Local Trust Big Local



Big Rocal

In partnership with the Brabazon Estate Residents Association

Everyone is Welcome!

Bring along your friends, family and colleagues Free Food

free Entry

Rive South Indian Dancing

Free Henna

Free Family Photobooth

To RSVP please contact Taz at Groundwork on 07702 532 710 or taz.virdee@groundwork.org.uk



Wednesday 18th November 2015. Doors Open 6.45pm Brabazon Community Centre, 106 Brabazon Road, Heston, TW5 9LT <u>Vegetarian food served only</u>









Brabazon Community Centre Weekly Activities

November—December 2015

Monday: MusicTots (0-5yrs) (10.30-11.30) & Yoga (5-6pm) Tuesday: Healthy Walk/FREE Breakfast Club (8.30-10am) & Rose Café (10-2pm) Wednesday: Coffee Morning (10-12pm), Sewing/Knitting (2-4.30pm) & Yoga (5-6pm) Thursday: Youth Club (6.30-8.30pm) Friday: FREE Healthy Cooking (11-1pm) & MusicTots (0-5yrs) 4.30-5.15pm) Saturday: Mentoring for Youth (3-5pm) Sunday: Rose Café (10-5pm)

All activities above held at the Brabazon Community Centre, 106 Brabazon Rd, Heston, TW5 9LT

We also have activities (below) held at **Cranford Community College**:

Monday: School of Rock (6-8pm) Tuesday: Dance Club for 11-16yrs (4-6pm) Thursday: Youth Theatre Club for 11-16yrs (4-6pm) Saturday: Multi-Sports for 5-14yrs (2-4pm)





Please note: Activities times/days may change —please contact Taz at Groundwork South on 07702 532 710 or check out our website— Hestonwestcp.rocks for our updated timetable before attending an activity.

Alternatively you can email Taz on taz.virdee@groundwork.org.uk to be added on our mailing list for update information about our projects and activities.

Most of our activities are FREE however a few are priced. Please check our website for the latest prices.





