

What's on at

EDWARD WOODS

CHILDREN'S CENTRE ... COMMUNITY CHAMPIONS ... BABY CLINIC ...
ADVICE SESSIONS ... ADULT LEARNING & JOBS ... HEALTH &
FITNESS ... OVER 50's SESSIONS ... YOUNG PEOPLE'S ACTIVITIES ...
VOLUNTEERING ... WARD COUNCILLORS SURGERIES & MUCH MORE!



2020 SPRING PROGRAMME

A WARM WELCOME TO EDWARD WOODS COMMUNITY CENTRE

UNDER FIVES

Activities for under 5s include Play & Learn, Family Sports, fortnightly Baby Clinic.

BABY MASSAGE COURSE

1.00 – 2.00pm

14 Jan-11 Feb or

25 Feb-24 Mar



TREASURE BASKETS & BABY RHYME TIME

2.00 – 3.00pm

14 Jan-31 Mar (excl. 18 Feb)



CHILDREN & YOUNG PEOPLE

Activities aimed at 7–14 year olds include Family baking, Multi sports and Taekwondo.

See our timetable on the following pages or call the centre for more details.



SAINSBURY'S & VOLUNTEERS BRIGHTEN UP OUR GARDEN!

To celebrate Sainsbury's 150th Anniversary the staff from our local branch and local residents, John and Lynn, volunteered to help us clear and replant our front gardens. They have transformed our front garden into an attractive space filled with vegetables, herbs and flowers.

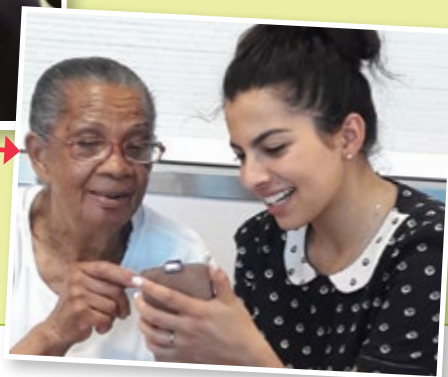


ADULT HEALTH AND WELLBEING AT EDWARD WOODS

Come and try one of the many activities available for people of all ages and tastes – whether you want to learn something new, join in an exercise class, play a game of table tennis or badminton or just meet new people.

There is much to choose from: Dance mix, Line Dancing, Yoga, Table tennis, Badminton, Taekwondo, Feldenkrais

Awareness through Movement, What the Tech, Women's Groups, Community kitchen, One You and **NEW** Pilates class for women.



What the Tech?!

SUPPORT FOR FAMILIES OR CARERS

PLAY & LEARN SESSIONS

Fun sessions for under 5s encouraging exploration and creativity.

Contact jude@upg.org.uk

FAMILY SPORTS – term time only

Free multi-sports for under 5s with their parents/carers. London Sports Trust 020 8735 1589

PARENTING CLASSES

Parenting classes delivered under the 'Confident Parent Happy Child' programme is a free service for parents /carers living in Hammersmith & Fulham with a child aged 0 -18 years.

Contact Seetal 020 7605 0800

CHILD & BABY MONTHLY CLINIC

Drop-in service with Health Visitor on 1st & 3rd Tuesday each month (excl. bank holidays). For more information Hammersmith & Fulham residents to call Richard Gate Team on 020 8102 3602.

Non-residents should contact their Health Visitor.

FAMILY LEGAL ADVICE

Free monthly legal advice given by J. S. solicitors. Appointment only.

Contact Houraa on 020 7605 0800

FAMILY INFORMATION SERVICE

The Family Information Service (FIS) provides information and advice on a range of services for children and young people aged 0–19 years old. Phone 0845 313 3933 (calls charged at standard rate) or visit www.lbhf.gov.uk/fisd

LEARN A NEW SKILL, IMPROVE YOUR ENGLISH OR PLAN TO RETURN TO WORK?

