

Queen's Park & Harrow Road Activity Programme

January 8th - March 29th 2018

Open Age QPHR Hub
New Avenues
3-7 Third Avenue
London, W10 4RS

Telephone:
07717201791

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Half term will be Monday 12th February to Friday 16th February 2018. There will be no classes this week unless stated inside.



New Avenues Anniversary Party!

Thursday 29th March - FREE
12.00pm-3.00pm

Help us to celebrate one incredible year in our new home at New Avenues. Come and join the party for an afternoon of entertainment, nibbles and lots of fun!



Interested in Volunteering?

Could you spare a few hours a week to help Claire & Geoff? We are looking for friendly, enthusiastic & reliable volunteers to help us run the QPHR Hub!

Help us with; Basic admin, Phone calls, signing up new members, Activities & much more! If you are passionate, caring & hardworking speak to Geoff about joining our team!



NEW CLASS: Soca Fit Licks

Every Monday, £1
12.30pm-1.30pm

Fun, Smiles, Giggles and Wiggles.
A stress-free way to keep fit by moving your body to the sounds of the Caribbean!

Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, London, W10 4RS



NEW CLASS: Sewing Key Skills

Every Thursday, £2
2.00pm-4.00pm

For beginners and improvers. If you're a complete beginner or haven't sewn in a while, our 5 week course will help you build confidence using a sewing machine and give you the skills to progress onto your own sewing projects during the second half of the term! Call **07717201791** to book!

Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, London, W10 4RS

Open Age AGM

Thursday 18th January 2.00pm
Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, W10 4RS

MONDAY CHOICES

Activities are for Westminster residents ONLY

Open Age has instigated a pricing structure of £1 per hour. With no obligation however to do so, it is our hope that those who are in a position to pay a higher fee of £3 per hour & £5 for a 2 hour class will do so. Thank-you!

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Ballet Fitness (Positively Physical)	10.30-11.30 Starts 8 th Jan Last class 12 th March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Improve mobility, posture, balance and coordination. Have fun and move to music! All abilities welcome!!
Monday Social with Speakers NEW TIME!	10.30-12.00 Starts 8 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Join this friendly social group for a range of interesting and stimulating topics with speakers from museums, local organisations and charities. Highlights next term include talks on the Benjamin Franklin House Museum, Women & War and a visit from comedienne Suzy Bennett.
Microsoft Office and Social Media (6 week course) MUST BOOK	11.30-1.30 Starts 8 th Jan	Queen's Park Library, 666 Harrow Road, W10 4NE	18,28, 228	£2	Sign up for this 7 week course to improve your knowledge and confidence using Microsoft Office as well as gaining an insight into how to use and stay safe using the latest social media! For more information or to book a place, please phone the Hub on 07717201791 .
Beginners Internet & Email (6 week course) MUST BOOK	11.30-1.30 Starts 19 th Feb	Queen's Park Library, 666 Harrow Road, W10 4NE	18,28, 228	£2	Sign up for this friendly, supportive class that helps beginners get started on computers, learning how to use the internet and send emails. For more information or to book a place, please phone the Hub on 07717201791 .
Boxing Fitness (Positively Physical) NEW TIME!!	11.30-12.30 Starts 8 th Jan Last class 12 th March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination.
Soca Fit Licks NEW CLASS!!	12.30-1.30 Starts 8 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Fun, Smiles, Giggles and Wiggles. A stress-free way to keep fit by moving your body to the sounds of the Caribbean!
Step Up from Steady	12.45-1.45 Starts 8 th Jan	Barbara Brosnan Ct, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187	£2	This is the next step after Steady and Stable if you would like to maintain any gains in muscle strength and balance.
Just For Men: Social Group	1.00-3.00	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Pop along to our Men's Social group with Geoff, for games, films, quizzes, trips and more! Have your say on what you would like to do going forward and help plan the programme!

