

## Calendar of Events

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January 5, 2026  
- February 28, 2026

### **8 Week Yoga Strong Transformation Programme**

**Kingston / Online**  
06:30 PM - 08:00 PM GMT  
Lesley Muir, xxxx  
lesley@behappyyoga.fit

*Yoga Strong is an 8-week transformation programme, led by Lesley Muir of Be Happy Yoga, that blends yoga, strength training with weights, breathwork and evidence-based nutrition into one experience. It is designed to help you feel stronger, more energised and more resilient in both body and mind, in a way that fits around real life.*

*Across the 8 weeks within the small group, Lesley will progressively work on building muscle strength, supporting bone health and improving mobility with guided yoga and resistance sessions. You'll also have access to home practice and restorative videos so you can keep your momentum between classes and rest properly when you need it.*

*I am excited to be working with Lesley and will provide a 3-part live online nutrition series, covering how to fuel and recover well, support gut health and mood, and create practical meal and habit changes you can sustain. You'll receive recordings, handouts and an ebook, plus the option of a 1:1 nutrition MOT if you want more personalised guidance.*

*Join if you want more than just a class: this programme offers structure, accountability, expert coaching and a supportive community to help you build strength, support your hormones, manage stress, and create healthier habits that last long after the eight weeks are over.*

*For more information and to book*

*yoga-strong-transformation-programme - Be Happy Yoga | Yoga & Yoga Therapy |  
Yoga Strong*

February 4, 2026

## **Shamanic Meditation & Sound Healing Circle**

**Hamilton Hall**

**211A Balham High Rd**

**London, SW17 7BQ**

**07:15 PM - 09:00 PM GMT**

Anita Chakraborty, 07757540436

anita@multidimensionalhealing.co.uk

*Studies have shown that the rhythms produced by drumming may induce a theta brainwave state. This theta state is characterized by brain waves between 4-7 Hz and is associated with deep meditation, creativity, and heightened intuition. It represents a state of consciousness between wakefulness and sleep, which may help you access subconscious thoughts and higher states of awareness.*

*Keen to see how Theta brainwaves may be beneficial to you? Come along to my Shamanic Meditation & Sound Healing Circle this Wed 4th February 2026. 7.15pm arrival for a prompt 7.30pm start. Ends 9pm. £10 cash (there are no card facilities on site) Hamilton Hall 211A Balham High Rd, London SW17 7BQ.*

*At the start of the evening you'll receive a smudging with Sage to clear your energy field. Then I'll explain how the Full Moon on 1st February may impact each Zodiac sign.*

*There'll be a guided Meditation to get you into a relaxed state which might dampen down the logical part of your brain and may activate the more creative/intuitive part of your nature.*

*We'll also be sending love and healing energies to our 8 billion brothers and sisters on Earth, as well as to Mother Earth.*

*They'll also be Sound Healing via Tibetan Singing Bowls, Aboriginal Rainsticks, Shamanic Drumming and Tibetan Tingsha's which may positively shift your energy field and your frequency.*

*Come along and meet friendly spiritual people and perhaps awaken your intuitive side!*

*(Image by Andreas Wagner via Unsplash)*

February 10, 2026

**Wandsworth Business Awards 2026 Mix & Mingle Event - Battersea, Clapham Junction & Nine Elms**  
**The Engine Room**  
**Battersea Power Station, Circus Road South 2nd & 3rd Floor London**  
**London, UK SW11 8BZ**  
06:00 PM - 08:00 PM GMT  
Beverley Corson, 020 3633 6575  
beverley@wandsworthchamber.org  
*THIS EVENT IS SPECIFICALLY FOR BUSINESSES WITHIN THE BOROUGH OF WANDSWORTH.*

*Our Battersea Power Station and Nine Elms Mix & Mingle events is happening over January and February 2026, for the Wandsworth Business Awards!*

*Join us at our 'Mix & Mingle' event at The Engine Room, inside the iconic Battersea Power Station! The event will last 2 hours, where there will be speeches, networking, a welcome drink on arrival and you will have the chance to hear more about how to enter the Wandsworth Business Awards 2026.*

? Date: 10th February  
? Time: 6:00 – 8:00 PM  
? Venue: The Engine Room  
? Address: Battersea Power Station, Circus Road South 2nd & 3rd Floor London SW11 8BZ

*The awards are a great way to promote, celebrate your business and connect with other business owners from Wandsworth, members of Wandsworth Chamber and Wandsworth Council. Enjoy a drink and chat with us at The Engine Room.*

*How to get there:*

*By train: 14 min walk from Battersea Park Station*

*By tube: 8 min walk from Battersea Power Station*

*By bus: 156, 344, 436 Battersea Park Station (Stop A) or 44, 137, 356 Battersea Park Station (Stop C)*

*By car: Pay and Display car park within Battersea Power Station or Battersea Park.*