EMPLOYMENT SUPPORT: contact Nina on 020 7605 0112 or nina@upg.org.uk

ENGLISH AS SECOND LANGUAGE (ESOL): contact Rosemarie on 020 7605 0800

HELP FOR OVER 50s – SMART PHONE OR TABLET: contact Helen@upg.org.uk or 07936 531 234

SUPPORT FOR OVER 50'S WITH HEARING LOSS: contact 020 8280 2280 Joan.levene@deafplus.org

OTHER SERVICES AVAILABLE AT EDWARD WOODS

Change – Grow – Live 08000 147440
[Alcohol Counselling Service]

Community Boot Sale Sunday 22nd March

Edward Woods Community Champions 07834 736 967

Young People's Alcoholics Anonymous

Diabetes Prevention 0333 577 3010

One You 020 3434 2500

Stroke Communications group

NEWS AND EVENTS AT EDWARD WOODS COMMUNITY CENTRE

SUNDAY MARKET AT EDWARD WOODS

Come and join us at our Sunday Market, the venue and location are ideal for local transport links.

You can find some big bargains and quality items at amazing prices. Pop into the excellent Woods Café for some hot, freshly cooked food. Or grab a bite from one of the stalls selling freshly baked cakes, tea, coffee and snacks.



Call Centre on 0207 603 2324 to book a table

NEXT
EDWARD WOODS
SUNDAY MARKET
22 MARCH
10AM - 2.00PM
TABLES £5.00



FREE FACE PAINTING

CREATIVE GARDEN MOSIAC

'Communitree' mosaic, designed and created by Debra Collis with the assistance of students from her mosaic class, is now being displayed at Edward Woods overlooking the garden.



It depicts garden wildlife and adds colourful artistry to the side of the cafe entrance. Our sincere thanks to the volunteers who created the mosaic and to Change, Grow, Live and WEA for their support.



MACMILLAN FUNDRAISER HUGE SUCCESS

The MacMillan coffee brunch event on 27th September was huge success and formed part of the charity's national fundraising effort.

Over 50 local residents, staff and volunteers enjoyed a feast of sweet and savoury delights, served on beautiful vintage china crockery. The event raised £475 and Daryl Brown, the Mayor of Hammersmith & Fulham, kindly picked the winners of the 15 raffle prizes.

EDWARD WOODS & MASBRO ELDBERS XMAS PARTY



Over 95 elders attended another fun filled Christmas party. They enjoyed a traditional festive meal, party drinks, live entertainment and much dancing, plus gifts from Father Christmas.



Staff and volunteers from both the centres transformed the hall into a stylish, decorated venue, cooked and served a sumptuous lunch with all the trimmings.



EDWARD WOODS CHILDREN'S CENTRE

Sure Start Children's Centres are places where children under 5 years old and their families can receive seamless integrated services and information.

It is also where they can access help from a range of multi-disciplinary teams of professionals. These Centres are at the heart of the Government's strategy to deliver better outcomes for children and families.

As well as all the sessions we run (listed on programme pages), we also offer free vitamins, health reviews, advice on breast feeding and a Bookstart free book!

HEALTHY START VITAMINS

We distribute free women's and children's vitamins, to pregnant women and families with children under the age of five.

Contact Monika at
monika@upg.org.uk
020 7605 0800



ADVICE ON BREAST FEEDING

We offer sign posting advice on Breast Feeding.

Contact Marina at
marina@upg.org.uk
020 7605 0800



BOOKSTART PROGRAMME

The Bookstart Programme includes a **FREE BOOK** to share with your child/ren to make stories fun, whilst encouraging language development.

Contact Marina at
marina@upg.org.uk
020 7605 0800



DROP-IN BABY CLINIC

Health reviews for your baby. For more information on this service:

Contact your health visitor or call
Richford Gate team
020 8102 3602



INCREDIBLE YEARS BABY PROGRAMME

An interactive session for parent and baby together.

• **SLEEP MANAGEMENT WORKSHOP 16th MARCH**



IAIM'S BABY MASSAGE

Baby massage promotes your baby's health and flexibility, combining tender touch with specific massage techniques.

Suitable for babies 8 weeks to crawling.



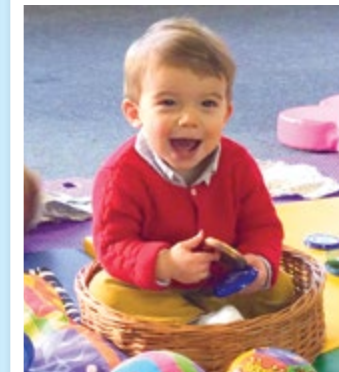
PLAY & LEARN

A fun session encouraging exploration and creativity.

