

## June 2024 – The Community Hub Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Table Tennis</b> 9am – 11am  £4 <span style="float: right;">MH</span>	<b>Knit &amp; Knat, Crochet &amp; Chat</b> 10am – 12pm  £6 <span style="float: right;">DC</span>	<b>Tai Chi</b> 10am – 11am  £6 <span style="float: right;">MH</span>	<b>Table Tennis</b> 9am – 11am  £4 <span style="float: right;">MH</span>	<b>Counselling</b> 9am – 12.30pm  Free <span style="float: right;">RM134</span>	<b>Knit &amp; Knat, Crochet &amp; Chat</b> 9am – 12pm  £6 <span style="float: right;">DC</span>
<b>Coffee &amp; Conversation</b> 10am – 12pm  Free <span style="float: right;">RM134</span>	<b>Inclusive Yoga</b> 10am – 11am  £6 <span style="float: right;">MH</span>	<b>Dementia Advice &amp; Support</b> 10.30am – 12.30pm Free Drop-in session 1 <sup>st</sup> Wednesday of the month	<b>Knit &amp; Knat, Crochet &amp; Chat</b> 9am – 12pm  £6 <span style="float: right;">Café</span>	<b>Whist</b> <i>Card playing group</i> 1pm – 3pm  £4 <span style="float: right;">RM134</span>	<b>Mat Yoga</b> 9am – 10am  £6 <span style="float: right;">MH</span>
<b>IT Support with Mark</b> 10am – 12pm <i>One to One – 30 min</i>  £6 <span style="float: right;">RM134</span>	<b>Falls Prevention</b> 10.30am – 11.15am <i>Strengthening your core</i>  £6 <span style="float: right;">RM134</span>	<b>Falls Prevention</b> 11.15am – 12pm  £6 <span style="float: right;">RM 134</span>	<b>Coffee &amp; Conversation</b> 10am – 12pm  Free <span style="float: right;">RM134</span>	<b>Parenting Support provided by Cake Club</b>  10am–12pm <span style="float: right;">PH</span>	<b>Table Tennis</b> 10am – 12pm  £4 <span style="float: right;">MH</span>
<b>Body &amp; Brain</b> 11.30am – 12.30pm <i>Improves Coordination</i>  £6 <span style="float: right;">MH</span>	<b>Chair Pilates</b> 11.30am – 12.15pm  £6 <span style="float: right;">RM134</span>	<b>Line Dancing</b> 11.15am – 12.15pm <i>Gentle exercise class</i>  £6 <span style="float: right;">MH</span>	<b>Keep Fit with Liz</b> 10.15am – 11.15am <i>Building core strength</i>  £6 <span style="float: right;">MH</span>	 <b>Carers Intensive Support Team</b> 10am–2pm <b>Wednesday 12<sup>th</sup> June</b>  Personalised Physical, Mental, Social and Emotional Health and Wellbeing checks for carers over 65	<b>Seated Exercise</b> 10.15am – 11.15am <i>Upper body strength</i>  £6 <span style="float: right;">RM134</span>
<b>Parenting Support provided by Cake Club</b>  1pm–3pm <span style="float: right;">PH</span>	<b>Group Hypnotherapy with Carmen</b>  1pm–2pm <span style="float: right;">PH</span>	<b>Knit &amp; Knat, Crochet &amp; Chat</b> 1pm – 3pm  £6 <span style="float: right;">Café</span>	<b>Inclusive Yoga</b> 11.30am – 12.15pm  £6 <span style="float: right;">MH</span>		<b>Art Station for Kids</b> <b>15<sup>th</sup> June</b> 10am – 11.30am  £10 <span style="float: right;">Café</span>
<b>Pilates Course</b> 5.20pm – 6.20 pm <b>5 weeks starting 3/6/24</b>  £30 <span style="float: right;">MH</span>	<b>IT Support with Mark</b> 2pm – 4pm <i>One to One – 30min</i>  £6 <span style="float: right;">RM134</span>	<b>Coffee &amp; Conversation</b> 1.30pm – 3.30pm <i>Come &amp; chat</i>  Free <span style="float: right;">RM134</span>	<b>Sounds of Memory Choir</b> 2pm – 3pm  £6 <span style="float: right;">RM134</span>		<b>SaturDAY Centre Opening 8<sup>th</sup> June</b> 10am–4pm. For details email: <a href="mailto:Sarah.Wilson@ageconcernsouthend.co.uk">Sarah.Wilson@ageconcernsouthend.co.uk</a>
<b>Pilates provided by Fitbugs</b> 6.30pm – 7.30pm  <span style="float: right;">PH</span>	<b>Pilates provided by Fitbugs</b> 6pm – 7pm  <span style="float: right;">PH</span>	<b>Art Group – Painting &amp; Drawing</b> 1pm – 3pm <i>Basic art materials &amp; drink inc.</i>  £10 <span style="float: right;">MH</span>	<b>Pilates Course</b> 5.30 – 6.30 pm <b>5 weeks starting 6/6/24</b>  £30 <span style="float: right;">MH</span>	 SOUTHEND ON SEA CIO	<b>Parenting Support provided by Cake Club</b> 1pm – 3pm <b>2<sup>ND</sup> SAT OF THE MONTH</b>
<b>MH – Main Hall</b> <b>PH – Private Hire</b> <b>DC – Day Centre</b> <b>RM134 – Room 134</b>	<b>Pilates provided by Fitbugs</b> 7.15pm – 8.15pm  <span style="float: right;">PH</span>	<b>Book Club</b> <i>Last Wed of the Month</i> 1pm – 2pm  £3 <span style="float: right;">RM134</span>			<b>Multiples group</b> 1pm – 3pm <b>3<sup>rd</sup> SAT OF THE MONTH</b>

