



Stay fit, Stay healthy

Activity Programme April - July 2017

Activities60plus@hounslow.gov.uk 020 8583 4643



London Borough
of Hounslow

Edward Pauling House, Westmacott Drive, Feltham TW14 9RJ	Time	Date
Monday		
Self Care for Health and Wellbeing in Older People With Dr Perera (General Practitioner in Hounslow)	1pm-2pm	8 May 2017
Police Safety Talk With the Metropolitan Police	12.30pm	22 May 2017
Yoga - Mindfulness Exercise Group With Kelly Meadows	1.30pm-2.30pm	5 June 2017 - 26 June 2017
Tuesday		
Sing a long - £3 per person With Jim Fyfe (Adult Community Learning)	1.30pm-3pm	25 April 2017 - 23 May 2017
Tales Be Told – Youth Theatre With Terri Creaser	From 12noon	30 May 2017
Feltham Arts With Kate Evans	2.30pm-4pm	6 June 2017 - 11 July 2017
Falls Prevention Training - Staying Steady and Fit With Physiotherapist and Dr Perera	1pm-2pm	6 June 2017
Hairdresser Call Carolyn Dodi 076923 504 003 for prices and to book an appointment	10am-4pm	Call for an appointment
Thursday		
Road Safety Sessions With Mairi Mc Cleod	1.30pm-2.30pm	8 June 2017
Swimming at Heston Pools (Except School Holidays) - £3.20 Every Thursday at New Heston Road Hounslow TW5 0LW	11am-1pm	Starting 20 April 2017
Holistic Massage Call Moira Johnson 020 8230 5655/07870 780 072 for an appointment	10am-4pm	Call for an appointment

Outreach projects and events will include:

Gardening Competition

Let's go Outside (involves group walking in parks and open spaces and learning about the Environment)

Traveling around the Borough Safely - (Training)

Beauty with West Thames College

Friendly Sports at All Schemes (e.g. Darts, Table Tennis, indoor Skittles)

Intergenerational work with Schools, Colleges, University Students, LD and CYP

Outings and Coach Trips will be arranged

Stress Management (Information and Advice on Psychological Therapies) IAPT

Dementia Awareness

Activities60plus@hounslow.gov.uk 020 8583 4643



Stay fit, Stay healthy

Activity Programme April - July 2017

Activities60plus@hounslow.gov.uk 020 8583 4643



London Borough
of Hounslow

Frogley House, Estridge Close, Hounslow TW3 3FQ	Time	Date
Monday		
Speaking with Confidence (ESOL) and Health Awareness With Rifat Khan (6 weeks - Bank Holidays 17 April & 1st May 2017)	1.30-3.30pm	10 April 2017 - 29 May 2017
Police Safety Talk With the Metropolitan Police	12.30pm	24 April 2017
Massage Massage Wendy Castle 07926 915 888 for an appointment	10am-4pm	Call for an appointment
Self Care for Health and Wellbeing in Older People With Dr Perera (General Practitioner in Hounslow)	12.30pm-1.30pm	15 May 2017
Tuesday		
Writing Short Stories - £3 per session With Ellen Bryan (10 weeks)	1.30pm-3pm	25 April 2017 - 4 July 2017
Magical Hands (Physio Therapy Services) With Kowcigan Jambulingam Free Advice Call 020 7998 7950 Paid Sessions Call 020 7998 7951	11-12noon £1.50 12noon-4pm Paid sessions	Every Tuesday
Feltham Arts With Susie John	1.30pm-3pm 2.30pm-4pm	6 June 2017 13 June - 11 July 2017
Falls Prevention Training - Staying Steady and Fit With Physiotherapist and Dr Perera	3pm-4pm	6 June 2017
Thursday		
Brain Stimulation Exercises and Yoga With Satvinder Grewal	3pm-4pm	Every Thursday Except 20 April 2017
Fire Brigade - Fire Safety at Home Hounslow Fire Brigade	2.30pm-4pm	20 April 2017
Swimming at Heston Pools (Except School Holidays) - £3.20 Every Thursday at New Heston Road Hounslow TW5 0LW	11am-1pm	Starting 20 April 2017
Road Safety Sessions With Mairi Mc Cleod	1.30pm-2.30pm	11 May 2017

Outreach projects and events will include:

