EASE
www.empowering-action.org.uk

June 2026

MONDAY

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

Baby Massage
5 weeks (Room G6)
8th June to 6th July
11:30am to 1:00pm
Booking Required

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

1st June: DJ Workshop / Team Building
8th June: Competition Night, Pool, Tennis, / DJ Workshop
15th June: DJ Workshop / Arts & Crafts
22nd June: Bingo Night
29th June: Drug & Alcohol Awareness Workshop / DJ Workshop

TUESDAY

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

Social Club
1pm to 3pm (Room G7)
No advance booking required, just come along!
Tea & coffee is provided

Sensory and Creative Play
9:30am to 11:00am
Pop-Up Dates:
Toddler Sports on 30th June

Park Session on 16th June

Youth Club Age 11+
6:30pm to 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 to Thursday
9:00am to 3:00pm
Booking Required
Online Sessions Available

OVER 60's Singalong
1:30pm to 3:00pm
No advance booking required, just come along!
Tea & coffee is provided
Copley Close Community Centre, W7 1DT

Art Therapy AM session
4 Weeks
17th, 24th June and 1st, 8th July
9:30am to 11:30am

Art Therapy PM session
4 Weeks
17th, 24th June and 1st, 8th July
12:30pm to 2:30pm
Booking Required

Bumps to Babies
9:30 to 11:00 am
Hanwell Community Centre
Non-Walkers only
(Room G6)
Pop-Up Dates:
Baby Sensory Play on 24th June

THURSDAY

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

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

EASE After School Club
Age 6 to 1 years
North Hanwell Baptist Church Hall
3.40pm to 5.30pm
Term-Time Only

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

4th June: Age Discrimination Workshop
11th June: First Aid Workshop
18th June: Quiz Night
25th June: Pamper Night

FRIDAY

Stay and Play AM
For Parent/Carers
9:30am to 11:30am
Under 5's and expectant parents
North Hanwell Baptist Church Hall, W7 1BW

Fun and Learn
5 Weeks
5th June to 3rd July
12:30pm to 2:00pm
Booking Required
Replacing
Stay and Play PM
12:30pm to 2:00pm
Copley Close Community Centre, W7 1DT

Men and Mini Me's Stay and Play
3:30pm to 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

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KEY CONTACTS

EASE — EASE Children's Centre Outreach — administrator@empowering-action.org.uk

EASE Youth — **Benna 07903 526325** youthmanager@empowering-action.org.uk

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