*Best wishes,  
Beverley Corson  
Chief Executive Officer  
Wandsworth Chamber of Commerce*

February 11, 2026

**Business Networking in Earlsfield with Wandsworth Chamber**  
**The Earlsfield PH**  
**511 Garratt Lane**  
**London, UK SW18 4SW**  
06:00 PM - 09:00 PM GMT  
Beverley Corson, 07841923568  
beverley@wandsworthchamber.org  
*Business Networking in Earlsfield with Wandsworth Chamber.*

*Join us for in-person Business Networking.*

February 12, 2026  
- February 15, 2026

**Valentine's Day Koibito Menu**

**Battersea Sticks'n'Sushi**

**6 Electric Boulevard**

**London, SW11 8AL**

12:00 PM - 11:00 PM GMT

<https://www.sticksnsushi.com/gb/en/lp/valentines-day-at-sticksnsushi/>, 07908730697

luke.harris@sticksnsushi.com

*At Sticks'n'Sushi, the best moments happen when contrasts come together. Japanese simplicity meets Danish "hygge". Flavours, traditions, and people brought together across cultures.*

*Whether you're celebrating romance, friendship, or just your love of good food, we've set the table for a special evening – or a cosy night in on the sofa.*

*Koibito? means "loved one" in Japanese, and this menu is made exactly for that. In all our restaurants, you can share the Koibito Menu?; a love letter in the form of starters, fresh sushi, grilled sticks, and a sweet finish.*

*Served from Thursday to Sunday (12–15th February)*

*£54 per person?(min. 2 people)*

*Prefer to pick and choose? Our à la carte menu is always available.*

*Book: [sticksnsushi.com](https://www.sticksnsushi.com)*

*Battersea Sticks'n'Sushi 6 Electric Boulevard, SW11 8AL, Battersea Power Station*

February 15, 2026

**Sticks'n'Sushi - Kids masterclass, Battersea**

**Sticks'n'Sushi**

**6 Electric Boulevard**

**London, SW11 8AL**

**10:00 AM - 11:30 AM GMT**

**Luke Harris, 02031418840**

**luke.harris@sticksnsushi.com**

*It's never too early to learn some serious sushi skills!*

*Our classes are suitable for ages 8-12years of all ability levels with clear and thorough teaching ensuring no one is left out and all can participate.*

*Should you feel your little one needs parental assistance, you are more than welcome to purchase a ticket. Please bear in mind however not all children will be accompanied and the class follows a structure aimed toward children.*

February 18, 2026

**Free webinar: Preparing your business for the Employment Rights Act: April 2026 and beyond**  
**Zoom**

**11:00 AM - 12:00 PM GMT**

**Kirsty Duffey, 020 7781 8208**

**kirsty.duffey@hrdept.co.uk**

*Join HR experts David Hudson (Director, HR Dept Clapham, Islington, South Oxford and Newbury) and Nicola Morrison (Director, HR Dept Leicester & North West Leicestershire) as they explain the imminent changes, how you should be preparing and why it is important to futureproof your business. With changes coming in April that will lead to increased costs, require improved processes and demand increased compliance, it is vital that you start getting your business ready.*

*What will be covered?*

*What the Employment Rights Act is*

*The changes coming in April 2026*

*Key measures you should be implementing in your business*

*Changes coming in the future and why you should be preparing now*

*Sign up today and start futureproofing your business.*

February 21, 2026  
- February 22, 2026

### **Usui Reiki for Beginners Level 1**

**THE MEWS HOUSE**

**THE MEWS HOUSE**

**Earlsfield, Wandsworth, Wa SW18 3AZ**

10:00 AM - 04:30 PM GMT

Lucinda Peyton-Jones, 07767685315

welcome@holistictrainingandtherapies.com

*You may have enjoyed a Reiki session with someone but didn't realise that you too could learn Reiki and use it to help yourself as well as others. Well you can.*

*Over 2 days you will receive 4 Attunements to receive Reiki Energy, giving treatments, hand positions.*

*Reiki level 1 is a two-day course with small classes (4 – 6 people) to enable a more friendly and individual experience. On completion of the course, you will have an illustrated Reiki Manual, the First Degree Reiki Certificate as well as receiving on-going support and advice.*

*During this training, you will receive 4 Attunements to receive the Reiki Energy and learn:-*

*What is Reiki?*

*Reiki history*

*Reiki principles & Ethics*

*Hand positions for Treatment for others & for Self-Healing*

*Practical healing sessions on each other*

February 25, 2026

### **Wandsworth Chamber Big Breakfast**

**The Pestana Chelsea Bridge Hotel and Spa**

**354 Queenstown Road**

**London, SW8 4AE**

08:00 AM - 10:30 AM GMT

Beverley Corson, +447769295512

beverley@wandsworthchamber.org

*Join us for the Wandsworth Chamber Big Breakfast on Wednesday 25th February 8:00 - 10:30am*

