


All inclusive FREE personal safety awareness session, open to any persons 16+... to raise general awareness around personal safety, and to offer an opportunity for attendees to speak to local police officers to share any concerns they may have about safety in the local area.

**Date: Monday 28th April 2025**

**Time: 5.30pm - 7pm**

- 
- Basic self-defence class (with a male non-police instructor) and local police officers available post class to provide crime prevention advice and support
  - All inclusive - any persons 16+

**Venue:** Upstairs meeting room at ST MARGARET'S CHURCH, 52A WINDSOR STREET, UXBRIDGE, UB8 1AB

How to book: Attendees need to book in advance by emailing

**[rr.selfdefenceandpt@gmail.com](mailto:rr.selfdefenceandpt@gmail.com)**



RR's Self-Defence and Personal Fitness Training

BROUGHT TO YOU BY  
UXBRIDGE BID



**METROPOLITAN  
POLICE**