



London Borough
of Hounslow

Community Access Service Planner 3rd March-4th April



MARCH 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	2	3	4	5	6	7	8
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

Service update.

The meeting point for daily activities will be in Hounslow House- in the lobby. (Day Time- Tuesdays, Thursdays, Fridays and Saturdays)



The meeting point for Weekend and Evening activities will be outside Ramada Hounslow.



RAMADA
BY WYNDHAM

The address is 8 -10 Lampton Road, Hounslow, TW3 1JL.

The blue arrows show you where the meeting points are.

For more information on meeting points please speak to your keyworker.

This Planner will detail where and when we are meeting for each day.

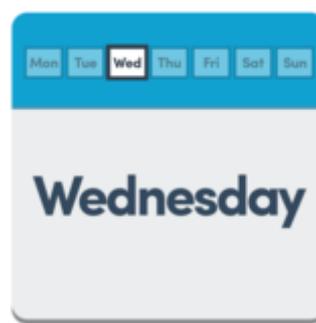
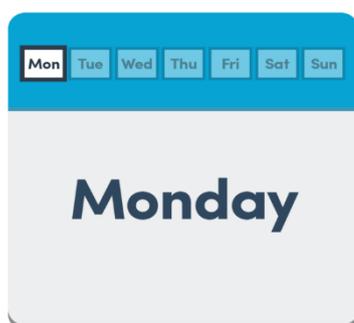
We are still running Zoom sessions to help keep our residents stay connected with their friends.

You will be told which session is an outdoor activity and which is a Zoom activity on the planner.

For Face-to-Face outings, you will need to book in advance with a member of the CAS team.

If you do not book, you will not be able to come. Please speak to your keyworker for more booking information.

Two days at Holy Trinity Church Drop-in



The drop-in service operates on Mondays and Wednesdays

Timings are 9.30 am to 3.30 pm for both days.

Please speak to your keyworker if you require more information.

A note about the CAS planner

Sometimes, we might have to change our sessions and activities on the CAS planner.

This could be for different reasons, for example, because of the weather or the company running the event cancelling.

If we do have to cancel planned dates/sessions, we will do our best to let you know as soon as possible.

We will also try to offer something similar or the same activity later.

Face-to-face outings on offer will need to be booked ahead of time and by a set date.

We will always let you know the deadline for all bookings.

If you do not book and we do not have the spaces after booking has closed- you may be turned away from an outing.

How to join Zoom

You can sign up for free at: www.zoom.com.

You can use your laptop, iPad, tablet, or phone.

To gain access to the group, someone will message you with the link just before it starts.

Only CAS members will be invited, however, new members are welcome.

If exercising please make sure you have a clear safe space, water, trainers, and suitable clothes.

Guidelines for the sessions

CAS guidelines will still apply to all sessions.

We will do our best to help you keep you safe online, however, choosing to use Zoom is done so at your own risk. Please speak to your parents/carers or keyworker if you are unsure about this

Don't forget that other residents and their families may be able to hear from you or see you during the sessions.

You can read the terms and conditions on Zoom for more information about the app and how your data will be stored.

Things you need to know.



This activity is in **person**.



This activity is on **Zoom**.



Do not bring shellfish on outings or to the Drop-ins.



Do not bring nuts to on outings or to the Drop-ins.

Please make staff aware of any allergies/dietary requirements.

Things you may be asked to bring.

Packed lunch



Sandwiches, fruit, and a drink.

Water



Bring some water.

Freedom Pass



Freedom passes or oyster cards.

Exercise gear



Runners or Tracksuit for sports.

Money



You will need money to pay for the activity.

Recipe



Recipe or instructions are available **after** the session.

Art



Bring paper, pencil, and colours.

Equipment



A list of things to bring will be sent out before the session.

Weather Check!



What about the weather?
Do you need an umbrella? Or
sun cream and shades?



Travelling by bus to the outing.

Train Ticket

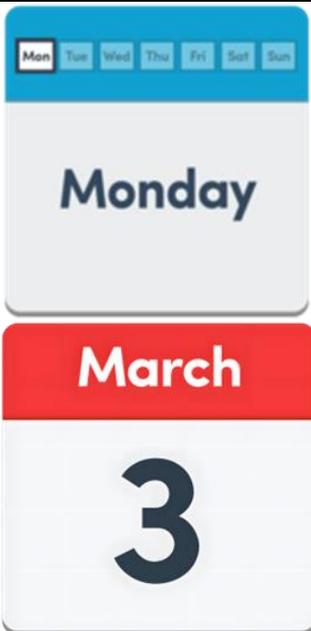


Travelling by train to the
outing.



