

# ADDISON COMMUNITY CHAMPIONS PROJECT ACTIVITIES



**MAY 2019**

ACTIVITIES	DATE AND TIME	INFORMATION
<b>PREGNANCY YOGA</b> *No class 6 and 27 May (bank holidays)	EVERY <b>MONDAY</b> 9:30 TO 10:30 AM	<ul style="list-style-type: none"> <li>Pre-natal yoga sessions</li> <li>£2.00 contribution</li> </ul>
<b>COMMUNITY YOGA</b> *No class 6 and 27 May (bank holidays)	EVERY <b>MONDAY</b> 11:00 TO 12:00 AM	<ul style="list-style-type: none"> <li>All ages and abilities</li> <li>£1.00 contribution</li> </ul>
<b>PILATES FOR BEGINNERS</b> *No class 6 and 27 May (bank holidays)	EVERY <b>MONDAY</b> 2:00 TO 3:00 PM	<ul style="list-style-type: none"> <li>£1.00 contribution</li> </ul>
<b>ADDISON COMMUNITY CHAMPS COFFEE MORNINGS</b>	EVERY <b>WEDNESDAY</b> 9:30 to 11:00 AM	Planning meetings and seminars for Champions and Residents
<b>*NEW* SHARED READING</b> ↳ Starting on 8 May	Every <b>WEDNESDAY</b> 12:00 to 2:00 PM	Group reading sessions that can also help to improve your English skills.
<b>ZUMBA WOMEN ONLY</b> *No class on 23 May (Hall in use for European Elections)	EVERY <b>THURSDAY</b> 10:00 to 11:00 AM	<ul style="list-style-type: none"> <li>Women only keep fit sessions</li> <li>£1.00 contribution</li> </ul>
<b>ADDISON MATERNITY CHAMPS COFFEE MORNINGS</b>	EVERY <b>FRIDAY</b> 9:30 TO 11:00 AM	Drop in sessions mums to be, parents / carers and babies ♥
<b>CHARECROFT GARDENING CLUB</b> ↳ Half-term GARDENING FAMILY FUN on 31 May	EVERY <b>FRIDAY</b> 10:30 to 12:30 PM	Gardening sessions for residents <ul style="list-style-type: none"> <li><b>Tutor session on 31 May</b></li> </ul>
<b>*NEW* TAEKWONDO</b> After-school sessions	EVERY <b>FRIDAY</b> 4:00 to 5:00 PM	<ul style="list-style-type: none"> <li>For children 5+</li> <li>Free taster sessions</li> <li>Limited places</li> </ul>
<b>MATERNITY CHAMPIONS SESSION</b> ↳ Shepherds Bush Library W12 7BF ↳ Hammersmith Library	<b>TUESDAY</b> - 10:30 to 11:45 AM ↳ 14 May ↳ 28 May	Information & support for parents to be and new parents/carers
<b>ADULT MENTAL HEALTH FIRST AID COURSE</b> *Gibbs Green Tenants Hall W14 9NB	<b>FRIDAY 17 and 24 May</b> 9:15 to 5:00 PM	<ul style="list-style-type: none"> <li>FREE accredited course; materials provided</li> <li>Registration required</li> </ul>
<b>CAMPAIGN THIS MONTH:</b> Mental Health Awareness Week 13 to 19 May 2019	To learn more, join our Coffee Mornings and engage through social media: <b>Facebook, Twitter and Instagram</b>	

- ↳ 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](mailto:barbara@upg.org.uk) or call/text 07921 404 873.