

Mycenae

House & Gardens

September - December 2025



CaféBar
Concerts
Workshops
Wellbeing
Health
Activities
Learning
Social Events
Meetings
Training
Exhibitions

Featured Exhibition

POLYMATH: Brian Bath

Songwriter Cartoonist Guitarist & Local Legend

A Polymath - 'person whose expertise spans a number of different subject areas'



Health &

Reach Out

Arts & Leisure

07890 672 980	10am
020 8921 5047	10am (1st)

Mondays	12-1pm
Tuesdays	12.30-1pm
Last Tues/month	7.30pm
Wednesdays	11.30am
Thurs/fortnightly	10am-1pm
Thursdays	1-3pm
Thursdays	1-3pm
Fri/monthly	2-4.30pm

SAT	Singing Group for those with memory difficulties	07939 265 991	2.30pm (fortnightly)
	Face Painting Courses	follies.co.uk	view website

myc

cenae.house

Reach Out Projects

The Reach Out Programme offers social & support activities for the community, particularly those isolated & for vulnerable or disadvantaged members.

All sessions are free and accessible (upstairs rooms with stair lift access). Refreshments are available at cost in our cafe/bar area.

Contact Deborah via mycenaereachout@gmail.com or call 020 8858 1749.

www.mycenaereachout.co.uk

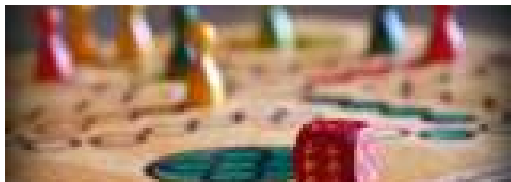


Greenwich Carers Centre

Mondays 12-1pm (not Bank Holidays)

Carers Hub providing advice for Greenwich Carers. Just pop in, no need to book.

Room 1 (Ground floor/accessible)



Games & Gabber Group

Mondays 2pm-4pm

With Oxleas NHS's Greenwich Community Mental Health Rehabilitation & Enablement Team.

Room 7 (1st Floor, stairs/stair lift)



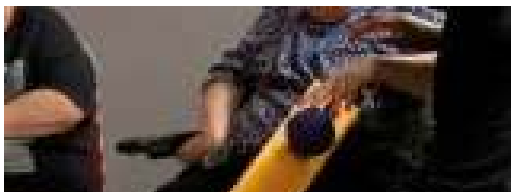
Seated Exercise with Darren

Tuesdays 12.30pm-1pm (12-1pm term-time)

Aimed at those with poor mobility

(health questionnaire to be completed)

Main Hall (Ground/accessible)

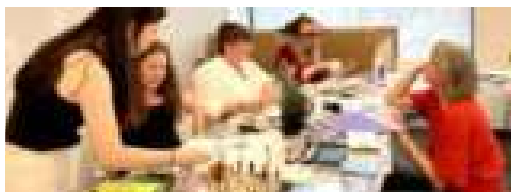


Seated Boccia with Paul

Wednesdays 11.30am-12.30pm

Seated boccia + seated SOSA dance with Paul Fosu and Mencap, weekly from 24 Sept 2025.

Main Hall (Ground Floor/accessible)

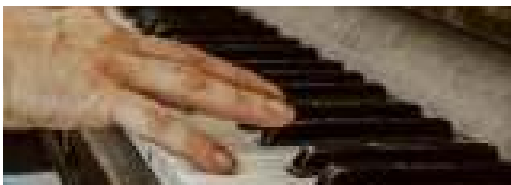


Puppy Art Creations (Over 18s)

Wednesdays 1.30-2.30pm (monthly)

Creative art sessions with Bella Mung & Myo the puppy, monthly on 29 Oct, 26 Nov, 17 Dec 2025.

Medium Room 20 (2nd Floor, stairs/stairlift)



Low Cost Music Sessions

Thursdays 10am-1.15pm (fortnightly)

On 11 + 25 Sept and 9 + 23 Oct 2025.

For those on low incomes, proof required.

Room 3 (Basement, stairs/stairlift)



Help with your Gadget

Thursdays 1.15-2.45pm

Free advice and help from Jon about using your digital devices. No need to book, first come first served. Main Hall (Ground Floor/accessible)



Weekly Wellbeing Session

Thursdays 1pm-3pm. For anyone isolated / lonely, or with poor physical / mental health. No need to book (support workers please email in advance). Main Hall (Ground Floor/accessible)



Monthly Bingo

Thursdays 1.30pm-3pm
On 25 Sep, 30 Oct, 27 Nov 2025 with All Around Magic. No need to book.
Main Hall (Ground Floor/accessible)



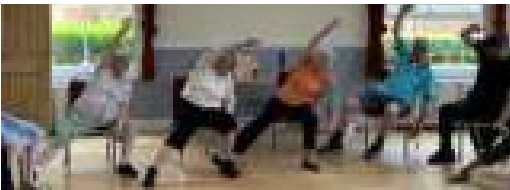
Monthly Hearing Loss Help

Thursdays 1pm-3pm
On 1 Sept, 9 Oct, 13 Nov 2025 with a Hearing Link volunteer from Hearing Dogs for the Deaf, no need to book. Main Hall (Ground Floor/accessible)



Seated Boccia or Sosa Dance

Monthly Thursdays 1.30-2.30pm with Paul Fosu on 4 Sept, 2 Oct, 6 Nov, 4 Dec 2025.
Suitable for wheelchair users. No need to book.
Main Hall (Ground Floor/accessible)



Monthly Seated Exercise

Thursdays 1.30pm-2pm
On 11 Sept, 16 Oct, 13 Nov 2025 with personal trainer Darren Holness.
Main Hall (Ground Floor/accessible)



Crafts Sessions (Over 18's)

Monthly Thursdays 1pm-3pm
On 18 Sept, 23 Oct, 20 Nov, 18 Dec 2025.
No need to book.
Main Hall (Ground Floor/accessible)



Music & Poetry Group

Monthly on Fridays 2-4.30pm
On 5 Sept, 3 Oct, 7 Nov, 5 Dec 2025. Performers and others welcome to sit and enjoy.
Room 10 (1st Floor, stairs/stair lift)

Coming soon...

