

February 2026 Timetable – The Haven Community Hub 138-140 Hamlet Court Rd, Westcliff, Essex SS0 &LW

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 Seated or Standing 12pm – 1pm £7 RM134	Mat Yoga 9am – 10am £7 MH
Coffee & Conversation 10am – 12pm <i>Come & chat</i> (Group befriending) 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> (Group befriending) Free RM134	Whist 1.15pm – 3.45pm £5 RM134	Table Tennis 10.15am – 12.15pm £5 MH
IT Support with Mark 10am – 12pm 30 min 1:1 pre-booking req. £6 RM134	New! Barn Dancing 11.15 – 12.15 £7 MH	Coffee & Conversation 1.30pm – 3.30pm <i>Come & chat (Group befriending)</i> Free RM134	Keep Fit with Liz 10.15am – 11.15am <i>Building core strength</i> £7 MH	FREE! <ul style="list-style-type: none"> • Coffee & Conversation – Group Befriending (Also on Wed in Shoebury) • Proud Conversations • Dementia Advice & Support • Advice & support - form filling, benefit claims • Free Counselling 	Box-fit with Tabby 10.15am – 11.15am <i>Upper body strength</i> £7 RM134
Proud Conversations 2pm – 4pm (LGBTQ+ Convo & support) Free RM134	Falls Prevention Seated 11.30am – 12.15pm £7 RM134	Art Class 1-3pm <i>(basic art materials supplied)</i> £10 MH	Chair Yoga 11.30am – 12.15pm £7 MH		Greek Dancing 11.30am – 12.30pm PH
Knit & Yarn Craft 2pm – 4pm <i>Drop-in for all types of yarn crafts & chat</i> £5 Cafe	IT Support with Mark 2pm – 4pm 30 min 1:1 pre-booking req. £6 RM134	Book Club 1pm – 2pm <i>Last Wednesday of the month</i> £4 RM134	Knit & Yarn Craft 2pm – 4pm <i>Drop-in for all types of yarn crafts & chat</i> £5 Cafe		
Circuit Training 5.15-6.15pm <i>Full body workout</i> £7 MH	Pilates provided by Fitbugs 6pm – 7pm 7.15pm – 8.15pm PH	05BM Southend 7pm -9pm PH	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	10am – 12pm Every fortnight See reverse for details	 NHS Carers Intensive Support Team 11am-1pm Wednesday 11th February	Pilates 5.30pm-6.30pm Payment monthly in advance £7 per session MH	This timetable is kindly sponsored by: DG Servicing  Specialists in repairs & maintenance Automated door systems Double Glazing & Home Automation Specialists 0800 220329	DG Servicing  Specialists in repairs & maintenance Automated door systems Double Glazing & Home Automation Specialists 0800 220329
 	MH – Main Hall PH – Private Hire	RM134 – Room 134 DC – Day Centre	Yoga with Live Music 7.15pm-8.15pm PH		
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

Greek Dancing

Contact Christos 07512816969 or email Chrisparas1926@gmail.com

Saturdays 11.30am – 12.30pm

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



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 - earwaxremovalessex.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 07501 802694 - **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 - admin@southendandrochford@bluebirdcare.co.uk **every Mon, Wed & Friday**

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