

Speak Out Activities for July 2021

in Hounslow

Subject to UK Covid-19 restrictions.
All activities are weather permitting.

You must phone to book your place.

Jeff: 07904 494686 Rebecca: 07538 419911

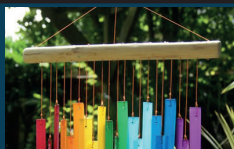


Monday
5, 12, 19, 26
10.30-12.30



Gardening & outdoor creative activities with Rebecca.
Good relaxed fun in the fresh air!
London Museum of Water & Steam

Monday
5, 12, 19 July
1.30-2.30



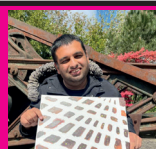
Sensory Stories
A session specially for our members with additional needs. Sounds, smells & touch.
London Museum of Water & Steam

Monday
5, 12, 19, 26
1.30-2.30



Walking Football with Sarfraz
New fun activity to get you fit!
Goals - Gillette Corner, MacFarlane Lane, Isleworth, London, TW7 5DB

Tuesday
6, 13, 20 July
10.30-12.30



Arts and Crafts with Jacqui.
Get your creativity flowing and learn new crafty skills!
London Museum of Water & Steam

Tuesday
27 July
10.30-12.30



Fun Activities in the garden with Nick & Jeff
Help us design & then play our own mini-golf course. Plus outdoor pub games.
London Museum of Water & Steam

Tuesday
6, 13, 20 July
1.30-2.30



Multisports
Get fit with our sports activities at the Gunnersbury Sports Hub
Gunnersbury Park. W3 8LQ

Tuesday
27 July
1.30-3.00



Line Dancing with Terri
Get yourself fit & improve your co-ordination! Always fun!
London Museum of Water & Steam

Wednesday
7, 14, 21 July
10.30-12.00



Tennis for all
Learn new skills and get some exercise at the same time!
Chiswick House (A4 entrance) W4 2RP

Thursday
8, 15, 22 July
10.30-12.00



Line Dancing with Terri
Get yourself fit & improve your co-ordination! Always fun!
London Museum of Water & Steam

Thursday
8, 15, 22 July
1.20-3.30



Walking with Jeff
(phone jeff to confirm meeting place)
8th: River Crane 15th: Inwood Park
22nd: Kew Gardens

Friday
9 July 11-2



Community Cup Football Tournament
(At Goals - see Walking Football above for address)

If you book up... you must turn up! Limited spaces so please respect us & our members