






February 2025 – The Haven 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 14th & 28th Feb 10am–12pm PH	Mat Yoga 9am – 10am £6 MH
Coffee & Conversation 10am – 12pm <i>Come & chat - group befriending</i> 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 <i>Come & chat - group befriending</i> 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 11.15am – 12pm £6 RM 134	Advice & support for form filling, benefit claims etc 10am – 2pm <i>30 min session</i>	<div style="border: 2px solid blue; padding: 10px; background-color: #e0f0ff;"> <p style="color: blue; font-weight: bold;">Our classes are open to everyone.</p> <p style="color: blue; font-weight: bold;">All ages and abilities welcome!</p>  </div>	Boxfit with Tabby 10.15am – 11.15am <i>Upper body strength</i> £6 RM134
		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		Social Saturday 10am–4pm. £35 inc lunch For details email: Sarah.Wilson@ageconcernsouthend.co.uk
	Coffee & Conversation 1.30pm – 3.30pm <i>Come & chat - group befriending</i> Free RM134	Chair Yoga 11.30am – 12.15pm £6 MH	Parenting Support provided by Cake Club Multiples group 1pm – 3pm 3rd SAT OF THE MONTH		
	Falls Prevention Seated 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		
Parenting Support provided by Cake Club 1pm–3pm PH	IT Support with Mark 2pm – 4pm <i>One to One – 30min</i> £6 RM134	Book Club 1pm – 2pm <i>Last Wednesday of the month</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
Pilates 5.20pm–6.20pm Payment monthly in advance £6 per session MH	Pilates provided by Fitbugs 6pm – 7pm & 7.15pm – 8.15pm PH	05BM Southend 7.00pm -9.00pm PH	Yoga with Carmen 7.15pm-8.15pm PH		
Pilates provided by Fitbugs 6.30pm – 7.30pm PH	 10am – 12pm every fortnight Everyone welcome. See reverse for more details		 Carers Intensive Support Team 11am-1pm Wednesday 12th February		
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

Private Hires (PH)

Pilates with Fitbugs – zoe@fitbugs.net

Mondays 6.30pm – 7.30pm

Tuesdays 6pm – 7pm & 7:15pm – 8:15pm

Yoga with Carmen

Thursdays 7.15pm – 8.15pm

Contact Carmen for further details: 07974348040

or email abreathoflightyoga@gmail.com

O50BM Southend – www.o50bmforum.org.uk

Wednesdays 7.00pm – 9.00pm

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

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

Cake Club Parenting Support and Play

Group - cakeclubcommunity@gmail.com

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

JOIN US FOR A COCKTAIL MASTERCLASS AND MAKE 3 COCKTAILS WITH THE PRIM AND PROPER BAR COMPANY. ENJOY DANCING, GAMES AND MORE. YOU WON'T WANT TO MISS THIS FUN NIGHT.

ABBA COCKTAIL NIGHT

Over 18's Only

AT THE HAVEN COMMUNITY HUB, HAMLET COURT RD, WESTCLIFF SS0 7LW

29TH MARCH £35 7PM

FANCY DRESS ENCOURAGED

SCAN HERE FOR TICKETS

RAISING MONEY FOR AGE CONCERN SOUTHEND

Joyful Improv for Seniors

At The Haven Community Hub
Hamlet Court Road, W-O-S



Cost: £12 drop in session or £60 for a 6 week block

Email: enquiries@ageconcernsouthend.co.uk
Call: 01702 345 373

2025 Dates

March

Weds 5th

Tues 11th

Weds 19th

Weds 26th

April

Weds 2nd

Weds 9th

Times: 4.30–6.30pm



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:

Reception 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