Walking is involved during an
outing.

Drop in at Holy Trinity Church 9:30 am-3:30 pm.

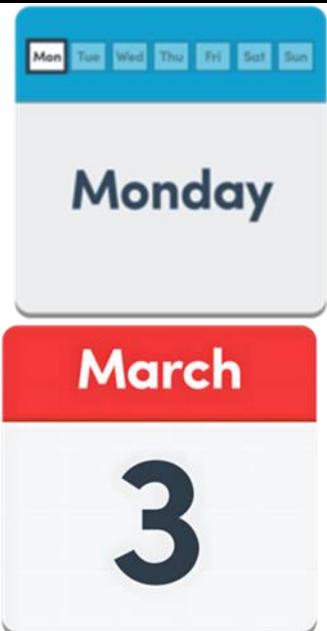


AM: St Davids Day presentation

PM: Arts and Crafts



Coffee and catch up



Meet at
Drop-In:



Return to
Drop-In:



Hanwell Zoo visit

Mon **Tue** Wed Thu Fri Sat Sun

Tuesday

March

4



Meet at
Hounslow
House:



Pick up
Hounslow
House:



**Weather
Check!**



Freedom Pass



**Packed
lunch**



Money £20



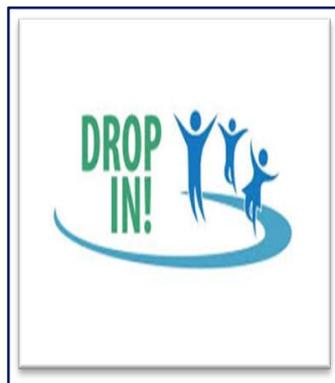
Drop in at Holy Trinity Church 9:30 am – 3:30 pm

Mon Tue **Wed** Thu Fri Sat Sun

Wednesday

March

5



AM: International Womens
Day presentation

PM: OVOS April Planning
Session



**Weather
Check!**



**Packed
lunch**



Freedom Pass



Kings Cross International Womens Day Exhibition

Mon Tue **Wed** Thu Fri Sat Sun

Wednesday

March

5



Starts at
Drop-in:



Finishes at
Drop-in:



Weather
Check!



Money £20



Bus Pass



Mon Tue Wed **Thu** Fri Sat Sun

Thursday

March

6

Bedfont Lakes Park



Meet at
Hounslow
House:



Return to
Hounslow
House:



Weather
Check!



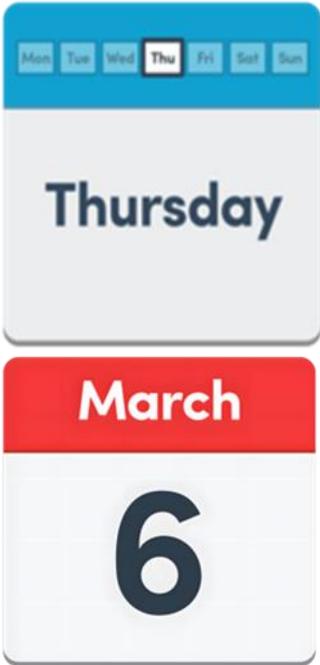
Bus Pass



Packed
lunch



Zoom Morning workout



Starts at:

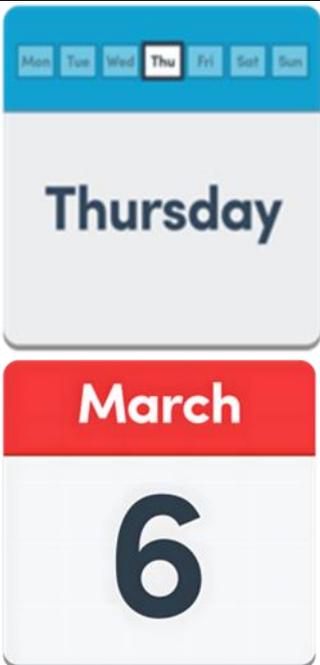


Finish at:



This session is on Zoom

Brain teaser Zoom session



Starts at:

