



g December 2024 – The Community Hub Timetable



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
Table Tennis 9am – 11am £4 MH	Inclusive Yoga 10am – 11am £6 MH	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	Falls Prevention 10.30am – 11.15am <i>Strengthening your core</i> £6 RM134	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	 10am – 12pm every fortnight Meet & chat for people with Multiple Sclerosis. Everyone welcome. See reverse for more details	Falls Prevention 11.15am – 12pm £6 RM 134	Advice & support for form filling, benefit claims etc 10am – 2pm <i>30 min session</i>	 XTMAS OPENING TIMES MON 23 RD DEC – OPEN TUES 24 TH DEC – CLOSED WED 25 TH DEC – CLOSED THUR 26 TH DEC – CLOSED FRI 27 TH DEC – CLOSED SAT 28 TH DEC – OPEN MON 30 TH DEC – OPEN TUES 31 ST DEC – OPEN TIL 2PM WED 1 ST JAN - CLOSED THUR 2 ND JAN – BUSINESS AS USUAL	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		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		Chair Yoga 11.30am – 12.15pm £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	Art Group – Painting & Drawing 1pm – 3pm <i>Basic art materials & drink inc.</i> £10 MH	Sounds of Memory Choir 2pm – 3pm £6 RM134		Parenting Support provided by Cake Club Multiples group 1pm – 3pm 3 rd SAT OF THE MONTH				
Parenting Support provided by Cake Club 1pm–3pm PH	Falls Prevention Seated 11.30am – 12.15pm £6 RM134	Book Club <i>No Book Club in December</i> <i>Returns 8th and 29th January 2025</i> £3 RM134	Pilates 5.30pm–6.30pm Payment monthly in advance £6 per session MH		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				
Kids Kung Fu 5pm – 6pm £8 RM134	IT Support with Mark 2pm – 4pm <i>One to One – 30min</i> £6 RM134	Gentle Flowing Yoga 7.15pm -8.15pm PH	 SOUTHEND ON SEA CIO						
Pilates 5.20pm–6.20pm Payment monthly in advance £6 per session MH	Pilates provided by Fitbugs 6pm – 7pm & 7.15pm – 8.15pm PH								
Pilates provided by Fitbugs 6.30pm – 7.30pm PH	Carers Intensive Support Team Wednesday 11TH December 11am-1pm		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">MH – Main Hall</td> <td style="width: 50%;">PH – Private Hire</td> </tr> <tr> <td>DC – Day Centre</td> <td>RM134 – Room 134</td> </tr> </table>			MH – Main Hall	PH – Private Hire	DC – Day Centre	RM134 – Room 134
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DC – Day Centre	RM134 – Room 134								



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

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 - 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**

Cake Club Parenting Support and Play Group - cakeclubcommunity@gmail.com

Mondays 1pm – 3pm
Fridays 10am – 12pm
Saturdays 1pm – 3pm - (**3rd SAT OF THE MONTH**)

Yoga with Carmen

Monday 12.15pm – 1:15pm
Wednesday 7.30pm – 8.30pm
Contact Carmen for further details:
07974348040 or email
abreathoflightyoga@gmail.com

“QUIZ THE SEASON”
Charity Quiz Night
QUIZ * GAMES * RAFFLE
AGE Concern
JOIN US AT OUR CHARITY QUIZ NIGHT, RAISING MONEY FOR AGE CONCERN SOUTHEND ON FRIDAY 6TH DECEMBER AT 7.30PM AT THE HAVEN COMMUNITY HUB, HAMLET COURT ROAD, WESTCLIFF. QUIZ. * GAMES * RAFFLE £10 PER PERSON - MAXIMUM 6 PER TEAM BRING YOUR OWN DRINKS/NIBBLES FREE TEA / COFFEE AVAILABLE
Tickets available at The Haven Community Hub or by scanning the QR code
CHARITY NUMBER 1160916

Tea's The Season
Festive Afternoon Tea
SUNDAY 15TH DECEMBER
1PM-4PM
AT THE HAVEN COMMUNITY HUB, HAMLET COURT ROAD, WESTCLIFF
FOOD, DRINK AND MUSIC RAFFLE AND GAMES
£15 PER PERSON
Tickets available at The Haven Community Hub, via our website, 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

Dementia Day Centre Drivers

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