					29th Jan- Men's Lunch (£2.00) 26th Feb- Quiz & Cake 12th March- Men's Lunch (£2.00)
Easter Decoration Decoupage Workshop MUST BOOK	1.00-3.00 19th March Only!!	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	Join us for a crafty afternoon in this fun workshop learning how to decoupage whilst creating some fabulous Easter decorations! Materials provided. To book phone the Hub on 07717201791 .
Chi-Gong	1.30-2.30 Starts 8 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Improve your health and wellbeing, give your energy levels a boost and reduce stress in this class which focuses on a range of posture, exercise, meditation and breathing techniques. Suitable for all abilities.
Steady and Stable MUST BOOK	2.00-3.15 Starts 8 th Jan	Barbara Brosnan Ct, 46 Grove End Road, NW8 9NP	13, 46, 82, 113, 187, 189	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility. To book please contact Open Age on 020 8962 5582 .
Fortnightly Film Festival	2.00-4.00	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join us for a variety of old classics and new favourites in our Fortnightly Film Festival. Includes a hot drink! No need to book just turn up! Jan 8th - Viceroy's House Jan 22nd - Dunkirk Feb 5th - Wild Oats Feb 19th - My Feral Heart March 5th - Sully March 19th - Victoria and Abdul
Phone Club: Current Affairs Talk For the Housebound	2.30-3.30	In the comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Hester for more info & to join on 020 3713 8736 .
Mindfulness Meditation	2.30-3.30 Starts 8 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join this class which helps to induce relaxation by focusing awareness on breathing and encouraging positive attitudes to achieve a healthy, balanced mental state.
Phone Club: Creative Writing Group For the Housebound	4.00-5.00	In the comfort of your own home.	N/A	FREE	Develop your creative writing skills with optional homework activities and opportunity to read work aloud for constructive feedback. Phone Hester for more info & to join on 020 3713 8736 .

TUESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Simply Art	10.30-12.30 Starts 9 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£2	Join this exciting art course and bring out your artistic flair! Begin to look at objects in a new way as you learn how to sketch, draw, collage, paint & more! All abilities welcome! To book call 07717201791 .
Exercise to Music (Positively Physical) MUST BOOK!	12.30-1.30 Starts 9 th Jan Last class 13 th March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	This class will improve your stamina & strength and help you to burn some calories! To book each week phone the Main Office on 0208 962 4141 .
Sleep - How to improve it! (In partnership with the Health Improvement Team) MUST BOOK	12.30-2.00 23 rd Jan 20 th Feb 13 th March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	This practical workshop will help you with tips, techniques and information if you have trouble sleeping. To book phone the Hub on 07717201791 .
Table Tennis (Positively Physical)	1.30-2.30 Starts 9 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Whether you're a complete novice or total pro pop along to this friendly drop-in & have a game! This is a volunteer led session so just turn up & have a go!
Chair Exercise (Positively Physical)	1.45-2.45 Starts 9 th Jan Last class 13 th March	WECH Comm Ctre Chantry Close, Elgin Estate, Elgin Ave, W9 3RS	18, 36	£1	Gentle seated exercise to music that stretches & tones the whole body.
French for Beginners MUST BOOK	2.00-3.30 Start TBC	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	Have you always wanted to learn the language of love or do you just love learning a new skill? Join this beginner's class & learn the basics of communicating simply & effectively. Don't be shy, everyone is welcome! To book phone the Hub on 07717201791 .
Yoga (Positively Physical)	2.30-3.30 Starts 9 th Jan Last class 13 th March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	An energizing yoga class that promotes good health for body, mind & soul.

WEDNESDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Intermediate Computer Course (6 week courses) MUST BOOK	10.30-12.30 Starts 10 th Jan & 21 st Feb	Queen's Park Library, 666 Harrow Road, W10 4NE	18, 28, 228	£2	Increase your skills in this helpful computer class exploring Microsoft Word, Excel, Power Point & much more. For more information or to book a place, please phone the

NEW TIME!!					Hub on 07717201791 .
National Theatre Project MUST BOOK!!	10.30-12.00 Starts 10 th Jan Last class 21 st March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Come & explore the joy of expressing stories through dance & movement in this class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music! Absolutely no previous experience necessary, everyone welcome! Call 07717201791 to book.
Steady & Stable (Class 1 – high level) MUST BOOK	1.00-2.15 Starts 10 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 020 8962 5582 .
Sketching at Museums & Galleries MUST BOOK	2.00-4.00 Starts 10 th Jan	Various Museums or Galleries	N/A	£2	Each week the class explores and sketches at a different Museum or Gallery. Locations include The British Museum, Wellcome Collection, V & A and many more! You must bring your own sketch pad but pencils will be provided. All abilities are welcome, so sign up now by calling the Hub on 07717201791 .
Wednesday Social with Speakers	2.00-4.00 Starts 10 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Join this friendly social group for a range of interesting and stimulating topics with speakers from museums, local organisations and charities. Highlights next term include talks on the Benjamin Franklin House Museum, Women & War and a visit from comedienne Suzy Bennett.
Steady & Stable (Class 2 – low level) MUST BOOK	2.15-3.15 Starts 10 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	A tried & tested fun programme to improve balance, muscle strength, help reduce falls & maintain mobility independence. To book please contact Open Age on 020 8962 5582 .

THURSDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Trips Around London	See Trips Programme	See Trips Programme	N/A	Varied	See Trips Programmes! To book please contact Open Age on 020 8962 4141 .

Complementary Therapies (Munro Health Co-Op) MUST BOOK	Half hour or hourly slots	Ernest Harriss House, 61 Elgin Avenue, W9 2BX	6,31, 36, 187, 228, 328, 414	£12 per half hour	Massage, Shiatsu, Reflexology, Reiki or Indian Head massage. To book phone 07717201791 . Some availability on other days!
American School Lunch	9.30-1.30 *Quarterly Dates TBC	Transport to school provided from: Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Throughout the school year the American School hosts an intergenerational programme where you can meet students, chat, and have lunch together. Transport from New Avenues is provided. Call 07717201791 to book!
IPads 1 with Ivor David NEW CLASS!! MUST BOOK	10.00-11.00 Starts 11 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Find out why iPads are so popular. This fun class will introduce you to all aspects of iPad use. You'll wonder how you ever managed without one. Call 07717201791 to book! iPads are provided or bring your own!
Singing For All NEW TIME!	10.00-11.30 Starts 11 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	If you are new to singing or you'd like to brush up on an old hobby then this class is perfect for you! Come and join the fun and learn how to develop your voice in this lively class!
IPads 2 with Ivor David NEW CLASS!! MUST BOOK	11.00-12.00 Starts 11 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Must be confident in using an iPad or completed our iPad 1 course. This fun class will further your knowledge on all aspects of iPad use. Call 07717201791 to book! iPads are provided or bring your own!
Osteoblast NEW CLASS!! MUST BOOK	11.30-12.30 Starts 11 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	A 16 week exercise programme designed to initiate muscle strengthening and increase bone density to improve independent living and overall bone health. TO BOOK please call Jade on 020 8962 4537 .
Guitar Lessons	12.15-1.45 Starts 11 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1.50	Whether you're looking to rediscover an old passion or take up a new hobby, it's never too late to discover a love of music so pop along to this lively class! Please bring a guitar.
Pilates (Positively Physical)	12.30-1.30 Starts 11 th Jan No Class 18th Jan! Last class 22 nd March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28,2 28	£1	Special exercises that concentrate on strengthening & toning your whole body.
Arabic Women's Social Group (Women only)	1.30-3.30 Starts 11 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Come along for tea and a social afternoon with other Arabic & Kurdish speakers.

