



# May 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 <span style="float:right">MH</span>	<b>Inclusive Yoga</b> 10am – 11am £7 <span style="float:right">MH</span>	<b>Tai Chi</b> 9.45am – 11.00am £7 <span style="float:right">MH</span>	<b>Table Tennis</b> 9am – 11am £5 <span style="float:right">MH</span>	<b>Dance Fit</b> 9.30am – 10.15am MH	<b>Mat Yoga</b> 9am – 10am £7 <span style="float:right">MH</span>
<b>Coffee &amp; Conversation</b> 10am – 12pm <i>Come &amp; chat (Group befriending)</i> Free <span style="float:right">RM134</span>	<b>Falls Prevention</b> 10.30am – 11.15am <i>Strengthening your core</i> £7 <span style="float:right">RM134</span>	<b>Falls Prevention</b> 11.15am – 12pm £7 <span style="float:right">RM134</span>	<b>Coffee &amp; Conversation</b> 10am – 12pm <i>Come &amp; chat (Group befriending)</i> Free <span style="float:right">RM134</span>	<b>Crafting For Adults</b> <i>First Friday of the Month</i> 10am-12pm £5 <span style="float:right">Café</span>	<b>Table Tennis</b> 10.15am – 12.15pm £5 <span style="float:right">MH</span>
<b>IT Support with Mark</b> 10am – 12pm <i>30 min 1:1 pre-booking req.</i> £6 <span style="float:right">RM134</span>	<b>Barn Dancing</b> 11.15am – 12.15pm <b>5<sup>th</sup> &amp; 12<sup>th</sup> May</b> £7 <span style="float:right">MH</span>	<b>Coffee &amp; Conversation</b> 1.30pm – 3.30pm <i>Come &amp; chat (Group befriending)</i> Free <span style="float:right">RM134</span>	<b>Keep Fit with Liz</b> 10.15am – 11.15am <i>Building core strength</i> £7 <span style="float:right">MH</span>	<b>Whist</b> 1.15pm – 3.45pm £5 <span style="float:right">RM134</span>	<b>Box-fit with Tabby</b> 10.15am – 11.15am <i>Upper body strength</i> £7 <span style="float:right">RM134</span>
<b>Proud Conversations</b> 2pm – 4pm <i>(LGBTQ+ Convo &amp; support)</i> Free <span style="float:right">RM134</span>	<b>Falls Prevention Seated</b> 11.30am – 12.15pm £7 <span style="float:right">RM134</span>	<b>Art Class</b> 1-3pm <i>(basic art materials supplied)</i> £10 <span style="float:right">MH</span>	<b>Chair Yoga</b> 11.30am – 12.15pm £7 <span style="float:right">MH</span>		<b>Greek Dancing</b> 11.30am – 12.30pm <b>ALSO</b> FRIDAY 7pm-8pm <span style="float:right">PH</span>
<b>Knit &amp; Yarn Craft</b> 2pm – 4pm <i>Drop-in - crafts &amp; chat</i> £5 <span style="float:right">Cafe</span>	<b>Table Tennis</b> 12.30pm – 2.30pm £5 <span style="float:right">MH</span>	<b>Book Club</b> 1pm – 2pm <i>Last Wednesday of the month</i> £4 <span style="float:right">RM134</span>	<b>Knit &amp; Yarn Craft</b> 2pm – 4pm <i>Drop-in for yarn crafts &amp; chat</i> £5 <span style="float:right">Cafe</span>		<b>SUNDAY</b> <b>Savage Martial Arts for Kids</b> 9.15am – 10.45am <span style="float:right">PH</span>
<b>Circuit Training</b> 5.15-6.15pm <i>Full body workout!</i> £7 <span style="float:right">MH</span>	<b>IT Support with Mark</b> 2pm – 4pm <i>30 min 1:1 pre-booking req.</i> £6 <span style="float:right">RM134</span>	<b>Tai Chi</b> 5.30pm – 6.30pm £7 <span style="float:right">MH</span>	<b>Sounds of Memory Choir</b> 2pm – 3pm - <i>Come &amp; join our community singing – no experience req.</i> £7 <span style="float:right">RM134</span>		<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>
<b>Pilates provided by Fitbugs</b> 6.30pm – 7.30pm PH	<b>Pilates provided by Fitbugs</b> 6pm – 7pm 7.15pm – 8.15pm PH	<b>O5BM Southend</b> 7pm -9pm PH	<b>Pilates</b> 5.30pm–6.30pm Payment monthly in advance £7 per session <span style="float:right">MH</span>	<b>FREE!</b> <ul style="list-style-type: none"> <li>Coffee &amp; Conversation – Group Befriending (Also on Friday in Shoebury and Tuesday in Eastwood)</li> <li>Proud Conversations</li> <li>Dementia Advice &amp; Support</li> <li>Advice &amp; support - form filling, benefit claims</li> <li>Free Counselling</li> </ul>	
This timetable is kindly sponsored by: 	<b>KIDS HUB HALF TERM MAKE &amp; TAKE</b> <b>MORE DETAILS COMING SOON!</b>		<b>Yoga with Live Music</b> 7.15pm-8.15pm <span style="float:right">PH</span>	<b>Book in person by calling 01702 345 373 or email: <a href="mailto:enquiry@ageconcernsouthend.co.uk">enquiry@ageconcernsouthend.co.uk</a></b>	

