



October 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	Mat Yoga 9am – 10am £6 MH	
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	Coffee & Conversation 10am – 12pm Free RM134	Whist <i>Card playing group</i> 1pm – 3pm £4 RM134	Table Tennis 10.15am – 12.15pm £4 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	Advice & support for form filling, benefit claims etc 10am – 2pm <i>30 min session</i>	Yoga With Live Music 12.45-1.45 PH	Boxfit with Tabby 10.15am – 11.15am <i>Upper body strength</i> £6 RM134	
Body & Brain 11.30am – 12.30pm <i>Improves Coordination</i> £6 MH	 10am – 12pm every fortnight Meet & chat for people with Multiple Sclerosis. Everyone welcome. See reverse for more details	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	 NHS Carers Intensive Support Team Wednesday 9th Oct 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.	SaturDAY Centre 10am–4pm. For details email: Sarah.Wilson@ageconcernsouthend.co.uk	
Parenting Support provided by Cake Club 1pm–3pm PH		Coffee & Conversation 1.30pm – 3.30pm <i>Come & chat</i> Free RM134	Chair Yoga 11.30am – 12.15pm £6 MH			
Kids Kung Fu 5pm – 6pm £8 RM134	Chair Pilates 11.30am – 12.15pm £6 RM134	Art Group – Painting & Drawing 1pm – 3pm <i>Basic art materials & drink inc.</i> £10 MH	Sounds of Memory Choir 2pm – 3pm £6 RM134		Rooms to Hire The Haven 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 Multiples group 1pm – 3pm 3rd SAT OF THE MONTH
Pilates 5.20pm–6.20pm Payment monthly in advance £6 per session MH	IT Support with Mark 2pm – 4pm <i>One to One – 30min</i> £6 RM134	Book Club <i>Last Wed of the Month</i> 1pm – 2pm £3 RM134	Pilates 5.30pm–6.30pm Payment monthly in advance £6 per session MH			
Pilates provided by Fitbugs 6.30pm – 7.30pm PH	Pilates provided by Fitbugs 6pm – 7pm & 7.15pm – 8.15pm PH	Improvisation for Seniors 4.30pm – 6.30pm £12 RM 134	MH – Main Hall PH – Private Hire DC – Day Centre RM134 – Room 134			
		Gentle Flowing Yoga 7.15-8.15pm PH				



Book in person by calling 01702 345 373 or email: 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 - (3rd SAT OF THE MONTH)

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' **Last Thursday in the month** – 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

MS Society – Meet & chat for people with Multiple Sclerosis contact Julian 07960 027054 - **every fortnight on Tuesdays**

Maggie Herbert – **every Thurs 10am – 2pm** advice & support for form filling, benefit claims etc – ask at reception for an appointment or email enquiry@ageconcernsouthend.co.uk



Need help to get online?

Come to our free event during Get Online Week!

Drop in and find out how we can support you.



Tea & Technology at The Hub
For more information email louise.oliver@ageconcernsouthend.co.uk

Age Concern Southend are celebrating 50 years of providing our services in Southend.

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JOIN US TO CELEBRATE ON SATURDAY 19TH OCTOBER 2024. 7PM - 11PM
AT THE HAVEN COMMUNITY HUB,
HAMLET COURT ROAD, WESTCLIFF-ON-SEA.
SS0 7LW.
TICKETS £20 PER PERSON.
PRICE INCLUDES A GLASS OF BUBBLY ON ARRIVAL, A FINGER BUFFET AND ENTERTAINMENT BY THE AMAZING 60'S JUKEBOX BAND. THERE WILL BE A RAFFLE AND AUCTION ON THE NIGHT. TICKETS AVAILABLE AT THE HUB OR BY SCANNING THE QR CODE BELOW.



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