

## MONDAY

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

**\*Online Sessions Available\***

**CLOSED - EASTER MONDAY –  
6<sup>th</sup> April**

### Youth Club

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

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

**6<sup>th</sup> April: Closed – Easter Break**

13<sup>th</sup> April: DJ Workshop  
20<sup>th</sup> April: Self-harm Workshop  
/ DJ Workshop  
27<sup>th</sup> April: Arts & Craft  
/ DJ Workshop

## TUESDAY

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

**\*Online Sessions Available\***

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 28<sup>th</sup> April

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

Term-Time Only  
**Premises currently closed – please  
keep in touch for pop-up events**

## WEDNESDAY

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

**\*Online Sessions Available\***

Learning to Relax Workshop  
4 Weeks  
22<sup>nd</sup> April – 13<sup>th</sup> May  
12:30 pm – 2:30 pm  
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 29<sup>th</sup> April

## THURSDAY

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

**\*Online Sessions Available\***

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  
Term-Time Only

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

Term-Time Only  
**2<sup>nd</sup> and 9<sup>th</sup> April: Closed – Easter  
Break**  
16<sup>th</sup> April: Discussion Groups  
23<sup>rd</sup> April: Sports Session  
30<sup>th</sup> April: Disability Awareness &  
Inclusion Workshop

## FRIDAY

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

Stay and Play PM  
North Hanwell Baptist Church Hall  
W7 1BW  
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 – 3<sup>rd</sup>  
April**

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



EASE

EASE Children's Centre Outreach

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

EASE Youth

Benna 07903 526325 [youthmanager@empowering-action.org.uk](mailto: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](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)