



Creating
Ground

Timetable of Activities

January - March 2026

Creating Ground CIC is a not-for-profit organisation set up in 2016 to work with women from migrant backgrounds to promote cross-cultural awareness, learning and sharing across different communities in South East London through collaborative arts and educational projects.

Monday AM

Dance with Protein

12 January - 16 March

10:30am - 12:30pm

Brookhill Children's Centre, Woolwich,
SE18 6BD



LUCA SILVESTRINI'S
PROTEIN

Tuesday AM

Heritage Project with Rich and Lucie

6 January - 24 March

10:30am - 12:30pm

G-West Community & Arts Centre,
SE10 8JA



Tuesday PM

Gentle Stretching Online

with Sylwia

13 January - 24 March

6:00 - 6:45pm

Online via Zoom



Wednesday AM

Creativity for Wellbeing with Laura

14 January - 25 March

10:30am - 12:30pm

G-West Community & Arts Centre,
SE10 8JA



Thursday AM

Creative Sessions with Lucie

15 January - 26 March

10:30am - 12:30pm

G-West Community & Arts Centre,
SE10 8JA



Friday AM

Walks for Wellbeing with Ewa and Laura

27 February & 27 March*

10:30am - 12:30pm

Starting locations to be confirmed



*These are not weekly
sessions!

Thursday PM

Creative Skills Online

with Laura and Rose

15 January - 26 March

6:00 - 7:15pm

Online via Zoom



To register or for more information please contact Rose at projects@theground.org.uk

