



*What's happening in the Centre from day to day.... Please contact the groups for booking details and charges*

### Monday

**Diddi Dance**, dance for toddlers, 10.00 and 11.00am, **07973 982 790**, [info@diddidance.com](mailto:info@diddidance.com)

**Kumon**, maths & English for children, 4.00 to 6.00pm **01689 602 196**, [brockley@kumoncentre.co.uk](mailto:brockley@kumoncentre.co.uk)

**Sapphire Groove Dance**, beginners adult ballet 7.30 to 8.30 pm **07977 929 108** [mail@sapphiregroove.com](mailto:mail@sapphiregroove.com)

**Dynamic Yoga**, a deep & soulful flowing yoga, practice for adults, **NEW beginners class** 6.30 to 7.30, advanced/intermediate 7.30pm to 9.00pm, **07956 333 981**

[yogajeannie@mac.com](mailto:yogajeannie@mac.com)

### Tuesday

**NEW Baby Sensory**, precious early learning for babies 9.50 to 10.35am [southwark@babysensory.co.uk](mailto:southwark@babysensory.co.uk)  
**Yoga for Health**, Iyengar yoga class 10.15 to 11.45am (mixed ability, beginners welcome), **07727 083 817** find us on Facebook: Telegraph Hill Yoga

**The Light House Social Club**, for adults, 12.30 to 4.00pm (not the last Tuesday of the month), **07581 563 008**

[stephen765@googlemail.com](mailto:stephen765@googlemail.com)

**Fairweather Dance School**, ballet & tap classes for children, 4.00 to 7.00pm, **07858 634 322**,

[fairweatherdanceschool@hotmail.co.uk](mailto:fairweatherdanceschool@hotmail.co.uk)

**Yoga for Health**, Iyengar yoga class (mixed ability, beginners welcome) 7.00 to 8.15pm, **07727 083 817** find us on Facebook: Telegraph Hill Yoga

**NEW Dancers Figure**, for adults 7.30 to 9.30pm

[alessandra.colangelo@googlemail.com](mailto:alessandra.colangelo@googlemail.com)

**Tai Chi, Yang** bare hand & broadsword, all ages, 7.10 to 8.40pm, **020 7635 9421**

[zehenwei.taichi@gmail.com](mailto:zehenwei.taichi@gmail.com)

**Gamblers Anonymous**, 8.15 to 10.15pm, **020 7384 3040**,

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

### Wednesday

**Bumps & Babies and Toddle On**, a drop-in no need to book, 9.30am to 11.30am, **07956 454 235**,

[sarah.playden@gmail.com](mailto:sarah.playden@gmail.com)

**NEW Get into Yoga**: Drop-in session all welcome, 9.30 to 10.30 am, **07789870638**,

[yogawithellie@hotmail.co.uk](mailto:yogawithellie@hotmail.co.uk)

**Stretch and Strengthen**, 55+ drop-in exercise class no need to book, 1.30 to 2.30pm, **07766 005 139**,

[gus@activelifefic.com](mailto:gus@activelifefic.com)

**Mandarin (Chinese) class** 4pm to 5pm children & adult classes **07905 784 491**

**La Jolie Ronda**, Spanish classes for children, 4.00 to 5.00pm, **07544 262 077**, [annamariarowe@hotmail.co.uk](mailto:annamariarowe@hotmail.co.uk)

**NEW Freedom Academy**, performing arts for children, 4.30 to 6pm, 020 8244 4873, [info@freedomacademy.co.uk](mailto:info@freedomacademy.co.uk)

**Yoga** for adults 6.30 to 8.00pm, **07887 513 563**

[maryphilomenamac@googlemail.com](mailto:maryphilomenamac@googlemail.com)

**Telegraph Hill Youth Club**, 12 plus 6.30 to 9.30pm, **0207 732 1403**

[office@somervilleadventure.org.uk](mailto:office@somervilleadventure.org.uk)

**Alcoholics Anonymous**, 7.30 to 9.30pm, **0845 769 7555**,

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

### Thursday

**Boppin' Bunnies**, music for under 5s led by professional cellist, 9.30 to 12noon, **07855 916 496**,

[info@boppinbunnies.co.uk](mailto:info@boppinbunnies.co.uk)

**Mind Body & Spirit Thursdays**

**Just Art**: art classes all abilities& ages welcome 10 to 12 noon

**The Hat Project**, millinery classes, beginners & experts welcome 1 to 3.00 pm

**Tia Chi** 1 to 2pm

**Cod Chips & Conversation** Over & Under 90s drop-in club 10.00 to 2.00 pm. To find out about booking any of these sessions please contact the Jane Hartley Telegraph Hill Centre Manager

