

## Churchill Hub Activity Programme

January 8<sup>th</sup> – March 23<sup>rd</sup>

### GENERAL INFO

The Churchill Gardens Hub is located in:  
Churchill Gardens Youth Club (Please use back door entrance)  
Churchill Gardens Road  
Churchill Gardens Estate, SW1V 3AJ

Telephone: 020 7976 6354 (Claire Godwin)  
Mobile: 07530 734 489

### FREE WORKSHOP: WILLS & THE LASTING POWER OF ATTORNEY

Wednesday 28<sup>th</sup> February

Time: 1.30-3.30pm

Cost: FREE – **Please book!**

Churchill Hub, Churchill Gardens  
Estate, SW1V 3AJ.

To celebrate free wills month, the Churchill Hub will be running a free workshop with lawyers from Osbourne Law Firm who will be on hand to offer support & advice into will making and the law.

## LOCAL EVENTS



### MONTHLY SUNDAY LUNCHES

Starts Sunday 14<sup>th</sup> January

Time: 10.30am-3.00pm

Cost: £4.50

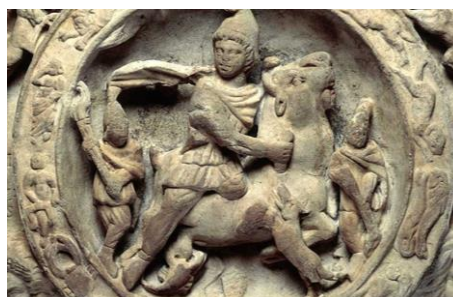
**Must book!**

The Sunday Lunches are back!  
Enjoy a fabulous home cooked Sunday Roast in a warm & friendly atmosphere. We serve roast beef, roast chicken or vegetarian options.  
Please call Claire to book your place each month.

#### Address:

St Margaret's Activity Centre, 1  
Carey Place, SW1V 2RT

**Contact:** Claire 07530 734 489



### TRIP TO LONDON MITHRAEUM AT THE BLOOMBERG SPACE

Tuesday 30<sup>th</sup> January

Time: 11.30am

Cost: FREE

**Must book!**

Book now to visit the recently uncovered Roman Temple of Mithras, AKA the London Mithraeum, in the City of London!  
Not to be missed!

#### Address:

Meeting point: Canon Street  
Underground Station

**Contact:** Claire 07530 734 489

## HIDDEN FIGURES



### NEW! QUARTERLY FILM CLUB

Wednesday 14<sup>th</sup> February

Time: 1.30pm

Cost: £2

**No need to book, just turn up!**



Join us in half term for our NEW quarterly film club at St Margaret's Activity Centre. This term we will be showing the critically acclaimed film 'Hidden Figures.' No need to book!

#### Address:


St Margaret's Activity Centre, 1  
Carey Place, SW1V 2RT


**Contact:** Claire 07530 734 489

Half term is from 12<sup>th</sup> – 16<sup>th</sup> February. There will be no activities this week unless stated.


MONDAY's ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Meditation</b>	10.00-11.00 08/01/18 – 19/03/18 <b>Half term</b> 12/02/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1	Meditation has many physical and mental benefits. A perfect introduction for those who are new to it. Use as a stand-alone or as a warm up for Yoga at 11am.
<b>Haircuts (Drop In)</b> <b>NEW VENUE!</b>	10.00-11.30 08/01/18 – 19/03/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£5	Haircuts from Patsy. No need to book. If you would like to double check Patsy is coming in before you leave home, please call us <b>07530 734 489</b> .
<b>Coffee Morning</b> <b>NEW VENUE!</b>	10.00-12.00 08/01/18 – 19/03/18 <b>No half term break</b>	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free donations welcome	A chance to pop in and find out what is happening locally and have a cup of tea and a chat. We also have occasional speakers.
<b>Hub Tea &amp; Cake Catch Up</b> <b>NEW DATE!</b>	11.00-12.00 <b>Monday 12<sup>th</sup> February only</b>	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free	Our quarterly hub get-together. A chance to find out what's been going on, give feedback and help plan events and trips.
<b>Yoga</b>	11.00-1.00 08/01/18 – 19/03/18 <b>Half term</b> 12/02/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£2	People differ in the ageing process but oxygen uptake, muscle strength and joint flexibility are all important. Yoga helps encourage these abilities to work together. Great for beginners!
<b>Zumba</b> 	11.15-12.15 08/01/18 – 19/03/18 <b>Half term</b> 12/02/18	St Stephen with St John Westminster, 38-42 Rochester Row, London SW1P 1LE	507	£1	Zumba with Amanda in the vestry. No need to book, just turn up!
<b>Step up from Steady</b>	11.45-12.45 08/01/18 – 26/03/18	All Saints, Margaret Street 7 Margaret St Fitzrovia, London W1W 8JG	7,10 23, 94, 390	£2	This is the next step after Steady & Stable if you would like to maintain any gains in muscle strength and balance.
<b>Pilates (Class 1)</b> <b>NEW TIME!</b>	11.30-12.30 22/01/18 – 19/03/18 <b>Half term</b> 12/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Alice. <b>Please note: this class will start on 22<sup>nd</sup> January.</b>
<b>Singing Class</b> 	12.15-1.45 08/01/18 – 19/03/18 <b>Half term</b> 12/02/18	St Stephen with St John Westminster, 38-42 Rochester Row, London SW1P 1LE	507	£2	A brand new singing class in the church's main space.

