

WARM WELCOME CENTRES 2024 HILLINGDON



The purpose of the 23/24 Warm Welcome Centres is to provide residents in need with a positive & relevant activity throughout the winter months. Our goal is help improve health & wellbeing through these centres while providing relevant health information where needed.

Activities at the centres include: Strength & balance classes Parent toddler group's Health speakers Knit & Natter Family games Each warm welcome centre will provide various activities through the winter months aswell as offering tea, coffee & free WIFI!

<u>Mondays</u>

Hillingdon Sport and Leisure centre	Free hot drink, Wifi and hot shower	12:00-13:00
St Margarets Uxbridge	Drop in (bereavment support & gentle exercise)	11:00-13:00
Oak farm Library	Family games	All day
Manor Farm Library	Games afternoon	14:00-16:00
Hayes and Harlington Community Centre	Lounge access for all ages	09:00

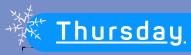
<u>Tuesdays</u>

Warm Welcome Centres

Oak Farm Libary	Family Games	All day
Manor Farm Library	Crossword Group	14:00-16:00
Charville Community Centre	Open session for all ages	09:00-12:00
Hayes and Harlington Community Centre	Coffee morning (over 65s)	10:00-12:00
Barnhill ↓ Community Centre	Pensioners group	13:00-16:00



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HAWG	Health Workshops	12:30-14:30
Fairfield	Cocial group and activities with refereshments	13:00-13:30
St Margarets Uxbridge	Parent and toddler Group	10:00 - 11:30
Hayes End Methodist	coffee morning with soup, activities, exercise & health speakers	11:30-14:00
Oak farm Library	Knit and Knatter (over 65s)	14:00-16:00
Oak farm Library	Family games	All day
Charville Community Centrer	Senior citizen Group	12:00-14:30
Hayes and Harlington Community Centre	Lounge access for all ages	09:00



Warm Welcome Centres

	Centres	
Uxbridge Centre	Weekly Coffee morning	10:30-12:30
Uxbridge Centre	Fortnightly exercise	13:00-14:00
Oak farm Library	Family Games	All day
Charville Community Centre	Open Session for all ages	09:00-12:00
Hayes and Harlington Community Centre	Coffee morning (over 65s)	10:00-12:00
<u>Friday</u>	77	
Hillingdon Sport and Leisure centre	Free hot drink, Wifi and hot shower	12:00-13:00
Fairfield	Coffee shop	10:00-12:00
St Margarets Uxbridge	Drop in (Foodbank available)	11:00-13:00
Uxbridge Centre	strength and balance	1:30 - 2:15
Uxbridge Library	Friday friends hot drink, games and activities	10:00 - 12:00
Oak farm Library	Men's Game Group	14:00-15:00
Oak farm Library	Coffee Morning (bi-monthly)	10:30-12:00
Oak farm Library	Knit and Knatter (over 65s)	11:00-13:00
Hayes and Harlington	Lounge access For all anes	09:00

Community Centre