**Capoeira**, Brazilian martial art for children, 4.30 to 5.30pm, **07738 735 458**, [pitangacapoeira@hotmail.com](mailto:pitangacapoeira@hotmail.com)

**Pilates**, 6 to 7pm and 7 to 8pm, **07961 125 215**, [heather@pilatesclub.co.uk](mailto:heather@pilatesclub.co.uk)

**Feldenkrais**, Awareness through Movement, drop-in session, 6.30 to 7.45pm, **07976 640 737**,

[info@vocaldynamix.com](mailto:info@vocaldynamix.com)

**Life Drawing** 7.30pm to 9.30pm **07931 102 449**

[alexandraunger@hotmail.com](mailto:alexandraunger@hotmail.com)

**NEW Kettebells Fitness Class**, for adults 8 to 9pm, [alexandra@fit-me-training.co.uk](mailto:alexandra@fit-me-training.co.uk)

### Friday

**The Nature Bug**, learn about nature on your doorstep 10am to 11 am, 2- 5 years **07914 710 453**

[james@big-box-education.com](mailto:james@big-box-education.com)

**Yoga**, 10am to 11am

[www.carolinetautz.com](http://www.carolinetautz.com)

**The Light House Social Club**, for adults, 12 noon to 4.00 pm (not the last Friday of the month), **07581 563 008**

[stephen765@googlemail.com](mailto:stephen765@googlemail.com)

**HAYA**, professional drama classes Juniors 8-11 and Seniors 12-18, 4.30 to 6.30 pm **07865 481 737**

[info@thehuntacademy.co.uk](mailto:info@thehuntacademy.co.uk)

**Telegraph Hill Youth Club**, 12 plus, 6.30 to 9.30pm, **0207 732 1403**

[office@somervilleadventure.org.uk](mailto:office@somervilleadventure.org.uk)

**Mongoose Thai**, kick boxing for all ages, 7.00 to 9.00pm, **07729 792 761**,

[eli-love@hotmail.co.uk](mailto:eli-love@hotmail.co.uk)

### Saturday

**Kumon**, Maths & English for children, 9.15 to 11.15am, **01689 602 196**, [brockley@kumoncentre.co.uk](mailto:brockley@kumoncentre.co.uk)

**NEW Sing and Sign**, baby signing music group 10am to 12 noon, **07826 412 373**

[rebeccaclow@signandsign.co.uk](mailto:rebeccaclow@signandsign.co.uk)

**Monthly Councillor Surgeries**. every fourth Saturday of the month, 11.00 am to 12.00 noon **NO booking required**

### The Parlour Group

**Zsu Therapy: Massage, Reflexology Aromatherapy**, 07985 751 135 [www.zsutherapy.com](http://www.zsutherapy.com) [info@zsutherapy.com](mailto:info@zsutherapy.com)

**Paul Maiteny: Integrative psychotherapist** spiritual counsellor & eco-psychologist. 07914 703 305, [paul@psychecology.net](http://paul@psychecology.net)

**Mona Stylianou: Psychotherapist** short-term & long-term psychotherapy clients, 07912 981 108

**The London Nutritionist: Dietician**, One-to-one consultations and group workshops 07540 305 699

**Sandra Singer: Child & teenage counselling**, using creative arts 07789 146 421 [sansinger7@gmail.com](mailto:sansinger7@gmail.com)

**Lucy Gibbson: Art Psychotherapy / Therapy** 07949 412 377 [lucy181@btinternet.com](mailto:lucy181@btinternet.com)

**Laura Hollywood: Counselling** 07507 850 787

[Laura1hollywood@gmail.com](mailto:Laura1hollywood@gmail.com)

**Josephine O'Gorman SEP: Homeopathic & Somatic Experiencing** 07941 002 250, [sortingstress@gmail.com](mailto:sortingstress@gmail.com)

**Children's Creative Community Club**, a new Breakfast, After-School and Holiday Club to find out more [mail@theccclub.org](mailto:mail@theccclub.org),

**To find out about hiring the Centre, for regular or one-lets please contact Jane Hartley the Telegraph Hill Centre Manager** **020 7639 0214**, [www.thcentre.com](http://www.thcentre.com) [telegraphhill@toucansurf.com](mailto:telegraphhill@toucansurf.com)