




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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Table Tennis</b> 9am – 11am £5 <b>MH</b>	<b>Inclusive Yoga</b> 10am – 11am £7 <b>MH</b>	<b>Tai Chi</b> 9.45am – 10.45am £7 <b>MH</b>	<b>Table Tennis</b> 9am – 11am £5 <b>MH</b>	<b>Dance Seated or Standing</b> 12pm – 1pm £7 <b>RM134</b>	<b>Mat Yoga</b> 9am – 10am £7 <b>MH</b>
<b>Coffee &amp; Conversation</b> 10am – 12pm <i>Come &amp; chat (Group befriending)</i> Free <b>RM134</b>	<b>Falls Prevention</b> 10.30am – 11.15am <i>Strengthening your core</i> £7 <b>RM134</b>	<b>Falls Prevention</b> 11.15am – 12pm £7 <b>RM134</b>	<b>Coffee &amp; Conversation</b> 10am – 12pm <i>Come &amp; chat (Group befriending)</i> Free <b>RM134</b>	<b>Pilates</b> 12pm – 1pm £7 <b>MH</b>	<b>Table Tennis</b> 10.15am – 12.15pm £5 <b>MH</b>
<b>IT Support with Mark</b> 10am – 12pm <i>30 min 1:1 pre-booking req.</i> £6 <b>RM134</b>	<b>Falls Prevention Seated</b> 11.30am – 12.15pm £7 <b>RM134</b>	<b>Line Dancing</b> 11.15am – 12.15pm <i>Gentle exercise class</i> £7 <b>MH</b>	<b>Keep Fit with Liz</b> 10.15am – 11.15am <i>Building core strength</i> £7 <b>MH</b>	<b>Whist</b> 1.15pm – 3.45pm £5 <b>RM134</b>	<b>Box-fit with Tabby</b> 10.15am – 11.15am <i>Upper body strength</i> £7 <b>RM134</b>
<b>Proud Conversations</b> 2pm – 4pm <i>(LGBTQ+ Convo &amp; support)</i> Free <b>RM134</b>	<b>IT Support with Mark</b> 2pm – 4pm <i>30 min 1:1 pre-booking req.</i> £6 <b>RM134</b>	<b>Falls Prevention</b> 12.15am – 1pm <b>Booking Essential</b> Free <b>RM134</b>	<b>Chair Yoga</b> 11.30am – 12.15pm £7 <b>MH</b>	<b>FREE!</b> <ul style="list-style-type: none"> <li>Coffee &amp; Conversation – Group Befriending (Also on Wed in Shoebury)</li> <li>Proud Conversations</li> <li>Dementia Advice &amp; Support</li> <li>Advice &amp; support - form filling, benefit claims etc</li> <li>Free Counselling Fridays</li> </ul>	
<b>Pilates</b> 5.20pm–6.20pm Payment monthly in advance £7 per session <b>MH</b> <b>Pilates provided by Fitbugs</b> 6.30pm–7.30pm <b>PH</b>	<b>Pilates provided by Fitbugs</b> 6pm – 7pm 7.15pm – 8.15pm <b>PH</b>	<b>Art Group – Painting &amp; Drawing</b> 1pm – 3pm <i>Basic art materials &amp; drink inc.</i> £10 <b>MH</b>	<b>Knit &amp; Yarn Craft</b> 2pm – 4pm <i>Drop-in for all types of yarn crafts &amp; chat</i> £5 <b>Cafe</b>		
<b>NEW COURSE!</b> <b>CIRCUIT TRAINING/ WEIGHT LOSS</b> <b>12 wk course with Tabby</b> <b>Starting Mon 15<sup>th</sup> Sept 6-7pm</b> <b>£70</b> <b>Limited spaces –</b> <b>Book early to avoid disappointment</b>		<b>Coffee &amp; Conversation</b> 1.30pm – 3.30pm <i>Come &amp; chat (Group befriending)</i> Free <b>RM134</b>	<b>Sounds of Memory Choir</b> 2pm – 3pm <i>Come &amp; join our community singing – no experience req.</i> £7 <b>RM134</b>	<b>ROOMS TO HIRE</b> 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: <a href="mailto:marie.antoniou@ageconcernsouthend.co.uk">marie.antoniou@ageconcernsouthend.co.uk</a>	
		<b>Book Club</b> 1pm – 2pm <i>Last Wednesday of the month</i> £4 <b>RM134</b>	<b>Pilates</b> 5.30pm–6.30pm Payment monthly in advance £7 per session <b>MH</b>		
	<b>10am – 12pm every fortnight</b> See reverse for details 	<b>05BM Southend</b> 7.00pm -9.00pm	<b>Chair Yoga</b> 6.15pm – 7pm £7 <b>RM134</b>	<b>MH – Main Hall</b> <b>DC – Day Centre</b>	<b>PH – Private Hire</b> <b>RM134 – Room 134</b>
	 <b>Carers Intensive Support Team</b> 11am-1pm <b>Wednesday 10<sup>TH</sup> September</b>	<b>Book in person by calling 01702 345 373 or email: <a href="mailto:enquiry@ageconcernsouthend.co.uk">enquiry@ageconcernsouthend.co.uk</a></b>			

