

March 2026 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 10am – 11am £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 | Whist 1.15pm – 3.45pm £5 RM134 | 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 | 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 | NEW CLASS CRAFTING FOR ADULTS 1st Friday of the Month 10am-12pm Cafe | 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 Class 1-3pm <i>(basic art materials supplied)</i> £10 MH | Chair Yoga 11.30am – 12.15pm £7 MH | COMING SOON! EVENING TAI CHI Wednesdays 5.30pm- 6.30pm STARTING APRIL | 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 | Pilates provided by Fitbugs 6pm – 7pm 7.15pm – 8.15pm PH | 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 | 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 | |
| Circuit Training 5.15-6.15pm <i>Full body workout</i> £7 MH | 10am – 12pm Every fortnight PH See reverse for details | 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 | Carers Intensive Support Team 11am-1pm Wednesday 11th March | | Pilates 5.30pm–6.30pm Payment monthly in advance £7 per session MH | This timetable is kindly sponsored by: 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 - 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 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 - 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