

THE PARENTS SPACE – HANWELL/EALING – MEETING DATES/THEMES

	DATE	SESSION	TIME	VENUE	GUEST	DESCRIPTION
1	WEDNESDAY 15 TH APRIL 2026	COFFEE MORNING	10 – 12.00	W7 EMPORIUM - HANWELL	EMILY FAWELL – NUTRITIONAL THERAPY	NUTRITIONAL THERAPY and ADHD Coaching
2	WEDNESDAY 6 TH MAY 2026	COFFEE MORNING	10 – 12.00	W7 EMPORIUM - HANWELL	SHERAN MAHAL	HOME ORGANISATION SESSION- sharing practical tips around organising family spaces, simplifying routines, and making homes work a little better.
3	FRIDAY 15 TH MAY 2026	EVENING SESSION	19.30 – 21.00	W7 EMPORIUM - HANWELL	JOSA KEYES	POETRY AND CREATIVE WRITING SESSION
4	WEDNESDAY 20 TH MAY 2026	COFFEE MORNING	10 – 12.00	W7 EMPORIUM - HANWELL	ALDA PETERSTONE	SOUND HEALING TASTER SESSION hosted by neurodivergent therapist
5	WEDNESDAY 3 RD JUNE 2026	COFFEE MORNING	10 – 12.00	TOWNHOLME CRES. HANWELL	AGATA HENDERSON	LEARNING ABOUT PLANTS & THERAPUTIC GARDENING TASTER SESSION
6	WEDNESDAY 10 TH JUNE 2026	EVENING SESSION	19.30 – 21.00	TBC	SARIKA GAMBHIR	AROMATHERAPY SESSION
7	WEDNESDAY 17 TH JUNE 2026	COFFEE MORNING	10 – 12.00	W7 EMPORIUM - HANWELL	EMMA HODDY	RELAXATION & YOGA TASTER SESSION
8	WEDNESDAY 1 ST JULY 2026	COFFEE MORNING	10 – 12.00	W7 EMPORIUM - HANWELL	LYNNE COPELAND	MINDFULNESS TASTER SESSION
9	WEDNESDAY 8 TH JULY 2026	EVENING SESSION	19.30 – 21.00	THE FOX, HANWELL	ALEKSANDRA SAROWSKY	FACIAL MASSAGE WORKSHOP - teaching simple but effective techniques that mums can easily practice at home.
10	WEDNESDAY 15 TH JULY 2026	COFFEE MORNING	10 – 12.00	W7 EMPORIUM - HANWELL	CAROLINE BARBER	NEURODIVERISTY COACH & SPEAKER SESSION
	SEPT TBC					