



### 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** 1pm – 3pm

**Fridays** 10am – 12pm

**Saturdays** 1pm – 3pm - (3<sup>rd</sup> 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.

**1<sup>st</sup> 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. **2<sup>nd</sup> and 3<sup>rd</sup> Tuesdays in the month** from 10am – 2pm

**Hear Hear Wax Clear Microsuction** - 07833 013865 - [earwaxremovalssex.co.uk](http://earwaxremovalssex.co.uk)

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

**Carers' Intensive Support** – **2<sup>nd</sup> 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](mailto:wellspring.church@btinternet.com)

- [www.thewellspring.org.uk](http://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](mailto: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](mailto:enquiry@ageconcernsouthend.co.uk)

**PANTO. BUT NOT AS YOU KNOW IT**  
**CINDERELLA**  
HAVENS COMMUNITY HUB 12TH JAN | 4PM

**Joyful Improv for Seniors**  
At The Haven Community Hub  
Hamlet Court Road, W-O-S

2025 Dates  
March  
Weds 5th  
Tues 11th  
Weds 19th  
Weds 26th  
April  
Weds 2nd  
Weds 9th  
Times: 4.30–6.30pm

Two hours of mid week fun for over 65s  
AGE Concerns  
Annual single sessions or the whole course

Cost: £12 drop in session or £60 for a 6 week block  
To book  
Email: [enquiry@ageconcernsouthend.co.uk](mailto:enquiry@ageconcernsouthend.co.uk)  
Call: 01702 345 373

### 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

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)