

WEDNESDAY 23RD FEBRUARY

12.30 - 3.30PM

Programme of Events

Speeches & Taster Classes

12.30pm - Welcome Speech. Thanking Volunteers and users for their support - Mike Nicholson, Chair of Trustees

12.45pm - Age Concern Southend - Services we provide, how we support our users and how people can help support us. David Ward, Treasurer

1-3.30pm - FREE Come and play pool, table football and board games

1-1.10pm - FREE Taster class - keep fit with Liam

1.10-1.15pm - FREE Taster class - Body and Brain exercise

1.15pm - Guided Tour of Days at the Haven Day Centre - meet downstairs outside the Day Centre

1.15pm - Guided Tour of The Haven Community Hub - meet at reception

1.20-1.30pm - FREE Taster class - Seated Exercise and Falls Management with Cameron from Everyone Health Southend

1.30-3.30pm - FREE Drop in learn to crochet with Edwin in our cafe

1.30-1.40pm - FREE Taster class - Keep Fit with Liz

1.45-1.55pm - FREE Taster class - Yoga with Carmen

2.00pm - The Haven Community Hub & Membership - Emily Tucker, Operations Manager

2.15-2.25pm - FREE Taster class - Dancercise with Val

2.25 - 2.35pm - FREE Taster class - Strollercise

2.25pm - Guided Tour of Days at The Haven Centre - meet downstairs outside the Day Centre

2.30-3.30pm - FREE drop in for IT/Smart phone help - back of the cafe

**2.40pm - Age Concern Southend - what your support means to us and how we use it
David Ward, Treasurer**

3pm - Thank you and plans for the future - Mike Nicholson, Chair of Trustees

3.30pm Close

AGE CONCERN INVITE YOU TO VISIT OUT STALLS

**ACSOS Wheelchair & Mobility hire and hearing aid batteries
plus Information and Advice**

ACSOS Befriending & Volunteering information and sign up

**ACSOS The Haven Community Hub Membership
and timetables**

ACSOS Donation Point

ACSOS Days at the Haven

**With information and support from
Essex Mobility**

Healthwatch Southend

Trust Links - Friends for Lives

**Trust Links - Training courses & workshops for stress
anxiety and mental health**

Stibbards Funeral Directors

Hello Life/South Essex Advocacy

Everyone Health Southend

Cake Club - Parenting Support

Carers First

Southend Borough Council Dementia Team

Southend pop up Mobile Library

All Ideas Matter Counselling

Meryl Hands in Care - free hand massages

First4Feet

Essex Ear Care - demo on hearing aids

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