

# Wellness week

at Friary Park

Grab your space on our wellness week of activities to support your health and wellbeing

- Health checks
- Yoga
- Mindfulness
- Cooking workshop
- Sports for youth
- Creative workshop
- Healthy walk
- Gardening
- Garden games
- Tai-chi
- Garden picnic and more!

We'll also be holding a step challenge with prizes!\*

June 24–30

**C**  
catalyst

All Catalyst residents welcome!  
**FREE** Activities

**0300 456 2099**  
contactcatalyst@chg.org.uk

# Timetable

Mon 24	Tues 25	Wed 26	Thurs 27	Fri 28	Sat 29	Sun 30
<b>10am Friary Step Challenge</b> (come to Friary Park community centre to register and collect your pedometer*)	<b>Friary Step Challenge continues</b>	<b>Friary Step Challenge continues</b>	<b>Friary Step Challenge continues</b>	<b>Friary Step Challenge continues</b>	<b>Friary Step Challenge continues</b>	<b>Friary Step Challenge continues</b>
<b>10am-12pm Wellbeing breakfast</b>	<b>1-3pm Health checks</b> (book a slot)	<b>9:30am Stay and Play</b> (for children under 5s and carers)	<b>10am-12pm Wellbeing breakfast</b>		<b>10-11am Yoga</b>	
<b>10am-12pm Health checks</b> (book a slot)	<b>3:30-4:30pm Relaxation techniques workshop</b> (family activity)	<b>1:30-3:30pm Confidence building masterclass</b>		<b>2-4pm Gaining skills for work</b>		<b>1-4pm Sunday-Funday Gardening Garden games Face painting Picnic Step Challenge Awards</b>
<b>5-7pm Family cooking workshop</b>	<b>4:30-6:30pm Make your own self-care calendar</b> (arts & crafts) (family activity)	<b>4-6pm Tai-Chi</b>	<b>4-6pm Walk to Westcott Park garden</b>	<b>5-9pm DELVE</b> youth project		
	<b>7:15-9pm Tai-chi</b>	<b>4-8pm Head/shoulder massage</b> first come, first served	<b>5-7pm Sports for young people with QPR</b>			

\* Friary Steps Challenge – count your steps throughout the week. Individuals who achieve the most steps will be given a prize at the Sunday-Funday. 1st prize: £30 voucher, 2nd prize: £20 voucher and 3rd prize: £10 voucher. Collect your pedometer from Friary Park community centre on Monday 24 June and take it back to the Sunday-Funday with the number of steps recorded.

For more information including how to join the step challenge and to book your health check call **0300 456 2099** or email [nuria.rodriquez@chg.org.uk](mailto:nuria.rodriquez@chg.org.uk)

**Friary Park community centre, Joseph Avenue, Acton W3 6NL**





**MAPLES**  
CHILDREN'S CENTRE



westcott park  
**community garden**



**ONE YOU** EALING



**WEA**  
Adult Learning Within Reach



**GreenCorridor**



**JAMAL EDWARDS DELVE**

In collaboration with residents of Friary Park