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| **Activity** | **Cost** | **Description** |
| **Art** | £5 per session | Come and join in our art sessions: have a go at painting, drawing and collage. Various sessions available. Suitable for all, whether you draw regularly or haven’t picked up a paint brush for years. Sessions at **INS,** **82 Hampton Road, Twickenham TW2 5QS and at** **Sandbanks Resource Centre, Beattie Close TW14 9RR.** |
| **Benefits talk** | Free | A talk and time to have questions about benefits answered by a Partner Support Manager from the Department for Work and Pensions. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Boat trip** | £30 | A day on the Thames Venturer. Starting from their Kingston base, cruise along the Thames, stop for lunch (provided by INS) and return to Kingston in the late afternoon. ***Cancellations: as INS subsidises the cost of the trip, money will be not be refunded* *unless we can fill the place.*** **Meet at the Thames Venturer's base: Barge Dock, Canbury Wharf, Thames Side, Kingston KT1 1PX. There are road works in Kingston so please allow plenty of time.**  |
| **Book group** | Free (£5 deposit) | Do you enjoy reading? Join us to talk about books you enjoy and to get ideas of new things to read. Come to this introductory session with your favourite book or poem – the plan is to make this a regular event throughout the year. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Bowling at Hampton Bowling Club** | £5 | Aim for the jack and try out lawn bowling in a supportive environment. A special bowling wheelchair is available - you must be able to transfer into this; special bowling tips for walking sticks also available. Wear flat shoes. **Meet at** **Hampton Bowling Club, Carlisle Park, Hampton, TW12 3LZ. Entrance off Wensleydale Road, Hampton.** |
| **Card making** | £5 | A session led by an expert card maker who will guide you to make beautiful greetings cards. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Choir: thank you for the music** | Free (£5 deposit) | Come and jam this Summer! Whether you are an experienced singer or player or haven’t done music since school, you are welcome to join this session which will combine music making, singing, listening, and who knows? Maybe some boogying too! **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Circuits**  | Free (£5 deposit per session) | Keep fit over the summer with supervised circuit training: a variety of exercises to work your whole body, for example using pulleys, the Wii fit and an exercise bike. Three groups will be running – please choose the one which is most appropriate for you:**Group A** if you can walk and exercise independently without a walking aid. **Group B** if you use a walking aid, want a gentler work out and may need some support to use equipment.**Group C** if you want to exercise from your wheelchair.**At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Companion cycling**  | £5 | Cycle on specially adapted cycles in the peaceful surroundings of Bushy Park. Refreshments provided afterwards. You must be able to get on and off a bike with minimal assistance. **Meet at The Stockyard, Bushy Park, TW12 2EJ - entrance off Hampton Court Road (A308).** |
| **Connaught Opera concert** | Free | Visiting musicians present “Bless ‘em All!”. At the centenary of the Great War, listen to and perhaps join in with a selection of First World War themed music. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Cook, chat & eat** | £5 | Make some easy, healthy snacks together and have a chat. Please let us know about any allergies or food and drink guidelines in advance. Sessions at **INS,** **82 Hampton Road, Twickenham TW2 5QS and at** **Sandbanks Resource Centre, Beattie Close TW14 9RR.** |
| **Cupcake decorating** | £5 | Ice, spread and sprinkle some delicious cakes. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Exercise in water for carers** | £5 | Exercise in water with a focus on looking after your back – for carers only. **At Teddington Pool, Vicarage Road, Teddington TW11 8EZ.** |
| **Fire safety talk** | Free | A talk about keeping yourself safe at home and protecting yourself from danger by the local Fire Safety Officer. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Gardening** | £5 per session | Look after the INS garden over the summer – get watering and weeding, maybe plant a pot and have a cup of tea afterwards. Our garden is fully accessible with raised beds and adaptive gardening equipment. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Horseriding/Farm** | £10 | **Date to be arranged; contact INS if interested.** Get on horseback at the Riding for the Disabled-approved arena at Heathrow Farm, have a picnic lunch and look around the farm and gardens. Please bring your own pack lunch. **At** **Heathrow Farm,** **Bath Road, Longford, UB7 0EF.** |
| **iPad art** | Free (£5 deposit) | For anyone with an interest in getting creative with tablet technology, whether you’re an aspiring David Hockney or just want to try something new. iPads provided for the session. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **iPad photography** | Free (£5 deposit) | Find out how to take, edit and manage photos on an iPad. iPads provided for the session. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Manicures** | £5 | Look after your nails: have them filed and then painted in a colour of your choice! **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Massage** | £5 | Book a 30 minute session with massage therapist. Includes a short consultation and then a massage. When booking, please select an available time that suits you. **At INS,** **82 Hampton Road, Twickenham TW2 5QS.** |
| **Photography workshops** | £5 per session | Two sessions led by professional photographers.**Morning:** **Taking a better photo** - suitable for any camera: mobile phone camera, compact camera, D-SLR, film or digital.**Afternoon:** **Moving to manual** - sort out your aperture and shutter speed. Suitable D-SLR or advanced compact cameras with manual capabilities ONLY.**At INS,** **82 Hampton Road, Twickenham TW2 5QS.** |
| **Pilates** | Free (£5 deposit) | A taster session for clients only: strengthen your core and improve your posture. Sessions at **INS,** **82 Hampton Road, Twickenham TW2 5QS and at** **Sandbanks Resource Centre, Beattie Close TW14 9RR.** |
| **Police safety talk** | Free | A talk by a local Police Community Officer offering advice on keeping safe at home and protecting yourself from crimes and scams. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Pub meet up** | Pay for own food/ drinks | Get together for a drink, some food and a chat. **Contact INS for details of venue.** |
| **Reflexology** | Free (£5 deposit) | A taster session of a complementary therapy which involves applying gentle pressure to the feet. When booking, select a slot which suits you. **At INS,** **82 Hampton Road, Twickenham TW2 5QS**. |
| **Sandbanks social** | Free (£5 deposit) | Come and have a cuppa and a chat. **At** **Sandbanks Resource Centre, Beattie Close TW14 9RR.** |
| **Seated exercise** | Free (£5 deposit) | Chair-based exercise – for those unable or not confident to stand: a range of exercises to strengthen and stretch. **At Sandbanks Resource Centre, Beattie Close TW14 9RR.** |
| **Tai chi style exercise** | Free (£5 deposit) | Work on breathing and postures – can be done seated or standing. Sessions at **INS,** **82 Hampton Road, Twickenham TW2 5QS** **and Sandbanks Resource Centre, Beattie Close TW14 9RR.** |
| **Walk in the park** | Free (£5 deposit)Free (£5 deposit Free (£5 deposit) £5 | Join us for a stroll. Four wheelchair accessible walks in parks around Richmond and Hounslow. Drinks and snacks available at each venue – bring money.**Woodland Garden, Bushy Park, TW11 0EQ.**  **Meet in Pheasantry car park.** Parking free. **Osterley Park,** **Jersey Road, Isleworth, TW7 4RB**. **Meet in the car park.** Parking free for blue badge holders and National Trust members, £4 for others. **Marble Hill Park, Richmond Road, Twickenham, London TW1 2NL. Meet in the car park.**Pay & display parking.**Syon Park, Brentford TW8 8JF.** **Meet in car park.**  |
| **Water skiing** | £10 | A great success last year! An opportunity to try seated water skiing - highly supported but very exciting! Contact us for more information if you want to give it a go. Session will be at **The Tony Edge National Centre, Heron Lake, Hythe End Road, Wraysbury, Middlesex TW19 6HW.** |