

Hounslow Wellbeing Network



Member form

We aim to build a safe environment for the community to come together and engage in a range of social and physical activities whilst seeking support and guidance from the team and from each other.

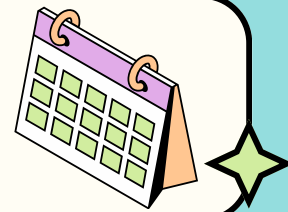
Here is our monthly schedule with the different activities planned for you! As some of these have a limited capacity, we will require you to reserve your place a week before. The activities which need a reservation have been mentioned at the end of the schedule. For the rest, you are welcome to just pop in and see what we have going on! We have made a few changes to some of our sessions, so please take a closer look!

All abilities are welcome, so no matter what the activity, the facilitator will cater it to individual needs! We look forward to having you for more of our sessions!

Email: hello@wellbeinghounslow.co.uk

Number: 074667 36718

Events for September



Weekly Events

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| MON 2nd, 9th, 16th, 23rd and 30th | COFFEE AND CHAT (10AM - 12PM) The Potting Shed, Boston Manor Park |
| MON 2nd, 9th, 16th, 23rd and 30th | BEANT'S WOMEN TALKING GROUP (1PM - 3PM) Arts Centre, First Floor, Treaty Centre |
| MON 2nd, 9th, 16th, 23rd and 30th | SINGING OUT LOUD (11AM - 12PM) Arts Centre Hounslow and bit.ly/wellbeinghounslow |
| TUE 3rd, 10th, 17th and 24th | ZUMBA EXERCISE (10AM - 10.45AM) Arts Centre, First Floor, Treaty Centre |
| TUE 10th, 17th and 24th | POSITIVE MOVEMENT: CHAIR FITNESS (12.30PM - 1.15PM) Arts Centre, First Floor, Treaty Centre |
| TUE 3rd, 10th, 17th and 24th | ART WITH US (2.00 PM - 3.30 PM) Bridgelink Centre, Isleworh |
| TUE 17th and 24th | DRAMA CLASS (2.00 PM - 3.30 PM) Arts Centre, First Floor, Treaty Centre |
| WED 4th, 11th, 18th and 25th | DANCE WITH ANANYA (10AM - 10.45AM) Arts Centre, First Floor, Treaty Centre |
| WED 4th, 11th, 18th and 25th | ART WITH US (2.30 PM - 3.30 PM) Arts Centre, First Floor, Treaty Centre |

Events for Sept



Weekly Events

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| WED 4th, 11th, 18th and 25th | YOGA AND MEDITATION (3.30 PM - 4.30 PM) Arts Centre, First Floor, Treaty Centre |
| THU 5th, 12th, 19th and 26th | COFFEE AND CHAT (10.30AM - 12.30PM) Arts Centre, First Floor, Treaty Centre |
| THU 5th, 12th, 19th and 26th | BEANT'S KNIT AND MINGLE (1PM - 2.30PM) Arts Centre, First Floor, Treaty Centre |
| THU 5th, 12th, 19th and 26th | QUIZ HOUR! (3PM - 4PM) Arts Centre Hounslow and bit.ly/wellbeinghounslow |
| THU 5th, 12th, 19th and 26th | GAMES EVENING (4PM - 5PM) Arts Centre , First Floor, Treaty Centre |
| FRI 6th, 13th, 20th and 27th | MUSIC AND CHAT (12PM - 1.15PM) Arts Centre, First Floor, Treaty Centre |
| FRI 20th and 27th | ENGLISH CLASSES (10AM - 12PM) Arts Centre , First Floor, Treaty Centre |
| FRI 13th. 20th and 27th | SPORTS EVENING (3PM - 4.30PM) Lampton Park |
| SAT 7th, 14th, 21st and 28th | WALK WITH US (10.30AM - 11.30AM) Lampton Park |
| SAT 7th, 14th, 21st and 28th | CROCHET AND CHAT (2.30PM - 4.30PM) Arts Centre, First Floor, Treaty Centre |

Twice a month Events

TUE
3rd and 17th

MOVIE SCREENING
(2.15PM - 4.15PM)
Arts Centre, First Floor, Treaty Centre

Movies: Gifted Hands and Ticket to Paradise

Special Events!

THU
26th

**OPEN MIC WITH
KEY CHANGES**
(2PM - 4PM)

Arts Centre, First Floor, Treaty Centre

THU
26th

MONTHLY LUNCH

Arts Centre, First Floor, Treaty Centre

**Activities you need to
reserve a space for:**

Step and Stroll
Dance with Ananya
Zumba
Chair Fitness

To reserve your space, please sign up using this link:

bit.ly/hwnreserve

(Please book your space 5 days before the session)

How To Get To Some Of The Spaces?

For Step And Stroll:

Lampton Park - Meet outside Lampton Parkside Cafe.

For Coffee Mornings at Boston Manor:

Meet at the Potting Shed (Located in The Hub)
by the main Car park (Bus E8 or 195)

For the Art with Us (Isleworth):

The nearest train station is Twickenham and Richmond.

The closest bus top is across the road for Bus H20

For Sports Evening:

Lampton Park - Meet outside Lampton Parkside Cafe.