January 2025 – The Community Hub Timetable					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Table Tennis 9am – 11am	Inclusive Yoga 10am – 11am	Tai Chi 10am – 11am	Table Tennis 9am – 11am	Parenting Support provided by Cake Club	Mat Yoga 9am – 10am
£4 MH	£6 MH	£6 MH	£4 MH	10am–12pm PH	£6 MH
Coffee & Conversation	Falls Prevention	Dementia Advice & Support	Coffee & Conversation	Whist	Table Tennis
10am – 12pm	10.30am – 11.15am	10.30am – 12.30pm	10am – 12pm	Card playing group	10.15am – 12.15pm
	Strengthening your core	Free Drop–in session 1st		1pm – 3pm	
Free RM134	£6 RM134	Wednesday of the month	Free RM134	£4 RM134	£4 MH
IT Support with Mark		Falls Prevention	Advice & support for form	Our classes are	Boxfit with Tabby
10am – 12pm		11.15am – 12pm	filling, benefit claims etc	anan ta ayaryana	10.15am – 11.15am
One to One – 30 min	MS Society		10am – 2pm	open to everyone.	Upper body strength
£6 RM134		£6 RM 134	30 min session		£6 RM134
				All ages and	
Body & Brain	10am – 12pm every fortnight	Line Dancing	Keep Fit with Liz		SaturDAY Centre
11.30am – 12.30pm	Meet & chat for people with	11.15am – 12.15pm	10.15am – 11.15am	abilities welcome!	10am–4pm.
Improves Coordination	Multiple Sclerosis. Everyone	Gentle exercise class	Building core strength		For details email:
£6 MH	welcome.	£6 MH	£6 MH		Sarah.Wilson@ageconcer
Parenting Support provided	See reverse for more details	Coffee & Conversation	Chair Yoga		nsouthend.co.uk
by Cake Club		1.30pm – 3.30pm	11.30am – 12.15pm		
		Come & chat			Parenting Support
1pm–3pm PH		Free RM134	£6 MH		provided by Cake Club
Kids Kung Fu	Falls Prevention Seated	Art Group - Painting & Drawing	Sounds of Memory Choir		Multiples group
5pm – 6pm	11.30am – 12.15pm	1pm – 3pm	2pm – 3pm		1pm – 3pm
Restarting 6 th Jan		Basic art materials & drink inc.			3 rd SAT OF THE MONTH
£8 RM134	£6 RM134	£10 MH	£6 RM134	2. 0. 0	
Pilates	IT Support with Mark	Book Club	Pilates	Rooms to Hire	
5.20pm-6.20pm	2pm – 4pm	1pm – 2pm	5.30pm-6.30pm		
Payment monthly in advance	One to One – 30min	8 th & 29 th January	Payment monthly in	The Haven Community Hub has a range of	
£6 per session MH	£6 RM134	£3 RM134	advance £6 per session MH	large and small rooms to suit events,	
Pilates provided by Fitbugs	Pilates provided by Fitbugs	05BM		meetings and parties. If you are interested in	

meetings and parties. If you are interested in hiring a space contact:

marie.antoniou@ageconcernsouthend.co.uk

MH – Main Hall DC - Day Centre

PH – Private Hire **RM134** – Room 134

Book in person by calling 01702 345 373 or email: enquiry@ageconcernsouthend.co.uk

7.00pm -9.00pm

PH

Carers Intensive Support Team Wednesday 8[™] January

11am-1pm

6.30pm -7.30pm

6pm – 7pm

& 7.15pm – 8.15pm

PH

Private Hires (PH)

Cake Club Parenting Support and Play

Group - cakeclubcommunity@gmail.com

Pilates with Fitbugs - zoe@fitbugs.net

Mondays 6.30pm -7.30pm

Tuesdays 6pm – 7pm & 7:15pm – 8:15pm

Mondays 1pm – 3pm 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 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 - earwaxremovalessex.co.uk

Gill Clarke – Dementia Navigator - Drop-in clinic offering advice & support. **1**st **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

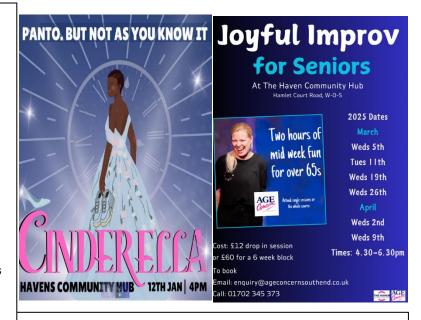
Wellspring Church Service - Every Sunday from 11am-1pm wellspring.church@btinternet.com

- <u>www.thewellspring.org.uk</u> – 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