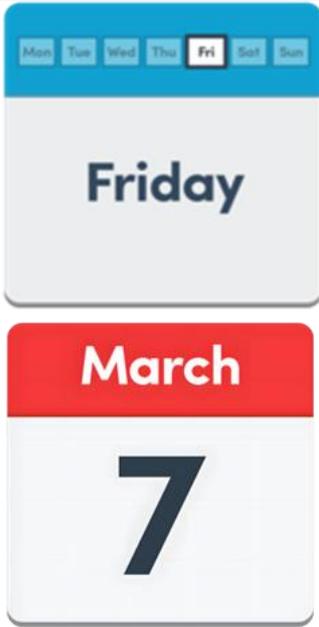


Finish at:



This session is on Zoom

Coffee and catch up



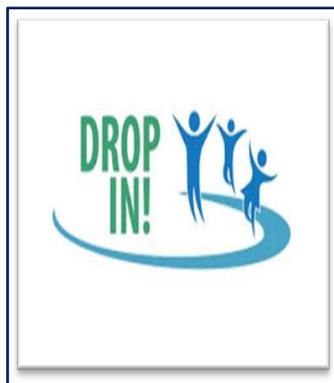
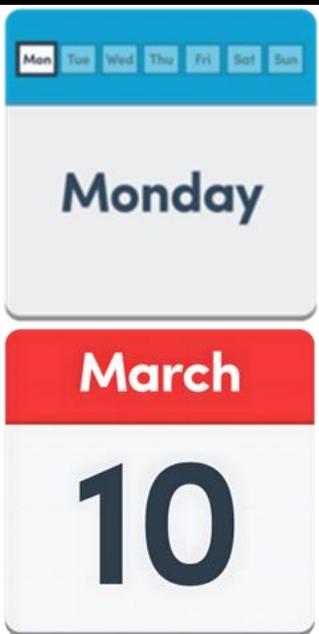
Meet at Hounslow House:



Return to Hounslow House:



Drop in at Holy Trinity Church 9:30 am – 3:30 pm

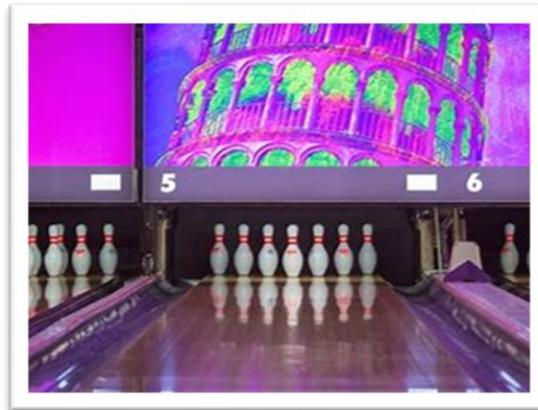
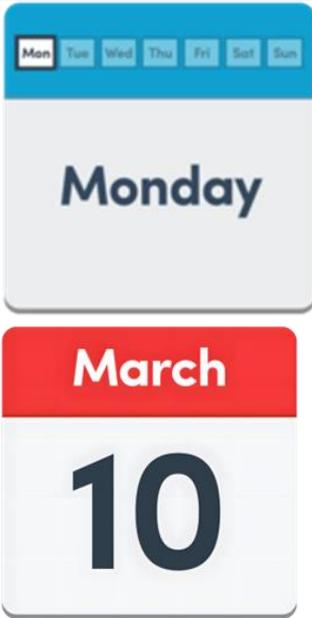


AM: Cooking session

PM: Darts tournament



Bowling at Airport Bowl.



Meet at
Drop-In:



Return to
Drop-In:



Weather
Check!



Freedom Pass



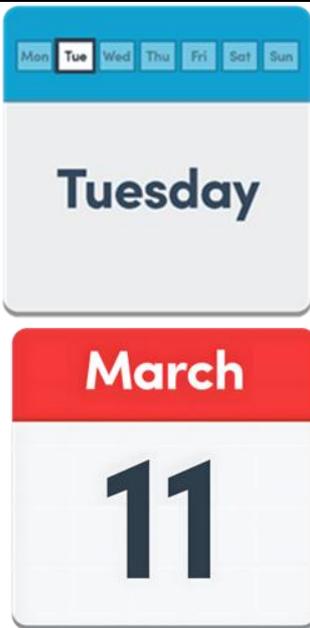
Money £20



Packed
lunch



Fitness Fun with Jenny and Lunch.



