



# June 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><br>9am – 11am<br>£5 <b>MH</b>  | <b>Inclusive Yoga</b><br>10am – 11am<br>£7 <b>MH</b>  | <b>Tai Chi</b><br>9.45am – 11.00am<br>£7 <b>MH</b>   | <b>Table Tennis</b><br>9am – 11am<br>£5 <b>MH</b>   | <b>Dance Fit</b><br>9.30am – 10.15am<br><b>MH</b>   | <b>Mat Yoga</b><br>9am – 10am<br>£7 <b>MH</b>   |
| <b>Coffee &amp; Conversation</b><br>10am – 12pm <i>Come &amp; chat</i><br><i>(Group befriending)</i><br>Free <b>RM134</b>  | <b>Falls Prevention</b><br>10.30am – 11.15am<br><i>Strengthening your core</i><br>£7 <b>RM134</b>   | <b>Falls Prevention</b><br>11.15am – 12pm<br>£7 <b>RM134</b>   | <b>Coffee &amp; Conversation</b><br>10am – 12pm <i>Come &amp; chat</i><br><i>(Group befriending)</i><br>Free <b>RM134</b>                             | <b>Crafting For Adults</b><br><i>First Friday of the Month</i><br>10am-12pm<br>£5 <b>Café</b>   | <b>Table Tennis</b><br>10.15am – 12.15pm<br>£5 <b>MH</b>  |
| <b>IT Support with Mark</b><br>10am – 12pm<br><br><i>30 min 1:1 pre-booking req.</i><br>£6 <b>RM134</b>  | <b>Barn Dancing</b><br>11.15am – 12.15pm<br><b>NEW DATES!</b><br><b>16<sup>h</sup> 23<sup>rd</sup> 30<sup>th</sup> June</b><br>£7 <b>MH</b> | <b>Coffee &amp; Conversation</b><br>1.30pm – 3.30pm<br><i>(Group befriending)</i><br>Free <b>RM134</b> | <b>Keep Fit with Liz</b><br>10.15am – 11.15am<br><i>Building core strength</i><br>£7 <b>MH</b>  | <b>Whist</b><br>1.15pm – 3.45pm<br>£5 <b>RM134</b>  | <b>Box-fit with Tabby</b><br>10.15am – 11.15am<br><i>Upper body strength</i><br>£7 <b>RM134</b> |
| <b>Proud Conversations</b><br>2pm – 4pm<br><i>(LGBTQ+ Convo &amp; support)</i><br>Free <b>RM134</b>  | <b>Falls Prevention Seated</b><br>11.30am – 12.15pm<br>£7 <b>RM134</b>  | <b>Art Class</b><br>1-3pm<br><i>(basic art materials supplied)</i><br>£10 <b>MH</b>                    | <b>Chair Yoga</b><br>11.30am – 12.15pm<br>£7 <b>MH</b>  | <b>Greek Dancing</b><br>7pm-8pm<br><b>PH</b>  | <b>Greek Dancing</b><br>11.30am – 12.30pm<br><b>PH</b>  |
| <b>Knit &amp; Yarn Craft</b><br>2pm – 4pm<br><i>Drop-in - crafts &amp; chat</i><br>£5 <b>Cafe</b>  | <b>Table Tennis</b><br>12.30pm – 2.30pm<br>£5 <b>MH</b>   | <b>Book Club</b><br>1pm – 2pm<br><i>Last Wednesday of the month</i><br>£4 <b>RM134</b>                 | <b>Knit &amp; Yarn Craft</b><br>2pm – 4pm<br><i>Drop-in for yarn crafts &amp; chat</i><br>£5 <b>Cafe</b>  |   | <b>SUNDAY</b><br><b>Savage Martial Arts for Kids</b><br>9.15am – 10.45am<br><b>PH</b>           |
| <b>Circuit Training</b><br>5.15-6.15pm<br><i>Full body workout!</i><br>£7 <b>MH</b>  | <b>IT Support with Mark</b><br>2pm – 4pm<br><i>30 min 1:1 pre-booking req.</i><br>£6 <b>RM134</b>   | <b>Tai Chi</b><br>5.30pm – 6.30pm<br>£7 <b>MH</b>  | <b>Sounds of Memory Choir</b><br>2pm – 3pm - <i>Come &amp; join our</i><br><i>community singing – no</i><br><i>experience req.</i><br>£7 <b>RM134</b> | <p align="center"><b>ROOMS TO HIRE</b></p> <p align="center">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></p> <p align="center"><b>FREE SERVICES!</b></p> <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 – LGBTQ+50</li> <li>Dementia Advice &amp; Support</li> <li>Advice &amp; support - form filling, benefit claims</li> <li>Free Counselling</li> </ul> |   |
| <b>Pilates provided by Fitbugs</b><br>6.30pm – 7.30pm<br><b>PH</b>   | <b>Pilates provided by Fitbugs</b><br>6pm – 7pm<br>7.15pm – 8.15pm<br><b>PH</b>   | <b>O5BM Southend</b><br>7pm -9pm<br><b>PH</b>  | <b>Pilates</b><br>5.30pm–6.30pm<br>Payment monthly in advance<br>£7 per session <b>MH</b>   |   |   |
| <b>This timetable is kindly sponsored by:</b><br><b>DG Servicing</b> <b>ads</b><br><small>Specialists in repairs &amp; maintenance Automated door systems<br/>Double Glazing &amp; Home Automation Specialists<br/>0800 220329</small> | <b>MH – Main Hall</b><br><b>PH – Private Hire</b>   | <b>RM134 – Room 134</b><br><b>DC – Day Centre</b>  | <b>Yoga with Live Music</b><br>7.15pm-8.15pm <b>PH</b>  |   |   |
| <p align="center"><b>THE HAVEN COMMUNITY HUB</b> Book in person by calling 01702 345 373 or email: <a href="mailto:enquiry@ageconcernsouthend.co.uk">enquiry@ageconcernsouthend.co.uk</a> </p>   |   |  |   |   |   |