Women & Girl's Hub with Volunteer Centre Greenwich - (2nd Tues of each month) starts 9 September 2025 from 10.30am-12.30pm

Walk in Community Health Hub with a local GP - 11 September 2025 from 12.30-3pm
Call for details

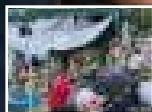
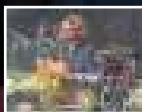
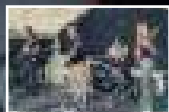
Reach Out Projects

NEWS



The Best Team!

This picture was taken at the end of this years Parkfest event in August. The team once again proved they are the absolute best. Such a busy, enjoyable and engaging day where we welcomed over 900 people to Mycenae Gardens.



ANY QUESTIONS?



Mycenae House was delighted to host **Radio 4's** topical discussion panel show **Any Questions?** at the end of July, with presenter **Alex Forsyth** masterfully engaging **Sir Vince Cable**, **Sir Mark Lyall Grant**, **Baroness Ayesha Hazarika** and **David Simmonds MP** in debate.

The show is currently available to listen at www.bbc.co.uk/programmes/m002g53m.

BBC Political reporter **Ewan Murrie** said of Mycenae House that *'you can tell this is a special place, you can feel it in the atmosphere'*

We were pleased to hear that!



Shiny New Things!!

Monday - Friday 4-6pm - **Bulgarian School for children**
www.essexbgsschool.co.uk

Tuesdays 11am - **123 Approach to Fitness**
www.arranknightpilates.com

Wednesdays 12.30-3pm **Digital Foundations Course**
www.mycenaehouse.co.uk/events/digital-foundations-course/

Wednesdays 3.45pm + 5pm - **Art & Design classes for children**
www.bellamung.com/course/

Thursdays - **Afterschool Spanish for Children with Spangles**
www.spangles.org

Thursdays 4pm - **'Tap Happy' dance class for adults**
Shelley - 07778 633 788

Thursdays 4 + 6.15pm - **Jazz Dance for children**
www.jkperformingarts.com

Saturdays 2.30pm (fortnightly) - **Singing Group for those with memory difficulties**
www.eleanormusicservices.com

Ever wanted to make music ...but never learned to play?
Join Stuart this autumn for some fun, innovative, rewarding music creation. Without the practice :)

Gesture Created Music is a six week, free programme, that will exercise your brain's creative urge, keep your mind stimulated, and promote focus and wellbeing. We'll use LIFT, an app written by Stuart, in an activity that is as easy as waving your hand, and as entertaining as a playing an instrument.

It is accessible to everyone, no need for any music experience, and suitable for all ages.
Running Tuesdays at 1.30pm from the 14th October. Places are limited, so to register, drop us line at info@liftmusic.org or call Jane on **07455 585664**. If we have space on the days we'll be happy to add drop-ins.

Contact Info

Mycenae House & Gardens

90 Mycenae Road, Blackheath Standard, London, SE3 7SE

020 8858 1749 info@mycenaehouse.co.uk www.mycenaehouse.co.uk

Charity No 1085503 Company No 04149483

ZEN



Global Fusion Music & Arts
Presents

ROLAND PERRIN'S



Roland Perrin - piano
Javierito Morales - sax & clarinet
Rob Morgan - sax & flute
Dave Liddell - trombone
Eduardo Capriles - bass
Luis Hernandez - drums



Friday 12th September 8pm

Ticket price £12

www.wegotickets.com

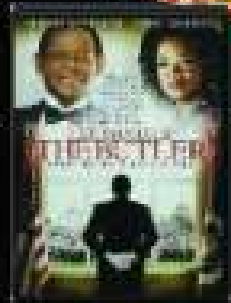
info@globalfusionarts.co.uk
Tel: 0202 149 2342



info@globalfusionarts.co.uk
Tel: 0202 149 2342



Global Fusion Music & Arts
Presents



7:30 pm

Free entry

Tuesday 21st October

Tel: 0202 149 2342 - 07970941435
info@globalfusionarts.co.uk



Global Fusion Music & Arts
Presents

Black History Month



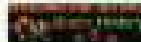
MC Sharon Mann



Friday 24th October

FREE Tickets available at www.wegotickets.com

Tel: 0202 149 2342 - 07970941435
info@globalfusionarts.co.uk



Global Fusion Music & Arts
Presents



Armistice Day

Commemoration Event

Tuesday 11th November

A film of the Play

'All About the Boys'

(The last days of Wilfred Owen)

By local Playwright Robert J. Farnsworth



FREE Admission - Donations welcome
Event starts at 7:30pm

Tel: 0202 149 2342 - 07970941435
info@globalfusionarts.co.uk



Louise Hatch

Album Launch

Love is the Bridge

Louise Hatch launches her much awaited solo album, *Love Is The Bridge*, at Mycenae House.

This will be a special evening of self-penned songs, collaborations, guest artists, and the incredible talents of her band of musicians and singers.

Louise is a soulful, emotive singer/songwriter whose musical influences include country/folk/rock and pop. She sings with the aid of hearing devices that facilitated her re-entry into music after a 14-year sabbatical, allowing her to reconnect with her passion.

Join us in celebrating her return in what will be a magical evening.

Friday 19 September

wegottickets.com/event/662786

Doors open 7pm – show starts 7.45pm

Tickets £12.00

www.louisehatch.com



NIGHT SONGS

SARAH DACEY
SOPRANO

BELINDA JONES
PIANO

**Friday 3 October
7.30pm**

**Mycenae House,
London, SE3 7SE**

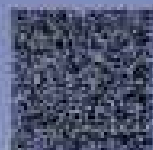


A selection of songs exploring women's relationship with the night by both living and historical composers, including new works from Kerry Andrew, Lucy Mulgan, Laura Bowler, Yohani Perinpanayagam and Freya Waley-Cohen.

