

ADDISON COMMUNITY CHAMPIONS PROJECT ACTIVITIES



SEPTEMBER 2019

ACTIVITIES	DATE AND TIME	INFORMATION
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
PILATES	EVERY MONDAY 2:00 TO 3:00 PM	<ul style="list-style-type: none"> For beginners £1.00 contribution
MATERNITY CHAMPIONS SESSIONS ↳ Shepherds Bush Library W12 7BF ↳ Hammersmith Library W6 7AT	TUESDAY - 10:30 to 11:45 AM ↳ 10 Sep ↳ 24 Sep	Information & peer support for parents to be and new parents/carers and their babies. Stay and Play ♥
ADDISON COMMUNITY CHAMPS COFFEE MORNINGS	EVERY WEDNESDAY 9:30 to 11:00 AM	<ul style="list-style-type: none"> Know Your Rights training on Universal Credit for Champions and Residents: 4, 11, 18 SEP
SHARED READING GROUP	Every WEDNESDAY 12:00 to 2:00 PM	Group reading sessions that can also help to improve your English skills.
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
*NEW 'LIVING WITH HEARING LOSS' COURSE ↳ Starting 12 Sep	EVERY THURSDAY 11:15 to 1:00 PM	Seven weeks course with practical advice on how to overcome hearing loss.
*NEW COMMUNITY YOGA (EVENINGS)	EVERY THURSDAY 6:30 to 7:30 PM	<ul style="list-style-type: none"> All ages and abilities £2.00 contribution
ADDISON MATERNITY CHAMPS COFFEE MORNINGS	EVERY FRIDAY 9:30 TO 11:30 AM	Drop in sessions for mums to be, parents/carers and babies ♥
CHARECROFT GARDENING CLUB	EVERY FRIDAY 10:30 to 12:30 PM	Gardening sessions for Champions and Residents.
H&F MATERNITY CHAMPIONS TEAM DEVELOPMENT DAY	FRIDAY 27 SEPTEMBER 9:30 TO 2:30 PM	<ul style="list-style-type: none"> Strengthening role effectiveness, local engagement, planning.
CAMPAIGN THIS MONTH: Know Your Numbers! Blood pressure awareness campaign.	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 please contact Barbara Shelton by email barbara@upg.org.uk or call/text 07921 404 873.