

GROUP	Day/time	Place	Other information
COFFEE MORNINGS			
URC Coffee Morning	Daily Monday to Friday in new extrn. 10.30am – 12.00	United Reformed Church Swakeleys Road Ickenham	Profits to church funds. 01895 634280
Community Cafe	Every weekday 9.30 – 1.00pm	Hillingdon Park Baptist Church Hercies Road Hillingdon	
LUNCHEAS AND LUNCHEON CLUBS			
Luncheon Club	Every weekday 12 noon	Hillingdon Park Baptist Church Hercies Road Hillingdon	Cost: £4.
Lunches	Occasional Details: URC Office 01895 634380 St Giles' Office 01895 622972 Ickenham Church News	United Reformed Church Swakeleys Road Ickenham	Cost £5. Proceeds to Christian Aid.
Lunches for people who live alone*	Second Sunday of each month Start 1pm	Bailey Hall Redford Way Uxbridge	Organised by Christ Church, Uxbridge
*Meal must be	pre-booked by Tel.	01895 258956	Cost: £4
GROUPS FOR OVER 60s			
Over 60s Club	Each Monday 12 noon – 2pm	Guide HQ Community Close Ickenham	Visitors welcome Entrance £2
Innovate Centre for isolated over 60s	Daily	Hillingdon Abbots Rugby Club, Gainsborough Rd, Hayes UB4 8PS	Day Centre including lunch. Office 01895 200210
DO YOU NEED TO TALK TO SOMEONE?			
We are here to listen.	Every Thursday 6-8 p.m. Every Saturday 10.30 a.m. to 12.30 p.m.	St Giles' Church, Swakeleys Road, Ickenham.	No appointment needed; just come in.

BEREAVEMENT GROUPS			
Drop-in for people who are bereaved	Third Monday of each month 2- 3.30pm	St Giles' Church Hall High Road Ickenham	All welcome. Members of the Bereavement Support Group available
Dovetail Bereavement Support Group	1st Monday of the month (unless a Bank holiday, then 2nd Monday) 10.00 -11.30 am	Hillingdon Park Baptist Church Hercies Road Hillingdon	
St Martin's Bereavement Drop-in	Last Thursday of each month. 12 noon- 2pm	St Martins Church Eastcote Road Ruislip	Bec Room, St Martins Church Hall.
St Margaret's Footprints	Every Monday 10.30 a.m. – 11.30 a.m	St Margaret's Church, Windsor Str. Uxbridge	Bereavement Group
Widows in Harmony	Third Wednesday of each month 7.30-9.30 p.m.	The Stables Manor Farm Ruislip	For details ring Sheila(Secretary) on 07702 959 292
WIMM (Widowed in Mid- Marriage) group.	Meets on the second and last Wedn. in each month	Pendle Court, Sutton Court Road, Hillingdon.	Social Group for widowed people. Contact Mary or Keith on 01895 637353.
"Just Friends" A club established for widows and widowers.	Fridays 10.00 – 12.00 noon	Methodist Church Ickenham Road' Ruislip	For further information ring 01895 851450
WOMEN'S GROUPS			
Ickenham Afternoon Townswomen's Guild	Fourth Wednesday of each month 1.45 – 4pm	St Giles' Church Hall High Road Ickenham	Light refreshments available
Mothers Union	Second Thursday of each month 1.30 - 3.30pm	St Giles' Church rear Hall High Road Ickenham	

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Ickenham Churches' Women's Group	First Thursday of each month 8 – 10 pm	Hardwick Room, URC Swakeleys Rd. Ickenham	Contact Diana Holland 01895636344
Ruislip Evening Townswomen's Guild	Fourth Thursday of each month 7.30 - 10pm	Ruislip Methodist Church Hall Ickenham Road Ruislip	For further information ring 01895 635898
Hillingdon Friendship Centre	Second Monday of Each month 2 – 4 pm Many trips arranged	St Giles' Church Hall, Swakeleys Rd. Ickenham	Open to all adults of all ages Entrance £2 or £7pa. FFI ring 0208 248 6684
MEN'S GROUPS			
Men's breakfasts with speaker	One Saturday in each quarter 8.30am	Held alternately in St Giles' Church Hall and URC Hall	See ICN for dates and venues. Cost £3
Swakeleys Probus Club (lunch with a talk) for retired and semi-retired professional and business men	Second Thursday of each month 12 noon	Uxbridge Golf Club The Drive Uxbridge UB10 8AQ	New members welcome. For further information ring 01895 678125
ICKERMEN Men's Group	Monthly for evening activities and occasionally at weekends.	Various locations for social events and activities in support of the community and Churches.	Keith Arnold or Tony Davies via Church Office 01895 622971
MEMORY CAFÉ For those suffering with their memory – Friends Welcome too	Every Wednesday from 11am - 1 pm Fun Fellowship. Refreshments. Memory games. Information. Support.	St Giles' Church Corner of Swakeleys Road and Hign Road Ickenham UB10 8BG	Church Office 01895 622971 or info at: www.stgileschurch.co.uk



Ickenham Churches'
Bereavement Support
Group

Local Contacts

Spring 2019