

Community Access Service Planner

4th August-30th August 2025





Zoom Sessions

We are still running Zoom sessions to help keep our CAS Members connected with their friends.

You will be told which session is an In Person session and a Zoom session on the planner.

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 send you a message with the link before the session 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.



CAS Guidelines still apply to all sessions.

We will do our best to keep you safe online however choosing to use Zoom is done so at your own risk. You can read the Zoom terms and conditions.



Please remember other residents and families may be able to hear and see you in zoom sessions.

Planner Information

The meeting point for daily activities on Tuesdays, Thursdays, Fridays and Saturdays will be in Hounslow House- In the lobby.



The meeting point for Evening activities will be outside the Ramada Hounslow Hotel.



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

The blue arrows show you where the meeting point is.

Please speak to a CAS Staff Member if you have any questions about meeting points.

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



A Note about the CAS Planner

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

Weather Check!



This could be for different reasons like bad weather or an event being cancelled.



If we do have to cancel- we will do our best to let you know as soon as possible.

We will try to offer something similar or the same activity another day.

Face- to- Face outings on offer will need to be booked ahead.



We will send out a reminder at the beginning of each week to book onto next weeks outings.



If you do not book, and we do not have spaces after the bookings have closed, you will be turned away from the outing.



Two Days at Holy Trinity Church

Drop in

Our Drop in venue is the Holy Trinity Church in Hounslow.



The Drop in Service operates on Mondays and Wednesdays

Timings are 9.30 am to 3.30 pm for both days.



Please speak to a member of CAS Staff if you require more information

Things you need to know



Do Not bring shellfish on outings or to the CAS Drop ins.



Do Not bring nuts on outings or to the CAS Drop ins.



Please Make staff aware of any allergies or dietary requirements.

Things you may be asked to bring



In this planner, you will see the following pictures each day.

They mean that you will need to bring these items to come on that day.

Packed lunch



Bring a packed lunch such as **Sandwiches, fruit, and a drink.**

Freedom Pass



You will need your **Freedom Pass or Oyster Card** for travelling on this outing.

Exercise gear



Please wear **Runners or a Tracksuit** and comfortable **Trainers** for sports.

Money



You will need **Money** to pay for the activity.

Weather Check!



Please check the weather to see what else you need. Would you happen to need an umbrella? Sun Cream? A Coat?



Important Information

You may also see these pictures that will mean the following:



We will be travelling by **Bus** to the outing.



We will be travelling by **Train** to the outing.



This outing will involve lots of **Walking**.



Clocks will tell you what time we are meeting or returning to meeting points.

Please remember if you are running late to the meeting point- you must let us know.



We will not be able to wait longer than 10 minutes at the meeting point.

Coffee and Catch up

Mon Tue Wed Thu Fri Sat Sun

Monday

August

4



Meet at Drop
in



Return to Drop
in



Weather
Check!



Money £10



Freedom Pass



Drop In at Holy Trinity Church 9.30am-3.30pm

Mon Tue Wed Thu Fri Sat Sun

Monday

August

4

**JUST
DROP IN**
NO APPOINTMENT
NECESSARY

Am: Arts and
Crafts

Pm: Karaoke
Session



Weather
Check!



Packed
lunch



Freedom Pass



Multisport at Gunnersbury

Mon Tue Wed Thu Fri Sat Sun

Tuesday

August

5



Meet at
Hounslow
House
Return to
Hounslow
House



Weather
Check!



Packed
lunch



Freedom Pass



Money £10



Drop In at Holy Trinity Church 9.30am-3.30pm

Mon Tue Wed Thu Fri Sat Sun

Wednesday

August

6

**JUST
DROP IN**
NO APPOINTMENT
NECESSARY

Am: Snooker
Tournament

Pm: OVOS- September
Ideas



Weather
Check!



Packed
lunch



Volunteering at The Farm

Mon Tue **Wed** Thu Fri Sat Sun

Wednesday

August

6



Meet at Drop
in



Return to Drop
in



Weather
Check!



Packed
lunch



Freedom Pass



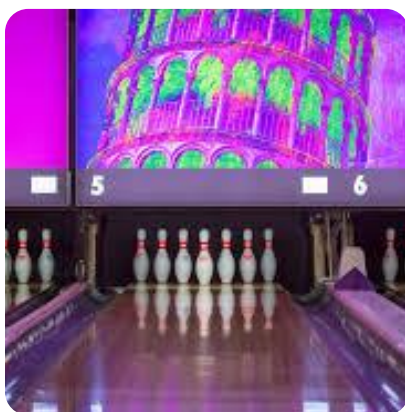
Bowling

Mon Tue Wed **Thu** Fri Sat Sun

Thursday

August

7



Meet at
Hounslow
House



Return to
Hounslow
House



Weather
Check!

