



Dear Friends,

As the sun shines brighter and the days grow longer, we're excited to share our recent news. Hands is going from strength to strength with new clients and volunteers alike joining our caring community. Over the last year, we have achieved remarkable results – we delivered **728 weekly and emergency shops**, provided **357 lifts to medical appointments** and spent **over 500 hours organising and hosting coffee mornings, afternoon teas, talks, quizzes, boat trips and seasonal activities**.

Befriending and our fortnightly Shopping Bus to Tesco continue to be important and valued services. In 2025, our dedicated Befriending volunteers made over 700 companionship connections and the friendly Shopping Bus team helped with over 200 client shops. If you would like to find out more about the Shopping Bus, please contact the office. In total, Hands volunteers kindly gave over 4000 hours of their time in 2025 to fulfil over 2000 requests for help and support – an amazing achievement for a small local charity.

Summer Events

We are pleased to announce our new and expanded summer social events programme, starting with a Soap Reminiscence workshop at Holly Lodge on Wed 13 May. Come and visit a genuine Victorian Pharmacy which was once located in Sheen Lane to find out about its history and explore how health and hygiene has changed over time, followed by tea and cake. Calling all tennis fans – join us for an afternoon of Wimbledon Tennis with strawberries and cream at Holy Trinity Church Hall in July. Or if local history or nature is your thing, we have interesting session on the History of Richmond Park and its Deer and a short and accessible Nature Trail walk in the

park, starting and ending at Holly Lodge with afternoon tea and cake. For the Fish and Chip fans among you, we will be bringing back this popular monthly Friday lunch event in the Autumn.

All Aboard

Fancy a leisurely trip down the River Thames? We have our first boat trip of 2026 on Thursday 25 June, leaving Teddington at 10am to sail through beautiful scenery towards Hampton Court and Weybridge before returning by 4pm. Refreshments, a light lunch and delicious homemade cakes will be provided and we only ask for a nominal contribution of £25. If you'd prefer a half day excursion, we have trips departing in July and early September.

Please remember to register your interest for our summer events by calling us on 0208 891 3346 (Mon-Fri 9.30-12.30pm). We are able to arrange transport for our social events (subject to volunteer availability).

Hands Volunteers

Our amazing team of over 70 dedicated volunteers are at the heart of the services we provide to Hands clients every week. Rosie and I would like to say a huge thank you to each and everyone of them – we could not do our jobs without their help and support. Our volunteers generously and kindly give their time for free to help with transport, shopping, companionship and hosting our social events. If you would like to show your appreciation, we welcome donations – every donation, no matter the size, helps us to do more for you.

With warmest wishes,
Tracey & Rosie,
Hands Office Team



Summer closure dates

- Closed on Mon 26 May 2026
- Closed on Mon 31 Aug 2026

Please ensure you get enough shopping to cover this period. Contact the office to make any arrangements you may need whilst we are closed and we will do our best to help.

Hands Office Team is moving

To help us continue to provide the best possible support, **our office team will be moving to the ETNA Centre** this summer (date tbc). Everything else will stay the same – our phone number, email and the team will not change. We love visitors, so please drop in once we've moved.


MONTH	DATE	TIME	ACTIVITY	VENUE
MAY	Wed 13th	1.00 - 2.30pm	Soap Reminiscence Workshop*	Holly Lodge Centre, Richmond Park
	Mon 26th	10.30 - 3.30pm	The Rotary Fair	Twickenham Green
JUNE	Thurs 11th	10.30 - 12.00pm	Coffee Morning at Holy Trinity Pop Up Café	Holy Trinity Church Hall, 1 Vicarage Road, TW2 5TS
	Thurs 25th	10.00 - 4.00pm	Full Day Boat Trip***	Teddington with River Thames Boat Project
JULY	Thurs 2nd	1.30 - 3.30pm	Wimbledon Tennis with Strawberries & Cream*	Holy Trinity Church Hall, 1 Vicarage Road, TW2 5TS
	Wed 8th	1.00 - 2.30pm	Nature Trail Walk*	Holly Lodge Centre, Richmond Park
	Wed 22nd	2.00 - 5.00pm	Half Day Boat Trip**	Teddington with River Thames Boat Project
AUGUST	Wed 12th	1.00 - 2.30pm	History of Richmond Park*	Holly Lodge Centre, Richmond Park
SEPTEMBER	Tues 8th	2.00 - 5.00pm	Half Day Boat Trip**	Teddington with River Thames Boat Project

Requires a *£5, **£15, ***£25 contribution



Contact us to
register your interest

Monday to Friday 9.30-12.30

 020 8891 3346

 info@handscaregroup.org.uk

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