Tickets available from Eventbrite:

£15/£7, under 18's free

Fundraising for the charity Refuge



 HINRICHSEN
FOUNDATION



VAUGHAN
WILLIAMS
FOUNDATION

Refuge

For women and children
Against domestic violence

FRIDAY OCTOBER 17th

7.30-10.30pm

Entrance £8 Open Mic £4

THE SWOP WORLD MUSIC NIGHT

With a pro-houseband of guitar, piano, bass, drums and horn section, and top line singers, the Mycenae Crew perform world music of all kinds, forms and times. Plus the usual Open Mic session.



The **SWOP**

XMAS PARTY

FRIDAY 12th DECEMBER

7.30-11pm £8 (£4 OPEN MIC)

HAVE YOURSELF A

*Swinging
Late Christmas*



JAZZ AND R&B CHRISTMAS FOR YOUR HOLIDAY SEASONS



KT Bush Band

Friday 7 November

Doors 7.15pm

Show 7.30pm

wegottickets.com/event/674757/

The KT Bush Band were formed in 1977 and featured Brian Bath on guitar, Del Palmer on bass, Vic King on drums and a young female singer called Kate Bush. The band gigged throughout London and the South of the U.K. playing many of Kate's original tunes alongside some classic covers, and Brian went on not only to perform on four of her early hit albums, but also the original Tour Of Life, Kate's only ever tour.

Now the band are back, with original member Brian Bath at the helm and featuring Steve Bevan on bass, Emily Francis on keyboards, Pete Turtle on drums and the sensational Sallie-Anne Hurst on vocals.

Classic Kate Bush songs are the order of the day, alongside a few never-heard-before originals from back in the day, all intertwined with entertaining and sometimes hilarious anecdotes from the gentlemen that were there to help launch Kate's hugely successful career back in the day.

A show not to be missed .

This is not a tribute band
This is **THE** KT Bush Band



Omar Puente & Ilario Ferrari

‘Mediterranean meets Cuba’



Ilario Ferrari



Omar Puente

Internationally acclaimed Cuban violinist Omar Puente and celebrated Italian pianist, singer and composer Ilario Ferrari bring their joyful collaboration to Mycenae House as part of the EFG London Jazz Festival.

“Mediterranean Meets Cuba” is a vibrant musical journey — from the infectious rhythms of Cuba to the sun-soaked shores of Southern Italy — exploring the deep cultural connections between Afro-Cuban jazz and the Mediterranean spirit.

With a mix of original compositions and Latin jazz classics, this dynamic duo delivers an evening of instrumental brilliance, playful spontaneity, humour and heartfelt connection — featuring Omar’s virtuosic violin, Ilario’s expressive piano and vocals, and their unmistakable musical chemistry.

These two musicians and longtime friends will be taking you to a journey from the rhythms of Cuba, to the shores of south Italy and back, exploring the common ground and new possibilities that come from the encounter of the afro-cuban Jazz tradition and the Mediterranean Culture.

Friday 21 November

Tickets £15

Doors 7.15pm Show 7.30pm

wegottickets.com/event/674755/

Exhibition

Monika's exhibition is staged to coincide with the Louise Hatch album launch, for which Monika has produced the album cover artwork

Monika Ziobrowska

Monika Ziobrowska is a London-based artist whose work blurs traditional and contemporary art boundaries. She specialises in creating textual paintings enriched with 3D elements, bringing her unique vision to life through diverse mixed media, such as clay, metals, fabric, low relief, and modeling paste.

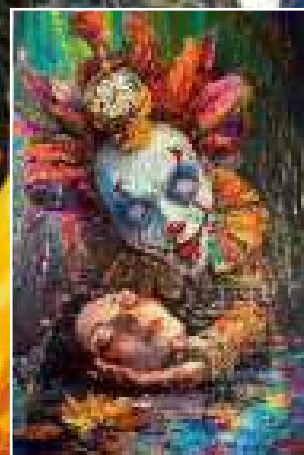
Monika's signature style makes her artwork truly distinctive and one-of-a-kind, as most of her pieces are exclusive creations, each telling its own story. Her innovative approach transforms materials into visual poetry, inviting viewers to explore layers of meaning and emotion.

"I love to experiment and discover different methods of creating art. This is the most exciting and fulfilling moment. However, the best part of art creativity is the final result, which always amazes me. Because I follow complete freedom to create instead of any particular guidance. Everything is born from my heart and soul at the moment of creation instead of my mind, which I believe sometimes might find our possibilities."

Monika actively showcases her work on various platforms, including ArtGallery.co.uk, where her pieces are available for viewing and purchase. She also shares her latest creations and inspirations on social media, such as Facebook and Instagram. One of her notable works, "Gothic Godolfin", depicts a surreal scene combining iconic elements of London, such as Big Ben and the neo-Gothic architecture of the Parliament, showcasing her ability to merge different cultural symbols into a cohesive artistic expression.

Monika's art continues to captivate audiences, inviting them to delve deeper into the stories and emotions woven into each piece.

My motto always is:
"Go with the flow."



September & October 2025

Exhibition



November & December 2025

Brian Bath

Brian is a legend in music history, known as Kate Bush's co-writer and lead guitarist on her 1978 debut album and subsequent tours. But Brian is also a genuine polymath, his reach is much wider. He has also been a prolific cartoonist and artist throughout his career.

Mycenae House is delighted to show a number of Brian's cartoons, some for the very first time and which coincides with his band, the **KT Bush Band performing at Mycenae House on the 7th November.**

Daughters Emma & Becky should be joining dad with some of their artworks for this exhibition.

