





# January 2026 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> 10am – 11am £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>Coffee &amp; Conversation</b> 1.30pm – 3.30pm <i>Come &amp; chat (Group befriending)</i> Free <b>RM134</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>Book Club</b> 1pm – 2pm <b>7<sup>th</sup> &amp; 28<sup>th</sup> January</b> £4 <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</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>05BM Southend</b> 7pm -9pm <b>PH</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 - STARTING JAN 12<sup>TH</sup> CIRCUIT TRAINING WITH TABBY</b> 12 wks £70 or £7 drop in 5.15-6.15pm <b>MH</b>	 <p><b>HUB FITNESS</b> <b>CIRCUIT TRAINING with Tabby</b> All welcome! 12 WEEK DROP IN STARTS MONDAY 12<sup>TH</sup> JANUARY TIME: 5.15-6.15PM COST: £7 PER SESSION OR £70 FOR 12 SESSIONS THE HAVEN COMMUNITY HUB 138-140 HAMLET COURT RD, W-0-S enquiry@ageconcernssouthend.co.uk 01702 345373</p>		<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@ageconcernssouthend.co.uk">marie.antoniou@ageconcernssouthend.co.uk</a>  This timetable is kindly sponsored by: <b>DG Servicing</b>  Specialists in repairs & maintenance Automated door systems <b>Double Glazing &amp; Home Automation Specialists</b> 0800 220329	
<b>Pilates provided by Fitbugs</b> 6.30pm – 7.30pm <b>PH</b>			<b>Pilates</b> 5.30pm – 6.30pm Payment monthly in advance £7 per session <b>MH</b>		
				<b>Yoga with Live Music</b> 7.15pm – 8.15pm <b>PH</b>	

**NHS** Carers Intensive Support Team - 11am-1pm Wednesday 14<sup>TH</sup> January

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

### Cake Club Parenting Support and Play Group –

[admin@cakeclubcommunity.co.uk](mailto: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](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. 01702 534772

**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 **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](mailto:enquiry@ageconcernsouthend.co.uk)

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

## 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)

THE HAVEN COMMUNITY HUB

HUB FITNESS

### CIRCUIT TRAINING

with Tabby



All welcome!



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

THE HAVEN COMMUNITY HUB  
138-140 HAMLET COURT RD, W-O-S  
[enquiry@ageconcernsouthend.co.uk](mailto:enquiry@ageconcernsouthend.co.uk)  
01702 345373

AGE Concern THE HAVEN

## BARN DANCING



### Jolly!!

**FEBRUARY**  
**Tuesday's**  
**3rd / 10th / 17th / 24th**  
**11.15 - 12.15**  
£7 per session

Everyone Welcome!




The Haven Community Hub 138-140 Hamlet crt rd, W-O-S  
Call: 01702 345373 for more info  
Email: [enquiry@ageconcernsouthend.co.uk](mailto:enquiry@ageconcernsouthend.co.uk)

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## COMING SOON

# QUIZ NIGHT



**FRIDAY 30<sup>TH</sup> JANUARY 2026**

**LOOK OUT FOR TICKETS ON SALE IN THE NEW YEAR**

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