







# November 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 <i>Seated or Standing</i></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>Art Group – Painting &amp; Drawing</b> 1pm – 3pm <i>Basic art materials &amp; drink inc.</i> £10 <b>MH</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>Knit &amp; Yarn Craft</b> 2pm – 4pm <i>Drop-in for all types of yarn crafts &amp; chat</i> £5 <b>Cafe</b>	<b>Pilates provided by Fitbugs</b>  6pm – 7pm 7.15pm – 8.15pm <b>PH</b>	<b>Coffee &amp; Conversation</b> 1.30pm – 3.30pm <i>Come &amp; chat (Group befriending)</i> Free <b>RM134</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>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>Book Club</b> 1pm – 2pm <i>Last Wednesday of the month</i>  £4 <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>Circuit Training/Weight Loss</b> 6pm–7pm 12 Week Course  <b>RM134</b>		<b>Yoga with Live Music</b> 7.15pm – pm Contact Carmen – 07974348040  <b>PH</b>	<b>Pilates</b> 5.30pm–6.30pm Payment monthly in advance  £7 per session <b>MH</b>		
	 10am – 12pm every fortnight See reverse for details	<b>05BM Southend</b> 7.00pm -9.00pm  <b>PH</b>	<b>MH – Main Hall</b> <b>PH – Private Hire</b> <b>DC – Day Centre</b> <b>RM134 – Room 134</b>	<b>This timetable is kindly sponsored by:</b>    Specialists in repairs & maintenance      Automated door systems <b>Double Glazing &amp; Home Automation Specialists</b> 0800 220329	
	 <b>Carers Intensive Support Team - 11am-1pm Wednesday 13<sup>TH</sup> November</b>				

Book in person by calling 01702 345 373 or email: [enquiry@ageconcernsouthend.co.uk](mailto:enquiry@ageconcernsouthend.co.uk)

### **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



## **Other Hub Services**

**Classy Claws** – 07882 167310 - Microdermabrasion, Facials, Gel Nails, Back Facials & Pedicures

**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**

**Dementia Navigators** - Lin Taylor or Susan Stubbs – 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)

**Bluebird Care** – 01702474274 - [adminsouthendandrochford@bluebirdcare.co.uk](mailto:adminsouthendandrochford@bluebirdcare.co.uk) **every Mon, Wed & Friday**

**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)