No admittance 1 hour after start of session

TREASURE BASKETS & BABY RHYME TIME

Baskets filled with natural, everyday items which babies can explore by themselves to expand their thinking.



PLUS

FAMILY SPORT

Fun multi-sports for under 5's with their parent/carer

FREE LEGAL ADVICE

by JS solicitors

Free advice on any legal matters. Appointment only. If less than 5 families booked, the session will be cancelled.

Booking essential!

ENGLISH BEGINNERS CLASS

Improve your English skills by speaking and writing tasks and listening to instructions.



MONDAYS

ADULTS

INCREDIBLE YEARS 10.00 - 12.00PM

20 Jan – 9 Mar (excl. 17 Feb)

Interactive 7-week group for parents and babies (newborn -12 months).

Contact Marina@upg.org.uk or call 020 7605 0800



SLEEP & BEHAVIOUR WORKSHOP 10.00 - 12.00PM

16 March • Booking required • No creche.

Contact Marina@upg.org.uk or 020 7605 0800

NEW ALCOHOL SERVICE COFFEE MORNING 10.00 - 1.00PM

Free drop-in

Try Mindfulness, internet café, drama workshop, dominoes, book club and regular mocktail tastings and other events.

Call for advice or information 0800 014 7440

or speak to Saf on 07788 317 938

E: thealcoholservice.info@cgl.org.uk



DANCEMIX - OVER 50s 11.00 - 12.00PM

6 Jan – 30 March (excl. 17 Feb)

Women only • Fee £2.00

Fun choreographed workout with world music.

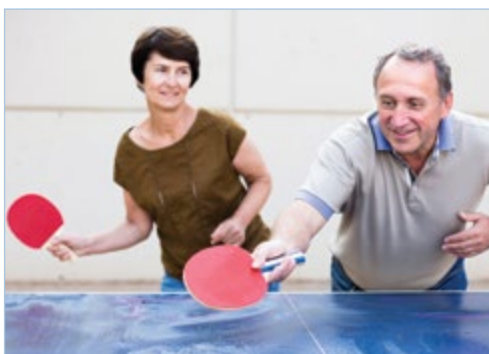
Contact centre 020 7603 2324

TABLE TENNIS 6.30 - 8.30PM

Session aimed at over 18s • Fee £2.00

Stimulates the brain and promotes quick thinking while improving hand-eye co-ordination. It is a low-injury sport that develops fitness and flexibility without putting stress on joints.

Contact centre 020 7603 2324



TUESDAYS

UNDER FIVES

PLAY & LEARN 10.00 - 12.00PM

Ages 0-5 • Fee £1.00 (free if you are on benefits)

A fun session encouraging exploration and creativity.

Contact jude@upg.org.uk

• Followed by **SONG TIME**

FAMILY SPORT 12.05 - 1.00PM

FREE

Fun multi-sports for under 5s with their parent/carer

IAIM'S BABY MASSAGE 1.00 - 2.00PM

5 Week Courses (2 course dates available)

14 Jan – 11 Feb OR 25 Feb – 24 Mar

Fee £10.00 per course (free if you are on benefits)

Suitable for babies

8 weeks to crawling

Baby massage promotes your baby's health and flexibility, combining tender touch with specific massage techniques.

Contact Marina to book in advance 020 7605 0800



TREASURE BASKETS & BABY RHYME TIME 2.00 - 3.00PM

14 Jan-31 Mar (excl. 18 Feb)

Fee £1.00 (free if you are on benefits or have attended Baby massage).

For babies' new-born to walking

Baskets filled with natural, everyday items which babies can explore by themselves to expand their thinking.

Contact Monika@upg.org.uk or 020 7605 0800

DROP-IN BABY CLINIC 1.30 - 3.00PM

7 & 21 Jan • 4 & 18 Feb • 3 & 17 Mar • 7 & 21 Apr

Contact your health visitor or call Richford Gate team 020 8102 3602

CHILDREN & YOUNG PEOPLE

TAEKWONDO 6.00 - 7.00PM

Martial art for children over 5 years old.

