

# Timetable of Activities

## April - July 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	Tuesday AM	Wednesday AM	Thursday AM	Friday AM
<p><b>Dance with Protein</b> 13 April - 6 July 10:30am - 12:30pm Brookhill Children's Centre, Woolwich, SE18 6BD</p>  <p>COMMUNITY FUND    LUCA SILVESTRINI'S PROTEIN</p>	<p><b>Heritage Project with Rich and Lucie</b> Select dates 10:30am - 12:30pm G-West Community &amp; Arts Centre, SE10 8JA</p> <p><b>FULL</b></p>  <p>Heritage Fund</p>	<p><b>Together for Wellbeing with Laura</b> 15 April - 8 July 10:30am - 12:30pm G-West Community &amp; Arts Centre, SE10 8JA</p>  <p>Greenwich Mental Health Hub</p>	<p><b>Creative Sessions with Lucie</b> 16 April - 9 July 10:30am - 12:30pm G-West Community &amp; Arts Centre, SE10 8JA</p>  <p>COMMUNITY FUND</p>	<p><b>Walks for Wellbeing with Ewa and Laura</b> Select dates* 10:30am - 12:30pm Starting locations to be confirmed</p>  <p>*24<sup>th</sup> April, 8<sup>th</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 26<sup>th</sup> June, 3<sup>rd</sup> July, 17<sup>th</sup> July</p> <p>WALKING AND CYCLING GRANTS A TfL COMMUNITY PROJECT</p>
<p><b>Tuesday PM</b></p> <p><b>Gentle Stretching Online with Sylwia</b> 14 April - 7 July 6:00 - 6:45pm Online via Zoom</p>  <p>COMMUNITY FUND</p>		<p><b>Thursday PM</b></p> <p><b>Creative Skills Online with Laura and Rose</b> 16 April - 9 July 6:00 - 7:15pm Online via Zoom</p>  <p>COMMUNITY FUND</p>		

✨ To register or for more information please contact Rose at [projects@theground.org.uk](mailto:projects@theground.org.uk) ✨