

# WARM WELCOME CENTRES 2024 HILLINGDON



The purpose of the 23/24 Warm Welcome Centres is to provide residents in need with a positive & relevant activity throughout the winter months. Our goal is help improve health & wellbeing through these centres while providing relevant health information where needed.



Activities at the centres include:

- Strength & balance classes
- Parent toddler group's
- Health speakers
- Knit & Natter
- Family games



Each warm welcome centre will provide various activities through the winter months aswell as offering tea, coffee & free WIFI!

## Mondays

Hillingdon Sport and Leisure centre	Free hot drink, Wifi and hot shower	12:00-13:00
St Margarets Uxbridge	Drop in (bereavment support & gentle exercise)	11:00-13:00
Oak farm Library	Family games	All day
Manor Farm Library	Games afternoon	14:00-16:00
Hayes and Harlington Community Centre	Lounge access for all ages	09:00

## Tuesdays

Warm Welcome  
Centres

Oak Farm Library

Family Games

All day

Manor Farm Library

Crossword Group

14:00-16:00

Charville  
Community Centre

Open session  
for all ages

09:00-12:00

Hayes and Harlington  
Community Centre

Coffee morning  
(over 65s)

10:00-12:00

Barnhill  
Community Centre

Pensioners group

13:00-16:00



## Wednesdays

HAWG

Health Workshops

12:30-14:30

Fairfield

Social group and activities  
with refreshments

13:00-13:30

St Margarets Uxbridge

Parent and toddler Group

10:00 - 11:30

Hayes End Methodist

coffee morning with soup,  
activities, exercise & health  
speakers

11:30-14:00

Oak farm Library

Knit and Knatter  
(over 65s)

14:00-16:00

Oak farm Library

Family games

All day

Charville  
Community Centrer

Senior citizen Group

12:00-14:30

Hayes and Harlington  
Community Centre

Lounge access  
for all ages

09:00





# Thursday.

## Warm Welcome Centres

Uxbridge Centre	Weekly Coffee morning	10:30-12:30
Uxbridge Centre	Fortnightly exercise	13:00-14:00
Oak farm Library	Family Games	All day
Charville Community Centre	Open Session for all ages	09:00-12:00
Hayes and Harlington Community Centre	Coffee morning (over 65s)	10:00-12:00



# Friday.

Hillingdon Sport and Leisure centre	Free hot drink, Wifi and hot shower	12:00-13:00
Fairfield	Coffee shop	10:00-12:00
St Margarets Uxbridge	Drop in (Foodbank available)	11:00-13:00
Uxbridge Centre	strength and balance	1:30 - 2:15
Uxbridge Library	Friday friends hot drink, games and activities	10:00 - 12:00
Oak farm Library	Men's Game Group	14:00-15:00
Oak farm Library	Coffee Morning (bi-monthly)	10:30-12:00
Oak farm Library	Knit and Knatter (over 65s)	11:00-13:00
Hayes and Harlington Community Centre	Lounge access For all ages	09:00