

# Beat the January Blues

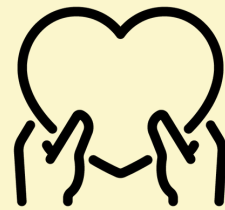
## Havelock wellbeing day

Monday 20 January 2025, 10am-4pm

Open Havelock Community Centre

Willowbrook Road, Southall, UB2 4RQ

Location: What3Words [///spill.kicks.long](https://www.what3words.com/spill.kicks.long)



### Narrow boat trips and canal walks

- Narrow boat round trips from the community centre to Glade Lane Community Garden and back. 11am, 12pm, 1pm, 2pm and 3pm. Places limited. Scan QR code below to book!
- Canal and River Trust 'Let's Walk' walks with local resident Prabha. 12pm and 2pm from the community centre. No need to book, just turn up.

### In the community centre

- Peabody Neighbourhood team. Sign up to MyPeabody to request and track repairs online.
- The HAV. One-stop housing advice for LB Ealing residents.
- Sign up for volunteering opportunities with Community Champions and other community partners.
- 11am-1pm. Mindful Movement and Making for Everyone.
- 12pm-1pm. Let's Go Southall 'Let's Talk' wellbeing sessions by Susie.
- 12pm-1pm. Talk to us about hiring the centre.
- Find out about what's on at the centre including Our Moving Stories, Asian Community Concern, Respect the Studio and Roaming Projects.
- Tips on 'Five ways to wellbeing' with NHS social prescribers.

To book a narrow boat trip, scan the the QR code.   
Bookings close at 12pm Friday 17 January 2025.

For any queries about the event, please contact Peabody Community Investment Lead, Emma Hanbury, on 07813 544558 or [emma.hanbury@peabody.org.uk](mailto:emma.hanbury@peabody.org.uk)



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