(Young people & adults 7.00 – 8.00pm)

Full body workout, improves fitness, strength and flexibility. Affiliated to British Taekwondo. Gradings and possible league competitions.

Contact Medhi on 07882 054 476



ADULTS

COMMUNITY CHAMPIONS COFFEE MORNING 9.30 - 11.30AM



Monthly coffee mornings to discuss local issues and events and to discuss new ways of supporting the local community

Usually second Tuesday of month

BADMINTON OVER 50s 10.00 - 12.00PM

Fee £1.00 • Contact centre 020 7603 2324



BENGALI WOMEN'S GROUP 11.15 - 1.15PM

7 Jan – 31 Mar (excl. 17 Feb)

Weekly cultural and support group

ONE CLUB 1.00 - 3.00PM

FREE • Must book in advance

Workshops, physical activity, weight management cooking and 1-2-1 activity

Contact Fiona 020 3434 2500 • email fiona.connolly@healthyhearts.org.co.uk

AA STEP PROGRAMME 6.30 - 8.00PM

FREE • Step and traditional programme to support those worried about their alcohol use.



TAEKWONDO 7.00 - 8.00PM

Martial art for young people & adults

Full body workout, improves fitness, strength and flexibility. Affiliated to British Taekwondo. Gradings and possible league competitions.

Contact Medhi on 07882 054 476

WEDNESDAYS

CHILDREN & YOUNG PEOPLE

TAEKWONDO 6.00 - 7.00PM

Martial art for children over 5 years old (Young people & adults 7.00 - 8.00pm)

Full body workout, improves fitness, strength and flexibility. Affiliated to British Taekwondo. Gradings and possible league competitions.

Contact Medhi 07882 054 476

ADULTS

LINE DANCING FOR OVER 50s 10.30 - 11.30AM

Fee £2.00 Fun exercise - dancers form parallel lines and follow sequences.

Contact Helen@upg.org.uk or 07936 531 234

NEW PILATES CLASS 12.00 - 1.00PM

Starting 22 Jan • Fee £2.00 • Women only

Strengthen core muscles and improve flexibility.

Contact Helen@upg.org.uk or 07936 531 234

FELDENKRAIS METHOD OF AWARENESS THROUGH MOVEMENT OVER 50s 1.15 - 2.15PM

8 Jan - 1 Apr (excl. 19 Feb) • Fee £1.00

Gentle movement sequences to re-educate use of body and improve ability to get up from the floor. Helps to improve well-being, breathing and posture, relieve chronic muscular tension, increase range and ease of movement.

Contact Vivienne 07824 484 984 or Vmitchell@openage.org.uk

WHAT THE TECH? 2.30 - 4.00PM

22 & 29 Jan • 5, 12, 19 & 26 Feb

4, 11 & 18 Mar • FREE • Over 50s

Help with any of your technological queries. All you need is yourself and your devices (mobile phone, laptops tablets).

Contact helen@upg.org.uk or 07936 531 234

TAEKWONDO 7.00 - 8.00PM

Martial art for young people & adults

Full body workout, improves fitness, strength and flexibility. Affiliated to British Taekwondo. Gradings and possible league competitions.

Contact Medhi 07882 054 476



FRIDAYS

CHILDREN & YOUNG PEOPLE

TAEKWONDO 6.00 - 7.00PM

Martial art for children over 5 years old (Young people & adults 7.00 - 8.00pm)

Full body workout, improves fitness, strength and flexibility. Affiliated to British Taekwondo.

Gradings and possible league competitions.

Contact Medhi 07882 054 476

ADULTS

SOMALI WOMEN'S GROUP 10.00 - 2.00PM

10 Jan - 3 Apr (excl. 21 Feb) • FREE

Weekly term time cultural and support group.

Contact Alecia@upg.org.uk or 07834 736 967

ALCOHOL SERVICE WOMEN'S PEER SUPPORT GROUP 10.00 - 12.00PM

Free drop-in. Promoting social inclusion and empowerment, arts, & crafts, supporting women's events, friendships and refreshments.

