

E.A.S.E Children's Centre Outreach

"TOGETHER WE GROW, LEARN AND DEVELOP"



Head Office
Hanwell Community Centre
Westcott Crescent
Hanwell W7 1PD

Tel: 020 8575 6139
Email: administrator@empowering-action.org.uk
www.empowering-action.org.uk
<https://www.facebook.com/groups/44767868524>



Where to find our services



Free parking available at all sites

Follow Ealing's Children's Centres on Facebook
www.facebook.com/EalingChildrenCentres



E.A.S.E Children’s Centre Outreach Timetable – April 2026

Monday

Healthy Start Vitamins



If you are pregnant, or have a child under four, you could get a Healthy Start Card for vitamins, milk, fruit, and vegetables.

www.healthystart.nhs.uk

Once you receive your card, vitamins can be collected

CLOSED FOR EASTER MONDAY – 6th April

Tuesday

Sensory and Creative Play

9:30 - 11:00 am
Hanwell Community Centre
Sensory and Creative Play is an open-ended exploration of materials, such as sand and jelly. It allows children to use their natural curiosity & engage their senses at their appropriate developmental level.

**Pop-Up Dates:
Toddler Sports on
28th April**

Information and Support
See page 2 for more information
Tuesday–Thursday
9:30 am - 4:00 pm

The Refresh Project - Psychological Coaching Service
Monday –Thursday
9:00 am -3:00 pm
See page 2 for more information

Wednesday

Bumps to Babies

9:30 - 11:00 am
Hanwell Community Centre
Non-Walkers only
For parents to meet in relaxed and supportive environment. We can also offer support and advice with any questions or concerns about your baby.

**Pop-Up Dates:
Baby Sensory Play
on 29th April**

Information and Support
Tuesday–Thursday
9:30 am - 4:00 pm
See page 2 for more information

Thursday

English for Speakers of other Languages (ESOL) Course
Thursday
9.30 am – 1.00 pm
Weekly – term time only
Registration required

Information and Support
Tuesday–Thursday
9:30 am - 4:00 pm
See page 2 for more information

The Refresh Project - Psychological Coaching Service
Monday –Thursday
9:00 am -3:00 pm
See page 2 for more information

Friday

Stay & Play AM
9:30 - 11:30 am
North Hanwell Baptist Church Hall, W7 1BW

A range of sensory activities encourage fine motor skills and a variety of age-appropriate toys help to develop gross and fine motor skills.

One to One Time With Our Under 5’s Practitioner
12:00pm – 2:00pm
Hanwell Community Centre, W7 1PD

Stay & Play PM
12:30 - 2:00 pm
North Hanwell Baptist Church Hall W7 1BW

A safe environment for toddlers to explore & socialise.

Men and Mini Me’s Stay and Play
3:30pm – 5:00pm
North Hanwell Baptist Church Hall W7 1BW

CLOSED FOR GOOD FRIDAY – 3rd April

Useful Resources

Information on childcare, activities, and family support
www.ealingfamiliesdirectory.org.uk

Early Start Health Visitors Admin Hub
(0-19yrs) (NHS) Please contact the Admin Hub on 020 8102 5888 if you have any concerns or would like to book an appointment:
CLCHT.ealingadminhub@nhs.net

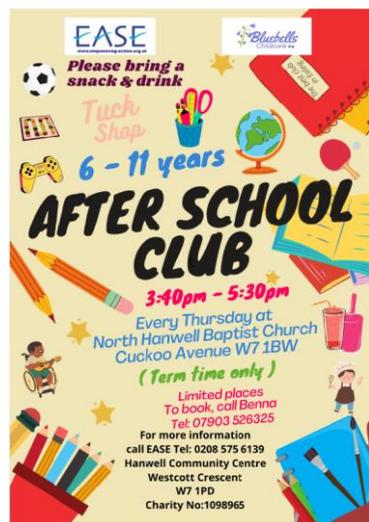
Childcare funding Check to see if you are eligible for any help towards the cost of your childcare
www.childcarechoices.gov.uk

Speech & Language Advice Line
If you have any questions or concerns about your child’s speech, language, or communication needs call **07512 716 478** – Monday to Friday, 1pm to 4pm, or visit:
www.facebook.com/SLTEaling

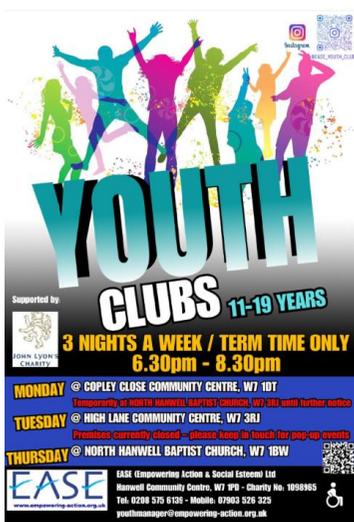
[Ealing Children’s Services – YouTube](#)

Other services that E.A.S.E. offer

Early Start Ealing



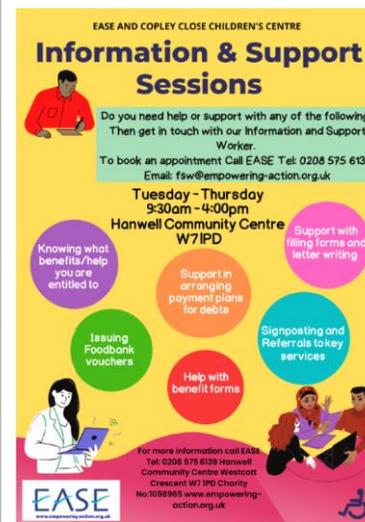
EASE Please bring a snack & drink
Tuck Shop
6 - 11 years
AFTER SCHOOL CLUB
3:40pm - 5:30pm
Every Thursday at North Hanwell Baptist Church Cuckoo Avenue W7 1BW (Term time only)
Limited places To book, call Benna Tel: 07903 526325
For more information call EASE Tel: 0208 575 6139 Hanwell Community Centre Westcott Crescent W7 1PD Charity No: 1098965



