

LATEST NEWS FROM AGE CONCERN SOUTHEND & THE HAVEN

COMMUNITY HUB

138-140 Hamlet Court Rd, Westcliff on Sea, Essex SS0 7LW

Our mission: to help those over 50 living in Southend on Sea and surrounding areas to live healthier, happier and more independent lives and develop a community where older people can flourish.

SMILES, STORIES, AND SPECIAL MOMENTS AT OUR DEMENTIA DAY CENTRE

It's been a truly vibrant and joyful month at our Dementia Day Centre, filled with laughter, creativity, and meaningful connections.



We were delighted to welcome some very special visitors. **Henry VIII** stepped back in time to visit us, bringing history to life with his larger-than-life presence and plenty of smiles!



We also enjoyed the calming companionship of **Lottie** the therapy dog, whose gentle visits brought comfort and happiness to everyone.



Activity and engagement have been at the heart of our days. Thanks to **Essex Cricket Club**, our clients took part in an exciting session of table cricket, encouraging teamwork, movement, and plenty of friendly competition.

We've kept moving too, with regular movement sessions helping everyone stay active in a fun and supportive way.



Creativity has flourished through arts and crafts sessions, alongside puzzles that keep minds active and engaged. Music has been another highlight, with wonderful live performances from Val and The Quiet Man, filling the centre with songs, rhythm, and memories.



We've also been busy supporting nature with our involvement in the Save Our Swifts project, contributing to an important cause while enjoying time together.



With Easter celebrations in full swing, we were incredibly grateful to receive Easter eggs from Cadent, which brought great excitement to our clients. Adding to the fun, we also got hands-on and made our own delicious Rice Krispies egg baskets, combining creativity with a sweet treat!

Every day at the centre continues to be filled with warmth, companionship, and enriching experiences. We are so proud of the welcoming, lively community we share—and we look forward to many more special moments together.

We currently have spaces available and welcome new members to join our supportive and social community.

If you'd like to **find out more** or arrange a **free half day trial**, please get in touch!

Jo.Saunders@ageconcernsouthend.co.uk

Alternatively, come and join us on one of our
Open Days
Monday 18th May 10.30am - 3.30pm
and
Thursday 21st May 10.30am - 1pm




DEMENTIA ACTION AWARENESS WEEK

18th - 24th May

DEMENTIA OPEN DAY

at Our Day Centre



Mon 18th May
10.30am - 3.30pm



Thurs 21st May
10.30am - 1pm

Join us for a warm welcome, refreshments and the chance to see our day centre in action.

-  **MEET OUR TEAM**
Chat with staff and learn more about what we do.
-  **REFRESHMENTS**
Enjoy a cuppa and a biscuit in good company.
-  **ACTIVITIES & SUPPORT**
Discover the activities, support and companionship we offer.
-  **EVERYONE WELCOME**
People living with dementia, family, friends and professionals


Come in,
have a look and see
how we can make every day matter.




 The Haven Community Hub
Hamlet Court Road,
Westcliff-On-Sea,
Essex, S50 7LW

 www.ageconcernsouthend.co.uk
01702 345373
Charity Number: 1160916

We also have a **few remaining spaces** available in the **Men's Motivational Snooker and Carers Support** group; offering a calm, supportive space for those living with dementia, and the carers group offers a caring place to chat and share.

 **When:** Every Tuesday 2pm to 4pm

 **Where:** The Windermere Club, 1 Windermere Road, SS12RF

 **How much:** £3 per person playing snooker. Carers peer support is free to attend. Optional drinks are available from the bar.

