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**Community Connections April 2023 - Timetable**

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| **Activity** | **Day** | **Time** | **Address** |
| **Arts & Crafts**  Ealing  Acton | Thursday  Wednesday | 10:30-11:45am  10:30-11:30am | West Ealing Community Library  Acton Town Hall Library |
| **Adult Drawing & Sketching**  Acton | Thursday | 5:30-7pm | Acton Town Hall Library |
| **Meet & Make Adults - Crafts**  Hanwell | Friday | 2-4pm | St Mellitus Hanwell (W7 3BA) |
| **Knitting Classes (& Crochet)\***  Ealing  Acton  Acton Tuesday  Hanwell  Greenford  Northolt\* | Thursday  Tuesday  Tuesday  Tuesday  Friday  Tuesday | 12-2pm  4:30-6:30pm  12-13pm  11-12pm  11-12:30pm  2-4pm | West Ealing Community Library  Acton Gardens  Acton Town Hall Library  Hanwell Community Library  Greenford Library  Northolt Library |
| **Chess Club**  Ealing  Acton  Acton | Wednesday  Tuesday  Saturday | 2-3:45pm  4-6pm  12-4pm | West Ealing Community Library  Acton Town Hall Library  Acton Town Hall Library |
| **Scrabble Club (**Hanwell) | Friday | 11am | Hanwell Community Library |
| **Mah Jong Drop-in** (Northolt) | Wednesdays | 1-3pm | Northolt Library |
| **Music Therapy**  Northolt  Call 02036592131 | One Saturday x Month | 3-5pm | Rectory Park Community Centre |
| **Wellbeing Café** (Ealing) | Tuesday | 2-4pm | Foyer at St. Paul’s Ealing (W13 9XW) |
| **Open Door** (Ealing) | Friday (term time) | 10-12pm | St Mary’s Church, West Twyford (NW10 7ED) |
| **Ealing Over 60 Network (EON)**  **Contact:** [arratoon.arratoon@gmail.com](mailto:arratoon.arratoon@gmail.com)  Tel: 0208 810 6753 | Monday (except Bank Holidays) | 1:30-5:30pm | Ealing Quaker Meeting House 17 Woodville Road W5 2SE |
| **Circle Cafe – Hub space for young people mental health support**  (5-18 yrs)  Ealing | Mon to Friday  Sat & Sun | 6:30-10pm  12:30-3pm | 46 South Ealing Road (W5 4QA) |
| **Coffee Morning** (Ealing) | Thursday | 11-12:30pm | Northfields Library |
| **Walk and Talk Ealing**  Contact:  Helen 07960030427  Fil 07832197169 | Every fortnight Monday | 10:30am | Walpole Park, Ealing  (meet at the fountain) |
| **International Walk and Talk**  Contact: Olga 0755 544 9538  or [Dudnik.abc@gmail.com](mailto:Dudnik.abc@gmail.com) | Every fortnight  Saturday | 11:30-1pm | Place to be determined, contact Olga. |
| **Acton Together Walks**  Contact Joanna: 07964765799 | Tuesday 25th April | 11am | St Mary’s Church, Acton Mount, W3 9NW |
| **Yoga** (Northolt)  Book at: 07365440434 | Thursday | 8-9pm | Grand Union Village Trust |
| **Chair Yoga** (Ealing) | Tuesday | 11:30-12:15pm | West Ealing Library |
| **Senior Fitness Stay Active for Life**  Contact Aran for info at 07715170207  or [admin@stayactive4life.co.uk](mailto:admin@stayactive4life.co.uk) | Please contact Aran for timetable and bookings | Multiple times | Multiple locations  (Acton, Greenford, Perivale, Northolt) |
| **Dynamic QiGong**  Whatsapp for free:  Kita +852 5964 1961 | Saturday every 2 weeks | 2-3pm | Walpole Park (meet at Pitzhanger Pantry coffee shop) |
| **Book Club**  Hanwell  Ealing  Northfields | 1st Tues of each month  2nd Tues of each month  1st Tues of each month | 10:30am  2-3pm  19:30pm | Hanwell Community Library  West Ealing Community Library  Northfields Library |
| **Farm and Conservation Volunteering**  Contact: friends@horsenden.co.uk | Wednesday | 10-3:00 pm  (Can leave at any point) | Horsenden Farm, Perivale |
| **Food Growing – English as a Second Language (ESOL) – friendly**  **Sign up:** [**lucy@mindfood.org.uk**](mailto:lucy@mindfood.org.uk)or call/text 07720 092954 | Tuesday | 10:30-12:30 pm | Horsenden Farm, Perivale |
| **Shared Reading Group**  Ealing  Book at: [support@thereader.org.uk](mailto:support@thereader.org.uk)  or call 01517292250 | Wednesday | 12-1:30 pm | Northfields Library |
| **Autistic Adult Reading Group**  Ealing  Book in with Verity at: 07958037514 | Last Thursday of the month | 12-1 pm | Northfields Library |
| **English Practice (Perivale)** | Thursday | 12:30-2pm | Perivale Library |
| **English Classes (Ealing)** | Wednesday (starting from the 19th April – 5 weeks course) | 11:30-1:30pm | West Ealing Library |
| **Bounce & Rhyme (under 5s)** | Mondays | 11-11:30am | Northolt Library |
| **Storytime (under 5s)** | Fridays | 11-11:30am | Northolt Library |
| **Storytime, Crafts & Fine Motor Skills** | Saturday | 11-12:30pm | Northolt Library |
| **Fine Motor Skills (ages 3-5)** | Wednesday | 11-12:00pm | Northolt Library |
| **Tapestry Weaving**  Ealing | Wednesday | 12-2pm | West Ealing Community Library |
| **Learning Gardening (Acton)** | Saturday  Tuesday | 11:30-14:30pm  16-18pm | Acton Gardens Primary school  232 Osborne Rd, London W3 8SN |
| **Seasonal gardening tasks (Hanwell)** | Monday | 10-3pm | DIG Community Garden, 62 Green Lane, Hanwell, W7 2PB |
| **Employability Skills (Ealing)** | Wednesday 26th of April | 13:45pm | West Ealing Community Library |
| **Coffee Morning & Substance Misuse Workshop (Ealing)**  If you need urgent support contact:  Sophie: Sophie.Deol@cgl.org.uk | Tuesday 25th of April | 13:00pm | West Ealing Community Library |
| **Friends of Grove Farm**  **Litter picking**  **For more information and to register:**  [friendsofgrovefarm@gmail.com](mailto:friendsofgrovefarm@gmail.com) | Once a month  13th May  10th June | 10:00-13:00pm | Greenford, David Lloyd Sudbury Hill roundabout |
| **Friends of Grove Farm**  **Conservation Day**  **For more information and to register:**  [friendsofgrovefarm@gmail.com](mailto:friendsofgrovefarm@gmail.com) | Once a month  22nd April  27th May  24th June | 10:00-13:00pm | Greenford, David Lloyd Sudbury Hill roundabout |
| **Money Courses – ONLINE**  Learn Ealing - Subject to meeting eligibility criteria.  Further information on request  Contact: learnealing@ealing.gov.uk or by telephoning 02088255577 | 24th April  29th April  16th May  22nd May  26th June  6th July | 10am | Online – visit link <https://courses.learnealing.org.uk/AvailableCoursesList.Asp?COL=NameDisplay&SRT=ASC>  Or contact by email or phone |