

Penfold Community Hub

Church Street and Regents Park Wards

All sessions open to Westminster residents over 50 years and carers.

ACTIVITY TIMETABLE

8th of January - 29th of March 2018

Some sessions take a break at Half Term – 12th to 16th February
Office closed bank holidays.

UPCOMING HIGHLIGHTS

<p>Thursdays fortnightly</p> <p>2pm to 4pm</p>	<p>IT Help Session with M&S Volunteers Book a one to one session with a volunteer and get more out of your devices! For more information see details on page 7</p>	<p>Free - You need to book a place in advance</p> <p>60 Penfold St. NW8 8PJ</p>
<p>Thursdays February 8th March 8th</p> <p>11am to 12:30pm</p>	<p>Health and Well Being Talks Regular information session: February 8th - <i>Greenhouse Centre, your new local centre promoting health and well being in the Church St area</i> with Peter LeRossignol March 8th - <i>Dealing with long term conditions</i> with Georgina Wallington, CNWL IAPT For more information see details on page 6</p>	<p>Free - No need to book Just turn up</p> <p>Refreshments available 60 Penfold St.,NW8 8PJ</p>
<p>Thursday 1st March</p> <p>Meet at 10:30am at Victoria Gate, Kew Gardens</p>	<p>Outing to Kew Gardens - Orchid Festival Join us for a visit to these beautiful gardens, including taking the land train around the gardens. Some spaces by minibus may be available. For more information see details on page 5</p>	<p>Cost £9</p> <p>Tickets available from Hub office</p> <p>Kew Gardens</p>

PENFOLD COMMUNITY HUB

TELEPHONE 020 3815 0033

EMAIL penfoldhub@nhhg.org.uk

ADDRESS 60 Penfold Street, NW8 8PJ

OFFICE OPEN Monday to Friday 9am to 5pm

Hub Programme

<p>Every Monday 10am to 12pm</p> <p>Except Bank Holidays</p>	<p>Sewing Café Join others in the gallery space for a friendly morning of coffee and company as you stitch. Table space and machines available. Bring along a project to work on.</p>	<p>Free Drop In - No need to book 60 Penfold St., NW8 8PJ</p>
<p>Every Monday 10am to 4pm</p> <p>Except Bank Holidays</p>	<p>Third Age Counselling The INSIDEOUT Project offers a safe and supportive environment to discuss your concerns with a trained counsellor.</p>	<p>Free - Phone Third Age Counselling for an appointment 0207 976 6667 At 60 Penfold St, NW8 8PJ</p>
<p>Monday Date TBC</p> <p>9.45am</p>	<p>Intergenerational Sessions with the American School in London Join us on visits to The American School in St Johns Wood. Meet up with the young people as part of our regular partnership.</p>	<p>Free Contact the Hub office to book a place At the American School in London</p>
<p>Third Monday of the month</p> <p>11am to 2 pm</p>	<p>Breathe Easy Westminster The local patient support group for anyone affected by a lung condition. Friends, family and carers are welcome. For information contact Tess (breatheasywestminster@talktalk.net) Organised by Breathe Easy Westminster</p>	<p>Free Contact: 02078340894 Held at Ada Court, 8th floor 10 to 16 Maida Vale W9 1TD</p>
<p>Every Monday</p> <p>12pm to 1pm</p>	<p>Chair Based Yoga Gentle exercise that helps relieve tension and reduces aches and pains – can improve your sense of well being.</p>	<p>£1 per session Greenside Community Centre, Lilestone Street, NW8 8SR (off Lisson Grove)</p>
<p>Every Monday 3pm to 4pm</p>	<p>Bingo Eyes down for a fun session & refreshments</p>	<p>£3.00 for 6 games 60 Penfold St., NW8 8PJ</p>
<p>Every Tuesday 10.15am to 3pm</p>	<p>Hairdressing with Marion <i><u>New Price list!</u></i> Have a blow dry, perm, shampoo or trim at good prices - experienced hairdresser. Perms and tint must be booked in advance.</p>	<p>Walk in' service until 1pm - For afternoon appointments call to book: 07904480975. 60 Penfold St. NW8 8PJ</p>
<p>Every Tuesday 10 am to 11am</p>	<p>Steady and Stable Improves balance, helps reduce falls and increases your confidence. Please phone or email Shanie Page at Open Age (02089625582/ spage@openage.org.uk) to check availability</p>	<p>No charge Booking required At 60 Penfold Street</p>

