

FREE · NO BOOKING · AGES 18-24

# YOUR SPACE. YOUR TERMS.

WHEN

**THURSDAYS · 1-5PM**

WHERE

**ACTON VALE COMMUNITY CENTRE, ACTON**

WHAT'S ON

Table Tennis

PlayStation

Pool

Music Production

Listening Sessions

Sofas & Chill

## **PLUS — REAL SUPPORT, ON YOUR TERMS**

Work, money, mental health — whatever you're dealing with. No judgement, no pressure. We're here when you're ready.

**TURN UP · SIGN UP  
FOLLOW ON INSTAGRAM**

07526 114 447

@avra\_committee





THE SHOT CHALLENGE

# CAN YOU MAKE THE PERFECT SHOT?

Scrunch here and prove it.

▪ **SHOT 1**

Scrunch it. Take aim.

▪ **SHOT 2**

Aim your camera and shoot.

▪ **SHOT 3**

Post it. Tag us.

**Be in with a shot of winning  
a free month's gym membership.**

POST · TAG · WIN

**@AVRA\_COMMITTEE**



AVRA RUNS FREE DROP-IN SESSIONS FOR 18-24 YEAR OLDS IN ACTON ·  
@AVRA\_COMMITTEE