<b>Pilates (Class 2)</b> <b>NEW TIME!</b>	12.30-1.30 22/01/18 –	Churchill Gardens Hub, Churchill	24, C10.	£1	Pilates focuses on stability, balance, flexibility, posture and
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<b>TUESDAY's</b>					
<b>ACTIVITY</b>	<b>TIME</b>	<b>PLACE</b>	<b>BUS</b>	<b>COST</b>	<b>DETAILS</b>
<b>1st Health Steady &amp; Stable Trainer Sessions</b> In association with Living Well	9.30-5.00 09/01/18 – 20/03/18 <b>Half term</b> 13/02/18	Glastonbury House, Abbots Manor Estate, Warwick, London SW1V 4NT	C10	Free	Confidential support to help you improve your health, and balance your lifestyle. <b>Must Book with Living Well on 07496 161 993.</b>
<b>Sewing &amp; Craft Creative Writing</b>	10.00-12.00 09/01/18 – 20/03/18 <b>Half term</b> 13/02/18	Churchill Gardens Hub, Churchill Gardens, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free £2	A fun and friendly class where you can work on your own sewing projects and much more. With help from our volunteer Angela.
<b>Walking Group Jewellery Making</b>	11.00-1.00 09/01/18 – 20/03/18 <b>Half term</b> 13/02/18	Churchill Gardens Hub, Churchbury House, Churchill Gardens Road, Warwick Estate, Warwick Way SW1V 4NT	24, C10, 360	Free £2	A fun and informal walking group for pleasure and health. Explore the local area and green spaces.
	12/02/18				lovely friendly class where you will be warmly welcomed.
<b>Phone Club: Current Affairs For the Housebound</b>	2.30-3.30	From the comfort of your own home	N/A	Free	Focus on: Current Affairs, Local and International news, sport, interesting facts and articles, topical talks. Phone Hester for more info & to join on <b>020 3713 8736</b>
<b>Phone Club: Creative Writing Group For the Housebound</b>	4.00-5.00	From the comfort of your own home. 	N/A	Free	Develop your creative writing skills with optional homework activities and opportunity to read work aloud for constructive feedback. Phone Hester for more info & to join on <b>020 3713 8736</b>


