






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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Table Tennis</b> 9am – 11am £5 MH	<b>Inclusive Yoga</b> 10am – 11am £7 MH	<b>Tai Chi</b> 10am – 11am £7 MH	<b>Table Tennis</b> 9am – 11am £5 MH	<b>Dance <i>Seated or Standing</i></b> 12pm – 1pm £7 RM134	<b>Mat Yoga</b> 9am – 10am £7 MH
<b>Coffee &amp; Conversation</b> 10am – 12pm <i>Come &amp; chat</i> (Group befriending) Free RM134	<b>Falls Prevention</b> 10.30am – 11.15am <i>Strengthening your core</i> £7 RM134	<b>Falls Prevention</b> 11.15am – 12pm £7 RM134	<b>Coffee &amp; Conversation</b> 10am – 12pm <i>Come &amp; chat</i> (Group befriending) Free RM134	<b>Whist</b> 1.15pm – 3.45pm £5 RM134	<b>Table Tennis</b> 10.15am – 12.15pm £5 MH
<b>IT Support with Mark</b> 10am – 12pm <i>30 min 1:1 pre-booking req.</i> £6 RM134	<b>New! Barn Dancing</b> <b>11.15 – 12.15</b> <b>£7 MH</b>	<b>Coffee &amp; Conversation</b> 1.30pm – 3.30pm <i>Come &amp; chat (Group befriending)</i> Free RM134	<b>Keep Fit with Liz</b> 10.15am – 11.15am <i>Building core strength</i> £7 MH	<b>FREE!</b> <ul style="list-style-type: none"><li><b>Coffee &amp; Conversation – Group Befriending (Also on Wed in Shoebury)</b></li><li><b>Proud Conversations</b></li><li><b>Dementia Advice &amp; Support</b></li><li><b>Advice &amp; support - form filling, benefit claims</b></li><li><b>Free Counselling</b></li></ul>	<b>Box-fit with Tabby</b> 10.15am – 11.15am <i>Upper body strength</i> £7 RM134
<b>Proud Conversations</b> 2pm – 4pm (LGBTQ+ Convo & support) Free RM134	<b>Falls Prevention Seated</b> 11.30am – 12.15pm £7 RM134	<b>Art Class</b> 1-3pm (basic art materials supplied) £10 MH	<b>Chair Yoga</b> 11.30am – 12.15pm £7 MH		<b>Greek Dancing</b> 11.30am – 12.30pm PH
<b>Knit &amp; Yarn Craft</b> 2pm – 4pm <i>Drop-in for all types of yarn crafts &amp; chat</i> £5 Cafe	<b>IT Support with Mark</b> 2pm – 4pm <i>30 min 1:1 pre-booking req.</i> £6 RM134	<b>Book Club</b> 1pm – 2pm <i>Last Wednesday of the month</i> £4 RM134	<b>Knit &amp; Yarn Craft</b> 2pm – 4pm <i>Drop-in for all types of yarn crafts &amp; chat</i> £5 Cafe		
<b>Circuit Training</b> 5.15-6.15pm <i>Full body workout</i> £7 MH	<b>Pilates provided by Fitbugs</b> 6pm – 7pm 7.15pm – 8.15pm PH	<b>05BM Southend</b> 7pm -9pm PH	<b>Sounds of Memory Choir</b> 2pm – 3pm <i>Come &amp; join our community singing – no experience req.</i> £7 RM134	<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>  This timetable is kindly sponsored by: <b>DG Servicing</b>  <small>Specialists in repairs &amp; maintenance Automated door systems</small> <b>Double Glazing &amp; Home Automation Specialists</b> 0800 220329	
<b>Pilates provided by Fitbugs</b> 6.30pm – 7.30pm PH	10am – 12pm Every fortnight  See reverse for details	 <b>Carers Intensive Support Team</b> 11am-1pm <b>Wednesday 11<sup>TH</sup> February</b> RM134 – Room 134 DC – Day Centre	<b>Pilates</b> 5.30pm–6.30pm Payment monthly in advance £7 per session MH		
 	<b>MH – Main Hall</b> <b>PH – Private Hire</b>		<b>Yoga with Live Music</b> 7.15pm-8.15pm PH		
<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)

### 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

### Greek Dancing

Contact Christos 07512816969 or email [Chrisparas1926@gmail.com](mailto: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](mailto: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. **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 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](mailto:enquiry@ageconcernsouthend.co.uk)

**Bluebird Care** – 01702474274 - [adminsouthendandrochford@bluebirdcare.co.uk](mailto:adminsouthendandrochford@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](http://www.ageconcernsouthend.co.uk/volunteer)