Meet at
Hounslow
House:



Return to
Hounslow
House:



Weather
Check!



Freedom Pass



Money £20

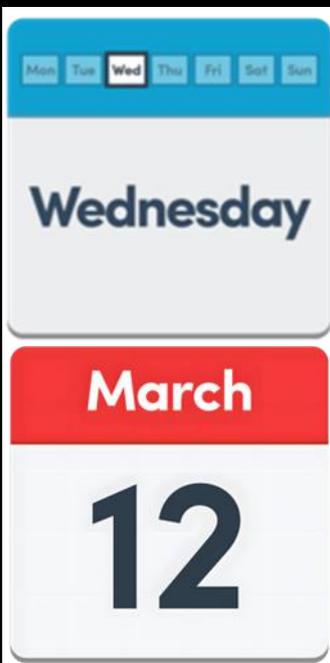


Drop in at Holy Trinity Church 9:30 am – 3:30 pm



AM: James ET Presentation

PM: Womens Group Beauty Session



Men's Group lunch out



Meet at Drop-in:



Return to Drop-in:



Wetherspoons Twickenham Dinner



Meet at
Hounslow
House:



Return to
Hounslow
House:



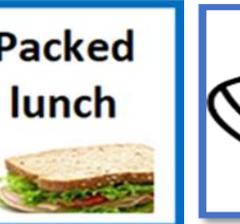
Spring at Kew Gardens



Meeting at
Hounslow
House:



Return to
Hounslow
House



London Cable car

Mon Tue Wed Thu Fri **Sat** Sun

Saturday

March

15



Meet at
Hounslow
House:



Return to
Hounslow
House:



Drop in at Holy Trinity Church 9:30 am – 3:30 pm

Mon Tue Wed Thu Fri Sat **Sun**

Monday

March

17



AM: St Patrick's Day

PM: OVOS meeting



Thornbury Park sport activities

Mon Tue Wed Thu Fri Sat Sun

Monday

March

17



Meet at Drop-in:



Return to Drop-in:



Happy Potter- Mother's Day Gifts

Mon Tue Wed Thu Fri Sat Sun

Tuesday

March

18

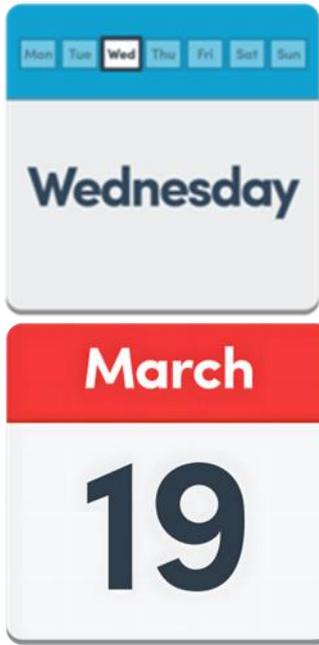


Meet at Hounslow House:

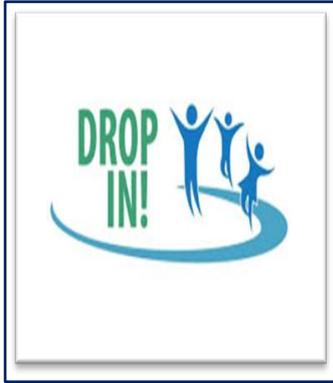


Return to Hounslow House:



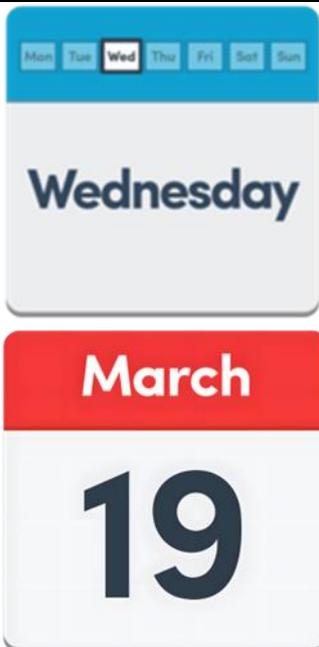


Drop in at Holy Trinity Church 9:30 am – 3:30 pm

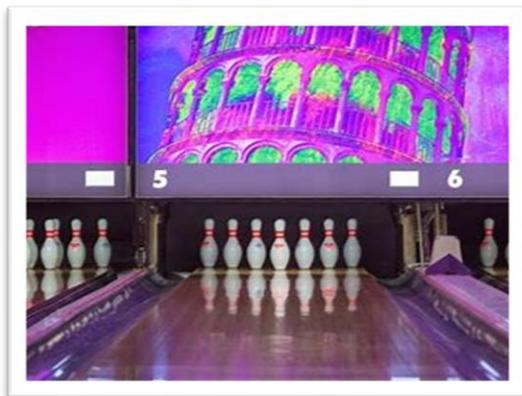


AM: Down Syndrome Awareness Day Talk

PM: Arts and crafts



Bowling at Airport Bowl.