<b>Tai Chi Qi Gong</b>	12.30-1.30 09/01/18 – 20/03/18 <b>Half term</b> 13/02/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1	A gentle, powerful system of exercise which uses healing posture, movement and breathing techniques to promote joint mobility, improve posture and recharge body and mind.
<b>Guitar Lesson from Musicus</b> <b>MUST BOOK!</b> 	Three classes 1) 12.30-1.20 2) 1.30-2.20 3) 2.30-3.20 09/01/18 – 20/03/18 <b>Half term</b> 13/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	We have very limited space on these guitar sessions (6 per group) <b>Please call 020 7976 6354 to check availability.</b>
<b>Monthly Movie Afternoon</b>	1.30-3.30 First Tuesday of every month	Eileen Anderson Court, Johnson's Place SW1V 3EZ	24, C10, 360	£1	Join us on the first Tuesday of every month for a mixture of old and new films in our very comfortable lounge. Call Claire to find out more!
<b>Chair Exercise</b>	2.00-3.00 09/01/18 – 20/03/18 <b>Half term</b> 13/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Gentle Chair based exercise with Sahara.
<b>Chair Yoga</b>	2.15-3.45 09/01/18 – 20/03/18 <b>Half term</b> 13/02/18	St Margaret's Activity Centre, 1 Carey Place SW1V 2RT	2,36, 185, 436, C10, 360	£1	Chair based yoga with Cathy. Open to all abilities but good for people who find it difficult to work on the floor. Stretching, strengthening, breathing and meditation techniques. Stay for a cup of tea and a chat with your friends afterwards.
<b>Bowen</b> <b>NEW!</b> <b>MUST BOOK!</b>	Appointment from 5.30pm 09/01/18 – 20/03/18 <b>Half term</b> 13/02/18	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	£20 <small>please speak to Laura to find out more</small>	Bowen is observed to help acute chronic pain as well general aches and pains, jaw discomfort asthma, headaches, stress, digestion and much more. To book, please call Laura Finch on 07956 907 702.

<b>WEDNESDAY'S ACTIVITY</b>	<b>TIME</b>	<b>PLACE</b>	<b>BUS</b>	<b>COST</b>	<b>DETAILS</b>
<b>Keep Fit</b>	10.00-11.00 10/01/18 – 21/03/18 <b>Half term</b> 14/02/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£1	A gentle exercise class that works on strengthening your posture and balance, great for preventing falls. You will learn simple breathing techniques which focus on calming the mind. Led by Sahara.
<b>Knitting Group</b>	10.00-12.00 10/01/18 – 21/03/18 <b>No half term break</b>	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free	The group has knitted for charities and hospitals and has been involved in many exciting projects. All welcome. Come and get involved!
<b>Reiki 1:1 Sessions</b> NOTE: Therapist Ranjanie is only available fortnightly	10.00-12.00  <b>Please call for availability</b>	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free <small>donations welcome</small>	Reiki is a Japanese technique that helps reduce stress and promotes relaxation to support healing. <b>Please call us to book: 020 7976 6354.</b>

<b>Art Class</b>	10.00-2.00 10/01/18 – 21/03/18 <b>Half term</b> 14/02/18	Thamesbank Centre, Peabody Avenue, Turpentine Lane SW1V 4BD	24, C10, 360	£1 per hour	The class will explore various topics using watercolour, graphite pencil, charcoal, pastels, gouache, ink and collage. All abilities welcome.
<b>National Theatre Project</b>  <b>MUST BOOK!!</b>	10.30-12.00 Starts 10 <sup>th</sup> Jan	Open Age QPHR Hub, New Avenues, 3-7 Third Avenue, London, W10 4RS	18,2 8228	Free	Come & explore the joy of expressing stories through dance & movement in this class led by professional artists from the National Theatre. Sessions will be fun, active, playful and full of music! Absolutely no previous experience necessary, everyone welcome! Call <b>07717201791</b> to book.
<b>Pilates (Class 1)</b>	11.00-12.00 10/01/18 – 21/03/18 <b>Half term</b> 14/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Pilates focuses on stability, balance, flexibility, posture and wellbeing. A popular activity led by Christine.
<b>Games, Snack &amp; Chat</b>	11.00-12.30 10/01/18 – 21/03/18 <b>No half term break</b>	Eileen Anderson Court, Johnson's Place SW1V 3EZ	24, C10, 360	Free	Come and meet new people in a friendly & supportive atmosphere for a coffee/tea and biscuit/cake.
<b>Men's Only Yoga NEW!</b> 	11.30-12.30 10/01/18 – 07/02/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	Free donations welcome	Join this brand new yoga class that's just for men! Led by Sahara, yoga will help to improve oxygen intake, muscle strength, joint flexibility and more!
<b>Pilates (Class 2)</b>	12.30-1.30 10/01/18 – 21/03/18 <b>Half term</b> 14/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1 OR 1 Time Credit	A second class to cope with numbers. You can stay for the second class if you wish but only if there is room.
<b>Quarterly Film Club NEW!</b>	1.30-3.30 <b>14/02/17</b>	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£2	Join us for a new quarterly film club at St Margaret's. £2 includes a hot drink & popcorn! <b>14<sup>th</sup> February – Hidden Figures</b>
<b>Computer Drop In</b>	1.45-3.00 01/01/18 – 21/03/18 <b>Half term</b> 14/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	A chance to practice your computer skills, check your emails or get some guidance.
<b>Bridge Club</b>	2.00-4.15 10/01/18 – 21/03/18 <b>Half term</b> 14/02/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£7	A well-established Bridge class for those of you who already know the basics of Bridge and wish to improve your game.
<b>Breathing Yoga</b>	2.15-4.15 10/01/18 – 21/03/18 <b>Half term</b> 14/02/18	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free	A relaxing, gentle yoga class that will leave you feeling calm and happy!