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<p>Every Tuesday 10:30 am to 11:30 am</p>	<p>English Conversation Group If you're looking for a friendly group to practice your English in a supportive environment, you have found the right place! All levels welcome. Arabic language support.</p>	<p>Free No need to book At 60 Penfold St, NW8 8PJ</p>
<p>Every Tuesday 10:30am – 12pm</p>	<p>Coffee mornings at Penfold Hub Come along for a chat and a cuppa! Make some new friends, connect with old ones or just come along and say hello. Organised by Church St. Community Champions</p>	<p>Free – no need to book Refreshments available At 60 Penfold St, NW8 8PJ</p>
<p>Every Tuesday 11 am to 12pm</p>	<p>Steady and Stable Improves balance, helps reduce falls and increases your confidence. Please phone or email Shanie Page at Open Age (02089625582/ spage@openage.org.uk) to check availability.</p>	<p>No charge Booking required At 60 Penfold Street</p>
<p>Every Tuesday 12pm to 4pm</p>	<p>Reflexology and Massage Treat yourself to a relaxing session with our experienced therapist.</p>	<p>£12.50 per half hour session . Booking required via Hub Office. At 60 Penfold St, NW8 8PJ</p>
<p>Every Tuesday 1pm to 2pm</p>	<p>Grub In The Hub – Social Lunches Enjoy a fresh, hot lunch cooked in the Penfold kitchen and served in the Gallery at 60 Penfold Street (lift available). Transport available, small charge applies.</p>	<p>£5.00 for 2 courses Booking Required by 1pm the previous Friday. At 60 Penfold St, NW8 8PJ</p>
<p>Tuesday 13th of March 2pm</p>	<p>Covent Garden Community Singers A return visit from this friendly joyful group singing songs from the great musicals from the 40's and 50's. Song sheets provided so you can join in.</p>	<p>Free, book a place Refreshments included At 60 Penfold St, NW8 8PJ</p>
<p>Tuesdays January 23rd February 13th March 27th 2:15pm</p>	<p>Penfold Hub presents Old Time Variety Shows <u>January 23rd</u> <i>Burns Night</i> with David Carter Celebrating Scotland's famous poet <u>February 13th</u> <i>Valentines Party</i> with Mike Marandi - Prizes for best dressed man and woman <u>March 27th</u> <i>Easter Party</i> with Jonathan Stevens</p>	<p>Tickets £2 You need to book a place in advance Refreshments included</p>

<p>Tuesdays January 30th February 27th March 20th 3:30 to 4:30pm</p>	<p>Penfold Digital Café <i>with students from local secondary school</i> Get help with your mobile phone or tablet or just come along and have a go at using a tablet – tablets provided.</p>	<p>Free Phone to book a place At 60 Penfold St, NW8 8PJ</p>
<p>Every Wednesday 10am to 12 noon</p>	<p>Age UK Westminster Advice and Information Drop In The Advice team cover a wide remit. They will be able to assist you directly with Welfare Benefit entitlements, Taxi Card Applications, Charitable Grants, Debt, Pensions plus many other issues.</p>	<p>Free No need to book Ada Court 10-16 Maida Vale W9 1TD</p>
<p>Every Wednesday 10am to 11am</p>	<p>Pinner Court Gentle Chair Based Exercise Class Improve your strength, balance and mobility in a fun and sociable session For more information contact : Karen Harris at Pinner Court - 0207 6413699</p>	<p>Free No need to book At Pinner Court, Wharncliffe Gardens Off Lisson Grove NW8 8UH</p>
<p>Every Wednesday 10.30am – 11.30 am</p>	<p>Chair Based Exercise Improve your muscle strength, balance and mobility. Limited space available, please check with the Hub office before joining.</p>	<p>£1 per session At 60 Penfold St, NW8 8PJ</p>
<p>Every Wednesday 11:45am – 12:30pm</p>	<p>Zumba Gold Living in the Church St area? Join Andrea in this exercise class for active older adults! The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. Funded by Church St Neighbourhood Keepers Programme</p>	<p>Free session No need to book At 60 Penfold St, NW8 8PJ</p>
<p>Monthly Wednesdays 1pm</p>	<p>Baker Street Quarter Local Walks Free walks designed to help you discover the best of the Baker Street Quarter. Walks start at 1pm and last for 45 minutes Organised by Baker Street Quarter</p>	<p>Free No need to book. Contact the Hub for more information Meet at 55 Baker Street , W1U 7EU</p>
<p>Every Wednesday 1pm to 2pm</p>	<p>Wednesday Social Lunches Enjoy a fresh, hot lunch cooked in the Penfold kitchen and served in the Gallery at 60 Penfold Street (lift available).</p>	<p>£5.00 for 2 courses Booking Required by 1pm the previous Monday At 60 Penfold St, NW8 8PJ</p>

