







August 2025 Timetable – The Haven Community Hub

138-140 Hamlet Court Rd, Westcliff Essex SS0 7LW



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Table Tennis 9am – 11am £5 MH	Inclusive Yoga 10am – 11am £7 MH	Tai Chi 10am – 11am £7 MH	Table Tennis 9am – 11am £5 MH	Dance <i>Seated or Standing</i> 12pm – 1pm £7 RM134	Mat Yoga 9am – 10am £7 MH
Coffee & Conversation 10am – 12pm <i>Come & chat</i> <i>(Group befriending)</i> Free RM134	Falls Prevention 10.30am – 11.15am <i>Strengthening your core</i> £7 RM134	Falls Prevention 11.15am – 12pm £7 RM134	Coffee & Conversation 10am – 12pm <i>Come & chat</i> <i>(Group befriending)</i> Free RM134	Whist 1.15pm – 3.45pm £5 RM134	Table Tennis 10.15am – 12.15pm £5 MH
IT Support with Mark 10am – 12pm <i>30 min 1:1 pre-booking req.</i> £6 RM134	Falls Prevention Seated 11.30am – 12.15pm £7 RM134	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	Pilates 1pm – 1.45 £7 MH	Box-fit with Tabby 10.15am – 11.15am <i>Upper body strength</i> £7 RM134
Pilates 5.20pm–6.20pm Payment monthly in advance £7 per session MH	IT Support with Mark 2pm – 4pm <i>30 min 1:1 pre-booking req.</i> £6 RM134	Falls Prevention 12.15am – 1pm  New 12wk course starts 6th August Free RM134	Chair Yoga 11.30am – 12.15pm £7 MH	FREE! <ul style="list-style-type: none">• Coffee & Conversation – Group Befriending• Proud Conversations• Dementia Advice & Support• Advice & support - form filling, benefit claims etc• Free Counselling Fridays	
Pilates provided by Fitbugs 6.30pm – 7.30pm PH	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	Yarn Crafting 2pm – 4pm <i>Drop-in for all types of yarn crafts & chat</i> £5 or 4 sessions for £15 Cafe		
Proud Conversations 2pm – 4pm Starting 4th August <i>(LGBTQ+ Convo & support)</i> Free RM134		Coffee & Conversation 1.30pm – 3.30pm <i>Come & chat</i> <i>(Group befriending)</i> Free RM134	Sounds of Memory Choir 2pm – 3pm <i>Come & join our community singing – no experience req.</i> £7 RM134	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	
 SOUTHEND ON SEA CIO	10am – 12pm every fortnight Everyone welcome See reverse for details 	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		
		05BM Southend 7.00pm -9.00pm PH	Chair Yoga 6.15pm – 7pm £7 RM134	MH – Main Hall DC – Day Centre PH – Private Hire RM134 – Room 134	
 Carers Intensive Support Team 11am-1pm Wednesday 13TH August					

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 & Thursdays 7.15pm – 8.15pm

Contact Carmen for further details: 07974348040

or email abreathoflightyoga@gmail.com

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 - earwaxremovalssex.co.uk **every Saturday**

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 & Anne – **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

O50BM Southend –

www.o50bmforum.org.uk

Wednesdays 7.00pm – 9.00pm

KIDS HUB **£5**
PAPER CRAFTS!
SUMMER HOLIDAY WORKSHOPS

Every: Monday 10am-11.30am

From: 28 July to 18th August

Suitable: for 6yrs to 14yrs

The "Makers' Table" at
The Haven Community Hub
138-140 Hamlet Crt Rd, W-O-S

For more info contact us on 01702 345373
or email enquiry@ageconcernsouthend.co.uk

Charity Number: 1150919



For more information visit our website

Dementia Day 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:

Dementia Day Centre Support 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