

MONDAY

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

CLOSED FOR THE BANK HOLIDAY MONDAY
- 4th MAY
AND
- 25th MAY

All Under 5's Sessions Will be CLOSED
26th – 29th May

Youth Club Age 11+
Weekly Music Production & Recording Sessions
6:30pm - 8:30pm
Term-Time Only
Back at Copley Close Community Centre, W7 1DT

4th May: Bank Holiday
11th May: Game Night / DJ Workshop
18th May: DJ Workshop / First Aid
25th May: Closed for Half Term

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

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
22nd April – 13th 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

Back at Copley Close Community Centre, W7 1DT

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

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

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

7th May: Bingo Night
14th May: Racial Discrimination Workshop
21st May: Arts and Crafts
28th May: Closed for Half Term

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
12:30pm - 2:00pm
Back at Copley Close Community Centre, W7 1DT

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

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

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