

# West Hampstead Women's Centre

## Timetable Dec 2020

### MONDAY

<b>Intervention, Support and Advocacy Services</b> Information, advocacy, and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
<b>Osteopathy</b> Holistic practice that involves diagnosing and managing musculoskeletal and other related conditions	10am - 12pm	1*
<b>Sewing and Clothes' making class</b> Term time only	10am - 12pm	£10 / term
<b>Pilates ZOOM</b> All Women welcome	10:30am - 11:30am	£3
<b>Meditation ZOOM</b> Women over 60 welcome (Nov/Dec)	5pm-6pm	Free

### TUESDAY

<b>Intervention, Support and Advocacy Services</b> Information, advocacy, and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
<b>Creative Crafts Class</b> Term time	10am – 12pm	£10 / term
<b>Gardening Project on ZOOM during lockdown</b> Women over 60 welcome to learn gardening	10:30am - 11:30am	Free
<b>Creative Writing ZOOM</b> All Women welcome	7pm – 9pm	Free

### WEDNESDAY

<b>Intervention, Support and Advocacy Services</b> Information, advocacy, and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
<b>Reflexology Sandrine</b> Holistic practice to relieve pain and rebalance the body	10am - 12:30pm	1*

<b>Iyengar Yoga class ZOOM</b> General level Women of all ages and abilities are welcome	10am - 11am	£3
<b>Asian Women's Group and Health Calendar ZOOM</b> (see details below) Weekly discussion and seated exercise, with a Health Calendar session on the last Wednesday each month	1pm - 4pm	Free
<b>Irish Women's Support Group ZOOM</b> Open to all women of Irish descent and birth for support and advice	Evening pm	Free
<b>THURSDAY</b>		
<b>Intervention, Support and Advocacy Services</b> Information, advocacy, and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
<b>Somali Women's Support</b> Information, advocacy, and support for Somali women who are Camden residents	10:30am - 4:30pm	Free
<b>Legs, Bums &amp; Tums / Dance &amp; Exercise ZOOM</b> All levels women over 60 (Nov/Dec)	6pm – 7pm	Free
<b>FRIDAY</b>		
<b>Intervention, Support and Advocacy Services</b> Information, advocacy, and support for women who are Camden residents	10am - 1pm 2pm - 4pm	Free
<b>Somali Women's Support</b> Information, advocacy, and support for Somali women who are Camden residents	10:30am - 4:30pm	Free
<b>Sewing Class</b> Term time	1pm -3pm	£10 / term
<b>SATURDAY</b>		
<b>Asian Women's Exercise Class ZOOM</b> All levels seated exercise	11am – 12pm	Free

## COST INFORMATION AND MEMBERSHIP

To use our services, you need to become a member. Membership is £10 for the first year and renewal is £7 per year for existing members.

For details on how to get intervention, support & advocacy assistance, or to join any of our online Zoom classes please contact us:

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