

THE HAVEN COMMUNITY HUB TIMETABLE – JULY

Try a class for £1. All in house classes £6*

Day, evening, and weekend classes for ALL ages

Advanced booking is recommended either in person, by email bookings@acsos.co.uk or by calling 01702 345373.

<u>MONDAY 9am-9pm</u>	<u>TUESDAY 9am-9pm</u>	<u>WEDNESDAY 9am-9pm</u>
9.00-11.00 Table Tennis	10.00-12.00 Crochet	10.00-11.00 Mental Health Support Group - FREE
10.30-11.30 Keep fit with Liam	10.00-11.00 Yoga	10.00-11.00 Tai Chi
11.30-12.30 Body and Brain Exercise	11.00-11.45 Falls Prevention	11.15-12.00 Falls Prevention
1.00-3.00 Cake Club Parenting Support ^	11.15-12.15 Available	11.15-12.15 Line Dancing
1.00-4.00 Monthly Computer Class – Half hour slot	12.00-12.45 Chair Pilates	1.00-2.00 Monthly Book Club
3.00-4.00 Available	12.30-1.30 Available	1.00-3.00 Art Group
4.00-5.00 Available	1.00-3.00 IT Support – Half hour slots	1.00-3.00 Knit & Natter
5.15-6.15	1.45-2.45 Available	1.30-3.30 Coffee & Conversation – FREE
6.30-7.30 Available	3.00-4.00 Available	4.00-6.00 available
6.30-7.30 Pilates with Fitbugs^	6.00-7.00 Pilates with Fit Bugs^	6.00-8.00 Table Tennis
7.00-8.00	7.15-8.30 Craft, Coffee & Chat, starts 11th July	6.30-7.30 Puppy training with SLB starts 3rd August
7.15-8.15 Available	7.00 ~8.00 Yoga	7.45-8.45 Available
7.45-8.45 Box Fit	7.00-8.30 Holiday Makers Spanish	
7.45-8.45 Tai Chi	7.15-8.15 Pilates with Fit Bugs^	

*Except for Table Tennis, Whist and Bridge which are £4 and Book Club which is £3

^Privately hired classes – please contact provider directly – See other services below for details

www.acsos.co.uk

The Havens Community Hub, 138-140 and 134 Hamlet Court Road, Westcliff, SS0 7LW



<u>THURSDAY 9am-9pm</u>	<u>FRIDAY 9am-4pm</u>	<u>SUNDAY 9am-4pm</u>
9.00-11.00 Table Tennis 9.00-12.00 Crochet 10.00-12.00 Coffee Morning (Accessible) Free 10.00-11.30 Half hour IT support slots 10.15-11.15 Keep Fit with Liz 11.30-12.15 Supportive Yoga with Chairs 12.30-1.30 Available 2.00-3.00 Ballroom & Latin American Dance 2.00-3.00 Computer course 7-week course £42 starts 6th July 2.00-3.00 The Sound of Memories choir 3.00-4.00 Available 4.15-5.15 Available 5.45-6.45 Beginner Pilates 4 week course £24 starts 13th July 5.15-6.15 Val Musicality^ 6.30-7.30 Val Musicality^ 7.15-8.15 Yoga - tbc	9.00-10.00 Table Tennis 10.30-11.30 Cognitive Exercise/Falls prevention 10.00-12.00 Cake Club Parenting Support^ 11.00-1.00 Free Counselling Service - FREE 1.00-3.00 Whist <b style="text-align: center;"><u>SATURDAY 9am-4pm</u> 9.00-12.00 Crochet 9.30-10.30 Yoga 11.30-12.30 Tai Chi 1.00-3.00 Cake Club Parenting Support ^ 1.45-3.45 Chess Club – For beginners <b style="text-align: center;"><u>Coming soon to the weekend</u> Men’s bacon booty club. Menopausal support group G.A.P men’s club Teenager wellbeing – includes new to secondary school	10.00-11.00 Mat Yoga 10.00-11.00 Menopause Yoga 11.45-12.45 Photography workshop – Starts 23rd July <u>EVENTS</u> Carers Support Group – 3 rd Tues of the month Sound of Memories Summer Concert 7 th July South West central pcn 12 th July 9.30am-1pm Intro to British Sign Language - 19 th July 6.45-8.45 £10 – one off class Paint & Prosecco – 4 th August evening, £30 Race Night 15th September 60’s Juke Box Concert 6 th October Christmas Fayre 19 th November

OTHER HUB SERVICES			
Days at the Haven – Specialist Neurological Day Centre	01702 345 373	Helen Hans Counselling - call for more information & prices	07920 127929
So Sew by Zoe - Sewing lessons. Alterations /Repairs	07877 223241	Healthwatch Southend	01702 416320
Classy Claws - Microdermabrasion, Facials, Gel Nails & Pedi’s	07882 167310	Carers First – Drop-in Clinic 10 – 2pm on Tuesdays	0300 3031555
Suzi’s Dreams - Reiki and Indian Head Massage	07771 266859	Hear Hear Wax Clear Microsuction - earwaxremovalsex.co.uk	
Lorna Mays -Massage and Reflexology	07980 292013	Cake Club – Parental Support and Play Group - cakeclubcommunity@gmail.com	
First 4 Feet - Foot Clinic	01702 554445	Fit Bugs Pilates – zoe@fitbugs.net	
Waxing Hub – Experienced Waxing Specialist	07975 801486	Carmen Yoga – Thursday nights- abreathoflightyoga@gmail.com	07974 348040

We are run and funded by Age Concern Southend on Sea. Your small local independent charity. We are NOT funded by the Council or the NHS. Charity No 1160916. All donations go towards running The Haven Community Hub. Your support is very much appreciated.

www.acsos.co.uk

The Havens Community Hub, 138-140 and 134 Hamlet Court Road, Westcliff, SS0 7LW