



Hammersmith and Fulham Wellbeing Activity Timetable 2019

<i>Group/Activity</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>	<i>Facilitator</i>
<i>Art Expression</i>	<i>Monday</i>	<i>TBC</i>	<i>TBC</i>	<i>TBC</i>
<i>Read and Relax</i>		<i>2.30pm – 4.00pm</i>	<i>Bishop Creighton House</i>	<i>Cherry</i>
<i>Drama Expression</i>	<i>Tuesday</i>	<i>11.00am – 1.00pm</i>	<i>Bishop Creighton House</i>	<i>Christine Yeboah/ Joel Hylton</i>
<i>Physical Fitness</i>		<i>2.00pm – 4.00pm</i>	<i>Westway Sports and Fitness</i>	<i>Amber Martin</i>
<i>Group Fellowship</i>	<i>Wednesday</i>	<i>11.00am – 1.00pm</i>	<i>TBC</i>	<i>Georgie Wates/Joel Hylton</i>
<i>Expression through Drums</i>		<i>2.00pm – 4.00pm</i>	<i>TBC</i>	<i>Fredric Taieb</i>
<i>Open Session/Mindfulness</i>	<i>Thursday</i>	<i>2.00pm – 4.00pm</i>	<i>Shepherds Bush Library/Richford Gate</i>	<i>Joel Hylton/Gregg Elsley</i>

<i>Creative Writing</i>	<i>Friday</i>	<i>1.00pm – 3.00pm</i>	<i>Shepherds Bush Library/Richford Gate</i>	<i>Ionela Lovin/L'Oreal Williams</i>
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Addresses:

Bishop Creighton House

374-380 Lillie Rd, Hammersmith, London SW6 7PH

Shepherds Bush Library

6 Wood Ln, Shepherd's Bush, London W12 7BF

Lillie Road Recreation Ground – Across from Bishop Creighton House

373 Lillie Rd, Hammersmith, London SW6 7PD



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

Westway Sports and Fitness

1 Thorpe Close, Kensington and Chelsea, London W10 5XL