



## Regular Community Centre Activities

### Mondays

**FREE Treasure Boxing for all ages**

5pm – After School Boxing Club for 5 - 12 years old, 6pm – Boxing for young people aged 13 - 25 years old and 7pm – Female Only HIIT for 13 years old +

**FREE Maternity Champions - for all women, 10am – 12pm**

New & expectant mothers - Baby Clothes Swap, coffee morning, and parenting support from volunteers

**FREE Community Champions - Move with Yaz, Resuming 15 April, 11 – 11.30am**

Monthly Change4life healthy living sessions. All welcome to drop in.

**FREE Umoja Community Champions Community Singing Sessions,**

From Monday 15 April, 12.30 – 13.30 - All welcome.

**FREE Community Champions Health Drop-In, 1 – 3 pm**

Health advice, chats and snacks, all welcome to drop in.

### Tuesdays

**Hartbeeps Babies, Toddlers and Preschoolers - 9.45am – 12.45pm**

9.45am – Happy House class for toddlers and pre-schoolers, 10.45am – Baby Beeps class for babies from sitting unaided to first steps, 11.45am – Baby Bells class for babies from newborn to sitting  
FREE trial sessions available for WECH resident, £13.50 per week per term or £16 for drop-ins> Book online at [www.bookeo.com/hartbeeps-london](http://www.bookeo.com/hartbeeps-london)

**FREE Community Champions Women's Group, 12 – 3pm**

Health advice, chats, arts and crafts and snacks, all women welcome to drop in.

**Performing Workshops. Drama dance and singing classes for children aged 4-7 and 7-12 and welcoming new children to its classes.**

4 – 5pm for 4 – 7 year olds, 5 – 6pm for 7 – 12 year olds  
To book FREE TRIAL SESSION call 0207 2559120, email [enquiries@perform.org.uk](mailto:enquiries@perform.org.uk) or Visit [www.perform.org.uk/try](http://www.perform.org.uk/try) to book a free class and quote WECH300524 before 30th May to receive a £50 discount.

### Wednesdays

**FREE Maida Hill Project – Jacqui's Community BRUNCH, 11.00 – 1.30 pm**

Halal and vegetarian food available - all welcome to come along

### Wednesdays continued...

**FREE women's only yoga from Queens Park Bangladeshi Association – Starting on Wednesday 17 April, 11.30am – 2pm**

All women of all ages and abilities are welcome, come along and give it a try, no booking is required.

**FREE WECH Over 60's Bingo, Every Wednesday, 6.30pm – 8.30pm, All over 60's welcome.**

### Thursdays

**FREE Weekly Welfare Benefits Drop In, 3- 6pm** – a 10 minute check with WECH's welfare benefits adviser to ensure you are claiming all you are entitled to. Please bring details of the benefits you have been awarded, the drop in sessions are available to all residents, but can only provide follow up form filling support to WECH residents.

**FREE Health advice drop-in, 3pm – 6pm all welcome**

**FREE The Maida Hill Foodbank, 4pm – 6pm**

Open to all struggling with the cost-of-living crisis on a drop-in basis.

**WECH Adults Yoga, 5.30pm – 6.45pm**

**FREE for WECH;** Non-residents £10 per class or £60 for one months' classes (£7.50 a class)  
All ages and abilities welcome.

### Fridays

**FREE Children's after school club, 5- 12 year olds, starting Friday 19 April, 5pm – 7pm**

Delivered by Pro- touch, various activities to engage all interests, for children to enjoy.

**FREE Children Sports Sessions, 5- 12 year olds, starting Friday 19 April, 5pm – 7pm**

Delivered by Pro touch from Watsons Gardens on the Elgin Estate, all welcome

### Saturdays

**WECH Adults Yoga, 9.30am – 11am**

**FREE for WECH residents;** Non-residents £10 per class or £60 for one months' classes (£7.50 a class). All ages and abilities welcome.