

# December 2025

# **MONDAY**

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

**Booking Required** 

OVER 60's
Mindfulness & Meditation
2:00pm – 3:30pm

10<sup>th</sup> November – 1<sup>st</sup> December
Booking Required

#### **Youth Club**

Weekly Music Production & Recording Sessions Age 11+ 6:30pm - 8:30pm

Temporarily at North Hanwell
Baptist Church, W7 1BW
until further notice

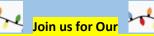
English for Speakers of other Languages (ESOL) Course Registration required - call us on 020 8575 6139



# **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



Social Club Christmas Party on 16<sup>th</sup> December, 1 - 3pm

# **Sensory and Creative Play**

9:30am - 11:00am (Sports Hall) NB: 23rd December last session before Christmas and starting back 6th January 2026

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

Premises currently closed
– please keep in touch for
pop-up events

# **WEDNESDAY**

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

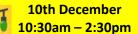
9:30am - 11:30am

19th November - 10th December
Booking Required

**OVER 60's Singalong Drop in** 

1:30 pm - 3:00 pm
Temporarily at Hanwell
Community Centre
W7 1PD until further notice

Under 5's Christmas Event
Sports Hall,
Hanwell Community Centre



Bumps to Babies 3rd and 17<sup>th</sup> December 9:30am - 11:00am

(Room G6)

3<sup>rd</sup> December – Visit from the Healthy Eating Team

17th December last session before Christmas and starting back 7th January 2026

# **THURSDAY**

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

English for Speakers of other
Languages (ESOL) Course
9:30am – 1:00pm
18th December last session
before Christmas and starting
back on 8th January 2026

#### **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

**KEY CONTACTS** 

# **FRIDAY**

Stay and Play AM For Parent/Carers

9:30am - 11:30am North Hanwell Baptist Church, W7 1BW

Under 5's & expectant parents

19th December last session before Christmas and starting back 9th January 2026

Fun & Learn
( Last week )
North Hanwell Baptist Church
W7 1BW

12:30pm - 2:00pm

5th December

then
Stay & Play PM

12:30pm - 2:00pm

#### 12<sup>th</sup> and 19<sup>th</sup> December

A safe environment for toddlers to explore & socialise.

19th December last session before Christmas and starting back 9th January 2026

# 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@empoweringaction.org.uk

EASE EASE (

EASE Children's Centre Outreach

administrator@empowering-action.org.uk

EASE Youth

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

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