

Hounslow Wellbeing Network



Member form

June 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.














Email: hello@wellbeinghounslow.co.uk
Number: 074667 36718

The
ARTS
CENTRE
Hounslow

June Weekly Events

MON 2nd, 9th, 16th 23rd, 30th	COFFEE AND CHAT (10 AM - 12 PM) The Potting Shed, Boston Manor Park	
MON 2nd, 9th, 16th 23rd, 30th	SINGING OUT LOUD (12 PM - 1 PM) bit.ly/wellbeinghounslow	
MON 2nd, 9th, 16th 23rd, 30th	BEANT'S WOMEN TALKING GROUP (1 PM - 3 PM) Arts Centre Hounslow	
MON 2nd, 9th, 16th 23rd, 30th	CHAIR FITNESS (1:15 PM - 2 PM) Arts Centre Hounslow	
TUE 3rd, 10th, 17th, 24th	ZUMBA EXERCISE 1 (10 AM - 10:45 AM) Arts Centre Hounslow	
TUE 3rd, 10th, 17th, 24th	ZUMBA EXERCISE 2 (10:50 AM - 11:35 AM) Arts Centre Hounslow	
TUE 3rd and 10th	ART WITH US (2 PM - 3:30 PM) Bridgelink Centre, Isleworth	
TUE 3rd, 10th, 17th, 24th	 MEN'S WALKING GROUP (2 PM - 4 PM) Ask for more details	
TUE 3rd, 10th, 17th, 24th	 MEN'S SUPPORT GROUP (6 PM - 7:30 PM) Ask for more details	
WED 4th and 18th	DANCE WITH HOLLIE (12 PM - 12:45 PM) Arts Centre Hounslow	
WED 11th and 25th	DANCE WITH FLO (12 PM - 12:45 PM) Arts Centre Hounslow	

June Weekly Events

WED 4 th and 18 th	ART WITH US (2 PM - 3 PM) Arts Centre Hounslow	
WED 11 th and 25 th	WIRE CRAFT WITH ARO (2 PM - 3 PM) Arts Centre Hounslow	
WED 4 th , 11 th , 18 th , 25 th	YOGA AND MEDITATION (3:30 PM - 4:30 PM) Arts Centre Hounslow	
THU 5 th , 12 th , 19 th , 26 th	COFFEE AND CHAT (11 AM - 1 PM) Arts Centre Hounslow	
THU 5 th , 12 th , 19 th , 26 th	BEANT'S KNIT & MINGLE (1 PM - 3 PM) Arts Centre Hounslow	
THU 5 th , 12 th , 19 th , 26 th	 MEN'S COFFEE GROUP (2 PM - 3:30 PM) Ask for more details	
THU 5 th , 12 th , 19 th , 26 th	QUIZ HOUR (3 PM - 4 PM) Arts Centre Hounslow & bit.ly/wellbeinghounslow	
FRI 6 th , 13 th , 20 th , 27 th	ENGLISH CLASSES (10 AM - 11:30 AM) Arts Centre Hounslow	
FRI 6 th , 13 th , 20 th , 27 th	MUSIC AND CHAT (12 PM - 1 PM) Arts Centre Hounslow	
SAT 7 th , 14 th , 21 st , 28 th	CROCHET AND CHAT (12:30 PM - 2 PM) Arts Centre Hounslow	

Special Events!

12th THU	SALSA DANCE WITH CW+ (5:30 PM - 6:30 PM) West Middlesex Hospital	
25th WED	ZUMBA WITH CW+ (5:30 PM - 6:30 PM) West Middlesex Hospital	
26th THU	SPECIAL LUNCH: BRING YOUR OWN FOOD (1 PM - 2 PM) Arts Centre Hounslow	

TUE 2:15 PM - 4:14 PM	MOVIE AFTERNOONS: BRING YOUR FRIENDS AND FAMILY! WE WELCOME ALL AGES Paul Robeson Theatre (Arts Centre)	
10th: Shrek II		24th: Big Daddy

Activities you need to reserve a space for:

- Dance Class
- Zumba Exercise
- Chair Fitness
- Yoga & Meditation
- All MIND Activities

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



Arts
Centre

Join our WhatsApp Group



How To Get To Some Of The Spaces?

For Coffee Mornings at Boston Manor:

Meet at the Potting Shed Cafe 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 West Middlesex Hospital:

Nearest train stations are Isleworth station which is a 15 minutes walk and Syon Lane station which is a 10 minutes walk. 267, 117, 110 and H28 are the bus routes. There is a pay and display car park with bays for blue badge holders.