

MONDAY

Information and Support
Monday - Friday
9:30am - 2:30pm

Baby Massage
3rd March – 24th March
10:00am – 11:00am
Booking Required

Baby Massage
10th March – 31st March
11:30am – 12:30 pm
Booking Required

NEW LOCATION Stay and Play AM
For Parent/Carers
Under 5's & expectant parents
9:30am - 11:00am
High Lane Community Centre,
W7 3RJ

NEW LOCATION Youth Club
Weekly Music Production &
Recording Sessions
Age 11+
6:30pm - 8:30pm
Copley Close Community Centre
W7 1DT

TUESDAY

Information and Support
Monday - Friday
9:30am - 2:30pm

Sensory and Creative Play
9:30am - 11:00am
(Sports Hall)

Youth Club Age 11+
6:30pm - 8:30pm
High Lane Community Centre
W7 3RJ

Sewing Classes
25th February – 25th March (5 weeks)
10am – 12pm
Booking Required

Social Club
1pm - 3pm (Room G7)
No advance booking required,
just come along!
Tea & coffee is provided

WEDNESDAY

Information and Support
Monday - Friday
9:30am - 2:30pm

Bumps to Babies
9:30am - 11:00am
(Room G6)

The ReWork Project -
Employment and Careers
Advice
9:00am - 2:00pm
By appointment only

Gentle Movement for Nervous
System Balance
(5 weeks)
5th, 12th, 26th February & 5th,
12th March
9:30am – 10:30 am
Booking Required

THURSDAY

Information and Support
Monday - Friday
9:30am - 2:30pm

English for Speakers of other
Languages (ESOL) Course
9:30am – 1:00pm

HBL/EASE After School Club
Age 6-11 years
North Hanwell Baptist Church
3.40pm – 5.30pm
Youth Club Age 11+
6:30pm - 8:30pm
North Hanwell Baptist Church
W7 1BW

The ReWork Project -
Employment and Careers Advice
9:00am - 2:00pm
By appointment only

Yoga Classes
27th February – 27th March (5
weeks)
5pm – 6pm
Booking Required

FRIDAY

Stay and Play AM
For Parent/Carers
Under 5's & expectant parents
9:00am - 11:00am
Weekly – term time only
North Hanwell Baptist Church, W7 1BW

NEW LOCATION Stay and Play PM
for Parents/Carers
Under 5's & expectant parents
12:30pm - 2:00 pm
Weekly – term time only
Copley Close Community Centre, W7 1DT

Walk & Talk
21st March
10am – 12pm
Starting point is the Hanwell
Community Centre

Health Talk: Sleep
14th March
10am – 11am
Booking Required

Boxing
7th February – 21st March (6 Weeks)
6pm – 7pm
Booking Required

EASE

EASE @ Copley Close Children's Centre

administrator@empowering-action.org.uk

EASE Youth

Benna 07903 526325 youthmanager@empowering-action.org.uk

Hanwell Big Local

hbladmin@empowering-action.org.uk -Hanwell Big Local Services are for HBL residents

KEY CONTACTS

Most services are weekly, term-time only and at Hanwell Community Centre, unless specified
To book your place for any service, please call on 020 8575 6139

Hanwell Community Centre, Westcott Crescent, Hanwell, W7 1PD

www.empowering-action.org.uk
www.hanwellbiglocal.co.uk

Facebook: [E.A.S.E.\(Empowering Action & Social Esteem\) Ltd](https://www.facebook.com/EASE.EmpoweringActionAndSocialEsteem)
Facebook: [Hanwell-Big-Local](https://www.facebook.com/Hanwell-Big-Local)



English for Speakers of other
Languages (ESOL) Course
Registration required - call
us on 020 8575 6139

elatt

THE
REFRESH
PROJECT

Do you need to talk to someone?
Free 1:1 Psychological Coaching Service
For more information, call us on 020 8575 6139
or
07903 228 993
Or email: therefreshproject@empowering-action.org.uk