What a year it has been for our resident Refugee Choir, widely regarded as the country's leading Refugee and Allies choir. So far this year the Choir led by Becky Dell has amassed an amazing list of achievements including:

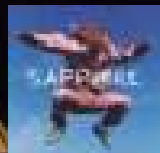
2 x ED SHEERAN singles, GLASTONBURY FESTIVAL, BASEMENT JAXX, DEBUT ALBUM LAUNCH, HOUSES of PARLIAMENT, featured on BBC1, Radio 2 & 3, Channel 4 TV, the NEW YORK TIMES and even the local **GREENWICH & DOCKLANDS INTERNATIONAL FESTIVAL** & with much more to come too

The choir of refugees and allies was invited to perform at Glastonbury Festival 2025 as part of the Pyramid Stage's opening show on Wednesday 25th June!

CITIZENS^{OF}THE WORLD CHOIR

65 of their members performed in front of an estimated audience of around 100,000 people, sharing the stage with acrobats, jugglers, dancers, wire-walkers, pyrotechnics and fireworks! With only a couple of weeks to prepare, the choir rose to the challenge - ably led by Founder and Conductor, Becky Dell. For many of the members, this Glastonbury experience was their first time ever participating in such an event.

On a more sombre note Becky has decided to shelve her Music Academy to concentrate on running the Citizens Choir. In true fashion she organised a great concert to send it off in style



www.citizensoftheworldchoir.org

They are always interested in hearing from people interested in joining the choir

Community Singing Group

For family carers and those with memory difficulties
Mycenae House, Blackheath

Do any of these sound like you?

- ✓ Caring for someone with memory difficulties?
- ✓ Looking to meet new friends?
- ✓ Love singing, dancing, or just having fun?
- ✓ In need of some joy in your life?

 Music has been shown to boost mood, memory, mobility, and well-being.

 Enjoy dancing, live music and instruments in a relaxed setting.



📅 **Saturdays : Sept. 6th, 20th, October 4th, 18th, Nov. 1st, 15th, 29th, Dec. 13th.**

🕒 **2:30pm – 4:30pm upstairs in Room 10**
Arrive anytime after 2.30pm, music begins at 3pm

💷 **£10 per person**



Kindly supported by

 **Mycenae House & Gardens**
90 Mycenae Road, Blackheath, SE3 7SE

Contact **Eleanor** on **07939 265991**
or email
info@eleanormusicservices.com

 Buses: 202, 286, 380, 54, 53, 335, 108

 Free parking for 2 hours on Mycenae Road



FRENCH, SPANISH, ITALIAN & PORTUGUESE CLASSES FOR ADULTS

- small, friendly groups
- experienced and native teachers
- no exams
- conversation based classes
- taster classes available

NOW ENROLLING FOR AUTUMN 2025

SCAN
ME



SEARCH SE3 7SE
FOR MYCENAE
HOUSE



lucy@languageforfun.uk

www.languageforfun.org

ADULT CONTEMPORARY DANCE WITH JULIAN LEWIS

GREENWICH

Mycenae House, SE3 7SE
Thursdays | 18.30-19.45
Level | Beginner/Intermediate



traceworks.co.uk/greenwich
info@traceworks.co.uk
+44(0)7434 784819
@traceworksdance

TRACEWORKS
DANCE

NOW YOU CAN CREATE THE ART YOU'VE ALWAYS WANTED TO

LOOK IN MYSTERY TO THE WORLD OF ART

Over the 10 weeks you will explore the world of art, from the Renaissance to the 21st century. You will learn about the lives of famous artists, the techniques they used, and the social and political context of their work. You will also have the opportunity to create your own artwork.

FOR THE MAKING OF ART

Over 10 weeks you will learn the techniques of painting, drawing, and sculpture. You will also have the opportunity to create your own artwork.

This is a practical course where you will learn the techniques of painting, drawing, and sculpture. You will also have the opportunity to create your own artwork.

ARTISTS' LIFE

This is a practical course where you will learn the techniques of painting, drawing, and sculpture. You will also have the opportunity to create your own artwork.

ARTISTS' LIFE

This is a practical course where you will learn the techniques of painting, drawing, and sculpture. You will also have the opportunity to create your own artwork.

ARTISTS' LIFE

This is a practical course where you will learn the techniques of painting, drawing, and sculpture. You will also have the opportunity to create your own artwork.

ARTISTS' LIFE

This is a practical course where you will learn the techniques of painting, drawing, and sculpture. You will also have the opportunity to create your own artwork.

ARTISTS' LIFE

This is a practical course where you will learn the techniques of painting, drawing, and sculpture. You will also have the opportunity to create your own artwork.

ARTISTS' LIFE

This is a practical course where you will learn the techniques of painting, drawing, and sculpture. You will also have the opportunity to create your own artwork.

020 8311 3185
Mycenae House
Greenwich

LOVE FLOWERS AND FOLIAGE?

Come and have fun watching our talented demonstrators!!

THIRD FRIDAY OF EACH MONTH

1.00pm - 3.00pm



Mycenae House
90 Mycenae Road
Blackheath
London SE3 7SE

The Blackheath Flower
Arrangement Society
Contact Sila : 07887 790 029
silacaroline@googlemail.com

GET IDEAS FOR.....

- Hand ties
- Table Decorations
- Vase Arrangements
- Creative Workshops



Mycenae House presents

Digital Foundations

Mycenae
House
Blackheath

6 weeks of
digital
essentials!

Come along and get your Digital Foundations, feel more confident and get online to get out and about.

- Week 1: Identify your device
- Week 2: Online identity
- Week 3: Scams, phishing and myths
- Week 4: Online learning and hobbies
- Week 5: Thriving online
- Week 6: Self assessment

Wednesdays 12.30-3pm at Mycenae House:

Course 1 starts **17 Sept** (inductions on 10 Sept)

Course 2 starts **5 Nov** (inductions on 29 Oct)

Contact **Paul** on **07985 643 506** for more information and to book an induction.

Local trainer and teacher Paul Clayton has been helping people across SE London for over 20 years to use digital devices and get online safely.



