

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.

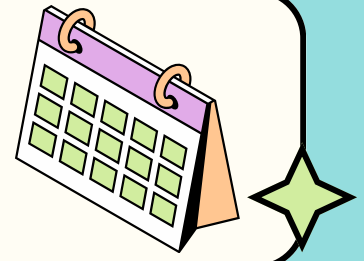
Here is our January schedule with the different activities planned for you! As some of these have a limited capacity, we will require you to reserve your place a week before. The activities which need a reservation have been mentioned at the end of the schedule. For the rest, you are welcome to just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

All abilities are welcome, so no matter what the activity, the teacher will cater to individual needs! We are opening our Games' Night to all members of the Network from this month onwards!

Email: hello@wellbeinghounslow.co.uk

Number: 07466 736718

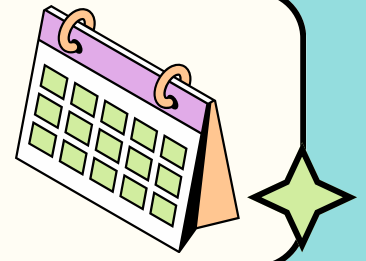
Events for January



Weekly Events

MON 8th, 15th, 22nd, 29th	COFFEE AND CHAT (11AM - 1PM) The Potting Shed, Boston Manor Park
MON 15th, 22nd and 29th	SINGING OUT LOUD (11AM - 12 PM) meet.google.com/mxb-vxya-gdt
MON 15th, 22nd and 29th	STAY FIT WITH YOGA (1PM - 2PM) meet.google.com/tdo-qmxk-rgc
TUE 3rd, 10th, 17th, 24th, 31st	POSITIVE MOVEMENT: ZUMBA (10AM - 10.45AM) Arts Centre, First Floor, Treaty Centre
TUE 16th, 23rd and 30th	DANCE AND MOVEMENT FOR WELLBEING (12.30PM - 2PM) Bridgelink Centre, Isleworh
TUE 16th, 23rd and 30th	ART WITH US (2.30PM - 4PM) Bridgelink Centre, Isleworh
WED 3rd, 10th, 17th, 24th, 31st	DANCE WITH ANANYA (10AM - 10.45AM) Arts Centre, First Floor, Treaty Centre
WED 17th, 24th and 31st	LET'S RELAX ONLINE (2PM - 3PM) meet.google.com/rib-rgeb-grd
WED 3rd, 10th, 17th, 24th, 31st	SIP AND PAINT (11.30AM - 12.30PM) Riverside Vineyard Church, The Vineyard Centre, Feltham

Events for January



Weekly Events

THU 4th, 11th, 18th, 25th	LET'S CONNECT HOUNSLOW (11AM - 1PM) Arts Centre , First Floor, Treaty Centre
THU 4th, 11th, 18th, 25th	GAMES' EVENING (4.30PM - 6PM) Arts Centre, First Floor, Treaty Centre
THU 4th, 11th, 18th, 25th	KNIT AND MINGLE (1PM - 2.30PM) Arts Centre , First Floor, Treaty Centre
THU 18th and 25th	QUIZ DAY! (2PM - 3PM) meet.google.com/awj-ebhc-eyq
FRI 19th and 26th	MUSIC AND CHAT (12PM - 1.15PM) Arts Centre , First Floor, Treaty Centre
FRI 19th and 26th	LET'S CLOSE THE WEEK (1PM - 2PM) meet.google.com/ebg-uyso-koi
SAT 6th, 13th, 20th, 27th	CROCHET AND CHAT (2.30PM - 4.30PM) Arts Centre, First Floor, Treaty Centre

Twice a month Events

TUE

9th and
23rd

**MOVIE SCREENING
(2PM - 4PM)**

Arts Centre, First Floor, Treaty Centre

SAT

21st and
28th

**STEP AND STROLL
(10AM - 11AM)**

Lampton Park

Special Events

**TUE
16TH**

COOK WITH US

The Loft, Second Floor, Treaty Centre

**THU
25TH**

**LET'S HAVE LUNCH
TOGETHER!**

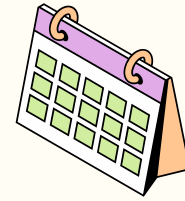
Arts Centre, First Floor, Treaty Centre

TBD

OPEN MIC NIGHT

Arts Centre, First Floor, Treaty Centre

Points to Note



Activities you need to reserve a space for:

- Step and Stroll at Lampton Park
- Sip and Paint
- Beginners Dance with Ananya
- Beginners Positive Movement Project Class
- Cooking Class
- Crochet and Chat
- Knit with us

To reserve your space, please email us:

hello@wellbeinghounslow.co.uk

(Please book your space 5 days before the session)

(For the online sessions, you can click on the link given under the session name)

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 Cafe (Located in The Hub)
by the main Car park (Bus E8 or 195)

For the Cooking Class:

The Loft - Located on the 2nd Floor of The Treaty Shopping Centre. Ask someone at the Arts Centre to guide you

For the Sip and Paint:

Riverside Vineyard Church - a 10 min walk from the Feltham train station. Bus 90 stop just opposite. Parking available. Other bus routes are H21, 235, H25, 490.

We would like to thank all of the members of The Wellbeing Network for attending our sessions! We are very grateful and look forward to continuing this journey with you all!