



**RICHMOND UPON  
THAMES MOVES**

FOR A HEALTHIER BOROUGH

# RICHMOND MOVES

We're on a mission to guide you toward a healthier, happier life through physical activity. Discover exciting local activities and resources to help you on your journey to

**moving more, every day,  
in your own way.**

Find low-or-no-cost activities near you  
[richmond.gov.uk/richmond\\_moves\\_more](https://richmond.gov.uk/richmond_moves_more)



Scan the QR code to sign up  
for tailored emails to  
help you move more

## Need help accessing information online?

Please ask a family member or friend for help,  
or visit your local library or community centre!  
(See back of flyer)



**EVERY  
DAY.**

**YOUR  
WAY.**

## TAKE THE FIRST STEP TOWARDS A HEALTHIER, HAPPIER YOU!

Do you want to:

- Enjoy the health benefits of regular physical activity?
- Easily access local resources and information?
- Find opportunities to meet new people and try new hobbies?

Richmond upon Thames's local community centres are a great place to start. They offer low-cost activities that meet a range of interest and abilities, from tai chi to table tennis.

- Cambrian Community Centre, Richmond
- Castelnau Community Centre, Barnes
- Ellera Hall, Teddington
- ETNA Community Centre, East Twickenham
- Greenwood Community Centre, Hampton Hill
- Kew Community Centre, Home to the Avenue Club, Kew
- Linden Hall Community Centre, Hampton
- Mortlake Community Association, Mortlake
- The White House, Family Hub, Hampton
- Whitton Community Centre, Whitton

### GET ACTIVE IN WAYS THAT YOU ENJOY.



For more information, go to  
[richmond.gov.uk/  
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