

## MONDAY

**The Refresh Project -  
Psychological Coaching Service**  
Monday –Thursday  
9:00 am -3:00 pm  
**Booking Required**

## TUESDAY

**Information and Support**  
Tuesday - Thursday  
9:30am – 4:00pm  
**Booking Required**

**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) NB:  
**on 28th October this session  
will be held at: North Hanwell  
Baptist Church W7 1BW**

**14th October visit by  
Warmer Homes, NEA**

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

## WEDNESDAY

**Information and Support**  
Tuesday - Thursday  
9:30am – 4:00pm  
**Booking Required**

**Changing Habits**  
4 week course  
**Wednesday 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>  
October**  
9:30am- 11:30am  
**Booking Required**

**OVER 60's Singalong Drop in**  
1:30-3pm  
**Temporarily (during October) at  
Hanwell Community Centre  
W7 1PD**

**Bumps to Babies**  
9:30am - 11:00am  
(Room G6)  
**Closed 28th October**

**1st October visit by  
Warmer Homes, NEA**

## THURSDAY

**Information and Support**  
Tuesday - Thursday  
9:30am – 4:00pm  
**Booking Required**

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

**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

**Stay and Play AM**  
**For Parent/Carers**  
Under 5's & expectant parents  
9:30am - 11:30am  
North Hanwell Baptist Church,  
W7 1BW  
**3rd October visit by  
Oral Hygiene Specialist**

**Stay and Play PM**  
**for Parents/Carers**  
Under 5's & expectant parents  
12:30pm - 2:00 pm  
**Weekly – term time only**  
**Temporarily (during October)**  
**at North Hanwell Baptist**  
**Church**  
**W7 1BW**  
Then at  
Copley Close Community Centre  
W7 1DT  
**Closed 31st October**

EASE

EASE Children's Centre Outreach

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