






December 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 9.45am – 10.45am £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 (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 (Group befriending)</i> Free RM134	Pilates 12pm – 1pm £7 MH	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	Whist 1.15pm – 3.45pm £5 RM134	Box-fit with Tabby 10.15am – 11.15am <i>Upper body strength</i> £7 RM134
Proud Conversations 2pm – 4pm <i>(LGBTQ+ Convo & support)</i> Free RM134	IT Support with Mark 2pm – 4pm <i>30 min 1:1 pre-booking req.</i> £6 RM134	Art Group – Painting & Drawing 1pm – 3pm <i>Basic art materials & drink inc.</i> £10 MH	Chair Yoga 11.30am – 12.15pm £7 MH	FREE! <ul style="list-style-type: none">Coffee & Conversation – Group Befriending (Also on Wed in Shoebury)Proud ConversationsDementia Advice & SupportAdvice & support - form filling, benefit claims etcFree Counselling Fridays	
Knit & Yarn Craft 2pm – 4pm <i>Drop-in for all types of yarn crafts & chat</i> £5 Cafe	Pilates provided by Fitbugs 6pm – 7pm 7.15pm – 8.15pm PH	Coffee & Conversation 1.30pm – 3.30pm <i>Come & chat (Group befriending)</i> Free RM134	Knit & Yarn Craft 2pm – 4pm <i>Drop-in for all types of yarn crafts & chat</i> £5 Cafe		
Circuit Training - December 6pm–7pm - £7 drop-in Note: January time change Starts 12 th Jan 5.15-6.15pm 12 wks £70 or £7 drop in	<div><p>THE HAVEN COMMUNITY HUB</p><p>CHRISTMAS OPENING HOURS</p><p>TUES 23RD DEC BUSINESS AS USUAL WED 24TH DEC CLOSED THURS 25TH DEC CLOSED FRI 26TH DEC CLOSED SAT DEC 27TH CLOSED SUN DEC 28TH CLOSED MON DEC 29TH BUSINESS AS USUAL TUES DEC 30TH BUSINESS AS USUAL WED DEC 31ST OPEN TIL 2PM THURS JAN 1ST CLOSED FROM FRI JAN 2ND BUSINESS AS USUAL</p></div>	Book Club 1pm – 2pm <i>Last Wednesday of the month</i> £4 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	
Pilates provided by Fitbugs 6.30pm –7.30pm PH		Yoga with Live Music 7.15pm –pm Contact Carmen – 07974348040 PH	Pilates 5.30pm–6.30pm Payment monthly in advance £7 per session MH		
			05BM Southend 7.00pm -9.00pm PH	MH – Main Hall PH – Private Hire DC – Day Centre RM134 – Room 134	This timetable is kindly sponsored by: <div><p>Specialists in repairs & maintenance Automated door systems</p><p>Double Glazing & Home Automation Specialists 0800 220329</p></div>

NHS Carers Intensive Support Team - 11am-1pm Wednesday 10TH December

Book in person by calling 01702 345 373 or email: enquiry@ageconcernsouthend.co.uk

Private Hires (PH)

Pilates with Fitbugs – zoe@fitbugs.net

Mondays & Tuesdays

Yoga with Carmen

Contact Carmen for further details:

07974348040 or email

abreathoflightyoga@gmail.com

Cake Club Parenting Support and Play Group –

admin@cakeclubcommunity.co.uk

Mondays 1pm – 3pm

Improvisation workshops with Ali James

Contact Ali for further details:

@improv.withalijames on Instagram or call

07950315841

O50BM Southend – www.o50bmforum.org.uk

Wednesdays 7.00pm – 9.00pm

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

DG Servicing
Specialists in repairs & maintenance Automates door systems
Double Glazing & Home Automation Specialists
0800 220329

THE HAVEN COMMUNITY HUB'S CHRISTMAS TEA PARTY
KINDLY SPONSORED BY DG SERVICING

AT THE HAVEN COMMUNITY HUB,
HAMLET COURT ROAD, WESTCLIFF
SUNDAY 14TH DECEMBER
12PM-4PM

Festive themed buffet,
music and games.
Live music from the amazing
Glen Lewis- singing all your
favourite hits
ONLY £10 PER PERSON

Book online at www.ageconcernsouthend.co.uk,
scan QR code or call 01702 345373

AGE Concern
CHARITY NUMBER 1160916

THE HAVEN COMMUNITY HUB

HUB CREATIVITY
FABRIC WREATH
FRIDAY 12TH DECEMBER
2 SESSIONS: 10 - 12PM AND 12.30-2.30
£7 PER SESSION

FESTIVE FABRIC WREATH MAKING WORKSHOP

CONTACT THE HUB FOR MORE INFO
THE HAVEN COMMUNITY HUB
138-140 HAMLET COURT RD, W-0-S
enquiry@ageconcernsouthend.co.uk
01702 345373

limited places available booking essential!
Using recycled fabric from our charity shop
All materials provided!

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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. **2nd and 3rd Tuesdays in the month** from 10am – 2pm

Hear Hear Wax Clear Microsuction - 07833 013865 - earwaxremovalsex.co.uk **every Saturday**

Dementia Navigators - Lin Taylor or Susan Stubbs – Drop-in clinic offering advice & support. 01702 534772

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 **Tues and Fri** 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

Bluebird Care – 01702474274 - adminsouthendandrochford@bluebirdcare.co.uk **every Mon, Wed & Friday**

THE HAVEN COMMUNITY HUB

HUB FITNESS
CIRCUIT TRAINING
with Tabby

All welcome!

12 WEEK DROP IN
STARTS MONDAY 12TH JANUARY
TIME: 5.15-6.15PM
COST: £7 PER SESSION
OR £70 FOR 12 SESSIONS

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For more info visit our website!

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