

For adults 18+ living in the Borough of Hammersmith and Fulham

Elgin Health	Weekday	Times	Price
Café at Elgin	Daily	9.30am - 3.30pm	Please see menu
Massage	Tues/Thurs/Saturday	By appointment	From £12 to £30
Osteopathy	Tues/Thurs/Saturday	By appointment	From £20 - £30
Acupuncture	Alternate Wed	By appointment	From £30 to £50
Reflexology & Aromatherapy	Alternate Wednesdays	By appointment	£10
Hairdressing	Alternate Tues/Wed	9.00am – 1.00pm	Tariff prices
Healthy Hearts	Fridays	By appointment	Referral
CGL alcohol service	Mon- Fri	By appointment	Referral
Counselling	Mon/Thurs	By appointment	Free
Elgin Active	Weekday	Times	Price
Yoga (Remedial)	Tues Weds	1.15 to 2.00pm 11.15 to 12.15	£3
Stand and Steady	Thurs/Fri	11.15 to 12.15	£3
Circle Line Dancing	Monday	11.15 to 12.15	£3
Arts and Crafts	Tues/Wed/Thurs	10.30 to 12.30	£3
Knitting Group	Various	Various	£2
Read and Relax	Monday	1.15 to 2.15pm	Free
writing 4 wellbeing	Friday	1.15 to 3.15	£3
Singing For All	See next page	10.30 to 12.15	Free
Elgin Learning	Weekday	Times	Price
Jewellery Making	Various	Various	From £2
Arabic School	Sundays	10.15 to 2.15pm	Call Centre
Dressmaking	Friday	12.30 to 3.00pm	£3
IT Classes	Daily	By appointment	£3
Room Hire	7 days a week	Flexible	Call 020 38152187

Open 365 days a year including weekends and Bank Holidays

New February and March 2017

Elgin Resource Centre Garden Mural

Come and see our garden Mural designed and created by the customers



Gardening Group

Green fingers members come along and join our gardening group to produce products to cook and develop our garden
For all enquiries please contact Jennifer

Knitting Club



Come and be part of our knitting club, any level welcome
Volunteer knitter needed to facilitate the lessons
Please contact Jennifer if interested

Singing for All

Singing for All will run every second Wednesday
Jan 11th & 25th Feb 1st & 15th Mar 1st, 15th & 29th

Elgin Extra

Volunteer for us



Elgin Groups

New Dawn - Mondays – 1.00pm to 3.00pm
(Self support group for carers/ ex carers)

Lunch Club for the Blind

Thursdays – 12.00pm to 3.00pm

All enquiries please contact Jennifer the Community Outreach Worker on 0203 8152186 or email Jennifer.thaxter@nhhg.org.uk