



August 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 9.45am – 11.00am £7 MH	Table Tennis 9am – 11am £5 MH	Dance Fit 9.30am – 10.15am MH	Mat Yoga 9am – 10am £7 MH
Coffee & Conversation 10am – 12pm <i>Come & chat</i> (Group befriending) 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</i> (Group befriending) Free RM134	Crafting For Adults <i>First Friday of the Month</i> 10am-12pm £5 Café	Table Tennis 10.15am – 12.15pm £5 MH
IT Support with Mark 10am – 12pm 30 min 1:1 pre-booking req. £6 RM134	Falls Prevention Seated 11.30am – 12.15pm £7 RM134	Falls Prevention 12.15pm – 1pm STARTING 2ND SEPTEMBER £7 RM134	Keep Fit with Liz 10.15am – 11.15am <i>Building core strength</i> £7 MH	Whist 1.15pm – 3.45pm £5 RM134	Box-fit with Tabby 10.15am – 11.15am <i>Upper body strength</i> £7 RM134
Proud Conversations 2pm – 4pm (LGBTQ+ Convo & support) Free RM134	Table Tennis 12.30pm – 2.30pm £5 MH	Coffee & Conversation 1.30pm – 3.30pm (Group befriending) Free RM134	Chair Yoga 11.30am – 12.15pm £7 MH	Greek Dancing 7.30-8.30 PH / MH	SUNDAY Savage Martial Arts for Kids 9.15am – 10.45am PH
Knit & Yarn Craft 2pm – 4pm <i>Drop-in - crafts & chat</i> £5 Cafe	IT Support with Mark 2pm – 4pm 30 min 1:1 pre-booking req. £6 RM134	Art Class 1-3pm (basic art materials supplied) £10 MH	Knit & Yarn Craft 2pm – 4pm <i>Drop-in for yarn crafts & chat</i> £5 Cafe	  Ask at reception for further details	
Circuit Training 5.15-6.15pm <i>Full body workout!</i> £7 MH	Pilates provided by Fitbugs 6pm – 7pm 7.15pm – 8.15pm PH	Book Club 1pm – 2pm <i>Last Wednesday of the month</i> £4 RM134	Sounds of Memory Choir 2pm – 3pm - <i>Come & join our community singing – no experience req.</i> £7 RM134		
Pilates provided by Fitbugs 6.30pm – 7.30pm PH	CLOSED AUGUST BANK HOLIDAY MONDAY 31ST	Tai Chi 5.30pm – 6.30pm £7 MH	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	O5BM Southend 7pm -9pm PH	Yoga with Live Music 7.15pm-8.15pm PH	

For more info visit our website! www.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 12pm – 2pm	Dance Fit with Coral dancefitwithcoral@gmail.com
Improvisation workshops with Ali James Contact Ali for further details: @improv.withalijames on Instagram or call 07950315841	Savage Martial Arts Sundays 9.15am – 10.45am Contact Dan for further details 07428127135 or email DanielHilldrup@Gmail.com
O50BM Southend – www.o50bmforum.org.uk Wednesdays 7.00pm – 9.00pm	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
Greek Dancing Contact Christos 07512816969 or email Chrisparas1926@gmail.com Fridays 7pm – 8pm	

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 - earwaxremovalssex.co.uk **every Saturday**

Dementia Navigator - Susan Stubbs – Drop-in clinic offering advice & support. 01702 534772

1st Wednesday

of the month from 10.30am – 12.30pm

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**

Moyna – **every Mon 9.30am – 12.30pm** advice & support for form filling, benefit claims etc – ask at reception for an appointment or email enquiry@ageconcernsouthend.co.uk

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

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

FREE SERVICES

- Coffee & Conversation – Group Befriending (Also in Shoebury on Friday & Eastwood on Tuesday)
- Proud Conversations – LGBTQ+ 50
- Dementia Advice & Support – Form filling, benefit claims
- Free Counselling

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