

 **July 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> <i>(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</i> <i>(Group befriending)</i> 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 <i>30 min 1:1 pre-booking req.</i> £6 RM134	Barn Dancing 11.15am – 12.15pm July 7th NEW DATES COMING IN OCTOBER! £7 MH	NEW CLASS! Falls Prevention 12.15pm – 1pm £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 <i>(LGBTQ+ Convo & support)</i> Free RM134	Falls Prevention Seated 11.30am – 12.15pm £7 RM134	Coffee & Conversation 1.30pm – 3.30pm <i>(Group befriending)</i> Free RM134	Chair Yoga 11.30am – 12.15pm £7 MH	COMING SOON! SUMMER KIDS HUB	
Knit & Yarn Craft 2pm – 4pm <i>Drop-in - crafts & chat</i> £5 Cafe	Table Tennis 12.30pm – 2.30pm £5 MH	Art Class 1-3pm <i>(basic art materials supplied)</i> £10 MH	Knit & Yarn Craft 2pm – 4pm <i>Drop-in for yarn crafts & chat</i> £5 Cafe		
Circuit Training 5.15-6.15pm <i>Full body workout!</i> £7 MH	IT Support with Mark 2pm – 4pm <i>30 min 1:1 pre-booking req.</i> £6 RM134	Book Club 1pm – 2pm <i>Last Wednesday of the month</i> £4 RM134	Sounds of Memory Choir 2pm – 3pm - <i>Come & join our</i> <i>community singing – no</i> <i>experience req.</i> £7 RM134	 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Ask at reception for further details </div>	
Pilates provided by Fitbugs 6.30pm – 7.30pm PH	Pilates provided by Fitbugs 6pm – 7pm 7.15pm – 8.15pm PH	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: DG Servicing  <small>Specialists in repairs & maintenance Automated door systems Double Glazing & Home Automation Specialists 0800 220329</small>	MH – Main Hall RM134 – Room 134 PH – Private Hire 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

THE HAVEN COMMUNITY HUB 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 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 Saturdays 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.



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 Navigator - 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
- Barbara Wanna – Utilities Warehouse** – 07968 638089 - Advice on household energy bills. **1st Thursday of the month** from 10am-2pm

- ### 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