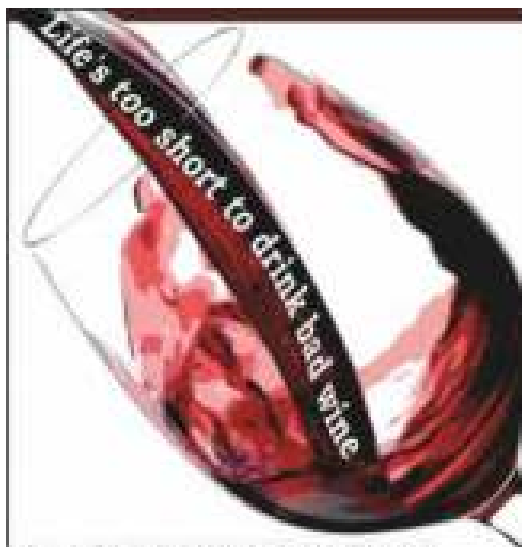
Mycenae House Local History Group

Between September & May we
organise weekly talks, which are
held on Mondays at 10:15am,
finish by 12:00.

In June & July there are
guided walks / visits.

We charge a termly fee.
The current block of 10 talks is £30.

For membership contact Russell
Whitehouse on 07718 429 276 or
at russellwhitehouse@hotmail.co.uk



BLACKHEATH WINE CLUB

Run by Carolyn Bosworth-Davies

For joining details contact Carolyn on:
t: 020 8318 3078 / m: 07802 163 638
e: carolyn_bosworth@yahoo.co.uk

www.facebook.com/CarolynWineEducator

You are warmly
invited to

Blackheath Bridge Club

meets at
WEDNESDAY 1:15 pm
THURSDAY 6:15 pm

www.bridgewebs.com/blackheath/

MONDAY EVENINGS 7-10PM
MYCENAE HOUSE

CHARLTON CHESS CLUB

PLAY TRENDY GAMES, INTERNAL COMPETITIONS,
TEAM MATCHES, AND OTHER OCCASIONAL
ACTIVITIES INCLUDING PICTURES

JUNIOR CLUB INCLUDING COACHING
MONDAYS 6:30-7:30PM, £3 PER SESSION

CHESS PLAYERS OF ALL ABILITIES ARE WELCOME.
FIND OUT MORE ON OUR WEBSITE OR DROP BY
ANY MONDAY.



WWW.CHARLTONCHESS.CO.UK



[CHARLTONCHESS@020-20 00 00](tel:02084416200)



020 8416 7666

Blackheath Centre for Singing

Choirs at Mycenae House



Our **Sing for Pleasure** choir suits singers with some choral experience. The ability to sight read is not necessary in this non-auditioned group, although a basic understanding of musical notation is helpful. Newcomers are welcome to join us for a free taster session in this choir.

Our **Chamber Choir** explores a wide of repertoire from early music to contemporary masterpieces. Our experienced Chamber Choir singers have worked with a number of guest conductors to develop a range of vocal skills to take our music-making to the next level.

Our members are at the heart of our friendly, inclusive community & have made it the success it is today. New members have often commented on how welcoming our choirs are and appreciate the opportunity to join social catch-ups after rehearsals each week.

Director

Led by professional conductor Joel Thomas, our choirs enjoy weekly rehearsals, regular concerts, workshops and social events.

CLASS DETAILS

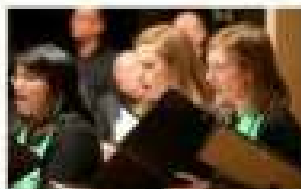
Singing for Pleasure Choir

(Intermediate adults)
Mondays 7.30-9pm

Chamber Choir

(Advanced adults)
Wednesdays 8-9.30pm

Please visit our website for information on term times, future events, and how to book your choir place.



Why not come and try a free taster session?

Website: www.BlackheathCentreForSinging.com

Email: info@blackheathcentreforsinging.com

Senior Citizens

Monday Bingo Club

Come and enjoy a great afternoon out every **Monday 2-4pm**. Chat, have fun & play a game of bingo with great company.

The Friday Club

Every **2nd + 4th Friday** each month **2-4pm**, featuring a fun game of bingo, live music plus an all important cup of tea and slice of cake!

**Come along,
all welcome!**

Dial A Ride pick up and drop off every time, contact them directly to arrange transportation.

020 8858 1749



COME DANCE WITH ME
Open Level for 55+ Friday 11am-12pm

TIME TO DISCOVER THAT YOU CAN DANCE!
Discover fitness, flexibility, balance, networking, exploring different dance styles, and meeting new friends!

How to book: 07709942217
07709942217
judy@mycenae.co.uk

Two Left Foot International Folk Dance workshops

Keep it social, have fun learning, folk classes freely awarded for local & all ages welcome! no previous experience needed.

Come along and dance your heart out!

For more info: 0770942217 or 020 7331 0000
Call or to Book: 0770942217. For information contact:
judy@mycenae.co.uk / Whatsapp: 07709942217

aperture
woolwich photographic society



At Mycenae House Starting 25th March 2025

Discover the joy of photography with us! Whether you're just starting out, exploring your phone's camera, or reigniting a lifelong passion, we offer fun workshops, inspiring photo walks, and exciting competitions for all levels. Enjoy talks from accomplished photographers, connect with our friendly community, and bring your creative vision to life.

Join us on Tuesdays from 8-10pm and enjoy your first three sessions free—try before you decide!

Scan the code for information or email Barry at
info@woolwichphotographic.com



KERRY
ON *Dancing*

 Irish Dance Council
Registered Member



BALLROOM BURN

**Solo Ballroom & Latin American
Dance Fitness Class**

**Raise your heart rate, tone your muscles and have
fun! No previous dance experience or dance
partner required.**

Contact Kerry - Email: kerry@kerryondancing.com

Tel: 07711 255932

Book online at www.kerryondancing.com

Ninjutsu

SHADOW WARRIOR BUJINKAN

Learn the ultimate
art of self
protection from Ancient
Warrior to Modern Man



Open to all sexes, abilities and fitness levels
Every Tuesday and Thursday 6.45 - 10.00pm

T: 07957 391 548
07813 838 711

85 Mycenae Road
Blackheath London
www.shadowwarriorbujinkan.co.uk

Yoga Classes

Innerstillness with Narayani

Finding the peace within you



Breathe, stretch, relax, renew

Release, strengthen and flow. Increase
concentration and alignment, let go of tension
and become more grounded through practices
that combine breath with postures and
sequences. Includes pranayama, chanting,
meditation.

