

April 2025 – The Haven Community Hub Timetable Hamlet Court Rd, Westcliff Essex SS0 7LW

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Table Tennis 9am – 11am £5 MH	Finding Your Inner Calm 10am – 11am PH	Tai Chi 10am – 11am £7 MH	Table Tennis 9am – 11am £5 MH	Whist 1pm – 3pm £5 RM134	Mat Yoga 9am – 10am £7 MH
Coffee & Conversation 10am – 12pm <i>Come & chat</i> -Group befriending Free RM134	Inclusive Yoga 10am – 11am £7 MH	Dementia Advice & Support 10.30am – 12.30pm Free Drop-in session 1 st Wednesday of the month	Coffee & Conversation 10am – 12pm <i>Come & chat</i> Group befriending Free RM134	Free Counselling Fridays Enquire at receptio DATES FOR DIARY VE DAY 80th PARTY 11TH MAY SPRING FAYRE 18TH MAY	Table Tennis 10.15am – 12.15pm £5 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> £7 RM134	Falls Prevention 11.15am – 12pm £7 RM 134	Advice & support for form filling, benefit claims etc 10am – 2pm <i>30 min session</i>	FREE! STARTING MAY <ul style="list-style-type: none"> ❖ FALLS PREVENTION EXERCISE PROGRAMME ❖ CHAIR YOGA CLASS ❖ BONE HEALTH PILATES CLASS Info: 01702 345373 enquiry@ageconcernsouthend.co.uk	Boxfit with Tabby 10.15am – 11.15am <i>Upper body strength</i> £7 RM134
Country Dancing 11.15am – 12.15pm <i>24th and 31st March</i> £7 MH	Salsacise 11.15am – 12.15pm <i>Exercise class</i> £7 MH	Line Dancing 11.15am – 12.15pm <i>Gentle exercise class</i> £7 MH	Keep Fit with Liz 10.15am – 11.15am <i>Building core strength</i> £7 MH		Two Business Units Available for Long Term Let We currently have 2 multi-use rooms available within our Community Hub. For more information marie.antoniou@ageconcernsouthend.co.uk
Pilates 5.20pm–6.20pm Payment monthly in advance £7 per session MH	Falls Prevention Seated 11.30am – 12.15pm £7 RM134	Coffee & Conversation 1.30pm – 3.30pm <i>Come & chat - group befriending</i> Free RM134	Chair Yoga 11.30am – 12.15pm £7 MH		
Pilates provided by Fitbugs 6.30pm – 7.30pm PH	IT Support with Mark 2pm – 4pm <i>One to One – 30min</i> £6	Art Group – Painting & Drawing 1pm – 3pm <i>Basic art materials & drink inc.</i> £10 MH	Sounds of Memory Choir 2pm – 3pm £7 RM134	MS Society 10am – 12pm every fortnight Everyone welcome. See reverse for more details	
	Joyful Improv for Seniors At The Haven Community Hub Hamlet Court Road, W 0 5	Book Club 1pm – 2pm <i>Last Wednesday of the month</i> £4 RM134	Pilates 5.30pm–6.30pm Payment monthly in advance £7 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	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

Tuesdays 9.00am – 10.00am

Thursdays 7.15pm – 8.15pm

Contact Carmen for further details: 07974348040

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 10am-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

NHS 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

**Psychic Night with
Donna Murrell**

£10

**Friday 11th April 2025
7.30pm**

**Scan the QR code
below for tickets.**



AGE Concern **12-HOUR SPONSORED TABLE TENNIS MARATHON** **SATURDAY 12TH APRIL 9AM - 9PM**
AT THE HAVEN HUB, HAMLET COURT ROAD WESTCLIFF.SSO 7LW

YOU CAN SPONSOR THE TABLE TENNIS PLAYERS BY SCANNING THE QR CODE BELOW, OR SIGNING THE SPONSOR FORM AT THE HUB

Raising money for Age Concern Southend to support the 'Save The Haven' campaign
Charity Number 1160916

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