



## Hammersmith and Fulham Well-being Activity Timetable 2019

<i>Group/Activity</i>	<i>Date/Time</i>	<i>Venue</i>	<i>Facilitator</i>
<b>Art Expression</b>	<b>Monday</b>		
<b>Read and Relax</b>	<b>2.30pm – 4.00pm</b>	<b>Bishop Creighton House</b>	<b>Cherry</b>
<b>Outdoor Fitness</b>	<b>Tuesday: 2.00pm – 4.00pm</b>	<b>Local Parks in the Borough</b>	<b>Joel Hylton</b>
<b>Group Fellowship</b>	<b>Wednesday: 11.00am – 1.00pm</b>	<b>Bishop Creighton House</b>	<b>Georgie Wates/Joel Hylton</b>
<b>Expression through Drums</b>	<b>2.00pm – 4.00pm</b>	<b>Bishop Creighton House</b>	<b>Fredric Taieb</b>
<b>Cooking Class</b>	<b>Thursday</b>		
<b>Open Session/Mindfulness</b>	<b>2.00pm – 4.00pm</b>	<b>Shepherds Bush Library/Richford Gate</b>	<b>Joel Hylton/Gregg Elsley</b>



Richmond Fellowship is part of **Recovery Focus**,  
an expert group of charities inspiring recovery nationwide.

<b><i>Creative Writing/Drama Expression</i></b>	<b><i>Friday: 1.00pm – 3.00pm</i></b>	<b><i>Shepherds Bush Library/Richford Gate</i></b>	<b><i>Ionela Lovin/Joel Hylton</i></b>
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