

September 2025

MONDAY

OVER 60's Chair Yoga

Monday 8th, 15th, 22nd, 29th
September
9:30am- 11:30am
Copley Close Community Centre,
W7 1DT

Youth Club

Weekly Music Production &
Recording Sessions
Age 11+
6:30pm - 8:30pm
Copley Close Community Centre
W7 1DT
**First Session 8th September
2025**

TUESDAY

Information and Support

Tuesday - Thursday
9:30am – 4:00pm

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)

**First Session 9th September
2025**

Youth Club

Age 11+
6:30pm - 8:30pm
High Lane Community Centre
W7 3RJ
**First Session 9th September
2025**

WEDNESDAY

Information and Support

Tuesday - Thursday
9:30am – 4:00pm

Changing Habits

4 week course
**Wednesday 17th and 24th
September, 1st and 8th October**
9:30am- 11:30am
Booking Required

OVER 60's Singalong Drop in

1:30-3pm
Copley Close Community Centre
W7 1DT

Bumps to Babies

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

**First Session 3rd September
2025**

THURSDAY

Information and Support

Tuesday - Thursday
9:30am – 4:00pm

English for Speakers of other Languages (ESOL) Course

9:30am – 1:00pm

**FULLY BOOKED - First Session
25th September 2025**

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

**First Session 4th September
2025**

FRIDAY

Stay and Play AM

For Parent/Carers

Under 5's & expectant parents
9:30am - 11:30am

Weekly – term time only
North Hanwell Baptist Church,
W7 1BW

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

**First Session 5th September
2025**

EASE

EASE @ Copley Close Children's Centre

administrator@empowering-action.org.uk

EASE Youth

Jo 07903 526325 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

Facebook: E.A.S.E.(Empowering Action & Social Esteem) Ltd



**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