

MONDAY

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

Baby Massage
5 Weeks

23rd February – 23rd March
11:30am – 1:00pm
Booking Required

Over 60's Movement to Music
4 Weeks
2nd March – 23rd March
2:00pm - 3:30pm
Booking Required

CLOSED - EASTER MONDAY – 6th April

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

Temporarily at NORTH HANWELL BAPTIST CHURCH HALL, W7 1BW until further notice

16th March: Open Day
23rd March: Bullying and coping strategies Workshop / DJ

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



TUESDAY

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

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
Pop-Up Dates:
Toddler Sports on 24th March

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

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)
Pop-Up Dates:
Baby Sensory Play on 25th March

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
Currently this is an online course

EASE After School Club
Age 6-11 years
North Hanwell Baptist Church Hall
3.40pm – 5.30pm

Youth Club Age 11+
6:30pm - 8:30pm
North Hanwell Baptist Church Hall
W7 1BW

12th March: Sexual relationships and consent Workshop
19th March: Movie Spa Night for Girls

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 Hall,
W7 1BW

One to One Time With Our Under 5's Practitioner
12:00pm – 2:00pm
Booking Required

Fun & Learn (5 Weeks)
North Hanwell Baptist Church Hall
W7 1BW
27th February – 27th March
12:30pm - 2:00pm

REPLACING FOR 5 WEEKS (Temporarily)
Stay & Play PM
12:30pm - 2:00pm

Men and Mini Me's
Stay and Play
3:30pm – 5:00pm
North Hanwell Baptist Church Hall,
W7 1BW

CLOSED – GOOD FRIDAY – 3rd April

EASE

EASE Children's Centre Outreach

administrator@empowering-action.org.uk

EASE Youth

Benna 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](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