




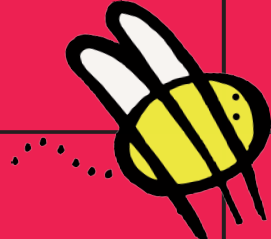




digital timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
adult activities		Pilates with Raquel 11 - 12pm			Communit-tea and Coffee morning 11 - 12am	Yoga with Pamela 10 - 11am
adult health and wellbeing	Yoga with Raquel 2 - 3pm	Pilates with Raquel  2 - 3pm	Pilates with Raquel 2 - 3pm	Yoga with Pamela 2 - 3pm	Pilates with Raquel  2 - 3pm	24hearts  11 - 12am
youth activities	Youth Group 1 5 - 6pm	Youth Art therapy Closed Group 3 - 4.30pm	HD drawing group 3 - 4.30pm	Youth Art therapy Closed Group 3.15 - 4pm		
		Youth Group 4.30 - 6.00pm	Youth RA 5.15 - 6.15pm	Youth Group 4 - 6pm		
		Playstation online game sessions 5pm		Playstation online game sessions 5pm		
kids' activities						Family Yoga 11.30 - 12.15pm
	Kids' Club KS1 4 - 5pm	Kids' Club KS1 4 - 5pm	Futurehood 4 - 5pm	Home Learning support slots 3 - 5pm	Kids' Club KS1 4 - 5pm	Kids' Club all ages 1 - 2pm
		Junior art therapy Closed Group 3.45 - 4.15pm				Junior art therapy Open Group 3 - 3.45pm

Please contact us if you wish to access any of these activities by emailing info@hdcc.london
All activities are free. Donations can be made via the HD Paypal account