March 4, 2026

**Wandsworth Business Forum with Wandsworth Council - Monthly on a Wednesday morning  
Wandsworth Chamber of Commerce - ONLINE**

08:00 AM - 09:30 AM GMT

Beverley Corson, 020 3633 6575

Beverley@wandsworthchamber.org

*Join us for the Wandsworth Business Forums with Wandsworth Council updates and access to Business Experts - Meetings are open at 7.45 AM to allow you to check your online connections. We will start the meeting promptly at 8AM. Now on the first Wednesday of every month (excluding January, August and September)*

*Please note that the Business Forum 2026 dates will be as follow:*

*4th March*

*6th May*

*1st July*

*7th October*

*2nd December*

March 11, 2026

**Business Networking in Clapham Junction with Wandsworth Chamber  
Hannah**

**281 Lavender Hill**

**London, UK SW11 1LP**

06:00 PM - 09:00 PM GMT

Beverley Corson, 07841923568

beverley@wandsworthchamber.org

*Business Networking in Clapham Junction with Wandsworth Chamber.*

*Join us for in-person Business Networking.*

March 21, 2026

**Menopause Mindfulness Workshop - Thriving Through Menopause  
St. George's Church**

**Aubrey Walk**

**London, Lo W8 7JG**

01:00 PM - 05:00 PM GMT

NUDRAT CHAGTAI, 07941501279

nudrat@nourishbynudrat.com

March 22, 2026

**Sticks'n'Sushi - Kids masterclass, Battersea**

**Sticks'n'Sushi**

**6 Electric Boulevard**

**London, Lo SW11 8AL**

10:00 AM - 11:30 AM GMT

Luke Harris, 02031418840

luke.harris@sticksnsushi.com

*It's never too early to learn some serious sushi skills!*

*Our classes are suitable for ages 8-12years of all ability levels with clear and thorough teaching ensuring no one is left out and all can participate.*

*Should you feel your little one needs parental assistance, you are more than welcome to purchase a ticket. Please bear in mind however not all children will be accompanied and the class follows a structure aimed toward children.*

*Class menu*

*1 x Kappa hosomaki roll - cucumber*

*1 x Pink Alaska uramaki roll - Salmon, avocado, cream cheese and lumpfish roe*

*2 x Shake Nigiri - Salmon*

.....

*All children will get squash during the class and leave with a goody bag including a certificate, their bandana, rolling mat, chopsticks, chocolate fish and a Japanese number and phrase sheet.*

*We try to be as accommodating as possible but we do ask to adhere to the booking terms and conditions prior to confirming any reservation and for any allergy advise please contact the restaurant directly.*

April 8, 2026

**Business Networking in Earlsfield with Wandsworth Chamber**

**The Earlsfield PH**

**511 Garratt Lane**

**London, UK SW18 4SW**

06:00 PM - 09:00 PM GMT

Beverley Corson, 07841923568

beverley@wandsworthchamber.org

*Business Networking in Earlsfield with Wandsworth Chamber.*

*Join us for in-person Business Networking.*



April 22, 2026

**Wandsworth Chamber Big Breakfast**  
**The Pestana Chelsea Bridge Hotel and Spa**  
**354 Queenstown Road**  
**London, SW8 4AE**

08:00 AM - 10:30 AM GMT

Beverley Corson, +447769295512

beverley@wandsworthchamber.org

*Join us for the Wandsworth Chamber Big Breakfast on Wednesday 22nd April 8:00 - 10:30am*

May 6, 2026

**Wandsworth Business Forum with Wandsworth Council - Monthly on a Wednesday morning**  
**Wandsworth Chamber of Commerce - ONLINE**

08:00 AM - 09:30 AM GMT

Beverley Corson, 020 3633 6575

Beverley@wandsworthchamber.org

*Join us for the Wandsworth Business Forums with Wandsworth Council updates and access to Business Experts - Meetings are open at 7.45 AM to allow you to check your online connections. We will start the meeting promptly at 8AM. Now on the first Wednesday of every month (excluding January, August and September)*

*Please note that the Business Forum 2026 dates will be as follow:*

*4th March*

*6th May*

*1st July*

*7th October*

*2nd December*

May 13, 2026

**Business Networking in Clapham Junction with Wandsworth Chamber**  
**Hannah**

**281 Lavender Hill**

**London, UK SW11 1LP**

06:00 PM - 09:00 PM GMT

Beverley Corson, 07841923568

beverley@wandsworthchamber.org

*Business Networking in Clapham Junction with Wandsworth Chamber.*

*Join us for in-person Business Networking.*

June 24, 2026

**Wandsworth Chamber Big Breakfast**  
**The Pestana Chelsea Bridge Hotel and Spa**  
**354 Queenstown Road**  
**London, SW8 4AE**

