

## MONDAY

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

**Due to Maintenance Issues with the High Lane Community Centre, Stay and Play AM High Lane is not currently running**

**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

### Social Club

1pm - 3pm (Room G7)

No advance booking required,  
just come along!  
Tea & coffee is provided

### Sensory and Creative Play

9:30am - 11:00am  
(Sports Hall)

**Due to Maintenance Issues with the High Lane Community Centre, High Lane Youth Club is not currently running**

**Youth Club** Age 11+

6:30pm - 8:30pm

High Lane Community Centre  
W7 3RJ

## WEDNESDAY

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

### Staying Positive Support Group (4 Weeks)

23<sup>rd</sup> April – 14<sup>th</sup> May

9:30am – 11:30am

Booking Required

### Bumps to Babies

9:30am - 11:00am  
(Room G6)

## 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

## FRIDAY

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

### 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

EASE

EASE @ Copley Close Children's Centre

[administrator@empowering-action.org.uk](mailto:administrator@empowering-action.org.uk)

EASE Youth

Jo 07903 526325 [youthmanager@empowering-action.org.uk](mailto:youthmanager@empowering-action.org.uk)

### KEY CONTACTS

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

**elatt**

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](http://www.empowering-action.org.uk)

Facebook: [E.A.S.E.\(Empowering Action & Social Esteem\) Ltd](https://www.facebook.com/EASE.EmpoweringAction)



**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](mailto:therefreshproject@empowering-action.org.uk)