

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)
15 June to 13 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

6 July : DJ Workshop / Park Session
13 July: DJ Workshop / Boxing Night
20 July : Open Day Basketball / 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 28 July

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
17, 24 June and 1, 8 July
9:30am to 11:30am

Art Therapy PM session
4 Weeks
17, 24 June and 1, 8 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 29 July

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
Online Sessions only

EASE After School Club
Age 6 to 11 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

2 July : Peer Pressure Group
9 July: Game Night
16 July: 1% Club
23 July : LAST Evening

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
2 to 5 years
5 Weeks
5 June to 3 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

elatt

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