



London Borough
of Hounslow

Further Information

For more information please contact us:

Southville Community & Children's Centre
Southville Road
Bedfont
Hounslow TW14 8AP
www.hounslow-leisure.com

Telephone: **020 8844 2328**

Email: hounslow@fusion-lifestyle.com

Calls from BT max 5ppm, other providers may vary.

**Southville
Community
& Children's
Centre**



London Borough
of Hounslow

Centre Programme

2009 – 2010



**Southville
Community
& Children's
Centre**



Monday

09:00 – 12:00	Playgroup	P
09:15 – 09:45	YogaBugs (2 years+)	P
09:30 – 12:30	Children's Care Learning and Development – Adult Education	C
10:00 – 12:00	Short Mat Bowls – <i>All welcome – £1.80 per session</i>	D
13:00 – 16:00	Antenatal session run by West Middlesex Hospital	C
13:00 – 15:00	Prepare to work in Childcare – Are you interested in the first step?	D
17:00 – 18:00	Rainbows – Girls aged 5-7 years	D
19:00 – 20:00	Yoga	C
19:30 – 22:00	Youth Club – for young people aged 11-19 years	D

Tuesday

09:00 – 12:00	Playgroup	P
09:30 – 11:30	Story Time followed by Messy Art/ Play Session (for pre-school children)	D
10:00 – 12:30	First Aid at Work	C
13:00 – 16:00	Antenatal	C
15:00 – 19:00	Drop in activities for Hounslow's Young Carers	D

Wednesday

09:00 – 12:00	Playgroup	P
09:30 – 11:15	Bus Stop Parent / Carer Baby and Toddler Group	D
10:00 – 14:00	Back-to-work advice for parents with a child under 14 years	D
12:30 – 13:00	YogaBugs (2 years+)	P
17:00 – 19:00	Intermediate Youth Club – for young people aged 9-11 years	D
19:30 – 22:00	Senior Youth Club – for young people aged 11-19 years	D

KEY

C: Course
D: Drop-in
P: Prebookable session



Thursday

09:00 – 12:00	Playgroup	P
09:30 – 11:30	Job Search Skills	D
10:30 – 11:30	Keep Fit – Exercise to music – <i>All welcome – £2.30 per session</i>	D
12:00 – 15:00	Adult Education – Basic computer qualification	
14:00 – 16:00	Short Mat Bowls – <i>All welcome – £1.80 per session</i>	D

Friday

09:00 – 12:00	Playgroup	P
09:30 – 11:30	Bus Stop Parent / Carer Baby and Toddler group	D
09:30 – 11:30	English as a second language	C
10:30 – 11:30	TheatreBugs (for pre-school children)	P
11:30 – 13:30	Southville Toy Library	D
13:00 – 15:00	Hairdressing / Manicure course	C
13:00 – 15:00	Complimentary Therapy	C

Saturday

10:00 – 12:00	Kenshui Karate – for children and adults	D
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In addition Southville Centre offers:

- Hounslow's Centre for Young Carers – For young people caring for disabled relatives
- LBH Health Advisors – Do you want to: Give up smoking? Improve your diet? Keep Fit?
- Adult Education Advice
- School Holiday Activities for young people
- Hall and room hire for functions/meetings
- Hounslow Business Advice – Free Advice for existing business and people with ideas
- Free Events

For further information please call **020 8844 2328**.