

THE HAVEN COMMUNITY HUB TIMETABLE - DAY TIME CLASSES – MAY 2022

To book email bookings@acsos.co.uk or call **07835 942365**. Bookings should be made in advance and payment made upon booking.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9.00-11.00am Pool & Table Tennis Pool £2 (Members £1.00) Table Tennis £4/£3 (Members £2)	10.00-12.00am Crochet & Chatter with Cozy Cat Crochet £5 (Members £4)	10.00- 11.00am NEW Starts 18th May Qigong £5 (Members £4)	9.00-11.00am Pool & Table Tennis Pool £2 (Members £1.00) Table Tennis £4/£3 (Members £2)	9.00-10.00am Pool & Table Tennis Pool £2 (Members £1.00) Table Tennis £4/£3 (Members £2)	10.00-12.00am Crochet & Chatter with Cozy Cat Crochet £5 (Member £4)
10.15-11.15am Keep Fit with Liam £5 (Members £4)	9.00-11.00am AVAILABLE TO HIRE	11.15-12.15pm Line Dancing £5 (Members £4)	9.00-11.00am & 11.00-1.00pm Crochet and Chatter with Cozy Cat Crochet £5 (Members £4)	10.00-12.00pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com or FB to book £3.50	12.00-2.00am Crochet & Chatter with Cozy Cat Crochet £5 (Member £4)
11.30-12.30pm Body and Brain Exercise with Liam £5 (Members £4)	11.15-12.15pm Keep Fit with Liam £5 (Members £4)	1.00-3.00pm Fully Booked Book Club £2 Last Wed every month	10.15-11.15am Keep Fit with Liz £5 (Members £4)	12.00-2.00pm Free Counselling Service £donation appreciated	10.30-12.30pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com or FB to book £3.50 2 ND Saturday of the month
1 st Monday every month 12.30-2.30pm Bereavement group. Book direct on 07969 099396 £donation appreciated	1.00-2.00pm Gentle yoga with Claire £5 (Members £4)	1.00-3.00pm Knit & Natter with Theresa and Dee £5 (Members £4)	11.30-12.15pm Supportive yoga with chairs Carmen £5 (Members £4)	1.00-3.30pm Cards- Whist £3 (Members £2)	10.30-12.30pm SAVS Family Forum www.savs-southend.org 4 th Saturday of the month
2 nd , 3 rd & 4 th Monday every month 12.45-2.45pm Cake Club – Parenting support and playgroup. cakeclubcommunity@gmail.com or via FB to book £3.50	1.00-3.00pm NEW Computer Class 30 min slot 1-2-1 with an expert £5 (Members £4)	1.30-3.30pm Art Classes Free taster sessions starting June – ask reception	12.30-1.30pm Strollercise £5 (Members £4)		2.00-4.00pm South Essex African Caribbean Association Steel Band Practice Email lime@post.com
1.00-3.00pm Computer Class 30 min slot 1-2-1 with an expert £5 (Members £4)	2.15-4.15 Falls Management Programme – FREE Call 0333 005 0095 or email eh.southend@nhs.net	1.30-3.30pm Coffee, Conversation and Games £2 (Members £1)	1.00-3.00pm Bridge £3 (Members £2)		
3.00-3.45pm Keep Steady with Active Life £2.50 (6-week course) 01702567327 book direct			2.00-3.00pm The Sound of Memories – Adult Choir £5 (Members £4)		

Please bring your own water bottle and mat if needed. We have a small quantity of mats available to borrow.

See overleaf for Evening Classes and other Hub Services



Classes held at The Havens Community Hub, 138-140 Hamlet Court Road, Westcliff, SS0 7LW. www.acsos.co.uk

THE HAVEN COMMUNITY HUB TIMETABLE – EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.00pm-5.00pm Seaside circus – after school avrilclairehockett@gmail.com	4.30pm – 5.30pm AVAILABLE TO HIRE	4.00-5.00pm AVAILABLE TO HIRE	4.00-5.00pm 12th May Seaside Circus – Adult & Child After school activity £8 per adult and Child	4.00-8.00pm AVAILABLE TO HIRE	5.00pm-10.00pm AVAILABLE TO HIRE
5.30-6.30pm AVAILABLE TO HIRE	6pm-7pm Body Conditioning with Liam £5 (Members £4) Advance bookings only	5.30- 6.30pm Kids Martial Arts 6-11yrs 07543696517 or adaptivefightingartsessex@yahoo.com	6.00-7.00pm AVAILABLE TO HIRE		SUNDAY
6.45-7.45pm Tai Chi Beginners Class £5 Friendsforlives.com/shop	7.15pm-8.15pm Pilates with Fit Bugs Book direct by email zoe@fitbugs.net	6.30-7.30pm Beginners Martial Arts Age 11+ £8 Call Liam on 07543696517 or adaptivefightingartsessex@yahoo.com	6.00-7.00pm – Downstairs Tune Your Mood – Free Singalong for Mental Health		5.00-6.00pm (Monthly) Gong – Relaxing Meditation clairemyoga108@gmail.com
8.00 – 9.00pm AVAILABLE TO HIRE		7.30-8.30pm Advanced Martial Arts Call Liam to book on 07543696517 or adaptivefightingartsessex@yahoo.com	7.15-8.15pm Starts 9th June YOGA with Carmen 07974 348040 abreathoflightyoga@gmail.com		
			7.00-10.00pm 2nd Thurs a month Westcliff Women’s Institute woswi@hotmail.com		

HUB SERVICES

SERVICES	CONTACT	MON	TUE	WED	THU	FRI	SAT
Days at the Haven – Specialist Day Centre – For older people in the community and those suffering from dementia. Providing quality respite facilities for families and carers	01702 645 373 or days@acsos.co.uk Availability Mondays and Thursdays	IN		IN	IN	IN	
So Sew by Zoe - Sewing lessons. Bespoke baby and children’s wear. Alterations /Repairs	07877 223241 or sosewbyzoe@gmail.com	IN	IN	IN	IN	IN	IN
Classy Claws - Microdermabrasion, Facials, Gel Nails and Pedicure	07882 167310	IN	IN	IN	IN	IN	AM
Suzi’s Dreams - Reiki and Indian Head Massage	07771 266859			IN			
First 4 Feet - Foot Clinic	01702 554445				IN		
Cake Club - Mum and Baby Support	cakeclubcommunity@gmail.com	IN				IN	IN
Everyone Health	0333 005 0095	IN		IN			
Carers First	0300 303 1555		IN				
Dementia Support	01702 534772 / 07468 845960				IN	IN	
Counselling – Helen Hans	hello@helenhans.com 07920 127929	IN	IN				
Essex Clear to Hear – Hearing Tests, Hearing Aid Repairs and Wax Removal	Bookings via the Hub						3 rd Fri
Healthwatch Southend - An independent, impartial organisation that helps people of all ages who need information about health or social care services.	01702 416320 info@healthwatchesouthend.co.uk	IN	IN	IN	IN	IN	

COMING SOON

Dementia Information and Advice Open Day - 18th May
 Quiz Night 20th May - £60 for a table of 6 including Hot Dog and Chips - Book at Reception
 Art Taster Classes – 8th June Acrylics, 22nd June Oils, 6th July Watercolours and 20th July Pastels – Book at Reception