




November 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 Card playing group 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>	 <p>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</p>	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	 <p>10am – 12pm every fortnight Meet & chat for people with Multiple Sclerosis. Everyone welcome. See reverse for more details</p>	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		SaturDAY Centre 10am–4pm. For details email: Sarah.Wilson@ageconcernsouthend.co.uk
Yoga For Carers with Carmen Free 12.15pm–1.15pm PH		Coffee & Conversation 1.30pm – 3.30pm <i>Come & chat</i> Free RM134	Chair Yoga 11.30am – 12.15pm £6 MH		Parenting Support provided by Cake Club 1pm–3pm PH
Art Group – Painting & Drawing 1pm – 3pm <i>Basic art materials & drink inc.</i> £10 MH	Chair Pilates 11.30am – 12.15pm £6 RM134	Sounds of Memory Choir 2pm – 3pm £6 RM134	Kids Kung Fu 5pm – 6pm £8 RM134	<p>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</p>	
Book Club <i>Last Wed of the Month</i> 1pm – 2pm £3 RM134	IT Support with Mark 2pm – 4pm <i>One to One – 30min</i> £6 RM134	Pilates 5.30pm–6.30pm Payment monthly in advance £6 per session MH	Pilates provided by Fitbugs 6pm – 7pm & 7.15pm – 8.15pm PH		
 <p>AGE Concern <small>SOUTHEND ON SEA CIO</small></p>	Pilates provided by Fitbugs 6.30pm – 7.30pm PH	Gentle Flowing Yoga 7.15-8.15pm PH	<p>MH – Main Hall DC – Day Centre</p>		
<p>MH – Main Hall PH – Private Hire DC – Day Centre RM134 – Room 134</p>					

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

Cake Club Parenting Support and Play

Group - cakeclubcommunity@gmail.com

Mondays 10am – 12pm

Fridays 10am – 12pm

Saturdays 1pm – 3pm - (3rd SAT OF THE

MONTH)

Improvisation workshops with Ali James

Thursday – Sunday

Contact Ali for further details:

[@improv.withalijames](https://www.instagram.com/improv.withalijames) on Instagram or 07950 315841

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 - earwaxremovalsouthend.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



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

Dementia Day Centre Drivers

If you are interested, please ask at reception for details or go to www.ageconcernsouthend.co.uk/volunteer