

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
10th November – 1st December
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

 **Join us for Our** 
Social Club Christmas Party on
16th 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
ART Therapy
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

 **10th December** 
10:30am – 2:30pm

Bumps to Babies
3rd and 17th December
9:30am - 11:00am
(Room G6)
3rd 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

FRIDAY

Stay and Play AM
For Parent/Carers
Under 5's & expectant parents
9:30am - 11:30am
North Hanwell Baptist Church,
W7 1BW
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
12th and 19th December
A safe environment for
toddlers to explore & socialise.
19th December last session
before Christmas and starting
back 9th January 2026

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

elatt

EASE

EASE Children's Centre Outreach

administrator@empowering-action.org.uk

EASE Youth

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

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

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