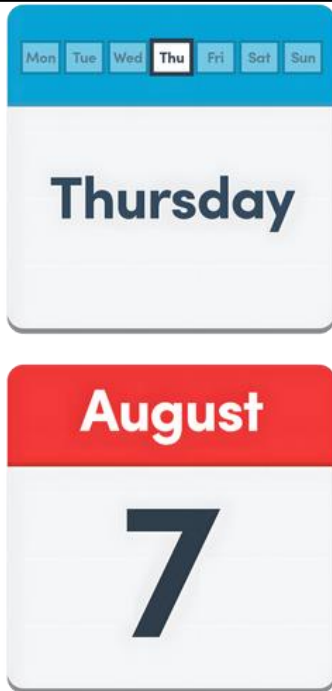


Freedom Pass



Money £20





Virtual Tour and Zoom Feedback Planning Session



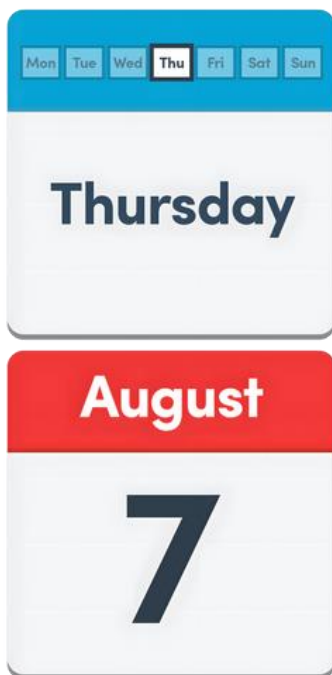
Starts at:



Finishes at:



This Session is on Zoom



Brain Teaser



Starts at:



Finishes at:



This Session is on Zoom

Southend on Sea

Mon Tue Wed Thu **Fri** Sat Sun

Friday

August

8



Meet at
Hounslow
Station

Return to
Hounslow
Station



Weather
Check!



Freedom Pass



Money £40



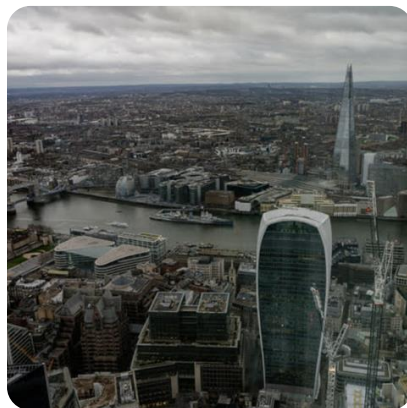
Horizon 22

Mon Tue Wed Thu **Fri** Sat Sun

Monday

August

11



Meet at Drop
in

Return to Drop
in



Weather
Check!



Freedom Pass



Money £20





Drop In at Holy Trinity Church

9.30am-3.30pm



Am: Healthy eating talks

Pm: Jewelry making



Weather Check!



Packed lunch



Freedom Pass






Heathrow Bowling



Meet at
Hounslow
House

Return to
Hounslow
House






Weather Check!



Packed lunch



Freedom Pass



Train Ticket



Money £20





Drop In at Holy Trinity Church

9.30am-3.30pm



Am: Employment
Workshop 10am-12pm

Pm: Women's
Group Beauty
Session



Meet in person



Weather
Check!



Packed
lunch



Freedom Pass



Curry Lunch



Meet at Drop
in

Return to Drop
in






Meet in person



Weather
Check!



Freedom Pass



Money £20

Feltham Art Center

Mon Tue Wed **Thu** Fri Sat Sun

Thursday

August

14



Meet at
Hounslow
House



Return to
Hounslow
House



Weather
Check!



Packed
lunch



Freedom Pass



Money £20



Zoom exercises

Mon Tue Wed **Thu** Fri Sat Sun

Thursday

August

14



Starts at:



Finishes at:



Sing Along Zoom



Starts at:



Finishes at:



Kew Gardens



Meet at
Hounslow
House



Return to
Hounslow
House



Weather
Check!



