

ADDISON COMMUNITY CHAMPIONS PROJECT ACTIVITIES



JANUARY 2019

ACTIVITIES	DATE AND TIME	INFORMATION
COMMUNITY YOGA ↳ From 7 JAN	EVERY MONDAY 11:00 TO 12:00 AM	- All ages and abilities - £1.00 contribution
RELAXATION & MINDFULNESS ↳ From 14 JAN	EVERY MONDAY 2:00 TO 3:30 PM	- Group session - £1.50 contribution
ADDISON COMMUNITY CHAMPS COFFEE MORNINGS ↳ From 9 JAN	EVERY WEDNESDAY 9:30 to 11:00 AM	Planning meetings and health related seminars for Champions and Residents
ZUMBA WOMEN ONLY ↳ From 10 JAN	EVERY THURSDAY 10:00 to 11:00 AM	- Women only keep fit sessions - £1.00 contribution
ADDISON MATERNITY CHAMPS COFFEE MORNINGS ↳ From 18 JAN	EVERY FRIDAY 9:30 TO 11:00 AM	Planning meetings and activities for Maternity Champions, parents & babies ♥
CHARECROFT GARDENING CLUB ↳ From 8 JAN	EVERY FRIDAY 10:30 to 12:30 PM	Gardening sessions for residents 😊 Tutor session on 25 January
'TAKE CARE OF YOURSELF' WEEK NHS Back on Track Workshops	22 TO 25 JAN 12:30 TO 2:30 PM	Managing Stress, Intro to Meditation & Relaxation, Sleeping Better, and Assertiveness.
NEW MATERNITY CHAMPIONS MONTHLY SIGNPOSTING SESSION	TUE 15 JAN 10:30 to 11:45 AM	Information & support for parents at the Under 5s Session ↳ Shepherds Bush Library W12 7BF
UNDERSTANDING HEALTH IMPROVEMENT COURSE	23, 29 AND 30 JAN 9:30 to 1:30 PM	FREE RSPH Level 2 Award for Community Champions (registration required). ↳ The Greenhouse Centre NW1 5NS
BRAIN HEALTH WORKSHOPS	WEDNESDAY 30 JAN ↳ 3:00 TO 4:00 PM ↳ 4:00 TO 5:00 PM	FREE Online brain health assessment for over 50s and tips on how to improve your memory.
CAMPAIGNS THIS MONTH: How Are You? Public Health England	Making small changes to improve your health now and as you get older.	To learn more, join our Coffee Mornings and engage through social media: Facebook, Twitter and Instagram

- ↳ **Activities take place in Charecroft Community Hall, Rockley Road, W12 8PQ unless otherwise stated**
- ↳ For more information or to register, please contact Barbara Shelton by email barbara@upg.org.uk or call/text 07921 404 873.