Beginners Arabic Women's English Lessons (Women only)	1.45-2.45 Starts 11 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	If English is not your first language come & join our friendly and supportive English lessons and let us help you practice your conversational and writing skills while having lots of fun!
Sewing Key Skills NEW CLASS!! MUST BOOK	2.00-4.00 Starts 11 th Jan No Class 18th Jan!	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£2	For beginners and improvers. If you're a complete beginner or haven't sewn in a while, our 5 week course will help you build confidence using a sewing machine and give you the skills to progress onto your own sewing projects during the second half of the term! Call 07717201791 to book!
Phone Club: Book Talk/Shared Reading Group For the Housebound	2.30-3.30	In the comfort of your own home.	N/A	FREE	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Hester for info on 020 3713 8736 .
Chair Yoga	3.00-4.00 Starts 11 th Jan No Class 18th Jan!	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	This chair based exercise class involves moving & releasing tension in the joints, breathing exercises, and overall relaxation.
Phone Club: Discussion Group For the Housebound	4.00-5.00	Comfort of your own home.	N/A	FREE	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Hester for more info & to join on 020 3713 8736 .

FRIDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Chair Exercise to Music- High Level	10.00-11.00 Starts 12 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join this fun and popular session for a higher level seated exercise class to some great music! Improve your balance and muscle strength in this class that stretches & tones the whole body.
Board Games Cafe (In partnership with Octavia Housing)	10.00-12.00 Starts 12 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	Try your hand at Scrabble, Cards or Dominoes. Bring your knitting and get ready for a natter! Or just come to relax & enjoy the friendly atmosphere! Everyone welcome!
Improve English, Improve Health MUST BOOK	10.00-12.30 Starts 12 th Jan	Queen's Park Library 666 Harrow Rd, London. W10 4NE.	28,18, 228	FREE	A short course to improve your understanding of health, how to stay well, learn how to access health services and to improve your English. For further details and to enrol please call Maude on 020 8962 5594 .

The Round Table Members Think Tank	10.30-11.30 2 nd February Only!	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	FREE	If you live in Westminster come along to this informal and friendly meeting to tell us what YOU think about the programme and any activities YOU would like to see being run! Tea and Cake provided!
Exercise to Music 2	11.30-12.30 Starts 12 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join this energetic exercise class to improve your stamina & strength! Burn some calories while boogying to your favourite songs!
QP Theatre Lovers: Play Reading and Performance Group	11.30-12.30 12 th Jan 26 th Jan 9 th Feb 23 rd Feb 9 th March 23 rd March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Learn script reading and performance skills while making new friends in the Queens Park theatre lovers group! This relaxed fortnightly meet features a combination of play reading and workshop time. All abilities warmly welcomed!
Water Splash (Positively Physical)	12.00-1.00 Starts 12 th Jan Last class 16 th March	Jubilee Sports Ctr., Caird Street, Queen's Park, W10 4RR	18, 28, 228	£1	Water based exercises with a focus on improving stamina & strength. This class will get you burning some calories!
Monthly Fish N' Chip Fridays MUST BOOK!!	12.00-1.30 (Served at approx. 12.15) 19 th Jan 9 th Feb 16 th March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£5	Join us for a delicious Fish n Chip lunch and the best company in town with our growing group of diners! Tea & Coffee, Condiments and Bread & Butter all thrown in! Call 07717201791 to book!
Chair Exercise to Music- Low Level	12.30-1.30 Starts 12 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Join this gentle seated exercise to music class to help improve your balance, muscle strength, help reduce falls & maintain your mobility independence.
Line Dancing	2.00-3.00 Starts 12 th Jan	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	It doesn't matter if you already know your shuffle & coaster steps from your heel hitches or are a complete beginner come & join this class for a lively and fun afternoon learning steps and sequences to some great tunes.
Monthly Social	2.00-4.00 26 th Jan 2 nd March	Open Age QPHR Hub, New Avenues 3-7 Third Avenue, London, W10 4RS	18,28, 228	£1	Lively social with speakers on a range of interesting and stimulating topics from museums to local organisations and charities followed by bingo and sandwiches!

