November 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 *Come & chat* *(Group befriending)* Free **RM134**	**Falls Prevention** 10.30am – 11.15am *Strengthening your core* £7 **RM134**	**Falls Prevention** 11.15am – 12pm £7 **RM134**	**Coffee & Conversation** 10am – 12pm *Come & chat* *(Group befriending)* Free **RM134**	**Whist** 1.15pm – 3.45pm £5 **RM134**	**Table Tennis** 10.10am – 12pm £5 **MH**
Proud Conversations 2pm – 4pm *(LGBTQ+ Convo & support)* Free **RM134**	**Barn Dancing** 11.15am – 12.15pm **Nov 17th** **Dec 1st 8th & 15th** £7 **MH**	**Falls Prevention** 12.15pm – 1pm £7 **RM134**	**Keep Fit with Liz** 10.15am – 11.15am *Building core strength* £7 **MH**	**Greek Dancing** 7pm - 8pm **PH / MH**	**Box-fit with Tabby** 10.15am – 11.15am *Upper body strength* £7 **RM134**
Knit & Yarn Craft 2pm – 4pm *Drop-in - crafts & chat* £5 **Cafe**	**Falls Prevention Seated** 11.30am – 12.15pm £7 **RM134**	**Coffee & Conversation** 1.30pm –3.30pm *(Group befriending)* Free **RM134**	**Chair Yoga** 11.30am – 12.15pm £7 **MH**		**Greek Dancing** 12pm - 1pm **PH**
Circuit Training 5.15-6.15pm *Full body workout!* £7 **MH**	**Table Tennis** 12.30pm – 2.30pm £5 **MH**	**Art Class** 1-3pm *(basic art materials supplied)* £10 **MH**	**Knit & Yarn Craft** 2pm – 4pm *Drop-in for yarn crafts & chat* £5 **Cafe**	**Upcoming Events**  
Pilates provided by Fitbugs 6.30pm –7.30pm **PH**	**Pilates provided by Fitbugs** 6pm – 7pm 7.15pm – 8.15pm **PH**	**Book Club** 1pm – 2pm *Last Wednesday of the month* £4 **RM134**	**Sounds of Memory Choir** 2pm – 3pm - *Come & join our community singing – no experience req.* £7 **RM134**		
		Tai Chi 5.30pm – 6.30pm £7 **MH**	**Pilates** 5.30pm–6.30pm Payment monthly in advance £7 per session **MH**		
		O5BM Southend 7pm -9pm **PH**	**Gentle Flowing Yoga** 7.15pm-8.15pm **PH**		

DG Servicing ads
Specialists in repairs & maintenance
Automated door systems
Double Glazing & Home Automation Specialists
0800 220329

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

THE HAVEN COMMUNITY HUB **Book in person by calling 01702 345 373 or email: enquiry@ageconcernsouthend.co.uk** AGE Concern

For more info visit our website! www.ageconcernsouthend.co.uk

Private Hires (PH) **Pilates with Fitbugs –** zoe@fitbugs.net **Mondays & Tuesdays**	**Gentle Flowing Yoga with Carmen** Contact Carmen for further details: 07974348040 or email abreathoflightyoga@gmail.com
Improvisation workshops with Ali James Contact Ali for further details: @improv.withalijames on Instagram or call 07950315841	**Dance Fit with Coral** dancefitwithcoral@gmail.com
Greek Dancing Contact Christos 07512816969 or email Chrisparas1926@gmail.com **Fridays** 7pm – 8pm	**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 & parties.

If you are interested in hiring a space, contact:
marie.antoniou@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



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 - earwaxremovalessex.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

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

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:

Face to Face Befrienders in Leigh & /Southend
Dementia Day Centre drivers
If you are interested, please ask at reception for details or go to
www.ageconcernsouthend.co.uk/volunteer