**Advanced booking is recommended. Book in person or by calling 01702 345 373 or emailing [enquiry@ageconcernsouthend.co.uk](mailto:enquiry@ageconcernsouthend.co.uk)**

## Private Hires (PH)

Pilates with Fitbugs – [zoe@fitbugs.net](mailto:zoe@fitbugs.net)

**Mondays** 6.30pm -7.30pm

**Tuesdays** 6pm – 7pm & 7:15pm – 8:15pm

Cake Club Parenting Support and Play Group - [cakeclubcommunity@gmail.com](mailto:cakeclubcommunity@gmail.com)

**Mondays** 10am – 12pm

**Fridays** 10am – 12pm

**Saturdays** 1pm – 3pm

## Other Hub Services

**Classy Claws** – 07882 167310

Microdermabrasion, Facials, Gel Nails, Back Facials & Pedicures

**Barbara Wanna Utilities Warehouse** – 07968 638089

Advice on household energy bills. 1<sup>st</sup> Thursday of the month - 11am-2pm

**Lorna Mays** – 07980 292013

Massage and Reflexology

**First 4 Feet** – 01702 554445

Foot Clinic

**Carers First** – 0300 3031555

Drop-in Clinic 10 – 2pm - 3<sup>rd</sup> and 4<sup>th</sup> Tuesdays in the month -

**Hear Hear Wax Clear Microsuction**

[earwaxremovalssex.co.uk](http://earwaxremovalssex.co.uk) - 07833 013865

**Clarke – Dementia Navigator**

Drop-in Clinic Offering Advice & Support- 10.30am – 12.30pm - 1<sup>st</sup> Wednesday of the month



## Dementia Day and SATurday 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.

**For details email:**

[Sarah.Wilson@ageconcernsouthend.co.uk](mailto:Sarah.Wilson@ageconcernsouthend.co.uk)

**Do you have a spare hour and want to support your local community? Why not join our volunteer team? We are currently looking for:**

Charity shop volunteers

Befriending volunteers

Fundraising and Events volunteers

Dementia Day Centre Drivers

If you are interested, please ask at reception for details or go to [www.ageconcernsouthend.co.uk/volunteer](http://www.ageconcernsouthend.co.uk/volunteer)