Gardening Competition

Let's go Outside (involves group walking in parks and open spaces and learning about the Environment)

Traveling around the Borough Safely - (Training)

Beauty with West Thames College

Friendly Sports at All Schemes (e.g. Darts, Table Tennis, indoor Skittles)

Intergenerational work with Schools, Colleges, University Students, LD and CYP

Outings and Coach Trips will be arranged

Stress Management (Information and Advice on Psychological Therapies) IAPT

Dementia Awareness

Activities60plus@hounslow.gov.uk 020 8583 4643



Stay fit, Stay healthy

Activity Programme April - July 2017

Activities60plus@hounslow.gov.uk 020 8583 4643



London Borough
of Hounslow

Greenham House, 55, Stanborough Road, Hounslow TW3 1YF	Time	Date
Monday		
Road Safety Sessions With Mairi Mc Cleod	12noon-1pm	24 April 2017
Feltham Arts With Kate Evans (Bank Holiday Break Monday 29 May)	1.30pm-3pm	15 May 2017 - 26 June 2017
Fire Brigade - Fire Safety at Home Hounslow Fire Brigade	12.30pm-1.30pm	22 May 2017
Yoga - Mindfulness Exercise Group With Kelly Meadows (6 weeks)	10.30am- 11.30am	From 5 June 2017
Police Safety Talk With the Metropolitan Police	12.30pm-1.30pm	19 June 2017
Tuesday		
Falls Prevention Training - Staying Steady and Fit With Physiotherapist and Dr Perera	1pm-2pm	27 June 2017
Thursday		
Health Awareness With Rifat Khan (6 weeks every Thursday)	1.30pm-3pm	13 April 2017 - 18 May 2017
Magical Hands (Physio Therapy Services) With Kowcigan Jambulingam Free Advice Call 020 7998 7950 Paid Sessions Call 020 7998 7951	11-12noon £1.50 12noon-4pm Paid sessions	27 April 2017 - 29 June 2017
Swimming at Heston Pools (Except School Holidays) - £3.20 Every Thursday at New Heston Road Hounslow TW5 0LW	11am-1pm	Starting 20 April 2017

Outreach projects and events will include:

Gardening Competition

Let's go Outside (involves group walking in parks and open spaces and learning about the Environment)

Traveling around the Borough Safely - (Training)

Beauty with West Thames College

Friendly Sports at All Schemes (e.g. Darts, Table Tennis, indoor Skittles)

Intergenerational work with Schools, Colleges, University Students, LD and CYP

Outings and Coach Trips will be arranged

Stress Management (Information and Advice on Psychological Therapies) IAPT

Dementia Awareness

Activities60plus@hounslow.gov.uk 020 8583 4643

Danehurst Brent Lea, Brentford TW8 8HX	Time	Date
Monday		
Road Safety Sessions With Mairi Mc Cleod	1.30pm-2.30pm	24 April 2017
Fire Brigade - Fire Safety at Home Hounslow Fire Brigade	12.30pm-1.30pm	15 May 2017
Tuesday		
Feltham Arts With Nadine Fletcher (Break Tuesday 30 May)	1.30pm-3pm	16 May 2017 - 27 June 2017
Self Care for Health and Wellbeing in Older People With Dr Suni Perera (General Practitioner in Hounslow)	1pm-2pm	30 May 2017
Police Safety Talk With the Metropolitan Police	12noon-1pm	30 May 2017
Falls Prevention Training - Staying Steady and Fit With Physiotherapist and Dr Perera	3pm-4pm	27 June 2017
Thursday		
Swimming at Heston Pools (Except School Holidays) - £3.20 Every Thursday at New Heston Road Hounslow TW5 0LW	11am-1pm	Starting 20 April 2017

New Resource and Activity Centre Opening Soon!



Outreach projects and events will include:

Gardening Competition

Let's go Outside (involves group walking in parks and open spaces and learning about the Environment)

Traveling around the Borough Safely - (Training)

Beauty with West Thames College

Friendly Sports at All Schemes (e.g. Darts, Table Tennis, indoor Skittles)

Intergenerational work with Schools, Colleges, University Students, LD and CYP

Outings and Coach Trips will be arranged

Stress Management (Information and Advice on Psychological Therapies) IAPT

Dementia Awareness

Activities60plus@hounslow.gov.uk 020 8583 4643