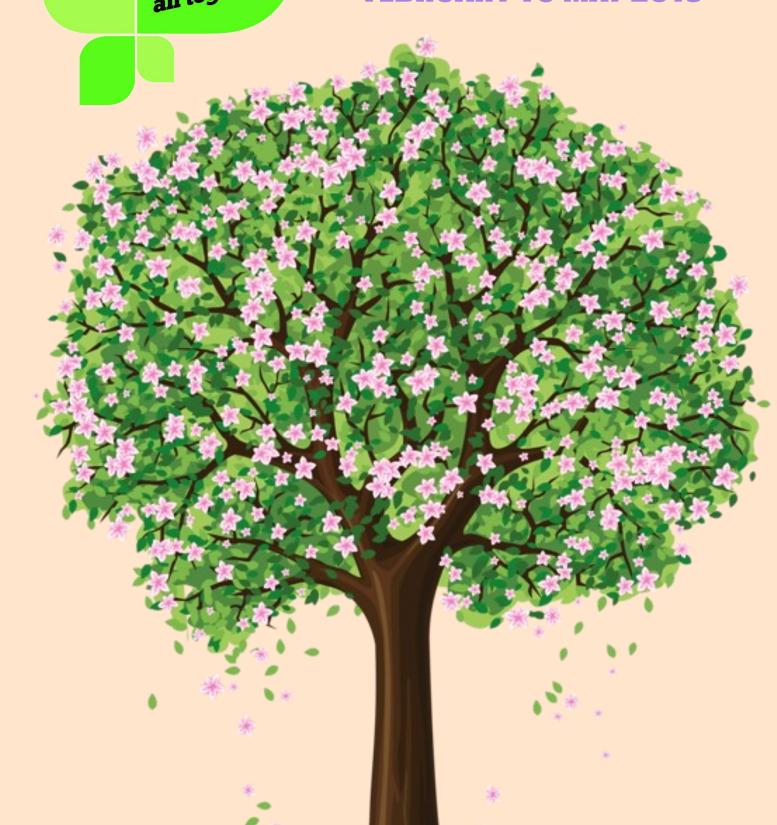


Heston West Community Partnership Bringing it all together

HESTON WEST BIG LOCAL

FEBRUARY TO MAY 2018





To **BOOK** your place please visit **www.hestonwest.org/bhangra-fitness**For more information please call Taz on 07702532710.

Bookings MUST be made online at Eventbrite to confirm space.

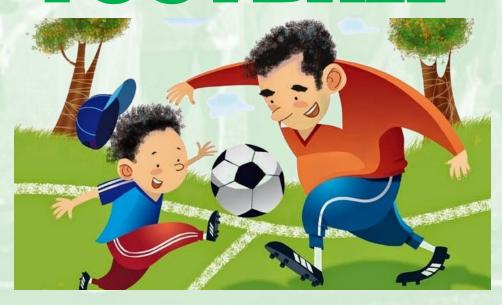






It's the beautiful game without the running

INTERGENERATIONAL WALKING FOOTBALL



No need to book—just turn up & play!

FULLY INCLUSIVE | 8-80YRS+ | FRIENDLY FUN

Venue: Cranford Community College Astro Pitch Date: Wednesdays — Starting 7th March 2018

Time: 6 to 7pm Price: FREE



FOR MORE INFO PLEASE CONTACT TAZ ON 07702532710
OR VISIT WWW.HESTONWEST.ORG









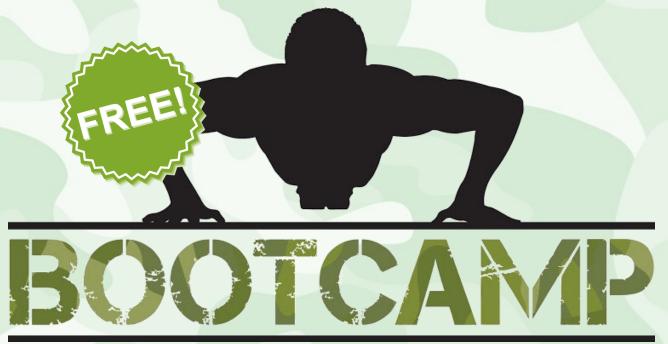
PUNCH YOUR WAY INTO SHAPE

FREE FOR ADULTS

LIVING, WORKING OR VOLUNTEERING IN THE BIG LOCAL AREA THURSDAYS G.30-7.30PM (STARTS DI/02/18) TOWN COLLEGE

ALL ABILITIES WELCOME! LIMITED SPACES! SIGN UP B WWW.HESTONWEST. DRG/BDXING-CLASS FOR MORE INFO PLEASE CONTACT TAZ ON 07702532710





STEP OUTSIDE YOUR COMFORT ZONE!

