



COMMUNITY ACTIVITIES

Are you a refugee or non-EU migrant living in West London?

Join our **FREE** weekly group online sessions to learn new skills, meet new people, share your experiences and practise your English.

Rise and Shine

Join our wellbeing activities and learn about life in London with sessions designed to uplift your mood and make you feel good!

Mondays, 1:30-3:00pm
On Zoom

Create and Communicate

Build your confidence and meet local friends while enjoying fun creative activities like gardening, cooking, arts and crafts and more!

Wednesdays, 1:00-2:30pm
On Zoom



For more information, text / WhatsApp / call Farid on 07943 756 073 or email farid.mall@groundwork.org.uk



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Department for Levelling
Housing & Communities



Garfield Weston
FOUNDATION