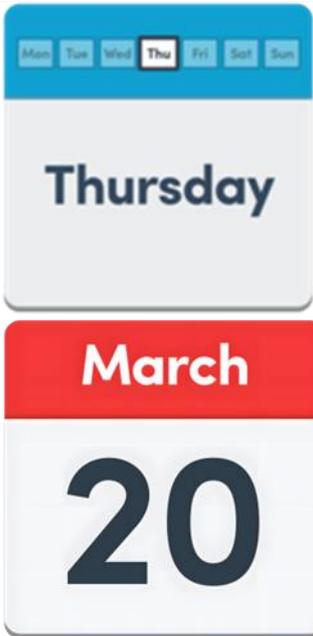
Meet at Drop-In:



Return to Drop-In:



Trampolining in Slough



Meeting at Hounslow House:



Return to Hounslow House:



Weather Check!



Bus Pass



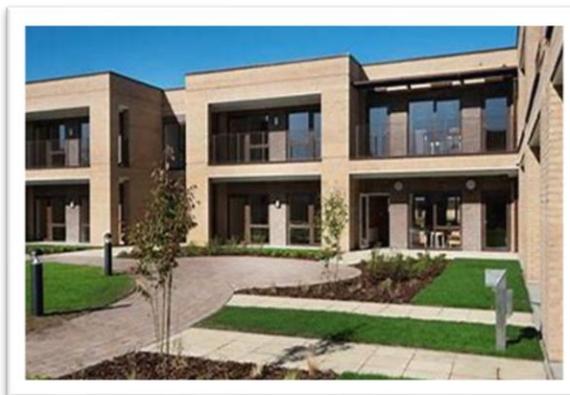
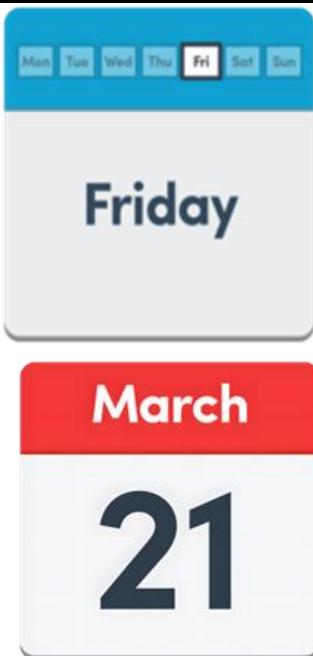
Packed lunch



Money £20



Bristol Court Afternoon



Meet at Bristol Court:



Return to Bristol Court:



Weather Check!

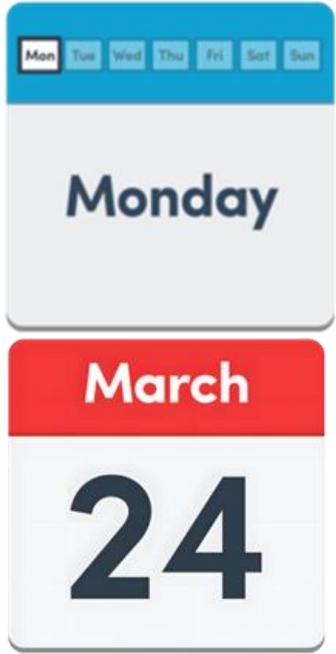


Bus Pass



Packed lunch





Drop in at Holy Trinity Church 9:30 am – 3:30 pm.