GET BACK INTO FITNESS THIS NEW YEAR!
FOR ADULTS LIVING/WORKING IN THE HESTON WEST BIG LOCAL AREA

10 WEEK CHALLENGE!

Weekly lessons incorporated into workouts to fully help you transform your lifestyle.

- Lose body fat & tone up
 - Gain muscle & get stronger
- Become energetic
 - Improve your self esteem
 - Improve your lifestyle

FRIDAYS 6.30-7.30PM @ CRANFORD COMMUNITY COLLEGE

UPPER GYM HALL | STARTS FRIDAY 2ND FEBRUARY 2018

GET YOUR FREE BIG LOCAL T-SHIRT UPON COMPLETION



FOR MORE INFO/TO BOOK YOUR FREE SPACE
PLEASE CONTACT TAZ ON 07702532710
WWW.HESTONWEST.ORG/WHATS-ON
SUPPORTED BY BIG LOCAL & CRANFORD COMMUNITY COLLEGE



ENGLISH CONVERSATION CLASSES

Speak English Confidently



Increase your spoken English confidently with us. We are holding a 14 WEEK course for women to learn

Basic English conversations.

Weekly sessions starting Monday 19th February 2018

11.30-1pm at Brabazon Community Centre (106 Brabazon Road, Heston, TW5 9LT)

OPEN TO ALL WOMEN 18YRS+. SPACES LIMITED. FIRST COME BASIS.

In partnership with Muslimah Community Group.

If interested, please contact Salma on:
07949 781851 /salmamuslimah1@gmail.com
Or contact Taz on 07702532710





HEALTHY COOKING CLASSES

Learn to cook healthy and delicious meals for the family



STARTS SATURDAY 17th MARCH 2018

11.30—1PM | Cranford Community College

Open for everyone!

Come along, meet your friendly neighbours and have fun.



For more info or to book your space please contact Taz on 07702532710 OR visit WWW.HESTONWEST.ORG/HEALTHY-COOKING





BOOK YOUR FREE SPACE BY CONTACTING TAZ ON 07702532710

SIGN UP TODAY! Limited spaces

3.30-5PM

WE NEED PARENT VOLUNTEERS! CAN YOU HELP? PLEASE GET IN TOUCH IF YOU CAN!

THURSDAYS: SPANISH OVER 75 & DANCE FRIDAYS: FUN GAMES FOR ALL

@ BERKELEY PRIMARY SCHOOL

You can also register
@ www.hestonwest.org/kids-fun-club



School term only.

Please pick up your child on time. Waiting time charges may incur if you arrive late. Thank you for your understanding.

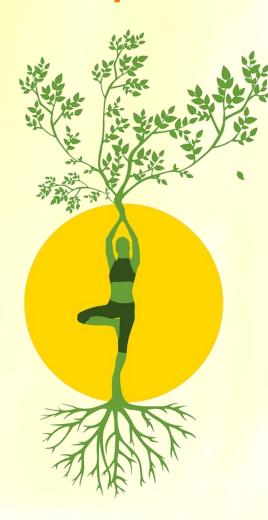




Heston West Big Local Health & Wellbeing activity

YOGA CLUB

For everyone, all abilities welcome.



Mondays Tuesdays & **Fridays** 5 to 6pm

Cranford Community College, High Street, Heston, TW5 9PD

Yoga for Parents Mondays 10-11am

£2.50 per session.

For more information please contact Sharnjeet Bhalla on 07878990874







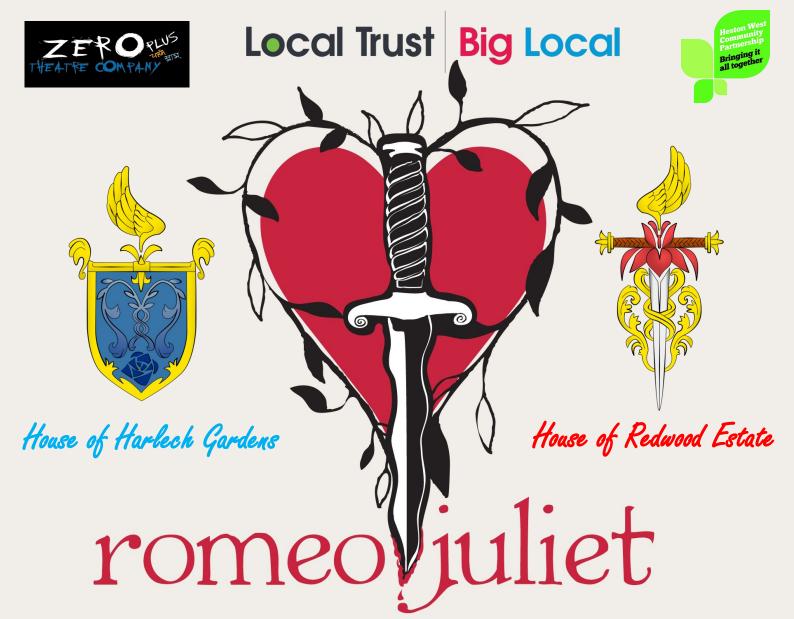
NESTON

FREE YOUTH FILMMAKING CLUB RY SUNDAY 10.30 TO 4.30PM

CRANFORD COMMUNITY COLLEGE



WWW.HESTONWEST.ORG/MADE-IN-HESTON-WEST



AGE 13-184RS?

