


September 2024 – The Community Hub Timetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Table Tennis 9am – 11am £4 MH	Knit & nat, Crochet & Chat 10am – 12pm £6 DC	Tai Chi 10am – 11am £6 MH	Table Tennis 9am – 11am £4 MH	Parenting Support provided by Cake Club 10am–12pm PH	Knit & nat, Crochet & Chat 9am – 12pm £6 Cafe
Coffee & Conversation 10am – 12pm Free RM134	Inclusive Yoga 10am – 11am £6 MH	Dementia Advice & Support 10.30am – 12.30pm Free Drop-in session 1 st Wednesday of the month	Knit & nat, Crochet & Chat 9am – 12pm £6 Café	Whist Card playing group 1pm – 3pm £4 RM134	Mat Yoga 9am – 10am Starting 07/09 £6 MH
IT Support with Mark 10am – 12pm <i>One to One – 30 min</i> £6 RM134	Falls Prevention 10.30am – 11.15am <i>Strengthening your core</i> £6 RM134	Falls Prevention 11.15am – 12pm £6 RM 134	Coffee & Conversation 10am – 12pm Free RM134	 Carers Intensive Support Team Wednesday 11th September 11am-1pm For carers over 65 caring for a person who may be frail and carers of any age caring for a person with suspected or confirmed dementia.	Table Tennis 10.15am – 12.15pm £4 MH
Body & Brain 11.30am – 12.30pm <i>Improves Coordination</i> £6 MH	Chair Pilates 11.30am – 12.15pm £6 RM134	Line Dancing 11.15am – 12.15pm <i>Gentle exercise class</i> £6 MH	Keep Fit with Liz 10.15am – 11.15am <i>Building core strength</i> £6 MH		Boxfit with Tabby 10.15am – 11.15am <i>Upper body strength</i> £6 RM134
Parenting Support provided by Cake Club 1pm–3pm PH	IT Support with Mark 2pm – 4pm <i>One to One – 30min</i> £6 RM134	Knit & nat, Crochet & Chat 1pm – 3pm £6 Café	Chair Yoga 11.30am – 12.15pm £6 MH	SaturDAY Centre 10am–4pm. For details email: Sarah.Wilson@ageconcernsouthend.co.uk	
Kids Kung Fu Coming Soon! Enquiries 01702 345 373	Pilates provided by Fitbugs 6pm – 7pm & 7.15pm – 8.15pm PH	Coffee & Conversation 1.30pm – 3.30pm <i>Come & chat</i> Free RM134	Sounds of Memory Choir 2pm – 3pm £6 RM134	Rooms to Hire The Havens Community Hub has a range of large and small rooms to suit events, meetings and parties. If you are interested in hiring a space, contact: marie.antoniou@ageconcernsouthend.co.uk	Parenting Support provided by Cake Club 1pm – 3pm 2ND SAT OF THE MONTH
Pilates 5.20pm–6.20 pm Payment monthly in advance £6 per session MH	Pilates provided by Fitbugs PH	Art Group – Painting & Drawing 1pm – 3pm <i>Basic art materials & drink inc.</i> £10 MH	Pilates 5.20pm–6.20 pm Payment monthly in advance £6 per session MH		Multiples group 1pm – 3pm 3rd SAT OF THE MONTH
Pilates provided by Fitbugs 6.30pm – 7.30pm PH		Book Club <i>Last Wed of the Month</i> 1pm – 2pm £3 RM134	MH – Main Hall PH – Private Hire DC – Day Centre RM134 – Room 134		



Advanced booking is recommended. Book in person or by calling 01702 345 373 or emailing enquiry@ageconcernsouthend.co.uk

Private Hires (PH)

Pilates with Fitbugs – 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

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.

1st Thursday of the month from 11am-2pm

Lorna Mays – 07980 292013 - Massage and Reflexology

First 4 Feet – 01702 554445 - Foot Clinic every Thursday

Carers First – 0300 3031555 - Drop-in clinic. **2nd and 3rd Tuesdays in the month** from 10am – 2pm

Hear Hear Wax Clear Microsuction - 07833 013865 - earwaxremovalssex.co.uk

Gill Clarke – Dementia Navigator - Drop-in clinic offering advice & support. **1st Wednesday of the month** from 10.30am – 12.30pm

Carers' Intensive Support – 2nd Wednesday of the month from 11am – 1pm

Hello Life! Lisa Bartlett, 'Monthly Meet Ups' – 01702 340566

Wellspring Church Service - Every Sunday from 11am-1pm wellspring.church@btinternet.com
- www.thewellspring.org.uk – drop-in for a chat with the pastors on Tuesday's and Friday's from 2.30pm

Life Story Group - 01702 534772 - DementiaCommunitySupport@southend.gov.uk - **2nd Friday of the month** 10:15-11:45am - Contact the Dementia Support Team



QUIZ NIGHT

FRIDAY 27TH SEPTEMBER 2024
7.30PM

Join us at our Charity Quiz Night at The Haven Community Hub. Raising money for Age Concern Southend. Bring your drinks and nibbles. and enjoy a fun evening with friends. Cash prize for the winning team.

£10 Per Person. Maximum team of 6 people.

Tickets available to purchase at The Hub, via our website or by scanning the QR code below.

AGE Concern Southend
Thank you for supporting Age Concern Southend.



YOU'RE INVITED TO
AFTERNOON TEA
WITH MUSIC BY MALCOLM JAMES

SUNDAY 29TH SEPTEMBER 2024
1.30PM-4PM

AT THE HAVEN COMMUNITY HUB.
HAMLET COURT ROAD,
WESTCLIFF-ON-SEA,
ESSEX. S50 7LW

£15 PER PERSON

PRICE INCLUDES
AFTERNOON TEA AND ENTERTAINMENT.

PLEASE NOTE THIS IS A TICKET ONLY EVENT.
PLEASE SPECIFY ANY ALLERGIES OR DIETARY REQUIREMENTS WHEN BOOKING

AGE Concern Southend
Tickets available in the Haven Community Hub, via our website (see Events page) or by scanning the QR code

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

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