Mondays 7.45-9.30pm

Venue: Mycenae House, Westcombe Park SE3 7SE

0796 347 0611

peace@innerstillness.co.uk
www.innerstillness.co.uk



GREENWICH MORRIS

We are your local Morris side!

See us dance all over the Royal Borough of Greenwich and further afield.

We're always on the lookout for new dancers & musicians and **NOW** is the ideal time to join us!



We rehearse at 8pm every Thursday at
Mycenae House during the winter months.

Join now to get plenty of practice before our
spring dance schedule starts next year.

Help us keep this wonderful tradition alive whilst
having fun, keeping fit and making new friends.

We're a really friendly bunch & would love to see you. No experience required. Bells, sticks & handkerchiefs will be provided!

Contact Julian on 01322 515450 or email bagman@greenwichmoris.org.uk

or visit www.greenwichmoris.org.uk for more information



COGNITIVE BEHAVIOUR THERAPY & COUPLES COUNSELLING

CBT is a talking therapy.
Sessions help you manage your
problems by changing the way you
think and behave.

NHS Recommends CBT for:

- anxieties/panic attacks
- depression
- stress/insomnia
- OCD/PTSD
- Bipolar
- Eating Disorder
- Borderline Personality Disorder

The aim of CBT Therapy is to teach you
to apply the skill you have learnt during
treatment to your daily life.

The therapy is short term, 6-20 sessions.

**Book a
free
15 minute
Telephone
Consultation**

Couples Emotional Focused Therapy (EFT)

EFT holds that changing
problematic interpersonal
relationships and issues
can happen using short-
term therapy.

Here's what others are saying:

"Sasha totally saved my
life. She's kind and
attentive, and took a
complete subjective view
on the the issues I was
experiencing to really help
me understand who I am
and how best to handle
those problems. I feel like
a completely different
person!"

07889 755 299

www.sasha-louise.com

hello@sasha-louise.com

SASHA-LOUISE | CBT THERAPIST, NLP
PRACTITIONER, COACH

Pregnant and Worried?

Struggling with a new baby or toddler?

MumsAid provides low cost specialist counselling that can help:

- Increase emotional well-being
- Increase confidence in parenting skills
- Improve the bond between mother & baby

Our service has been recognised by Public Health England as an example of 'Best Practice' in Perinatal Mental Health

We are also able to offer couple counselling and a private counselling service for new parents.

For further information about MumsAid please visit www.mums-aid.org

To support MumsAid you can follow us on Facebook and Twitter.

Postural Yoga with Meditation

Friendly classes for all levels

Tuesdays 2-3pm
Mycenae House Room 15
£10 per class



Please contact Linda on:
lindachenderson45@gmail.com
or 020 8858 1991 before attending
holisticcounsellingandyoga.com



Reclaim your Core & Pelvic Health! Discover CORE VITALITY™ *A 6-Week Course for Women*

Perfect for postnatal recovery, peri/menopause, post-surgery healing, or improving overall core health.

This unique blend of Hypopressives, Yoga, and Pilates helps:

- > Strengthening your core and pelvic floor health
- > Support issues like incontinence and prolapse
- > Improve posture, relieve back pain, and supporting better breathing
- > Aiding abdominal and pelvic floor healing after surgery or childbirth
- > Enhancing digestion, metabolism, and sexual function

Mondays 9:15 - 10:15 | Starts 15 Sep | Small Group | £90

Tune into your body with Ramona Peoples (MSc) 20+ years experience



Book now - Spaces are limited!
www.bodyorchestra.com
info@bodyorchestra.com | 07966 741 296

Also on Mondays 10:30 AM: My popular
'More Than Pilates' class - limited spaces!





Spangles

Learn Spanish

Courses for teens & kids

Creating opportunities in life!

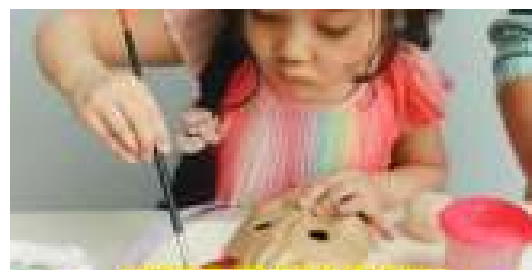


Spanish courses on Thursdays
at Mycenae House, Blackheath.

Call us **07534 740868** or email us

info@spangles.org **www.spangles.org**

Proven GCSE and A level Spanish results, since 2005!



UNLEASH YOUR CHILD'S CREATIVITY!

FUN ART & DESIGN COURSES (AGES 4 - 17)

- 11+ Art Portfolio Prep
- After-school Classes
- Holiday Workshops
- Beginners Welcome | Small groups
- Based at Mycenae House - Room 20

"My son absolutely loves the classes, and I'm truly impressed by the progress he's making!" - Parent

Bella Mung Studio
info@bellamung.co.uk | www.bellamung.co.uk






From 10.95pp



THEATRE TRAIN DANCE ACT SING

Meet a Greater Learning Today



OUTSTANDING PERFORMING ARTS CLASSES FOR 4 - 18 YEAR OLDS

Every Saturday (term time)

Male Company | 4 - 18 Years | 10am - 1pm
 Male Company | 4 - 5 Years | 10pm - 1.30pm

Contact us on:
greenwich@theatretain.co.uk or 07721992980
www.theatretain.co.uk/greenwich



Greenwich Music School

Learn the Greenwich Music School way

- Experienced teachers who are professional musicians
- Positive and encouraging environment
- Regular performance and exam opportunities
- Feedback and written reports on progress
- Simple monthly payment structure



Join us at Mycenae House!