For more information, please email Sarah.Wilson@ageconcernsouthend.co.uk



8 WEEK DROP-IN GROUP THERAPY AND SUPPORT SESSIONS
for carers of people living with Dementia

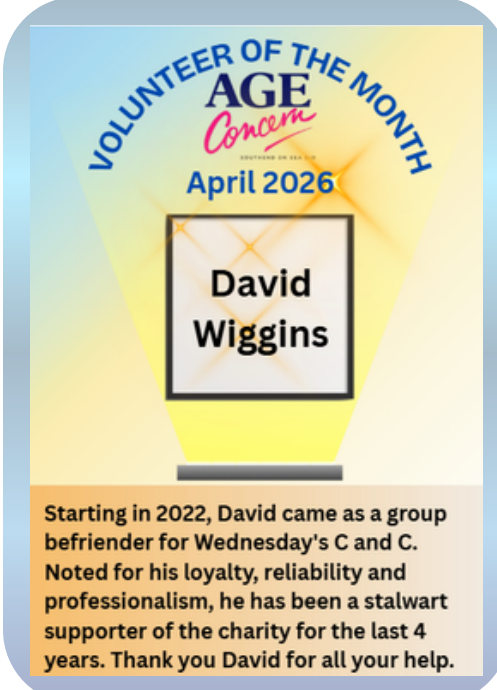
STARTING THURSDAY 4TH JUNE
12.15-1.45PM

The Haven Community Hub
134 Hamlet Court Road, W-O-S, Essex
01702 345373
enquiry@ageconcernsouthend.co.uk

OUR VOLUNTEER OF THE MONTH

CAN YOU HELP? easyfundraising |



VOLUNTEER OF THE MONTH
AGE Concern
APRIL 2026

David Wiggins

Starting in 2022, David came as a group befriender for Wednesday's C and C. Noted for his loyalty, reliability and professionalism, he has been a stalwart supporter of the charity for the last 4 years. Thank you David for all your help.

We could, **with your help**, receive one of five **£1,000** funding pots in May. Tesco and easyfundraising have come together to give a little help to good causes this month when anyone using easyfundraising for shopping with **Tesco** or **F&F**. Each time you shop online, Age Concern Southend goes into the draw to receive a **£1,000** funding boost. Over **8,000** retailers will donate to us when you use easyfundraising to shop with them including **Amazon, eBay, Argos, John Lewis, Trainline, Tesco, Sainsbury's, Boots, Booking.com, Currys, Just Eat, M&S, and Waitrose and so many more!** Setting up is easy, only takes a moment and is completely **FREE!** Just follow the link below to sign up today and nominate us as your chosen cause.
www.easyfundraising.org.uk/causes/ageconcernsouthend

 **VOLUNTEERS NEEDED** 

 **MORE VOLUNTEER DRIVERS URGENTLY NEEDED** 

We are desperately seeking more volunteer drivers to transport our clients to and from the Dementia Day Centre.

- ✓ Support people living with dementia
- ✓ Flexible and rewarding role
- ✓  Fuel allowance provided to help cover your costs

We are also looking for friendly, reliable volunteers to help support our **events** throughout the year.

Can you help by supporting at the next events:

SPRING FAYRE 
 Sunday 24th May

ROCHFORD HUNDRED VINTAGE TRACTOR & ENGINE CLUB TRACTOR RUN 
 Sunday 28th June

Contact us: **01702 345373**
Email: Sarah.Holmes@ageconcernsouthend.co.uk

 **GET INVOLVED TODAY** 
 Your time can make a real difference 

UPCOMING EVENTS ...

To book tickets for any event please call 01702 345373, visit our website ageconcernsouthend.co.uk or email Samantha.crump@ageconcernsouthend.co.uk

START STRONG SATURDAYS

Start your weekend feeling stronger, calmer, and more energised than ever! Join us every **Saturday morning** for the perfect balance of movement and motivation with our **Mat Yoga & Box Fit** classes.

Whether you're looking to unwind, get fit, or just try something new in a friendly and supportive environment, these sessions are for all levels.

AGE Concern THE HAVEN COMMUNITY HUB

138-140 Hamlet Cr Rd SSO 7LW
01702 345373

£7

MAT YOGA SATURDAY
9.00-10.00

AGE Concern THE HAVEN COMMUNITY HUB

138-140 Hamlet Cr Rd SSO 7LW
01702 345373

£7

BOX FIT SATURDAY
10.15-11.15

Call us on 01702 345373 or email enquiry@ageconcernsouthend.co.uk