### **Private Hires (PH)**

**Pilates with Fitbugs** – [zoe@fitbugs.net](mailto:zoe@fitbugs.net)

**Mondays & Tuesdays**

### **Yoga with Carmen**

Contact Carmen for further details: 07974348040

or email [abreathoflightyoga@gmail.com](mailto:abreathoflightyoga@gmail.com)

### **Sound Healing Sessions with Michelle Bappoo**

**Sundays 2pm – 3pm**

Contact Michelle for further details

[michellelbappoo@gmail.com](mailto:michellelbappoo@gmail.com)

### **Improvisation workshops with Ali James**

Contact Ali for further details: @improv.withalijames on Instagram or call 07950315841

### **Cake Club Parenting Support and Play**

**Group** - [cakeclubcommunity@gmail.com](mailto:cakeclubcommunity@gmail.com)

**Mondays 1pm – 3pm**

### **O50BM Southend** – [www.o50bmforum.org.uk](http://www.o50bmforum.org.uk)

**Wednesdays 7.00pm – 9.00pm**

### **Chakradance**

**Saturdays 4.00pm – 5.00pm**

Contact Suzi for booking or enquiries:

07771266859 / [www.inner-aura.com](http://www.inner-aura.com)



THE HAVEN COMMUNITY HUB HUB FITNESS  
**CIRCUIT TRAINING AND WEIGHT LOSS** with Tabby  
Limited places available  
Booking essential  
**12 WEEK PROGRAMME**  
STARTS: MONDAY 15<sup>TH</sup> SEPT  
TIME: 6-7PM  
COST: £70  
THE HAVEN COMMUNITY HUB  
138-140 HAMLET COURT RD, W-0-S  
enquiry@ageconcernsouthend.co.uk 01702 345373



AGE Concern  
**Coffee and Conversation**  
EVERYONE IS WELCOME!  
FREE GROUP BEFRIENDING SERVICE  
Starting 30 April 2025  
Every Wednesday 12:30 - 2pm  
SHOEBURNESS YOUTH & COMMUNITY CENTRE  
DELAWARE ROAD, SHOEBURNESS, SS3 9NS  
For more info please call us on 01702 345373 or email us at [sarah.holmes@ageconcernsouthend.co.uk](mailto:sarah.holmes@ageconcernsouthend.co.uk)  
Charity number: 1180616

### **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.

**1<sup>st</sup> 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. **2<sup>nd</sup> and 3<sup>rd</sup> Tuesdays in the month** from 10am – 2pm

**Hear Hear Wax Clear Microsuction** - 07833 013865 - [earwaxremovalssex.co.uk](http://earwaxremovalssex.co.uk) **every Saturday**

**Gill Clarke – Dementia Navigator** - Drop-in clinic offering advice & support. **1<sup>st</sup> Wednesday of the month** from 10.30am – 12.30pm

**NHS Carers' Intensive Support** – **2<sup>nd</sup> 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](mailto:wellspring.church@btinternet.com) - [www.thewellspring.org.uk](http://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](mailto:enquiry@ageconcernsouthend.co.uk)

Returning this month

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](mailto: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](http://www.ageconcernsouthend.co.uk/volunteer)