Call for advice and information 0800 0147440 or E: thealcoholservice.info@cgl.org.uk

TABLE TENNIS OVER 50s 10.00 - 12.30PM

Fee £2.00 Stimulates the brain, promotes quick thinking and improves hand-eye coordination. It is a low-injury risk sport that helps develop fitness and flexibility without putting stress on joints.

Tea & coffee available.

Contact centre 020 7603 2324

LOVE OF DANCE - LESSON 1.00 - 2.00PM

TEA DANCE 2.00 - 4.00PM

Lesson £4.00 • Tea Dance £5.00 • Both £7.00

Tea Dance with lesson and light refreshments

Contact tanjackaline@gmail.com or 07475 097 575



TAEKWONDO 7.00 - 8.00PM

Martial art for young people & adults

Full body workout, improves fitness, strength and flexibility. Affiliated to British Taekwondo. Gradings and possible league competitions.

Contact Medhi 07882 054 476

THURSDAYS

CHILDREN & YOUNG PEOPLE



FAMILY BAKING 4.00 - 6.00PM

Two 4-week courses starting 23 Jan

Inclusive baking session for children with parents/carers. Places limited and must be pre-booked.

Contact Samantha 07710 172 878 for details.

MULTI SPORTS 6.15 - 7.15PM

Starting 16 Jan • FREE

Fun games & sports club for over 7s.

Contact London Sports Trust 020 8735 1589

ADULTS

FAMILY LEGAL ADVICE 10.00 - 12.00PM

by JS solicitors • 19 Mar

Free advice on any legal matters. Appointment only. If less than 5 families booked, session will be cancelled.

To book a place contact Houraa 020 7605 0800

E. Houraa@upg.org.uk

ENGLISH BEGINNERS 10.00 - 12.00PM

9 Jan - 2 Apr (excl. 20 Feb)

No crèche • Contact Rosemarie on 020 7605 0800

IRAQI WOMEN'S GROUP 12.30 - 2.30PM

FREE • Starting 16 Jan

Weekly social, educational & women's fitness group

Contact Rayya.ali@iraqiassociation.org or 020 8740 6496

WARD COUNCILLOR SURGERY 7.00 - 8.00PM

9 Jan • 6 Feb • 5 Mar • 2 Apr

(first Thursday each month) • FREE

Contact 020 8753 2018 to book an appointment

Monthly advice surgeries hosted by one of the local ward councillors

- Andrew Jones E. Andrew.Jones@lbhf.gov.uk
- Natalia Perez Shepherd E. Natalia.Perez@lbhf.gov.uk
- Mercy Umeh E. Mercy.Umeh@lbhf.gov.uk

YOGA WITH ROSE 7.00 - 8.30PM

Fee £3.00 • Class for over 16 year olds

Yoga can help you to relax, overcome stress, increase energy and improve flexibility

Contact Rose 07949 192 540

NEW WOMEN ONLY NA MEETING 7.15 - 8.15PM

Starting 9 Jan

Contact NA Helpline for details 0300 999 1212

WINTER HEALTH EVENT 12.00 - 2.00PM

9 Jan • FREE • LUNCH PROVIDED

Come along to our Winter Health Event where there will be a range of speakers and health and wellbeing services, plus lunch and raffle prizes

Tickets available online via Evenbrite.co.uk

OR email Richard.Banks@mungos.org



COMMUNITY & MATERNITY CHAMPIONS AWARDS

Awards celebration held on 11 December at Bush Hall recognizing all the brilliant work the Champions do for the community. They were all presented with an attendance certificate by the Mayor of Hammersmith and Fulham Council.



SATURDAYS

ADULTS

TABLE TENNIS OVER 50s 10.00 - 12.30PM

Fee £2.00

Stimulates the brain, promotes quick thinking and improves hand-eye coordination. It is a low-injury risk sport that helps develop fitness and flexibility without putting stress on joints.

Tea & coffee available.

Contact centre 020 7603 2324



EDWARD WOODS COMMUNITY CENTRE

60-70 Norland Road London W11 4TX

Tel: 020 7603 2324

Email: ewccinfo@upg.org.uk or jacquie@upg.org.uk

Website: www.upg.org.uk

OPENING TIMES

Monday – Friday 9.30am – 9.00pm Saturday 10.00 – 6.00pm