<b>Boxing Fitness</b>	3.30-4.30 10/01/18 – 21/03/18 <b>Half term</b> 14/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Come and try this fun and interactive boxing fitness class designed to improve your heart health, strength and co-ordination.
<b>THURSDAY'S ACTIVITY</b>	<b>TIME</b>	<b>PLACE</b>	<b>BUS</b>	<b>COST</b>	<b>DETAILS</b>
<b>Trips around London</b>	Various	Meet Lighthouse West London, 111 Lancaster Road W11 1QT	N/A	Varied	See trips programme. Must have a travel card. Call Open Age head office on <b>020 8962 4141</b> for more information and to book a place.
<b>Yoga</b>	10.00-12.00 11/01/18 – 22/03/18 <b>Half term</b> 15/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£2	Gentle yoga class to help improve oxygen intake, muscle strength, joint flexibility and more. Great for beginners. Led by Laura.
<b>Coffee Morning &amp; Computer Drop In</b>	10.30-12.30 11/01/18 – 22/03/18 <b>Half term</b> 15/02/18	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free donations welcome	Pop in and find out what's happening in the world. Practise computer skills, access the web, check your emails or get some help/guidance.
<b>Beauty Therapy</b>	12.30-3.30 11/01/18 – 22/03/18 <b>Half term</b> 15/02/18	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	£5 suggested donation	Mini facial & massage, manicures & pedicures. <b>To book an appointment please call Rima on 07944 502 950.</b>
<b>Steady &amp; Stable MUST BOOK!</b>	1.00-2.00 11/01/18 – 29/03/18 <b>Half term</b> 15/02/18 at St Margaret's	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free	Fun evidence based programme shown to improve balance, reduce falls and ensure you can keep living independently for longer. <b>Call Shanie on 020 8962 5582 to book.</b>
<b>Chair Based Exercise for Coordination Positively Physical</b>	2.15-3.15 11/01/18 15/03/18 <b>Half term</b> 15/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Join us in improving your balance, strength and coordination through fun ball games!
<b>Yoga for Low Mood</b>	2.00-4.00 04/01/18 – 22/03/18 <b>Half term</b> 15/02/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10, 360	£2	Yoga exercises for all levels, relaxation & breathing techniques, ends with tea or coffee so we can develop support networks to help each other over challenging times <b>Please note: Earlier start date!</b>
<b>Book Talk: Phone Discussion Group For the Housebound</b>	2.30-3.30 Every Thursday	From the comfort of your own home.	N/A	Free	Discuss a different book each month delivered by home library service - from Crime to Historical Fiction. Call Hester for info on <b>020 3713 8736</b>
<b>Phone Club: Discussion Groups For the Housebound</b>	4.00-5.00	From the comfort of your own home.	N/A	Free	Focus on: Current Affairs, Food, Art, Films, Culture, Quizzes etc. Phone Hester for more info & to join on <b>020 3713 8736</b>

