

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)
21 September to 19 October
11:30am to 1:00pm
Booking Required

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

7 Sept: DJ Workshop / Dodgeball
/ Open Evening from 7:30pm

14 Sept: DJ Workshop / Cooking

21 Sept: Healthy Eating Workshop
/ DJ Workshop

28 Sept: Pamper Night / DJ Workshop

TUESDAY

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

Gentle Yoga (Over 60s)
(4 Weeks)
18th August to 8th September
10:00am to 11:00am
Fully Booked

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
29 September

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

Dancing for Wellbeing 4 weeks
9 September to 30 September
10:00am to 11:00am
Booking Required

Sewing (Over 60's)
23rd September to 14th October
12:30pm to 2:30pm
Booking Required

Bumps to Babies
9:30 to 11:00 am
Non-Walkers only
(Room G6)
Pop-Up Dates:
Baby Sensory Play on
30 September

THURSDAY

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

Bloom Programme
17 September to 22 October
10:00am to 11:30am
Booking Required

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

3 Sept: Back to Club / Free Session

10 Sept: Pamper Night

17 Sept: Park Session
24 Sept: Team Games

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
Pop-up dates:
Toilet Training 4 Sept
Oral Health 18 Sept

Stay and Play PM
12:30pm to 2:00pm
Copley Close Community Centre,
W7 1DT
Pop-up dates:
Toilet Training 4 Sept
Oral Health 18 Sept

Men and Mini Me's
Stay and Play
3:30pm to 5:00pm
North Hanwell Baptist Church
Hall, W7 1BW
Pop-up dates:
Toilet Training 4 Sept
Oral Health 18 Sept

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 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