will meet in the Jubilee garden sit around a fire with hot drinks and share poems

£5 per session or free for Wellspring members
8 till 9 pm



Let Your Yoga Dance

1st Friday of the month 11 till 12

Free for members must be booked.



Meditation in Nature

Second Wednesday in the month

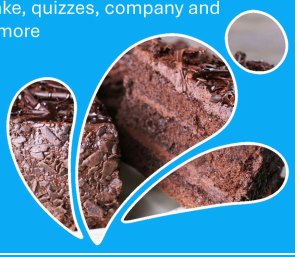
£5 per session or free for Wellspring members.



Monday Afternoon Club

1.30 till 3pm
Tea, cake, quizzes, company and much more

£5 per session free for Wellspring members



Mindfulness

2 till 3 (monthly last Monday of the month)

£5 per session or free for Wellspring members



Walk

10 till 12am 1st Tuesday of the month
Meet at the church door.

£5 per session free for members



Community Lunch

Last Monday of the month12.30-1.30

Everyone welcome.
Join us for soup, bread and cheese.

Free of charge, donations gratefully accepted.
Peer support worker and Be Well Hub



Stretch and Breathe

Group Exercise
7pm Wednesday
from 3rd December

£5 per session or free for Wellspring members



Books, Brews & Company

Wednesday 11am till 12 noon

£3 per session, free for wellspring members
All welcome



All Welcome SW15 3PY

www.inthevale.org.uk

Wellspring

Bring life in all its fullness, body, mind and spirit.

Find Community. Find Calm. Find Joy. Wellspring is a welcoming local initiative for people of all ages, backgrounds, & traditions.

Move Your Body: table tennis, yoga, fitness circuits, walks, tai chi, stretch & breathe sessions

Connect With Others: film nights & games nights, community lunches, book exchange, tea, cake & quiz afternoons

Find Peace & Reflection: poems by the fireside, mindfulness sessions, nature meditations, labyrinth walking

Simple, Flexible Pricing first session FREE

£5 per activity (dip in and out)
£10/month membership (join as many activities as you wish)
£5/month (students & low-income households)
£1/month (children)
We keep our prices low so everyone can take part.

Come along and be part of something life-giving.
Based at St Johns, Robin Hood Lane,
Kingston Vale, SW15 3PY
www.inthevale.org.uk/wellspring

Girls in Motion

Saturday 5.30- 6.30

First session FREE £5 drop-in

FREE with Wellspring membership

Let your Yoga Dance

For girls aged 11–18

No pressure.

No competition.

Just fun, friendship and fitness at your own pace.

www.inthevale.org.uk

SW15 3PY



Wellspring Kidz Film Club, Watch a Movie

Sunday 25th October 1pm

Children aged 5 and over are invited

Come dressed as a favourite character, in the theme of the film, in your favourite PJs—or simply wear whatever makes you feel comfortable!

A great family movie

🥤 Drinks and popcorn

Games and themed activities

£5 per session or Free for members



WELLSPRING ONE YEAR BIRTHDAY PARTY!

MUSIC
DRINKS
ALL-AGES BINGO WITH PRIZES,
BRING'N'SHARE BUFFET



1st NOVEMBER
12:30-3pm

CHURCH HALL
ROBIN HOOD LANE
SW15 3PY

FREE ENTRY, BUT PLEASE BOOK!!!