FRIDAY'S ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Beginners &amp; Intermediate Computers</b> (6 week rolling courses)	10.00-12.00 05/01/18 – 09/02/18 16/02/18 – 23/03/18 <b>MUST BOOK!</b>	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	£2	We will be running 6 week Beginners Classes and 6 week Intermediate classes alternately. <b>Call 07530 734 489 to check the next start date available.</b>
<b>Shiatsu</b> <b>MUST BOOK!</b>	10.00-4.00 12/01/18 – 23/03/18 <b>Half term</b> 16/02/18	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	24, C10, 360	£10 per session	Gentle Japanese massage that treats a range of physical problems to leave you stress free. <b>Must Book on 020 8687 6950.</b>
<b>Zumba</b>	10.00-11.00 12/01/18 – 23/03/18 <b>Half term</b> 16/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1 OR 1 Time Credit	Not just a dance class but a party atmosphere! Have a 10 minute break and join us for Latin Dance afterwards.
<b>Latin Dance</b>	11.10-12.10 12/01/18 – 23/03/18 <b>Half term</b> 16/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	£1	Learn some new dance moves in this fun and energetic class.
<b>Games &amp; Social afternoon</b>	1.00-3.00 12/01/18 – 23/03/18 <b>Half term</b> 16/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	Drop into the Churchill Hub for some fun and games. Come and try table tennis, pool, card and board games or just drop in for tea and a chat!
<b>Computer Drop In</b>	1.00-3.00 12/01/18 – 23/03/18 <b>Half term</b> 16/02/18	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free donations welcome	A chance to practice your computer skills, check your emails or get some guidance. Lars is here every week for all your IT needs!
<b>Hub Easter End of Term Party</b> <b>ONE OFF EVENT</b>	1.00-3.00 <b>Friday 23<sup>rd</sup> March</b>	Churchill Gardens Hub, Churchill Gardens Road SW1V 3AJ	24, C10, 360	Free	Come and celebrate the end of term and the Easter holidays with food and live music!
<b>Craft Afternoon</b>	1.30-3.30 12/01/18 – 23/03/18 <b>Half term</b> 16/02/18	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10	Free donations welcome	Come and get creative. All materials provided. Bring your own project or get inspiration from Angela.
<b>Osteo Blast</b> <b>MUST BOOK!</b>	2.30-3.30 12/01/18 – 23/03/18 <b>No half term break</b>	The Abbey Centre 34 Great Smith Street SW1P 3BU	11, 24, 88, 148	£1	A 16 week exercise programme designed to initiate muscle strengthening and increase bone density to improve independent living and overall bone health. <b>TO BOOK please call Jade on 020 8962 4537</b>

SATURDAY & SUNDAY'S ACTIVITY	TIME	PLACE	BUS	COST	DETAILS
<b>Third Age Counselling</b> <b>MUST BOOK!</b> 	9.00-6.00 Ongoing	Glastonbury House Abbots Manor Estate, Warwick Way SW1V 4NT	C10	Free	Third Age Counselling Saturday & Sunday service of free confidential counselling for those over 50. <b>Call Mona 07825 050 880 or Adam 07738 904 294 to book.</b>
<b>Monthly Sunday Lunches</b>	10.30 – 3.00 Starts on 14 <sup>th</sup> January 4 <sup>th</sup> February 4 <sup>th</sup> March	St Margaret's Activity Centre 1 Carey Place, SW1V 2RT	2,36, 185, 436, C10	£4.50	The Sunday Lunches are back! Enjoy a fabulous home cooked Sunday Roast in a warm & friendly atmosphere. We serve roast beef, roast chicken or vegetarian (if pre-booked) option. Take-out will also be available. Breakfast is served for those not wanting to eat lunch & soup & sandwiches will be available for people not wanting a big meal. Late arrivals can be accommodated but only if there is any food left.

**DATES FOR YOUR DIARY:**

**Free workshop & talk from the Jewish Museum – Tuesday 6<sup>th</sup> March, 11am-12.30pm**

St Margaret's Activity Centre, 1 Carey Place, SW1V 2RT

Join us as we explore the history and collections of the Jewish Museum with images, objects and a creative workshop! FREE!

**Bake sale – Friday 16<sup>th</sup> March, 1-3pm**

Open Age Churchill Hub, Churchill Gardens Estate, SW1V 3AJ

Bake! Buy! Eat! Help raise funds for the Churchill Hub at our third delicious bake sale.

**THE CHURCHILL HUB NEEDS YOUR HELP!**

In March the Churchill Hub will be running a stall at the Pimlico Car Boot Sale at Pimlico Academy. We hope to raise funds for activities & running costs at the hub and would greatly welcome donations to support the stall! If you would like to donate any unwanted clothes, homeware or gifts please speak to Claire or Melissa.

**Deadline for donations is: Friday 2<sup>nd</sup> March 2018.**



**Westway Community Transport Service** is for those who have difficulties accessing public transport. It is free to register then members pay £1.10 per mile. You can book a car & volunteer driver to go to a variety of destinations. To register and for more information call: **020 8964 1114** between 1-4 pm weekdays or email [info@westwayCT.org.uk](mailto:info@westwayCT.org.uk)

