

What's On



# October | November | December 2025

www.wimbledonguild.co.uk

# **Topics, Thoughts and Themes**

Wednesdays at Wimbledon Guild 10:30am – 12:00pm • £5 (includes refreshments)

### **Advance booking essential**

### **Highlights include...**

- Faces and Places of Merton (1st October)
   In celebration of Black History Month, Sarah Gould pays homage to Merton's African Caribbean communities, reflecting on the faces and places linked to their history in the borough.
- Meeting in No Man's Land: Memories of World War One (29th October)

Hear from Rosemary Lever about her involvement in a project that brought together British and German descendants of World War One soldiers to exchange family histories of the conflict.

• Faith, Learning and Community in Merton (26th November)
Come along to find out how an interfaith walk in Merton
encouraged mutual understanding and highlighted common
ground between different faith communities in the borough.

# **Culture Through Cuisine**

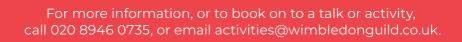
**Wednesday 5th November at Wimbledon Guild** 10:30am – 12:00pm • £5 (includes tasters)

### The Story of the Wimbledon Guild HomeFood Café

In this special edition of our Culture Through Cuisine series, hear from our very own Hilary, who's managed the HomeFood Café for over a decade, about how the Café has changed over time.

Plus, there'll be a selection of recipes to take away and try yourself, as well as samples of some much-loved Café favourites.

Cover image and poppies above by Pat, who attends our Tuesday Art Group.



# **Looking After Your Lungs**

# Respiratory Health Talk

Friday 14th November at WG Morden 1:30pm – 3:00pm • Free Advance booking essential

### Did you know?

Our ability to breathe diminishes as we age.

### In this talk, we'll be covering:

- Factors that can affect lung function as we get older
- Common respiratory illnesses including asthma, COPD (chronic obstructive pulmonary disease) and pneumonia
- How to spot symptoms and prevent illness

A local GP with specialist expertise in respiratory health will be on hand to answer your questions.

# **Stay Safe**

At home, online and out and about

### Friday 21st November at WG Morden

1:30pm – 3:30pm • Free (refreshments provided)

As part of this year's Safeguarding Adults Week, (17th – 21st November) we'll be hosting an event to help Merton residents stay safe at home, online and out and about.

Hear from Trading Standards and Barclays about how you can protect yourself from scams and doorstep crime. There will also be Police Community Support Officers and members of the London Fire Brigade and the Safer Merton Team on hand to answer your questions about staying safe.

This event is free and open to all. Refreshments will be provided.



# Make It Mondays

Candle Painting Workshop
27th October at Wimbledon Guild
Starting at 2pm • £10

Get creative this spooky season and learn how to paint your own bespoke candles. Whether you lean into eerie Halloween vibes or go for more seasonal designs, you'll leave with one-of-a-kind pieces to brighten up the darker autumn nights.



# Make Your Own Festive Wreath 24th November at Wimbledon Guild Starting at 2pm • £15

Traditionally, wreaths are hung on the first Sunday after the 26th November, so what better time to come and create your own unique wreath?

# Pom Pom Bear Workshop 1st December at Wimbledon Guild Starting at 2pm • £10

Bring a little extra holiday cheer to your
Christmas crafting with an adorable grizzly
bear. This step-by-step workshop makes it
easy to create a cute, fluffy companion to hang
on your tree or gift to a loved one. Once mastered, you'll be able to
create a multitude of animals and characters!

# **Guild House Refurbishment**

From January, services from Guild House will be temporarily relocated for one year to alternative locations close by. We'll be sharing updates and further information soon.

# **Wellbeing Workshop**

Friday 24th October at WG Morden 1:30pm – 3:00pm • Free

### **Navigating Life After Retirement**

Understand how retirement can affect how you see yourself. Learn tools to support your wellbeing and help you feel more positive as you start this next chapter.



Film Fridays at Wimbledon Guild Starting at 1:30 · Free

Come and enjoy a selection of festive films in the weeks leading up to Christmas.

• 5th December: Scrooge (1951)

• 12th December: National Lampoon's Christmas Vacation (1989)

• 19th December: It's a Wonderful Life (1946)

Terri's Festive Fun Wednesday 17th December 10:30am to 12:00pm • Free

Get into the festive spirit with fun, games and plenty of cheer at Wimbledon Guild.

Wear your favourite Christmas jumper, enjoy some festive activities, and treat yourself to a delicious mince pie (on us!).

Wimbledon Guild will be closed from Wednesday 24th December up to and including Thursday 1st January. Some classes may finish earlier than this. Please call reception on 020 8946 0735 for exact dates.

# Who we are

We're a community charity in Merton offering practical help and support, so you'll never have to face life's challenges alone.

# How we help

Aside from our varied programme of activities, we provide a range of services to support people aged 18 and above living in the borough of Merton.



## When you want to meet new people

As with our groups and activities, our HomeFood Café is a great place to meet people from all walks of life. If you can't get out, we'll connect you with someone local who'll happily pop round regularly for a cuppa and a chat.



## When you're feeling low

We offer one-to-one therapy as well as a range of friendly support groups to help you tackle difficult feelings and emotions.



### When you're worried about money

From replacing broken appliances to offering support with bills, warm clothes, or school uniforms, we can help make sure you've got the things you need.



#### When you want to stay independent

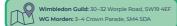
Whether it's arranging transport, adapting your home, or supporting you to continue doing the things you love, we're here to help.

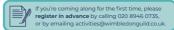
### What's on at Wimbledon Guild

October | November | December 2025

Time	Activity	Description	Venue	Cost
		Monday		
10:00 – 11:00	Active Exercise	Keep moving and feel great with our specially tailored class	Wimbledon Guild	£6
10:00 – 11:30	Table Tennis	Keep your mind sharp and your reflexes sharper	WG Morden	£3
10:00 – 12:00	Knitting	All abilities welcome at this friendly club	Wimbledon Guild	FREE ®
10:30 – 12:00	Table Tennis	Keep your mind sharp and your reflexes sharper  Tone and strengthen with a mix of	Wimbledon Guild Morden Baptist	£3
11:00 – 12:00	Pilates WAITING LIST	seated and standing exercises	Church	£6
11:00 – 12:00	Walking Tennis	All the fun of tennis at a gentler pace of play	Wimbledon Park	£6
11:15 – 12:15	Seated Exercise WAITING LIST	Gentle exercise for joint mobility, suppleness, and balance	Wimbledon Guild	£6
12:30 - 13:30	Balance, Fitness and Mobility	Stay fit and flexible with this fun and friendly class	Wimbledon Guild	£6
13:15 – 14:15	Mindful Moments	Pause, breathe, unwind and focus on the present	Online	FREE ®
13:30 – 14:30	Active Stroke Exercise	Designed as a progression from Level 1, or for people who are more physically active following a stroke	WG Morden	£5
14:00 – 15:00	Seated Tai Chi	Tai Chi-based exercises for posture, balance and strength	Wimbledon Guild	£6
14:30 – 15:30	Conversational	Practice your español at this informal, self-led group	Wimbledon Guild	FREE ®
11.50 15.50	Spanish		Willibledon Galla	
		Tuesday		
10:00 – 11:00	Pilates WAITING LIST	To spix of	Wimbledon Guild	£6
10:00 – 11:30	Art Group		Wimbledon Guild	£5
10:00 – 12:00	Ladies Before L		Vimbledon Guild	FREE ®
10:30 – 12:00	Men's S		© Morden	FREE ®
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Where no one has to face life's challenges alone