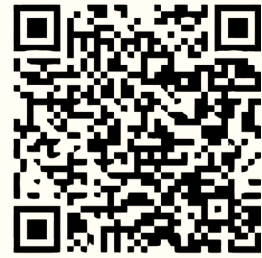


Hounslow Wellbeing Network



Member Form

Belong. Breathe. Become...

FREE

November 2025 Schedule

We build a comfortable and inclusive space where members in our community can come together and engage in a range of social and physical activities, while building positive relationships with each other.












Email: hello@wellbeinghounslow.co.uk










Number: 074667 36718









November Weekly Events

MON 3rd, 10th, 17th, 24th	COFFEE AND CHAT (10 AM - 12 PM) Potting Shed Cafe, Boston Manor Park	
MON 3rd, 10th, 17th, 24th	BEANT'S WOMEN TALKING GROUP (1 PM - 3 PM) Arts Centre Hounslow	
MON 3rd, 10th, 17th,	<div>Reserve</div> CHAIR FITNESS (12:45 PM - 1:30 PM) Arts Centre Hounslow	
TUE 4th, 11th, 18th, 25th	<div>Reserve</div> ZUMBA EXERCISE 1 (10 AM - 10:45 AM) Arts Centre Hounslow	
TUE 4th, 11th, 18th, 25th	<div>Reserve</div> ZUMBA EXERCISE 2 (10:50 AM - 11:35 AM) Arts Centre Hounslow	
WED 5th, 12th, 19th, 26th	<div>Reserve</div> BOLLYWOOD DANCING (1:15 PM - 2 PM) Arts Centre Hounslow	
WED 5th, 12th, 19th, 26th	STEPPING STONES CAFE (11 AM - 3 PM) Arts Centre Hounslow	
WED 5th, 12th, 19th, 26th	ART WITH US (2 PM - 3 PM) Arts Centre Hounslow	
WED 5th, 12th, 19th, 26th	<div>Reserve</div> YOGA AND MEDITATION (3:30 PM - 4:30 PM) Arts Centre Hounslow	

November Weekly Events

THU 13th, 20th, 27th	ENGLISH CLASSES (10 AM - 11:30 AM) Arts Centre Hounslow	
THU 6th, 13th, 20th, 27th	COFFEE AND CHAT (11 AM - 1 PM) Arts Centre Hounslow	
THU 6th, 13th, 20th, 27th	BEANT'S KNIT AND CROCHET (1 PM - 3 PM) Arts Centre Hounslow	
THU 6th, 13th, 20th, 27th	QUIZ HOUR (2 PM - 3 PM) Arts Centre Hounslow	
FRI 7th, 14th, 21st, 28th	MUSIC AND CHAT + SING (12 PM - 1:30 PM) Arts Centre Hounslow	
FRI 7th, 14th, 21st, 28th	FITNESS CLASSES (12:30 PM - 1:30 PM) Potting Shed Cafe, Boston Manor Park	
SUN 2nd, 9th, 16th, 23rd, 30th	WALK WITH US (11:30 PM - 12:30 PM) Lampton Park	
SUN 2nd, 9th, 16th, 23rd, 30th	ART AND CRAFT (12:30 PM - 1:30 PM) Arts Centre Hounslow	
SUN 2nd, 9th, 16th, 23rd, 30th	GAMES AFTERNOON (1:30 PM - 2:30 PM) Arts Centre Hounslow	

Special Events!

SAT 8th, 15th, 22nd, 29th	WELLNESS WITH MIND AXIS: FOR AGES 18-30 (2 PM - 4 PM) Arts Centre Hounslow 
18th TUE	LANTERN MAKING WITH ART JAR (1:30 PM - 3:30 PM) Arts Centre Hounslow 
20th THU	HEALTH CAMPAIGN WITH HEALTHWATCH HOUNSLOW (11:30 AM - 12:30 PM) Arts Centre Hounslow 
26th WED	GARDENING DAY (10:30 AM - 12:30 PM) Chiswick House and Gardens 
27th THU	OPEN MIC WITH KEY CHANGES (2:30 PM - 4:30 PM) Arts Centre Hounslow 
27th THU	SPECIAL LUNCH: BRING YOUR OWN FOOD (12 PM - 1 PM) Arts Centre Hounslow 

FRI 2 pm to 4 pm	MOVIE AFTERNOONS: BRING YOUR FRIENDS AND FAMILY! WE WELCOME ALL AGES	
14th: Tubelight (HINDI)		28th: Matilda

Please reach out to us a week in advance to book your space via



Arts Centre

Join our WhatsApp Group



How To Get To Some Of The Spaces?

For Boston Manor:

Meet at the Boston Manor House Cafe by the main Car park (Bus E8 or 195)

For the Walk With Us

Lampton Park - Meet outside Lampton Parkside Cafe.

For Chiswick House and Gardens:

Bus 190 and E3 will drop off at the closest bus stations. Turnham Green is the closest Tube Station. The public car park is located 5 minutes from the venue.