



## Hammersmith and Fulham Well-being Activity Timetable 2019

<i>Group/Activity</i>	<i>Day</i>	<i>Time</i>	<i>Venue</i>	<i>Facilitator</i>
<i>Read and Relax</i>	<i>Monday</i>	<i>2.30pm – 4.00pm</i>	<i>Bishop Creighton House</i>	<i>Cherry</i>
<i>Group Fellowship Yoga/Pilates</i>	<i>Wednesday</i>	<i>12.00am – 4.00pm</i>	<i>White City Community Centre</i>	<i>Georgie Wates/ Marie Berry</i>
<i>Open Session/Mindfulness</i>	<i>Thursday</i>	<i>2.00pm – 4.00pm</i>	<i>Shepherds Bush Library</i>	<i>Joel Hylton</i>
<i>Creative Writing</i>	<i>Friday</i>	<i>1.00pm – 2.00pm</i>	<i>Shepherds Bush Library</i>	<i>Ionela Lovin</i>
<i>Physical Fitness</i>		<i>3.00pm – 4.00pm</i>	<i>Westway Sports and Fitness</i>	<i>Amber Martin</i>

**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**

***Westway Sports and Fitness***



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

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

***White City Community Centre***

**India Way, White City, London W12 7QT**