GET INVOLVED WITH OUR T.I.E BIG LOCAL ADAPTION
OF SHAKESPEARE'S ROMEO & JULIET!

FREE | SUNDAYS 11—12,30PM CRANFORD COMMUNITY COLLEGE VARIOUS ON & OFF STAGE ROLES AVAILABLE CONTACT TAZ ON 07702532710 FOR MORE INFO!

ROMEO & JULIET AUDITIONS WORKSHOP TO BE HELD ON WEDNESDAY 14TH FEBRUARY 9.30-12PM

MULTI-SPORTS

For Children 5-13yrs



To book your FREE space* please contact Taz on 07702532710 or visit: www.hestonwest.org











In Partnership with the Met Police

Big Local Community Clean Up Day



Would YOU like to help out & volunteer on the day? Please contact Taz on 07702532710 / taz.virdee@groundwork.org.uk

Time: 11am-1pm

Date: Monday 12th February 2018 Venue: Cranford Community College

For more information about the Big Local

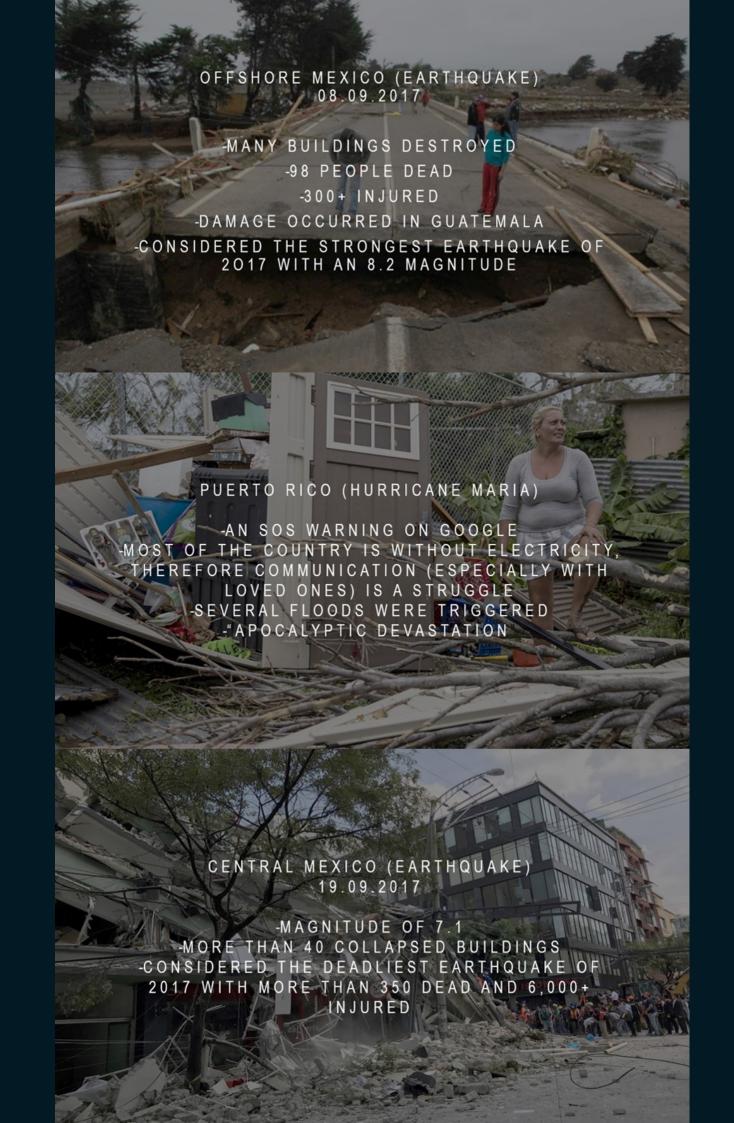
please visit: www.hestonwest.org











THE AIM IS FOR YOUNG PEOPLE TO RAISE MONEY/AWARENESS FOR COUNTRIES OR AREAS SUFFERING FROM THE IMPACT OF NATURAL DISASTER.

OBJECTIVES: RAISE £3,000.00 TO GO
TOWARDS FOOD, WATER, RESOURCE, AND
BASIC HUMAN NEEDS IN MEXICO, AND
£2,000 FOR THE SAME IN PUERTO RICO.



VISIT WWW.HESTONWEST.ORG/NDA
FOR MORE DETAILS ON HOW YOU CAN
HELP MAKE A CHANGE

Lecal Trust | Big Local

Heston West Community Partnership

Bringing it all together