<p>Wednesday January 3rd, 10th, 24th February 7th, 14th, 28th 1:30pm</p>	<p>Healthy Walks in Regents Park Have fun, meet new people, get fit. Meet at Clarence Gate, Regents Park, near Baker Street Tube station. Led by a Health Professional Organised by CLCH – NHS</p>	<p>Free – just turn up – no need to book Contact the Hub for more information Regents Park</p>
<p>Every Wednesday 2pm to 4pm</p>	<p>Gardening Group Meet every Wednesday – grow your own vegetables or flowers</p>	<p>Free – No need to book, join any time. 60 Penfold St, NW8 8PJ</p>
<p>Every Wednesday 2pm (1:45pm prelude)</p>	<p>Matinee Classics at Regent Street Cinema Visit one of the most historic cinemas in Britain to enjoy some of the world's favourite films at the Regent Street Cinema. Films start 2pm, live cinema organ prelude 1:45pm.</p>	<p>£1.75 tickets for 55+ No need to book Just turn up on the day Regent Street Cinema 309 Regent St, W1B 2HW</p>
<p>Every Wednesday 2:15 pm to 3:15 pm</p>	<p>Keep on Moving If you are looking for a way to ease gently into an exercise routine this session is for you! Low impact exercises which can be adapted to suit all levels of ability. Can be performed seated or standing.</p>	<p>£1 per session No need to book – just turn up At 60 Penfold St., NW8 8PJ</p>
<p>Wednesdays January 31st February 21st March 21st At 3.15pm</p>	<p>Share a Book Session with Westminster Libraries Come along for a friendly shared reading session. Refreshments provided.</p>	<p>Free No need to book At 60 Penfold Street, NW8 8PJ</p>
<p>Every Wednesday 3.30 pm to 4.30pm</p>	<p>Tai Chi - Gentle Exercise Can help improve balance and general mobility, reduce stress and increase muscle strength in the legs.</p>	<p>£2 per session No need to book, just turn up 60 Penfold St, NW8 8PJ</p>
<p>Thursday 1st March Meet at 10:30am at Victoria Gate in Kew Gardens</p>	<p>Outing to Kew Gardens -Orchid Festival Join us for a visit to these beautiful gardens, including taking the land train around the gardens. Some spaces by minibus may be available.</p>	<p>Cost £9 Tickets available from Hub office Kew Gardens</p>

<p>Thursday the 22nd of March</p> <p>1pm to 3:30pm</p>	<p>Free Health MOTs 30 Minute lifestyle health check If you haven't done it before, come for a health check! Can include blood pressure /cholesterol checks and support to set goals to improve your lifestyle. Provided by a Health professional. Organised by CLCH – NHS</p>	<p>NHS Service – No Charge</p> <p>Contact the Hub to book an appointment.</p> <p>At 60 Penfold Street</p>
<p>Thursdays</p> <p>10am to 4pm</p>	<p>Computer Drop In Already an experienced PC user? Access the internet in the Hub office.</p>	<p>Free No need to book 60 Penfold St., NW8 8PJ</p>
<p>Thursdays</p> <p>January 28th February 22nd March 15th</p> <p>10:30am</p>	<p>Gentle History Walks <u>January 18th - Chancery Lane</u> Walking to the magnificent Maughan Library, the Royal Courts of Justice, Dr.Johnson's House and ending at 2 Temple Place. <u>February 22nd - Discover Docklands</u> Exploring the history of the original Chinatown largely destroyed by the WW2 bombing, experience the world's first Driverless train and visit the new roof garden above the Crossrail station and the New Smithfield's market <u>March 15th – Belgravia</u> Details to follow</p>	<p>Free – you need to book a place in advance</p> <p>Email the Hub or phone 0203 815 0033 to book and to confirm the meeting point.</p>
<p>Every Thursday</p> <p>10.30am to 12.30pm</p>	<p>Introduction to Drawing/ Painting Learn how to work with different materials including pencils, watercolours and pastels with an experienced tutor.</p>	<p>£3 includes all materials – Phone Hub to check for available spaces At 60 Penfold St, NW8 8PJ</p>
<p>Thursdays</p> <p>February 8th March 8th</p> <p>11am to 12:30pm</p>	<p>Health and Well Being Talks Regular information session: February 8th - Greenhouse Centre, your new local centre promoting health and well being in the Church St area with Peter LeRossignol March 8th – Dealing with long term condition with Georgina Wallington, Psychological Wellbeing Practitioner at CNWL IAPT</p>	<p>Free - No need to book Just turn up</p> <p>Refreshments available</p> <p>At 60 Penfold St.,NW8 8PJ</p>
<p>Monthly Thursdays</p> <p>11am</p>	<p>The Advocacy Project Discussion Group at the Penfold Community Hub 11th January, 1st February, 1st March Speakers TBC For more information contact The Advocacy Project - 02089628695</p>	<p>Free No need to book Refreshments provided. Held at 60 Penfold St. NW8 8PJ</p>

