

ADDISON COMMUNITY CHAMPIONS PROJECT ACTIVITIES



FEBRUARY 2019

ACTIVITIES	DATE AND TIME	INFORMATION
NEW PREGNANCY YOGA	EVERY MONDAY 9:30 TO 10:30 AM	<ul style="list-style-type: none"> Pre-natal yoga sessions £2.00 contribution
COMMUNITY YOGA	EVERY MONDAY 11:00 TO 12:00 AM	<ul style="list-style-type: none"> All ages and abilities £1.00 contribution
RELAXATION & MINDFULNESS	EVERY MONDAY 2:00 TO 3:30 PM	<ul style="list-style-type: none"> Group session £1.50 contribution
ADDISON COMMUNITY CHAMPS COFFEE MORNINGS	EVERY WEDNESDAY 9:30 to 11:00 AM	Planning meetings and health related seminars for Champions and Residents
ZUMBA WOMEN ONLY	EVERY THURSDAY 10:00 to 11:00 AM	<ul style="list-style-type: none"> Women only keep fit sessions £1.00 contribution
ADDISON MATERNITY CHAMPS COFFEE MORNINGS	EVERY FRIDAY 9:30 TO 11:00 AM	Drop in sessions for pre-walking babies and parents / carers ♥
CHARECROFT GARDENING CLUB	EVERY FRIDAY 10:30 to 12:30 PM	Gardening sessions for residents 😊 Tutor session on 22 February
MONEY MENTORING COURSE Learn, Save and Share	EVERY TUESDAY 5 FEB to 2 APR 9:30 to 2:30 PM	<ul style="list-style-type: none"> FREE accredited course, materials and lunch How to manage personal finances Booking required
FREE HALF-TERM ACTIVITIES	WED 20 – 11 to 12:30 THU 21 – 11:00 to 16:30 FRI 22 – 10:30 to 13:30	<ul style="list-style-type: none"> Taekwondo, Henna Painting Day out in <u>Kew Gardens</u> Colombia Orchids Festival Gardening and Arts&Crafts followed by lunch
MATERNITY CHAMPIONS SESSION Shepherds Bush Library W12 7BF	TUE 12 FEB 10:30 to 11:45 AM	Information & support for parents at the Under 5s Session
CAMPAIGNS THIS MONTH: Time to Talk: https://www.time-to-change.org.uk/about-mental-health	Let's end mental health discrimination	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.