Packed
lunch



Freedom Pass



Heavenly Desserts

Mon Tue Wed Thu Fri Sat Sun

Monday

August

18



Meet at Drop
in



Return to Drop
in



Drop In at Holy Trinity Church 9.30am-3.30pm

Mon Tue Wed Thu Fri Sat Sun

Monday

August

18



Am: Cooking
Session

Pm: Snooker
Tournament



Companion Cycling



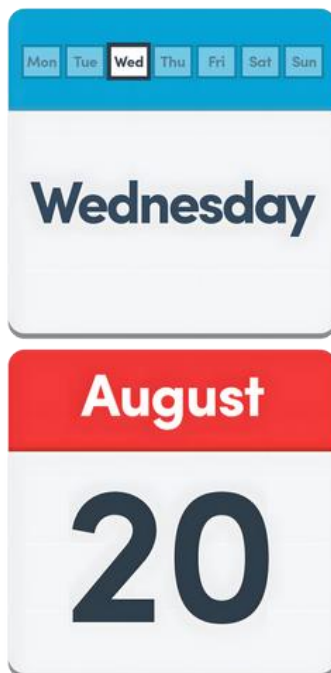
Meet at
Hounslow
House



Return to
Hounslow
House



Drop In at Holy Trinity Church 9.30am-3.30pm



Am: Watercolour Art
Session

Pm: Karaoke session



Men's group football and pub lunch



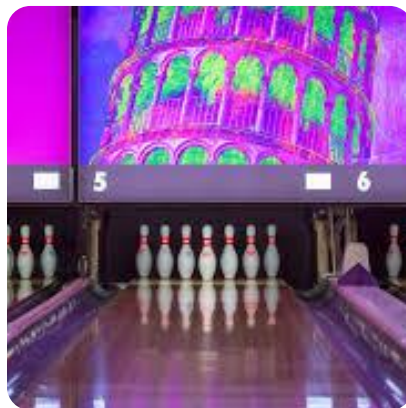
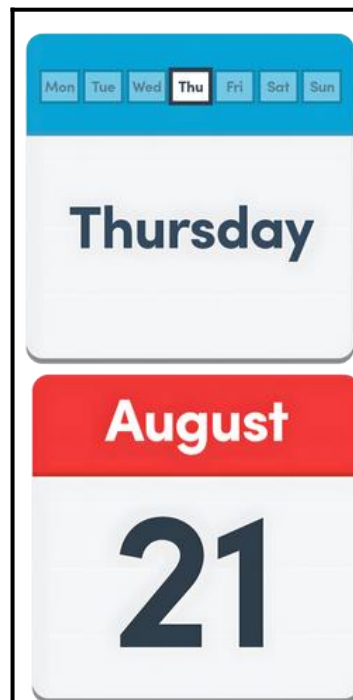
Meet at Drop
in



Return to Drop
in



Bowling at Heathrow



Meet at
Hounslow
House



Return to
Hounslow
House



Bristol Court and Dinner

Mon Tue Wed Thu **Fri** Sat Sun

Friday

August

22



Meet at
Hounslow
House



12:00

Return to
Hounslow
House



7:30



Weather
Check!



Packed
lunch



Freedom Pass



Money £20



Bank Holiday- Service Closed

Mon **Tue** Wed Thu Fri Sat Sun

Monday

August

25

**SORRY
WE'RE
CLOSED**

Sports at Gunnersbury

Mon Tue Wed Thu Fri Sat Sun

Tuesday

August

26



Meet at
Hounslow
House



Return to
Hounslow
House



**Weather
Check!**



**Packed
lunch**



Freedom Pass



Money £10



Train Ticket



Drop In at Holy Trinity Church

9.30am-3.30pm

Mon Tue **Wed** Thu Fri Sat Sun

Wednesday

August

27

**JUST
DROP IN**
NO APPOINTMENT
NECESSARY

Am: OVOS Meeting

Pm: Knit and
Natter



**Weather
Check!**



**Packed
lunch**



Freedom Pass



Chiswick Gardens

Mon Tue **Wed** Thu Fri Sat Sun

Wednesday

August

27



Meet at Drop
in



Return to Drop
in



Weather
Check!



Packed
lunch



Freedom Pass



Family Fun Day at Hampton Court

Mon Tue Wed **Thu** Fri Sat Sun

Thursday

August

28



Meet at
Hounslow
House



Return to
Hounslow
House



Weather
Check!



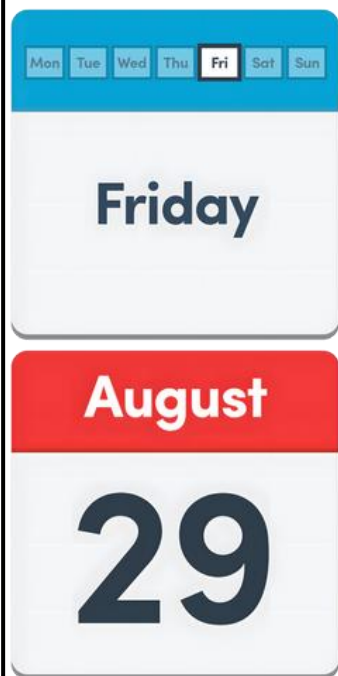
Packed
lunch



Freedom Pass



Lunch and Partnership Board Meeting



Meet at
Hounslow
House



Return to
Hounslow
House



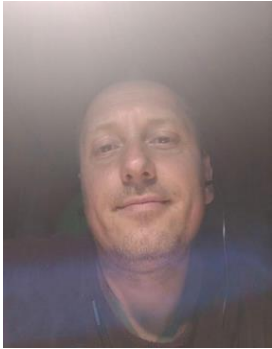
Meet the CAS Team



Josephine Pryce

Community Support Worker

Tel: 07814 774279



Rodion Yefymov

Community Support Worker

Tel: 07816 067985



Krishna Sharma

Community Support Worker

Tel: 07779 996715



Alarbi Dauki

Community Support Worker

Tel: 07973 763932



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



Hounslow House meeting point (Inside Lobby)

7 Bath Road, Hounslow, TW3 3EB



Outside Ramada Hounslow meeting point

8-10 Lampton Rd, Hounslow, TW3 1JL

I'm happy / unhappy about...

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