

Church Street

Winter Wellness Festival

Event programme

Sunday 16 February, 12 – 4pm

Join us for music, food and activities to bring a little cheer to this grey time of year.

Everybody is welcome and activities are free.



City of Westminster

City
for
All

Find out what's on inside!

churchstreet.org.uk

Map of activities





1. Greenside Community Centre

12 – 1pm
Zumba Gold (over 50s)
1 – 2pm
Zumba Gold
(women only over 50s)



2. Cockpit theatre Studio 2

12 – 4pm
Chess (all ages)



3. Fourth Feathers Youth Club

12 – 4pm
Children's cookery class



4. Greenhouse

12 – 4pm
Table tennis, children's arts and crafts, Indian head massage and theatrical storytelling



5. 31 – 33 Church Street

12 – 4pm
Fencing and sports taster sessions



6. 35 – 37 Church Street

12 – 1pm
Yoga and mindfulness meditation (women only)
1 – 2pm
Yoga and mindfulness meditation
2 – 3pm
Creative dance
(6 – 11-year-olds only)
3 – 4pm
Dance (women only)



7. 62 Church Street

12 – 2pm
Therapy puppies



8. Derry Hall

12 – 4pm
Motivation and mindfulness workshop
12 – 1.20pm
Women only
1.20 – 3pm
Mixed



9. Church Street Triangle

12 – 4pm
Food and drinks from Laila's, Paella Bros and Second Shot, music and vegan treats



10. Indaba Yoga

12 – 4pm
Sign up to a free yoga session

Monday 17 February



11. Penfold Hub

2 – 4pm
Live singer David Karl with food and refreshments

What will it take to bring

some spring to your step?



Exercise

Fencing
Yoga



Food

Children's
cookery sessions
Free food and drink



Stretch your brain

Chess
Motivation and
mindfulness workshop



Tire out the kids

Theatrical Storytelling
Creative dance
(6 – 11-year-old)



Relaxation

Therapy puppies
Indian Head Massage



Get decorated

Henna
Face painting

Brought to you by the Church Street regeneration programme.

All activities are free and are supplied by a host of partner organisations.
We are very grateful for their help with this community event.

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