AM: Epilepsy Awareness Day talk

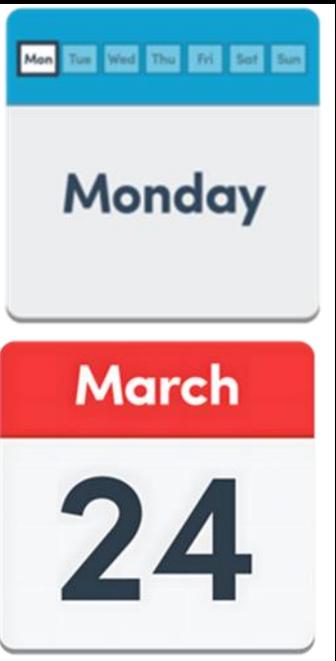
PM: Arts and crafts



Weather Check!



Packed lunch



Sunshine Cafe visit



Meet at Drop-In:



Return to Drop-In:



Weather Check!



Money £20



Packed lunch



Tower of London visit



Meet at
Hounslow
House at:



Return to
Hounslow
House at:



Mon **Tue** Wed Thu Fri Sat Sun

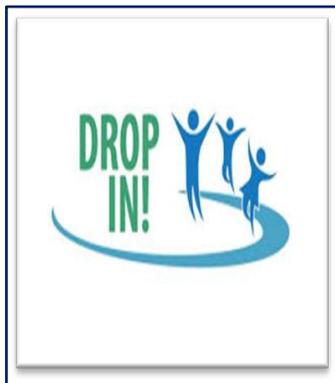
Tuesday

March

25



Drop in at Holy Trinity Church 9:30 am – 3:30 pm



AM: Road safety talks

PM: Art and craft Mother's Day card

Mon Tue **Wed** Thu Fri Sat Sun

Wednesday

March

26



Heavenly Desserts

Mon Tue **Wed** Thu Fri Sat Sun

Wednesday

March

26



Meet at
Drop-In
at:



Return to
Drop-in
at:



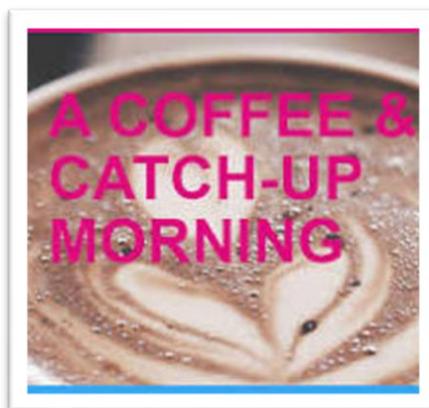
Morning coffee and catch up

Mon Tue Wed **Thu** Fri Sat Sun

Thursday

March

27



Meet at
Hounslow
House:



Return to
Hounslow
House:



Heathrow Bowling

Calendar navigation: Mon, Tue, Wed, Thu, **Fri**, Sat, Sun

Friday

March

28



Meet at
Hounslow
House:



Return to
Hounslow
House:



Calendar navigation: Mon, Tue, Wed, Thu, Fri, **Sat**, Sun

Saturday

March

29

RAF Museum in Hendon



Meet at
Hounslow
House:



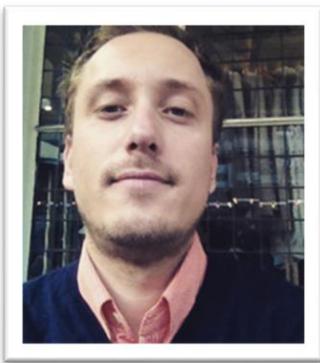
Return to
Hounslow:



Meet the CAS team:



Josephine Pryce
Community Support Worker
Tel: 07814 774279



Rodion Yefymov
Community Support Worker
Tel: 07816067985



Krishna Sharma
Community Support Worker
Tel: 07779996715



Godfrey Kariuki
Community Support Worker
Tel: 07973902975



Judith Freitag

Community Access Service Team Leader
Tel: 07816 067959



Maura Ireland

Community Provisions Manager
Tel: 07816 068538

Location addresses

Holy Trinity Church Drop-in

6 High Street, Hounslow, TW3 1HG
(Opposite the Treaty Centre)

Note: Parking is available behind the church for dropping off/picking up only

Outside Ramada Hounslow meeting point

8-10 Lampton Rd, Hounslow, TW3 1JL

Feedback Form

We have left the **last page** of the planner blank.

This is so you can use it as a **feedback form**.

Write down what you feel happy or unhappy about the service – **staff can help if you need**.

Cut along the dotted line.

Put it in the **feedback box** at the drop-in or give it to a member of staff.

We use feedback to make the service better.



I'm happy / unhappy about...

.....

.....

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