SATURDAY CHOICES

Activities are for Westminster residents ONLY

ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
Saturday Social Shape-Up	1.00-3.00 Starts 13 th Jan No Half Term Last class 17 th March	St Augustine's Hall, Oxford Road, London NW6 5SN	6,16 31, 36, 98, 187, 228, 316, 328, 332	£2	A 2-hour session in which players of all levels (including beginner) are free to choose between badminton, table tennis and soft tennis. Beginners and experienced players alike have the opportunity to learn or play competitive matches with others of a similar standard. Includes short warm-up and stretching.
Badminton	3.00-4.00 Starts 13 th Jan No Half Term Last class 17 th March			£1	A 1-hour session for experienced players who like a more competitive match.

QPHR Hub Trips:

FREE London Transport Museum Trip, Tuesday 23rd January, 10.00am

Join us for this self-led exploration of The London Transport Museum in Covent Garden which seeks to conserve and explain the transport heritage of Britain's capital city. Call **07717201791** to book.

FREE Sir John Soane's Museum Tour, Wednesday 7th February, 10.15am and 11.15am Tour Times

Join us for a private guided tour of the historic house, museum and library of distinguished 19th century architect Sir John Soane followed by time for individual exploration! Call **07717201791** to book.

FREE Design Museum Tour, Tuesday 27th February, 9.45am

Join us for an introductory tour to the new Design Museum covering the founding and history of the museum, the type of exhibitions they present, the recent move to Kensington and the architecture of their Grade II listed building finishing with a view from the roof! Call **07717201791** to book.

FREE Tour of The Jewish Museum, Tuesday 27th February, 2.45pm-4.30pm

Join us for a guided tour of the Jewish Museum in Camden followed by an interactive object handling session, creative activity and the all-important refreshments! Call **07717201791** to book.

FREE London Transport Museum Trip, Tuesday 6th March, 10.00am

Join us for this self-led exploration of The London Transport Museum in Covent Garden which seeks to conserve and explain the transport heritage of Britain's capital city. Call **07717201791** to book.



How to Find Us:



The Queens Park & Harrow Road Hub now has a weekly members email bulletin keeping you informed of all the new exciting activities and events, plus any additional trips we are able to organise throughout the term to ensure you don't miss a thing! If you would like to receive this please email choggan@openage.org.uk and we will add you to the list!

B Bus stops
Buses: 18, 28, 228

E Entrance to New Avenues / Open Age QPHR Hub

Additional Information:

The Positively Physical Programme is a project led by Open Age and funded by Public Health. For more information call **Jade on 0208 962 4537**.

Time for Me is a programme dedicated to people who look after a family member or friend as an unpaid carer. It offers support & advice from like-minded people in a similar situation, and the opportunity to have some fun! Activities, trips out, relaxation sessions and talks are all decided by this lovely group. Activities take place on Wednesdays and Thursdays. For more information call **Zannah Cooper on 020 8962 4536**.

Need Help With Transport? -Westway Community Transport Service is for those who have difficulties accessing public transport. It is FREE to register then members pay a standard rate of £1.10 per mile. You can book a car & volunteer driver to go to a variety of destinations. To register and for more information call: **020 8964 1114** between 1pm and 4pm on weekdays or email info@westwayCT.org.uk.



Pop-Up Café

Now Serving
LAVAZZA
ITALY'S FAVORITE COFFEE

With Petersham Nurseries
Monday - Friday, 10.30am - 3.00pm
***Lunch Served 12.00pm - 2.00pm**

Join us for lunch at our pop-up café with food provided by internationally renowned Petersham Nurseries. Unlike our normal activities, there is no need to be 50+ to come and enjoy lunch. Everyone is welcome!

We will be serving hot food and drinks, including soups, sandwiches and cake during term time at Open Age prices.

Opened in 2004, Petersham Nurseries Richmond is a lifestyle destination that combines a restaurant, a teahouse, a nursery and garden shop, and a homewares shop. Offering wholesome seasonal food that respects the Slow Food philosophy, their dishes are inspired by the kitchen garden as well as their British and Italian heritage.



Open Age QPHR Hub, New Avenues,
3-7 Third Avenue, London, W10 4RS
(Buses: 18,28,228)



Petersham Nurseries

Charitable Incorporated Organisation no: 1160125