

In January 2024, try something you've not done before - The Community Hub Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Table Tennis 9am – 11am £4	Crochet Club 10am-12pm £6	Falls Prevention 11.15am - 12pm <i>Strengthening your core</i> £6	Table Tennis 9am – 11am £4	Crochet Club 9am- 12pm £6	Counselling 9am – 12.30pm (Free)	Crochet 9am – 12pm <i>Learn to crochet</i> £6
Coffee & Conversation 10am – 12pm <i>Come & chat</i> Free	Supportive Yoga 10am – 11am <i>Improves stability.</i> Starting 16/01/24 £6	Line dancing 11.15am – 12.15pm <i>Gentle exercise class</i> £6	Coffee & Conversation 10am – 12pm <i>Come & meet new friends</i> (Free)	Whist 1pm- 3pm <i>Card playing group</i> £5	Mat yoga 9am-10am <i>Muscle strengthening</i> £6	
IT Support with Mark 10am – 12pm <i>One to One help – 30 mins slot</i> £6	Falls Prevention 10.30am -11.15am <i>Strengthening your core</i> £6	Knit & Knatter 1pm – 3pm <i>Chat & knit</i> £6	IT Support – inc Mobile tech 10am – 11.30am <i>One to one help 30mins slot</i> £6	Parenting Support provided by Cake Club 10am – 12pm PH	Table Tennis 9am – 11am £4	
Body & Brain 11.30am-12.30pm Improves Coordination £6	Chair Pilates 11.30am - 12.15pm <i>Seated Exercise</i> £6	Art Group 1pm to 3pm <i>Painting & drawing class.</i> <i>Materials & drink incld</i> £6	Keep fit with Liz 10.15am-11.15am <i>Building core strength</i> £6	Line dancing for beginners 12.30pm – 1.30pm <i>Gentle exercise class</i> £6	Seated Exercise 10.15am-11.15am <i>Upper body strength</i> £6	
IT support with Alan 2pm-4pm 30 mins slots £6	Frailty Prevention Course 2pm-3pm 12 weeks starting 27/02/24 <i>Improves balance.</i> £60	Coffee & conversation 1.30pm – 3.30pm <i>Come & chat</i> (Free)	Supportive Yoga 11.30am-12.15pm <i>Improves stability.</i> £6		Tai Chi 11.30am 12.30pm <i>Improves balance</i> £6	
Parenting Support provided by Cake Club 1pm – 3pm PH	Group Hypnotherapy with Carmen 1pm – 2pm PH	Book Club 1pm – 3pm £2	Frailty Prevention Course 12.30pm-1.30pm 12 weeks starting 01/02/24 <i>improves your balance</i> £60		Parenting Support provided by Cake Club 1pm – 3pm 1st OF THE MONTH Multiples group 1pm – 3pm 3rd OF THE MONTH	
Pilates provided by Fitbugs 6.30pm – 7.30pm PH	Pilates provided by Fitbugs 6pm – 8.15pm PH		Sounds of memory choir 2pm-3pm £6			
			Computer Course 2pm -4pm <i>Beginners IT course 7 weeks</i> £70			
1st Activity Free			Beginners Pilates Course 5.30 – 6.30 pm 5 weeks starting 11/01/24 £35			



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

We also offer

Private Hires

Monday	Pilates with Fitbugs	6.30pm-7pm - zoe@fitbugs.net
Tuesday	Pilates with Fitbugs	6pm – 7pm & 7.15pm-8.15pm - zoe@fitbugs.net
Wednesday	Book Club	1pm -2pm Meets last Wednesday in the month
Monday 10-12, Friday 10-12 & Saturday		1pm – 3pm Cake Club Parenting Support and play Group - cakeclubcommunity@gmail.com

OTHER HUB SERVICES

Classy Claws - Microdermabrasion, Facials, Gel Nails, back facials & Pedi's 07882 167310

So Sew by Zoe - Sewing lessons. Alterations /Repairs 07877 223241

Waxing Hub – Waxing, tinting, chocolate facials, chocolate body massage, hot Stone massage.
07975801486

Lorna Mays -Massage and Reflexology 07980 292013

First 4 Feet - Foot Clinic 01702 554445

Spiritual Readings with Rev Gerry Carter 07729892906

Helen Hans Counselling - call for more information & prices 07920 127929

Carers First – Drop-in Clinic 10 – 2pm on Tuesdays 0300 3031555

Hear Hear Wax Clear Microsuction - earwaxremovalsex.co.uk 07833013865

Dementia Day Centre

Do you care for or know someone living with dementia? Do you know about our Dementia Day Centre which offers meaningful and enjoyable activities based on Cognitive Stimulation Therapy which is proven to enhance and improve the lives of older people living with dementia – whether diagnosed or undiagnosed.

Join our volunteer team – Ask at reception for details

The community hub is funded by your support and donations and run by Age Concern Southend on Sea.

We are NOT funded by the Council or the NHS. Charity No 1160916.

Your support is very much appreciated.