**For more info visit our website! [www.ageconcernsouthend.co.uk](http://www.ageconcernsouthend.co.uk)**

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

## 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)

## 8 WEEK DROP-IN GROUP THERAPY AND SUPPORT SESSIONS

for carers of people living with Dementia

### STARTING THURSDAY 4<sup>TH</sup> JUNE

**12.15-1.45PM**

The Haven Community Hub  
134 Hamlet Court Road, W-O-S, Essex  
01702 345373  
[enquiry@ageconcernsouthend.co.uk](mailto:enquiry@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 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](mailto: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. **1<sup>st</sup> Thursday of the month** from 10am-2pm

**COME ON A MYSTERY COACH TRIP with us!**

Step aboard for a full day of surprises. Expect scenery, laughter, and a friendly community atmosphere.

**£30 PER PERSON**

Treats included with Cooke Coaches

**TICKETS AVAILABLE AT THE HAVEN COMMUNITY HUB OR BY SCANNING THE QR CODE BELOW**

**SATURDAY 13<sup>TH</sup> JUNE 2026**

**WHAT'S INCLUDED:**

- 1. Pick up from The Haven Community Hub or other
- 2. Refreshments served with our award winning chef
- 3. Seating reserved through community hub
- 4. Meet your guide

**TICKETS AVAILABLE:**

- 1. Book through our website
- 2. Book through our community hub
- 3. Non-refundable tickets
- 4. Price reflects our coach
- 5. Admin support available

**THE HAVEN COMMUNITY HUB**

**Summer Sip & Paint**

BRING YOUR OWN BOOZE

Tickets **£25** - Limited Numbers

**FRIDAY July 10<sup>th</sup> 7PM-9PM**

Price includes:

- A 2-hour class with an artist
- All materials
- A masterpiece to take home
- A fun, friendly evening

**The Haven Community Hub**  
Hamlet Court Road, S50 7LW  
Tel: 01702 345373  
[www.ageconcernsouthend.co.uk/events](http://www.ageconcernsouthend.co.uk/events)

**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)