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Thursdays 2pm to 3pm	Chair Based Yoga Gentle exercise that helps relieve tension and reduces aches - and pains – can improve your sense of well being	£1 per session At 60 Penfold St.,NW8 8PJ
Thursdays fortnightly 2pm to 4pm	IT Help Session with M&S Volunteers Need some help understanding your tablet, mobile phone or laptop? Book a one to one session with a volunteer and get more out of your devices!	Free - You need to book a place in advance At 60 Penfold St. NW8 8PJ
First Thursday of the month 1pm to 2pm	Independent Advocacy for Older People Individual Drop In Sessions Support to speak up, make complaints, get information and explore your options with a trained advocate. The Advocacy Project	Free Drop in - No need to book At 60 Penfold St.,NW8 8PJ
Thursday 15th March 2pm departure	Group outing to the Wallace Collection Come with the Hub on an afternoon of exploring the wonderful Wallace Collection and discovering a few more of its hidden secrets! Guided tour included.	Free – booking required Leave 60 Penfold St at 2pm, return at 5pm app. Travel by public transportation
Thursday Date to be confirmed	Kensington Palace Join us on a visit to Kensington Palace and explore the birthplace of Queen Victoria on a Victorian themed session.	Free Booking required Travel by public transport Kensington Palace
Thursday 25th January 22nd of March 2.30pm	Onslow Square Concerts An afternoon of music, friendly chat and a fantastic tea.	Free – no need to book – Just turn up at HTB Onslow Square SW7 3NX – Details from the Hub
Thursday 8th of March 3:00pm	Penfold Community Hub Forum Help us improve the work of the Hub Open to all Hub participants What do you like or dislike – what other activities should we organise? Reviewing Hub activities and charges.	Free – no need to book Refreshments provided At 60 Penfold St.,NW8 8PJ
Every Friday 9am to 3pm	Beauty Therapy Sessions A range of treatments for clients over 50 with a trained therapist. More info and bookings – Contact Rima on 07944502950.	Price list on request. Booking required. At 60 Penfold St, NW8 8PJ

Every Friday 10am to 12.30pm	Cook and Eat the Seasons! Do you like cooking? Join us in the kitchen preparing seasonal recipes and creating a community lunch.	Free – no need to book, join anytime. For more info contact Hub. At 60 Penfold St., NW8 8P
Every Friday 10.30am to 11.30am	Chair Based Yoga <i><u>New session fee!</u></i> Gentle exercise that helps relieve tension and reduces aches - and pains – can improve your sense of well being	£2 per session – No need to book St. John's Wood Library 20 Circus Road, NW8 6PD
Every Friday 10.30am	Barbara Brosnan Court Coffee Mornings Join in weekly for a chat and coffee – find out about local activities.	£1 Contribution At 46 Grove End Road, St. Johns Wood, NW8 9N.
Every Friday 10.30am to 12pm	Ada Court Singers Join up with a local group and have a great time joining in on tunes from the 40's & 50's.	Free – No need to book. Ada Court, 10 – 16 Maida Vale, W9 1TD
Every Friday 10.30am to 12.00pm	Stroke Support Group Communication Support If you are interested in joining the group – please make contact with Berney Folan.	Free – booking required. Telephone : 02081023879 At 60 Penfold St, NW8 8PJ
Every Friday 11am to 12 noon	Exercise to Music Get fit and burn up those calories to a great music soundtrack!	£1 per session No need to book At 60 Penfold St, NW8 8PJ
Every Friday 12.30pm	Healthy Lunch Come along and join in our healthy lunch prepared by the 'Cook and Eat' chefs!	£2.50 - No need to book At 60 Penfold St, NW8 8PJ
Every Friday 1pm to 4.30pm	Free Health MOTs 30 Minute lifestyle health check Can include blood pressure /cholesterol checks and support to set goals to improve your lifestyle. Provided by a Health professional. Organised by CLCH – NHS	Drop in or to book an appointment call Fabio Feca (Health Improvement Team) 02075636122/6217 At Church Street Library 67-69 Church St, NW8 8EU
Every Friday 1.30pm to 3pm	Craft Classes Join Textiles Artist Angela Brown for a new term. All abilities welcome – join any time.	£1 per session . No need to book. 60 Penfold St, NW8 8PJ
Every Friday 3pm to 4:45pm	Scrabble Session Come along and enjoy a game of Scrabble. Exercise your mind muscles!	50p - No need to book Join in any time. 60 Penfold St, NW8 8PJ