Contact us to find out more:
 020 8305 1286 | g-m-s.org.uk
info@greenwichmusicschool.org.uk

Registered charity number 0756499

diddi dance®

funky preschool dance classes from
sitting babies to 5 years



diddi debutantes-
sitting to pre walking

diddi dudes-
walking to 5 years



Contact Anne-Marie -

07973 982790 annemarie.martin@diddidance.com

www.diddidance.com



Bulgarian School at Mycenae House

Saturdays 2-5pm

plus Weekdays starting soon!

Tel: 07432 370 534

Email: info@essexbgschool.co.uk

www.essexbgschool.co.uk

Expecting a baby?

NCT Antenatal courses
– local, fun and social

Understand knowledge and confidence
about pregnancy, birth and life with your
new baby whilst making friends for life



“During those 3 weeks in
birth and home visits
I never think I’ll forget”

www.nct.org.uk/antenatal



Find your local antenatal

www.nct.org.uk/antenatal

NCT

Antenatal

Very popular!
Bookings are
essential!

HERE AT
MYCENAE HOUSE!

Interactive family concerts with West End singers

BABY BROADWAY

"As much fun for the adults as for the babies"
Thea Clift London

Saturday 18th October & Saturday 10th December
plus dates throughout 2023

www.babybroadway.co.uk

Most babies learn best when
they see, hear, feel, touch,
taste and smell



Sneak a peek, it's all amazing!

Our multi-sensory learning classes will introduce you
and your baby to babies to a world of sensory delights,
where you can relax, spend quality time with each
other and enjoy meeting other new parents

To find out more:

Email: bookings@greenwich@babysensory.co.uk

Or visit: www.babysensorygreenwich.co.uk

Classes at various locations across Greenwich and
Lewisham

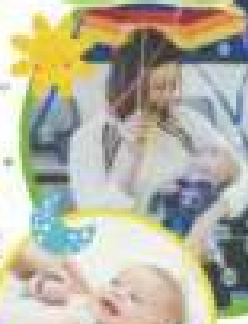


Hello Baby classes

(Week 3 onwards)

An extraordinary opportunity
for parents to:

- Observe how your baby responds to the world and communicate with you by interpreting behaviour cues
- Identify your baby's abilities, sensitivities and needs
- Recognise how your baby self-soothes to reduce stress
- Explore the many sounds of babies and how to respond to their communications
- Identify a variety of techniques that can effectively reduce crying
- Learn massage techniques, baby yoga, baby stimulation and sensory stimulation activities



For more information: www.babysensory.co.uk/Hello_Baby

Call Natalie on 0203 5305471

Email: bookings@greenwich@babysensory.co.uk

or Baby Sensory Greenwich



We're here for you, so you can enjoy this too

with us

Engineering Minds

STEM ACADEMY

HOLIDAY CLUBS



**Fun, hands-on learning through
Engineering, Robotics & Coding!**

Spark your child's creativity and
curiosity during school holidays at
Mycenae House.

Using **LEGO Robotics** kits, children
aged **6 – 11** build, code and explore
real-world STEM challenges – all
while having fun with new friends!

**Scan to book now for all school
holidays 2025-2026.**



www.engineeringminds.org.uk
info@engineeringminds.org.uk

JK

PERFORMING ARTS



MONDAY

Acting With Scripts JUNIORS 4pm-5pm

Musical Theatre JUNIORS 5pm-6pm

Musical Theatre SENIORS 6pm-7pm

Acting With Scripts SENIORS 7pm-8pm

THURSDAY

Jazz Dance JUNIORS 4pm-4.45pm

Street Dance JUNIORS 4.45pm-5.30pm

Street Dance SENIORS 5.30pm-6.15pm

Jazz Dance SENIORS 6.15pm-7pm

FRIDAY

Just Kidz Club – (Age 4-11) 4pm-6pm

Raising confidence through performance

SATURDAY

LAMDA Acting Performance – (Age 7+) 10am-10:45am

LAMDA Musical Theatre – (Age 7+) 10:45am-11:30am

All classes are held at Mycenae House, SE3

Email: jkperformingarts@gmail.com • Contact Jenny - 07909964971

www.jkperformingarts.com

CHILDREN'S DANCE CLASSES

Teaching British Ballet Organisation and
International Dance Teachers Association
affiliated. Tiptoes & Tappers offers regular
events and performance opportunities.

All teachers are fully qualified and
hold their own insurance and
enhanced DBS.



bbodance

TIPTOES &
TAPPERS



To book a free trial email: info@tiptoesandtappers.co.uk

Children's ballet classes at Mycenae House

Now enrolling new classes for ages 3-5!

Afterschool & Weekend Sessions Available.

Fun, friendly, and safe classes to help your little one
dance, grow, and shine!



bbodance



TIPTOES &
TAPPERS



To book a free trial email: info@tiptoesandtappers.co.uk

WWW.TIPTOESANDTAPPERS.CO.UK

Qualified Teachers with Enhanced DBS, Safeguarding & First Aid Trained



KIDS HAVE FUN, PARENTS SEE RESULTS®

Kids love technology, games, and having fun with friends. Parents want to give their kids the best and brightest future possible. Kids learn to code through our engaging game-based curriculum that teaches teamwork, logic, maths, and problem-solving. They gain vital skills while having a blast.