08:00 AM - 10:30 AM GMT

Beverley Corson, +447769295512

beverley@wandsworthchamber.org

*Join us for the Wandsworth Chamber Big Breakfast on Wednesday 24th June 8:00 - 10:30am*

July 1, 2026

**Wandsworth Business Forum with Wandsworth Council - Monthly on a Wednesday morning**  
**Wandsworth Chamber of Commerce - ONLINE**

08:00 AM - 09:30 AM GMT

Beverley Corson, 020 3633 6575

Beverley@wandsworthchamber.org

*Join us for the Wandsworth Business Forums with Wandsworth Council updates and access to Business Experts - Meetings are open at 7.45 AM to allow you to check your online connections. We will start the meeting promptly at 8AM. Now on the first Wednesday of every month (excluding January, August and September)*

*Please note that the Business Forum 2026 dates will be as follow:*

*4th March*

*6th May*

*1st July*

*7th October*

*2nd December*

July 8, 2026

**Business Networking in Clapham Junction with Wandsworth Chamber**  
**Hannah**

**281 Lavender Hill**

**London, UK SW11 1LP**

06:00 PM - 09:00 PM GMT

Beverley Corson, 07841923568

beverley@wandsworthchamber.org

*Business Networking in Clapham Junction with Wandsworth Chamber.*

*Join us for in-person Business Networking.*

September 9, 2026

**Business Networking in Earlsfield with Wandsworth Chamber**  
**The Earlsfield PH**  
**511 Garratt Lane**  
**London, UK SW18 4SW**  
06:00 PM - 09:00 PM GMT  
Beverley Corson, 07841923568  
beverley@wandsworthchamber.org  
*Business Networking in Earlsfield with Wandsworth Chamber.*

*Join us for in-person Business Networking.*

September 30, 2026

**Wandsworth Chamber Big Breakfast**  
**The Pestana Chelsea Bridge Hotel and Spa**  
**354 Queenstown Road**  
**London, SW8 4AE**  
08:00 AM - 10:30 AM GMT  
Beverley Corson, +447769295512  
beverley@wandsworthchamber.org  
*Join us for the Wandsworth Chamber Big Breakfast on Wednesday 30th*  
*September 8:00 - 10:30am*

October 7, 2026

**Wandsworth Business Forum with Wandsworth Council - Monthly on a Wednesday morning**  
**Wandsworth Chamber of Commerce - ONLINE**  
08:00 AM - 09:30 AM GMT  
Beverley Corson, 020 3633 6575  
Beverley@wandsworthchamber.org  
*Join us for the Wandsworth Business Forums with Wandsworth Council updates and access to Business Experts - Meetings are open at 7.45 AM to allow you to check your online connections. We will start the meeting promptly at 8AM. Now on the first Wednesday of every month (excluding January, August and September)*

*Please note that the Business Forum 2026 dates will be as follow:*

*4th March*  
*6th May*  
*1st July*  
*7th October*  
*2nd December*

October 14, 2026

**Business Networking in Clapham Junction with Wandsworth Chamber**

**Hannah**

**281 Lavender Hill**

**London, UK SW11 1LP**

06:00 PM - 09:00 PM GMT

Beverley Corson, 07841923568

beverley@wandsworthchamber.org

*Business Networking in Clapham Junction with Wandsworth Chamber.*

*Join us for in-person Business Networking.*

November 11, 2026

**Business Networking in Earlsfield with Wandsworth Chamber**

**The Earlsfield PH**

**511 Garratt Lane**

**London, UK SW18 4SW**

06:00 PM - 09:00 PM GMT

Beverley Corson, 07841923568

beverley@wandsworthchamber.org

*Business Networking in Earlsfield with Wandsworth Chamber.*

*Join us for in-person Business Networking.*

November 25, 2026

**Wandsworth Chamber Big Breakfast and AGM 2026**

**The Pestana Chelsea Bridge Hotel and Spa**

**354 Queenstown Road**

**London, SW8 4AE**

08:00 AM - 10:30 AM GMT

Beverley Corson, +447769295512

beverley@wandsworthchamber.org

*Join us for the Wandsworth Chamber Big Breakfast and AGM 2026 plus the launch of the Wandsworth Business Awards 2027.*

December 2, 2026

**Wandsworth Business Forum with Wandsworth Council - Monthly on a Wednesday morning**  
**Wandsworth Chamber of Commerce - ONLINE**

08:00 AM - 09:30 AM GMT

Beverley Corson, 020 3633 6575

Beverley@wandsworthchamber.org

*Join us for the Wandsworth Business Forums with Wandsworth Council updates and access to Business Experts - Meetings are open at 7.45 AM to allow you to check your online connections. We will start the meeting promptly at 8AM. Now on the first Wednesday of every month (excluding January, August and September)*

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