<p>Fridays fortnightly</p> <p>3pm to 5pm</p>	<p>IT Help Session with Mhorag Our regular one to one help sessions are back! Book a session with our new volunteer Mhorag and make the most of your mobile, tablet or laptop!</p>	<p>Free - You need to book a place in advance</p> <p>At 60 Penfold St. NW8 8PJ</p>
<p>Every Saturday 11am to 12.30pm</p>	<p>Church Street Community Singers All ages and abilities welcome. Have fun singing a wide range of traditional and popular songs New members always welcome. No experience necessary Supported by Church Street Ward Budget</p>	<p>Free – No need to book</p> <p>60 Penfold Street, NW8 8PJ</p>
<p>Saturday</p> <p>20th January</p> <p>3pm</p>	<p>Holly and The Winter Whirlwinds <i>By Julie Garton</i> Banish those winter blues and join us for a performance suitable for all ages. Developed and performed by Westminster residents aged 50 plus (Project Acting Mature 2.0) In partnership with Age UK Westminster</p>	<p>FREE – booking required To book your place call 020 3004 5612 or speak to a member of Church Street library staff.</p> <p>At Church Street Library</p>
<h2>Future Events</h2>		
<p>Friday</p> <p>18th of May</p> <p>Time TBD</p>	<p>Open Stages Project Our Open Stages project with the Royal Albert Hall continues! This term we're getting together with students from King Solomon Academy and creating a theatre show to celebrate the Hall's incredible 150 year history. Join us for the final performance and come see what we have been up to! Partnership between Penfold Hub, King Solomon Academy and the Royal Albert Hall</p>	<p>Free</p> <p>Contact the Hub office for more details.</p> <p>Performance at the Royal Albert Hall</p>
<p>Tuesday</p> <p>1st of May</p> <p>3pm</p>	<p>Friendship Matinee at the Royal Albert Hall Hear your musical heroes come to life in this must-see show of classic rock anthems and hit songs performed by the amplified Royal Philharmonic Orchestra and rhythm section. With the iconic music of: Led Zeppelin, Queen, The Rolling Stones, Pink Floyd, Bon Jovi, Adele, George Michael ... and many more!</p>	<p>Tickets £5 - available from the Hub office in April</p> <p>At the Royal Albert Hall Kensington Gore, SW7 2AP</p>

Transport - Do you need transport to attend Hub activities? If you are unable or find it difficult to use public transport - Westway Community Transport has a new service to help you. It is free to register and the cost is £1.10 per mile. If you are interested, call them on 02089641114 between 1pm and 4pm any weekday and they will help you register. Registration forms are available from the Hub office.

Volunteering – Would you like to be a volunteer at the Penfold Community Hub? Let us know! We have volunteers in different areas and with different roles, let us know what your interests and availability are and we'll get you started in the wonderful world of contributing to the Penfold Community Hub's activities! We're always looking for gardeners, reception support and help with producing the hub newsletter. Or come and discuss your volunteering interests with us!

For more information about Penfold Hub activities for the over 50s in Westminster, please contact:

Catarina Sousa or Denis Kane
Penfold Community Hub
60 Penfold Street
London NW8 8PJ
TEL 020 3815 0033
EMAIL penfoldhub@nhhg.org.uk

You can also find more information about the Penfold Community Hub and the most up-to-date activity programme on the Notting Hill Housing website:
www.nhhg.org.uk/penfold