



# Hounslow Wellbeing Network



Member form 

## January 2025 Schedule

We build a comfortable and inclusive space where members in our community can come together and engage in a range of social and physical activities, while building positive relationships with each other.

Here is your monthly schedule, packed with exciting activities designed just for you! Some sessions have limited capacity and will require you to reserve your spot a week in advance. Activities that need reservations are marked at the end of the schedule. For all the other sessions, feel free to just drop by!

We have made a few changes to some of our sessions, so please take a closer look. All activities are designed to be accessible to everyone, and we're committed to meeting individual needs so that everyone feels welcome!

We look forward to having you!

**Talk To Us At:**

**Email:** [hello@wellbeinghounslow.co.uk](mailto:hello@wellbeinghounslow.co.uk)

**Number:** 074667 36718

# January Weekly Events

<p><b>MON</b> 6th, 13th, 20th and 27th</p>	<p><b>COFFEE AND CHAT</b> <b>(10 AM - 12 PM)</b> The Potting Shed, Boston Manor Park</p>
<p><b>MON</b> 6th, 13th, 20th and 27th</p>	<p><b>SINGING OUT LOUD</b> <b>(11 AM - 12 PM)</b> Arts Centre Hounslow and <a href="http://bit.ly/wellbeinghounslow">bit.ly/wellbeinghounslow</a></p>
<p><b>MON</b> 6th, 13th, 20th and 27th</p>	<p><b>BEANT'S WOMEN TALKING GROUP (1 PM - 3 PM)</b> Arts Centre Hounslow</p>
<p><b>TUE</b> 7th, 14th, 21st and 28th</p>	<p><b>ZUMBA EXERCISE 1</b> <b>(10 AM - 10.45 AM)</b> Arts Centre Hounslow</p>
<p><b>TUE</b> 7th, 14th, 21st and 28th</p>	<p><b>ZUMBA EXERCISE 2</b> <b>(10.50 AM - 11.35 AM)</b> Arts Centre Hounslow</p>
<p><b>TUE</b> 14th, 21st and 28th</p>	<p><b>DRAMA &amp; PERFORMANCE</b> <b>(12 PM - 1 PM)</b> Arts Centre Hounslow</p>
<p><b>TUE</b> 7th, 14th, 21st and 28th</p>	<p><b>ART WITH US</b> <b>(1.30 PM - 3 PM)</b> Bridgelink Centre, Isleworth</p>
<p><b>TUE</b> 7th and 21st</p>	<p><b>MOVIE SCREENING</b> • Mrs.Harris Goes to Paris <b>(2.15 PM - 4.15 PM)</b> • Dear Zindagi Arts Centre Hounslow</p>
<p><b>WED</b> 8th, 15th, 22nd and 29th</p>	<p><b>ART WITH US</b> <b>(10.15 AM - 11.15 AM)</b> Riverside Vineyard Church, Feltham</p>
<p><b>WED</b> 8th and 22nd</p>	<p><b>DANCE WITH HOLLIE</b> <b>(1.30 PM - 2.15 PM)</b> Arts Centre Hounslow</p>
<p><b>WED</b> 15th and 29th</p>	<p><b>DANCE WITH FLO</b> <b>(1.30 PM - 2.15 PM)</b> Arts Centre Hounslow</p>

# January Weekly Events

<p><b>WED</b> 8th and 22nd</p>	<p><b>ART WITH US</b> <b>(2.30 PM - 3.30 PM)</b> Arts Centre Hounslow</p>
<p><b>WED</b> 15th and 29th</p>	<p><b>WIRE CRAFT WITH ARO</b> <b>(2.30 PM - 3.30 PM)</b> Arts Centre Hounslow</p>
<p><b>WED</b> 8th, 15th, 22nd and 29th</p>	<p><b>YOGA AND MEDITATION</b> <b>(3.30 PM - 4.30 PM)</b> Arts Centre Hounslow</p>
<p><b>THU</b> 2nd, 9th, 16th, 23rd and 30th</p>	<p><b>COFFEE AND CHAT</b> <b>(11 AM - 1 PM)</b> Arts Centre Hounslow</p>
<p><b>THU</b> 2nd, 9th, 16th, 23rd and 30th</p>	<p><b>BEANT'S KNIT AND MINGLE</b> <b>(1 PM - 2.30 PM)</b> Arts Centre Hounslow</p>
<p><b>THU</b> 2nd, 9th, 16th, 23rd and 30th</p>	<p><b>QUIZ HOUR</b> <b>(3 PM - 4 PM)</b> Arts Centre Hounslow and <a href="https://bit.ly/wellbeinghounslow">bit.ly/wellbeinghounslow</a></p>
<p><b>FRI</b> 10th, 17th, 24th and 31st</p>	<p><b>ENGLISH CLASSES</b> <b>(10 AM - 12 PM)</b> Arts Centre Hounslow</p>
<p><b>FRI</b> 3rd, 10th, 17th, 24th and 31st</p>	<p><b>MUSIC AND CHAT</b> <b>(12 PM - 1.15 PM)</b> Arts Centre Hounslow</p>
<p><b>FRI</b> 10th, 17th, 24th and 31st</p>	<p><b>CHAIR FITNESS</b> <b>(1.30 PM - 2.15 PM)</b> Arts Centre Hounslow</p>
<p><b>SAT</b> 11th, 18th and 25th</p>	<p><b>CROCHET AND CHAT</b> <b>(12.30 PM - 2.30 PM)</b> Arts Centre Hounslow</p>

# Special Events!

<b>11TH</b> SAT	<b>WOMEN'S WALK &amp; MINDFULNESS</b> <b>(11 AM - 12.30 PM)</b> Avenue Park, High Street Entrance, TW5 9RG
<b>18TH</b> SAT	<b>WINTER TRAIL WALK</b> <b>(11 AM - 2 PM)</b> Avenue Park, High Street Entrance, TW5 9RG
<b>25TH</b> SAT	<b>BIRD WATCHING WALK</b> <b>(9 AM - 10.30 AM)</b> Way Avenue Open Space, TW5 9SQ
<b>28TH</b> TUE	<b>WILLOW CRAFTING</b> <b>(1 PM - 2.15 PM)</b> Cranford Library Bath Road, Cranford, TW5 9TL
<b>29TH</b> WED	<b>OPEN MIC BY KEY CHANGES</b> <b>(2.30 PM - 4.30 PM)</b> Arts Centre Hounslow

LET'S GO  
OUTSIDE AND  
LEARN

For details,  
please reach out  
to Clare on:  
**078712 63131**

## Activities you need to reserve a space for:

- Dance with Hollie
- Dance with Flo
- Zumba Exercise
- Chair Fitness

Please reach out to us  
a week in advance to  
book your space via



Arts  
Centre

You can also go the link below, to book your space:

**[bit.ly/hwnreserve](https://bit.ly/hwnreserve)**

## How To Get To Some Of The Spaces?

### For Coffee Mornings at Boston Manor:

Meet at The Activity Room, next to the Potting Shed  
(Located in The Hub) by the main Car park (Bus E8 or 195)

### For Art with Us at Bridgelink Centre:

The nearest train station is Twickenham and Richmond.  
The closest bus top is across the road for Bus H20

### For Art With Us at the Riverside Vineyard Church

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