MH – Main Hall / RM134 – Room 134 / PH – Private Hire / DC – Day Centre

**CLOSED BANK HOLIDAY MONDAYS 4<sup>TH</sup> & 25<sup>TH</sup> MAY**



<b>Private Hires (PH)</b> <b>Pilates with Fitbugs – <a href="mailto:zoe@fitbugs.net">zoe@fitbugs.net</a></b> <b>Mondays &amp; Tuesdays</b>	<b>Yoga with Carmen</b> Contact Carmen for further details: 07974348040 or email <a href="mailto:abreathoflightyoga@gmail.com">abreathoflightyoga@gmail.com</a>
<b>Cake Club Parenting Support and Play Group –</b> admin@cakeclubcommunity.co.uk <b>Mondays 12pm – 2pm</b>	<b>Dance Fit with Coral</b> <a href="mailto:dancefitwithcoral@gmail.com">dancefitwithcoral@gmail.com</a>
<b>Improvisation workshops with Ali James</b> Contact Ali for further details: @improv.withalijames on Instagram or call 07950315841	<b>Savage Martial Arts</b> <b>Sundays 9.15am – 10.45am</b> Contact Dan for further details 07428127135 or email <a href="mailto:DanielHilldrup@gmail.com">DanielHilldrup@gmail.com</a>
<b>O50BM Southend – <a href="http://www.o50bmforum.org.uk">www.o50bmforum.org.uk</a></b> <b>Wednesdays 7.00pm – 9.00pm</b>	
<b>Greek Dancing</b> Contact Christos 07512816969 or email <a href="mailto:Chrisparas1926@gmail.com">Chrisparas1926@gmail.com</a> <b>Fridays 7pm – 8pm Saturdays 11.30am – 12.30pm</b>	

## Dementia Day Centre

Do you care for or know someone living with dementia?  
 Our day centre has spaces available for **half and full day attendance**. We offer a range of meaningful and enjoyable activities including arts and crafts, games, singing, gentle exercise and reminiscence.  
 To enquire or book a **half day free trial** please contact  
[jo.saunders@ageconcernsouthend.co.uk](mailto:jo.saunders@ageconcernsouthend.co.uk)

**FREE!**  
**6 WEEK COURSE**  
 INTRODUCTION TO  
**FALLS PREVENTION**

**BOOKING ESSENTIAL!**  
**STARTING 6<sup>TH</sup> MAY**  
**12.15 - 1 PM**  
 Improve balance & strength



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

**AGE Concern**

### 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 - earwaxremovalsex.co.uk **every Saturday**  
**Dementia Navigator - 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  
**Bluebird Care** – 01702474274 - [adminsouthendandrochford@bluebirdcare.co.uk](mailto:adminsouthendandrochford@bluebirdcare.co.uk) **every Mon & Friday**  
**Barbara Wanna – Utilities Warehouse** – 07968 638089 - Advice on household energy bills.

**AN EVENING WITH GLEN LEWIS**  
**FRI 15<sup>TH</sup> MAY £10**



**MYSTERY COACH TRIP**  
**SAT 13<sup>TH</sup> JUNE £30**



For more info visit our website!

*Do you have a spare hour or two and want to support your local community? Why not join our volunteer team?*

We are currently looking for:

**Events Volunteers / Telephone and Face to Face Befrienders in Eastwood / Shoebury**

**If you are interested, please ask at reception for details or go to**

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