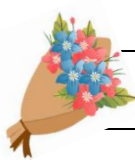





March 2025 – The Community Hub Timetable 138-140 Hamlet Court Rd, Westcliff Essex SS0 7LW



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	Salsacise 11.15am – 12.15pm <i>Exercise class</i> £6 MH	Falls Prevention 11.15am – 12pm £6 RM 134	Advice & support for form filling, benefit claims etc 10am – 2pm <i>30 min session</i>	FREE! FALLS PREVENTION EXERCISE PROGRAMME 12 Wk course STARTING MAY Info: 01702 345373 enquiry@ageconcernsouthend.co.uk	Boxfit with Tabby 10.15am – 11.15am <i>Upper body strength</i> £6 RM134
Intro to Country Dancing 11.15am – 12.15pm £6 MH	Falls Prevention Seated 11.30am – 12.15pm £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
Parenting Support provided by Cake Club 1pm–3pm PH	IT Support with Mark 2pm – 4pm <i>One to One – 30min</i> £6 RM134	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
Pilates 5.20pm–6.20pm Payment monthly in advance £6 per session MH	Pilates provided by Fitbugs 6pm – 7pm & 7.15pm – 8.15pm PH	Art Group – Painting & Drawing 1pm – 3pm <i>Basic art materials & drink inc.</i> £10 MH	Sounds of Memory Choir 2pm – 3pm £6 RM134		
Pilates provided by Fitbugs 6.30pm – 7.30pm PH	New This Month! <div style="display: flex; align-items: center;"> <div style="text-align: center;"> Joyful Improv for Seniors <small>At The Haven Community Hub Hamlet Court Road, W-0-5</small> </div> <div style="margin-left: 10px;"> March Weds 5th Tues 11th Weds 19th Weds 26th </div> </div>	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		
 SOUTHEND ON SEA CIO	 10am – 12pm every fortnight Everyone welcome. See reverse for more details	05BM Southend 7.00pm -9.00pm PH	Yoga with Carmen 7.15pm-8.15pm PH		
		 Carers Intensive Support Team 11am-1pm Wednesday 12TH February		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	
				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 10am-3pm

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

AGE CONCERN SOUTHEND'S
12 HOUR KARAOKE FUNDRAISER
SATURDAY 8TH MARCH
10AM - 10PM
THE HAVEN HUB,
HAMLET COURT ROAD.

SUPPORT OUR STAFF BY SPONSORING THEM TO SING, OR CONSIDER DONATING TO JOIN THEM, OR EVEN SING SOLO!
SCAN QR CODE TO DONATE OR DONATE AT RECEPTION

AGE Concern
Charity Number 1160916
Tel 01702 345373

All money raised goes to Alex's Marathon Fund raising money for Age Concern Southend's Save The Haven Hub Campaign.

SPEND A SUNDAY AFTERNOON WITH US..
FISH AND CHIPS LUNCH WITH ENTERTAINMENT BY THE QUIET MAN
SUNDAY 23RD MARCH
1PM - 4PM
AT THE HAVEN COMMUNITY HUB

£15 Per Person
PRICE INCLUDES COD AND CHIPS FROM A LOCAL FISH & CHIP SHOP, TEA AND COFFEE, AND ENTERTAINMENT BY THE QUIET MAN

TICKETS AVAILABLE AT THE HAVEN COMMUNITY HUB, HAMLET COURT ROAD, WESTCLIFF, VIA OUR WEBSITE OR BY SCANNING THE QR CODE BELOW.

AGE Concern THE HAVEN

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