



## THE HAVEN COMMUNITY HUB TIMETABLE - DAY TIME CLASSES – AUGUST 2022

To book email [bookings@acsos.co.uk](mailto:bookings@acsos.co.uk) or call **01702 345 373**. (Price in brackets denotes Members Price).



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7.30 – 8.30am <b>AVAILABLE TO HIRE</b>	10.00 - 12.00am <b>Crochet with Cozy Cat Crochet</b> £5 (£4)	7.30 – 8.30am <b>AVAILABLE TO HIRE</b>	9.00-11.00am <b>Table Tennis</b> £4/£3 (£2)	7.30 – 8.30am <b>Viking Pilates</b>  £5 (£4)	10.00-12.00am <b>Crochet with Cozy Cat Crochet</b> £5 (£4)
9.00-11.00am <b>Table Tennis</b> £4/£3 (£2)	10.00 – 11.00am <b>Wing Chung (Defence Fit)</b>  £5 (£4)	10.00 - 11.00am <b>Qigong</b> £5 (£4)	9.00-11.00am & 11.00-1.00pm <b>Crochet with Cozy Cat Crochet</b> £5 (£4)	9.00-10.00am <b>Table Tennis</b> £4/£3 (£2)	12.00-2.00am <b>Crochet with Cozy Cat Crochet</b> £5 (£4)
10.15-11.15am <b>Keep Fit with Liam</b> £5 (£4)	11.15-12.15pm <b>Keep Fit with Liam</b> £5 (£4)	11.15-12.15pm <b>Line Dancing</b> £5 (£4)	10.15-11.15am <b>Keep Fit with Liz</b> £5 (£4)	10.00-12.00pm <b>Cake Club – Parenting support and playgroup.</b> <a href="mailto:cakeclubcommunity@gmail.com">cakeclubcommunity@gmail.com</a> om	10.00-12.00pm <b>Cake Club – Parenting support and playgroup.</b> <a href="mailto:cakeclubcommunity@gmail.com">cakeclubcommunity@gmail.com</a> 2 <sup>ND</sup> Saturday of the month
11.30-12.30pm <b>Body and Brain Exercise (Filipino Martial Arts) with Liam</b> £5 (£4)	12.30-1.15pm <b>Chair Pilates (Upstairs)</b> £5 (£4)	1.00-3.00pm <b>Book Club</b> £2 Last Wed every month	11.30-12.15pm <b>Supportive yoga with chairs Carmen</b> £5 (£4)	12.00-2.00pm <b>Free Counselling Service</b> £donation appreciated	10.00-12.00pm <b>SAVS Family Forum</b> <a href="http://www.savs-southend.org">www.savs-southend.org</a> 4 <sup>th</sup> Saturday of the month
1.00-3.00pm <b>Cake Club – Parenting support and playgroup.</b> <a href="mailto:cakeclubcommunity@gmail.com">cakeclubcommunity@gmail.com</a>	1.30-2.30pm <b>Chair Pilates (Downstairs)</b> £5 (£4)	1.00-3.00pm <b>Knit &amp; Natter with Theresa and Dee</b> £5 (£4)	12.30-1.30pm <b>Strollercise</b> £5 (£4)	1.00– 3.30pm <b>Whist</b> £3 (£2)	2.00-4.00pm <b>South Essex African Caribbean Association</b> Steel Band Practice Email lime@post.com
1.00-3.00pm <b>Computer Class</b> 30 min slot 1-2-1 with an expert £5 (£4)	1.00-3.00pm <b>NEW</b> <b>Computer Course</b> <b>Coming soon</b> £20 for 4-week course	1.30-3.30pm <b>Art Club</b> £5 (£4) Ask reception for dates	1.15-3.15pm <b>Bridge</b> £3 (£2)		<b>SUNDAY</b>
3.00-3.45pm <b>Keep Steady with Active Life</b> £2.50 (6-wk course) <b>01702567327 book direct</b>		1.30-3.30pm <b>Coffee and Conversation</b> £2 (£1)	2.00-3.00pm <b>The Sound of Memories – Adult Choir</b> £5 (£4)		8.00 – 9.00 am <b>Viking Pilates</b> £5 (£4)

## THE HAVEN COMMUNITY HUB TIMETABLE – EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4.00pm-5.00pm <b>Seaside circus</b> avrilclairehockett@gmail.com	4.30pm – 5.30pm <b>AVAILABLE TO HIRE</b>	4.00-5.00pm <b>AVAILABLE TO HIRE</b>	4.30-5.30pm <b>AVAILABLE TO HIRE</b>	4.00-8.00pm <b>AVAILABLE TO HIRE</b>	5.00pm-10.00pm <b>AVAILABLE TO HIRE</b>
5.15-6.45pm  <b>AVAILABLE TO HIRE</b>	6pm-7pm  <b>AVAILABLE TO HIRE</b>	5.30 - 6.30pm <b>Kids Martial Arts 6-11yrs £8</b> Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	5.45 – 7.15pm  <b>AVAILABLE TO HIRE</b>		
7.00-8.00pm <b>Box Fit with Liam</b> £5 (£4)	7.15pm-8.15pm <b>Pilates with Fit Bugs</b> Book direct by email zoe@fitbugs.net	6.30.7.30pm <b>Empty Hand Martial Arts £8</b> Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	6.00-7.00pm - Café Area <b>Tune Your Mood – Free Singalong for Mental Health</b>		
8.00 – 9.00pm  <b>AVAILABLE TO HIRE</b>		7.30-8.30pm <b>Filipino Martial Arts £8</b> Call Liam on 07543696517 or paperstreetcombatclub@gmail.com	7.30-8.30pm <b>YOGA with Carmen</b> Call 07974 348040 abreathoflightyoga@gmail.com		
			8.00-10.00pm - Café Area 2 <sup>nd</sup> Thurs a month <b>Westcliff Women's Institute</b> woswi@hotmail.com		

OTHER SERVICES AT THE HUB	TELEPHONE	DATES FOR YOUR DIARY
<b>Days at the Haven</b> – Specialist Day Centre – Spaces Available	01702 645 373	<ul style="list-style-type: none"> <li>● Carers Support Group – (3<sup>rd</sup> Tuesday of each month)</li> <li>● Pamper Night – Friday 23<sup>rd</sup> September 2022</li> <li>● Race Night – Friday 21<sup>st</sup> October 2022</li> <li>● Christmas Fayre – Sunday 27<sup>th</sup> November 2022</li> <li>● Visit Santa – Saturday 17<sup>th</sup> December 2022</li> </ul>
<b>So Sew by Zoe</b> - Sewing lessons. Alterations /Repairs	07877 223241	
<b>Classy Claws</b> - Microdermabrasion, Facials, Gel Nails and Pedic's	07882 167310	
<b>Suzi's Dreams</b> - Reiki and Indian Head Massage	07771 266859	
<b>Lorna Mays</b> -Massage and Reflexology	07980 292013	
<b>First 4 Feet</b> - Foot Clinic	01702 554445	
<b>Cake Club</b> - Mum and Baby Support	<a href="mailto:cakeclubcommunity@gmail.com">cakeclubcommunity@gmail.com</a>	
<b>Counselling – Helen Hans</b>	07920 127929	
<b>Essex Clear to Hear</b>	Bookings via the Hub	
<b>Healthwatch Southend</b>	01702 416320	
<b>Purple Pearl Therapies</b>	07740 987519	



Classes held at The Havens Community Hub, 138-140 Hamlet Court Road, Westcliff, SS0 7LW. [www.acsos.co.uk](http://www.acsos.co.uk)