

MONDAY

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

Baby Massage
5 Weeks

12th January – 9th February
11:30am – 1:00pm
Booking Required

Over 60's Low Impact Aerobics
4 Weeks
12th January – 2nd February
2:00pm - 3:30pm
Booking Required

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

Temporarily at NORTH HANWELL BAPTIST CHURCH, W7 3RJ until further notice

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

Running from 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

Healthy Living
4 Weeks
21st January – 11th February
9:30am – 11:00am
Booking Required

OVER 60's Singalong Drop in
1:30 pm - 3:00 pm
No advance booking required, just come along!
Tea & coffee is provided

Temporarily at Hanwell Community Centre, W7 1PD until further notice

Bumps to Babies
9:30 - 11:00 am
Hanwell Community Centre
Non-Walkers only
(Room G6)

Running from 7th January 2026

THURSDAY

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

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

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

Running from 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

Over 60's Bereavement, Loss and Belonging
6 Weeks
23rd January – 6th March
10:00am – 12:00pm
Booking Required

Stay and Play AM
For Parent/Carers
9:30am - 11:30am
Under 5's & expectant parents
North Hanwell Baptist Church, W7 1BW
Running from 9th January 2026

Stay & Play PM
12:30pm - 2:00pm
Under 5's & expectant parents
A safe environment for toddlers to explore & socialise.
North Hanwell Baptist Church W7 1BW
Running from 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