CAMPS

IMMERSIVE & ENGAGING HOLIDAY CAMPS

For ages 7-14

Code Ninjas Camps offer an immersive environment for children to explore exciting topics like Minecraft, Roblox, 3D design, and much more, while having a great time with friends. (During half term, Easter and Summer holidays)

CREATE

FUN & FLEXIBLE CODING EDUCATION

For ages 4-14

Our Create programme lets pupils build awesome video games and develop coding skills year-round at their own pace! Flexible schedule during weekdays & weekends



Samples of iFACT interface

**FREE TASTER SESSION AVAILABLE
COME EXPERIENCE
CODE NINJAS TODAY!**



CODE NINJAS BLACKHEATH

Mycenae House, 90 Mycenae Road, Blackheath
London, SE3 7SE

www.codeninjas.co.uk/blackheath-ldn-uk
blackheathldnuk@codeninjas.com
07476 151 907

 [codeninjas_blackheath_uk](https://www.instagram.com/codeninjas_blackheath_uk)



BOOK A TOUR NOW!



Offering Term-Time care for
all 2,3 & 4 year olds.

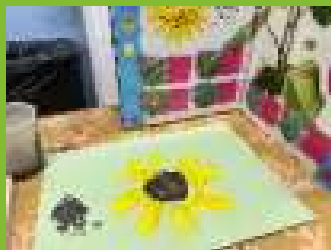


Bo-Peeps

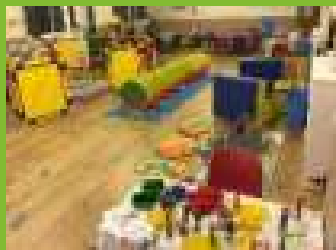
Pre-school



Limited places available



- 15 hour funding
- 30 hour funding
- Two year old funding
- Lunch cover
- Flexible sessions



For more information contact:

Kathryn : 07935 373239

kathryn.algar@btinternet.com



*"A rich and stimulating learning
environment that will help nurture
young people into capable
individuals"*



Facebook.com/BopeepsPreschool
Twitter @Bopeeppreschool

OFSTED : EY547921



**LET'S
BREW
THIS!**

MACMILLAN
CANCER SUPPORT

The Westcombe Society present

**It's time for a Macmillan
Coffee Morning and
you're invited!**

Friday 26 September 10am-2pm

Coffee, Cake, Sandwiches, Stalls, Raffle, Games

**Let's do whatever it takes to support
people living with cancer.**

All money raised goes to Macmillan Cancer Support, registered charity in England and Wales (265017)

Christmas

@Mycenae

Don't get stressed yet, it's early days and ages before Christmas but here is an early hint at what's to come at Mycenae House.

We are also set to announce a very special event for Christmas, so watch out on social media for that.

Friday 12 7.30pm

SWOP

Saturday 13 11am

Baby Broadway

Monday 15 7.00pm

Christmas Carols

Tuesday 16

TBC

Wednesday 17 7.30pm

Her Voice

Friday 19 3pm

Bach to Baby

Friday 19 7.30pm

The Kimberleys



Mycenae

House & Gardens

'An Exceptional Venue for Hire

16 flexible rooms for 2 to 120 people

Explore your event with Anna
on 020 8858 1749

or info@mycenaehouse.co.uk

Recent Reviews

'Hiring a Space at Mycenae could not be easier'

"Knowing our event also benefits the wider community work was such a game changer "

"South East London's best venue bar none"

"Such a kind and professional team"

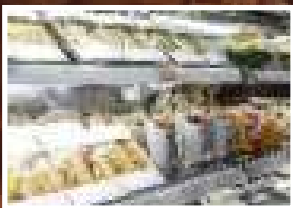
90 Mycenae Road, Blackheath, SE3 7SE

020 8858 1749

www.mycenaehouse.co.uk

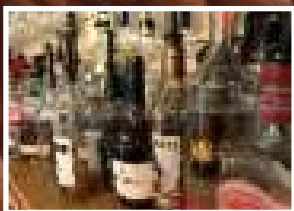


Weddings	Celebrations	Performances	Workshops
Receptions	Meetings	Rehearsals	Conferences
Birthdays	Demonstrations	Presentations	AGM's
Anniversaries	Concerts	Lectures	Workouts



cafébar MYCENAE

Mycenae House has its own welcoming, atmospheric and well stocked Café/Bar. Serving as the beating heart of this busy '*people centred*' community venue.



Join Us for Smiles



- Barista Coffee
- Teas
- Herbal Infusions
- Cakes & Pastries
- Sandwiches & Salads
- Paninis & Wraps
- Beers & Wines
- Spirits & Cocktails
- Soft Drinks & Juices
- Children's Snacks
- Chocolates & Sweets

RECENT REVIEWS

'The cafe at this place is phenomenal! The staff are so friendly and helpful, even on busy days when the room is packed with after school kids, club-goers, and hot deskers. They're open late in the summer, and on nights without noisy events it's a really relaxing and quiet place to get a nice drink and do some work. Seriously could not recommend the charming and well-stocked cafe more!' Lee Rodgers

'Honestly a pleasure to visit several days in a row and just wished I lived nearer to it to take better advantage of what is on offer.' Nick Gazard (Google)



September to December

Mycenae Sessions

"The finest live events presented in the friendliest of venues..."

LIVE EVENTS DIARY AT A GLANCE

- September 12 Int. Day of Peace feat Roland Perrin Blue Planet Orch.
- September 19 Louise Hatch Album Launch Gig
- October 3 Night Songs - Sarah Davey & Belinda Jones
- October 17 The SWOP World Music Night
- (Tues) October 21 The Butler - GFMA BHM Film Night
- October 24 GFMA - Poetry, Spoken Word & Music Night
- November 7 KT Bush Band
- (Tues) November 11 All About The Boys - GFMA Armistice Day Film
- November 21 Omar Puente & Illario Ferrari
- December 12 SWOP Christmas Party
- (Sat) December 13 Baby Broadway
- (Mon) December 15 Christmas Carols with Choirs TBC
- (Weds) December 17 Her Voice
- December 19 Bach to Baby Christmas Concert
- December 19 The Kimberley's Christmas

Mycenae House & Gardens

90 Mycenae Road, Blackheath Standard, London, SE3 7SE
020 8858 1749 www.mycenaehouse.co.uk

QR Code that links
to our events page



WeGotTickets