YOUTH CLUBS 11-19 YEARS
Supported by
3 NIGHTS A WEEK / TERM TIME ONLY 6.30pm - 8.30pm
MONDAY @ COPLEY CLOSE COMMUNITY CENTRE, W7 1DT
TUESDAY @ HIGH LANE COMMUNITY CENTRE, W7 3RJ
THURSDAY @ NORTH HANWELL BAPTIST CHURCH, W7 1BW
EASE (Empowering Action & Social Esteem) Ltd
Hanwell Community Centre, W7 1PD - Charity No: 1098965
Tel: 0208 575 6139 - Mobile: 07903 526 325
youthmanager@empowering-action.org.uk



I MATTER Youth Project 2026
EASE Youth Club will be delivering workshops for young people from 11 years upwards. They are open to all young people whether you use our services or not and will cover topics that are relevant to young people today.
You do not have to be going through something to gain knowledge of it
All sessions run from 6:30pm - 8:30pm
12th February 2026 Diabetes Awareness
23rd February Social Media awareness
12th March 2026 Sexual relationships and consent
23rd March Bullying and coping strategies
20th April 2026 Self Harm Awareness
30th April Disability awareness & inclusion
Sessions in Blue will be delivered at High Lane Community Centre W7 3RJ
Sessions in Red will be delivered at the North Hanwell Baptist Church W7 1BW
For more details or to discuss the course, please contact the Youth Manager on: 07903 526 325
EASE Hanwell Community Centre W7 1PD 0208 575 6139 Charity No: 1098965



EASE AND COPLEY CLOSE CHILDREN'S CENTRE
Information & Support Sessions
Do you need help or support with any of the following? Then get in touch with our Information and Support Worker
To book an appointment Call EASE Tel: 0208 575 6139 Email: faw@empowering-action.org.uk
Tuesday - Thursday 9:30am - 4:00pm
Hanwell Community Centre W7 1PD
Knowing what benefits/help you are entitled to
Support with filing forms and letter writing
Support in arranging payment plans for debts
Signposting and Referrals to key services
Issuing Feedback vouchers
Help with benefit forms
For more information call EASE Tel: 0208 575 6139 Hanwell Community Centre Westcott Crescent W7 1PD Charity No: 1098965 www.empowering-action.org.uk



Ealing Local Offer
For 0-25-year olds with special educational needs or a disability
www.ealinglocaloffer.org.uk



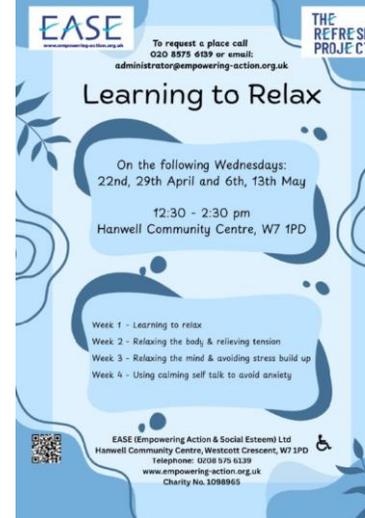
Do you need to talk to someone?
THE REFRESH PROJECT
Our qualified professional will support you through free and confidential 1:1 sessions for up to 10 sessions
★ This is a listening service that allows you to be heard
★ Explore how to feel empowered to make changes
For more information, or to book onto The Refresh Project call us on 0208 575 6139 or 07903 228 993
Or email: therefreshproject@empowering-action.org.uk
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SOCIAL CLUB DROP IN
IT Support
Board Games
Tea/Coffee + Biscuits
Arts + Crafts
Every Tuesday 1-3pm
At Hanwell Community Centre W7 1PD
Meet new people
Make friends and have fun
SPREAD THE WORD!
For more information, please email or call administrator@empowering-action.org.uk
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Over 60's Weekly Singalong Sessions
Do you enjoy singing along to music in the shower or even while doing gardening?
Over 60's Weekly Singalong Sessions
EVERY WEDNESDAY 1:30-3pm at Hanwell Community Centre W7 1PD (the venue may change in November)
NO EXPERIENCE NEEDED ALL ABILITIES WELCOME
EASE (Empowering Action & Social Esteem) Ltd
Hanwell Community Centre, Westcott Crescent, W7 1PD
Telephone: 0208 575 6139
www.empowering-action.org.uk
Charity No: 1098965



EASE THE REFRESH PROJECT
To request a place call 020 8575 6139 or email: administrator@empowering-action.org.uk
Learning to Relax
On the following Wednesdays: 22nd, 29th April and 6th, 13th May
12:30 - 2:30 pm
Hanwell Community Centre, W7 1PD
Week 1 - Learning to relax
Week 2 - Relaxing the body & relieving tension
Week 3 - Relaxing the mind & avoiding stress build up
Week 4 - Using calming self talk to avoid anxiety
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Ealing Children's Integrated Response Service
020 8825 8000
SAFE TEAM Supportive Action for Families in Ealing
020 8825 9800