

Penfold Community Hub

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

6th January – 30th March 2025

<p>Mondays</p> <p>January 27th February 10th/24th March 10th/24th 10 am to 12 pm</p>	<p><u>Community Coffee and Games Morning</u></p> <p>Join our wonderful Church Street Community Champions in a fun and friendly session of all sorts of games with some nice refreshments.</p> <p>Come along and find out about health and well-being activities for older residents available at the Penfold Hub and other local centres.</p>	<p>Free</p> <p>No need to book</p> <p>For more information</p> <p>07872811106</p>
<p>Mondays</p> <p>10 am - 12 noon</p> <p>60 Penfold Street</p>	<p><u>Sewing Café</u></p> <p>Join others in the community space for a friendly morning of coffee and company as you stitch, knit or crochet. Tablespace and machines are available. You are welcome to bring along your work or join in making crafts for the fundraising Refreshments are available.</p>	<p>Phone to check availability.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p> <p>Contribution £1</p>
<p>Mondays</p> <p>10 am to 12 noon</p> <p>Penfold Hub</p>	<p><u>IT Support</u></p> <p>Need help with your Smartphone? Laptop or Tablet</p> <p>Got an IT problem that needs to be sorted?</p> <p>Get free dedicated one-to-one support to help build your digital skills, learn how to use Zoom, What's App or how to set up an email account.</p> <p><u>Appointments at 10 am and 11 am</u></p>	<p>Free</p> <p>You need to book in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>

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<p>Monday to Friday</p> <p>10 am – 1 pm 60 Penfold Street</p>	<p><u>Information and Advice</u> <u>Telephone Support</u></p> <p>Need help or advice? Not sure which organisation to contact? Call us and we can direct you to the most suitable agency to provide the help you need. Information on what support is available and how to join in various activities across Westminster.</p>	<p>Telephone availability</p> <p>10 am to 1 pm</p> <p>Phone</p> <p>07872811106</p>
<p>Every Monday</p> <p>10 am - 4 pm</p> <p>60 Penfold Street</p>	<p><u>Reflexology and Massage</u></p> <p>Take a moment to treat yourself to a tranquil session with our highly skilled and professional therapist. It will provide you with a sense of reduced stress and relaxation. Contact Maura on 07790313611</p>	<p>You must book in advance.</p> <p>Charges apply</p>
<p>Mondays</p> <p>1.30 pm</p> <p>To</p> <p>3.30 pm</p>	<p><u>IT Help</u> <u>Drop in Sessions</u></p> <p>Do you need help using Microsoft Word, searching the internet and sending emails? Then come along to our weekly IT help sessions. You can also get help with practising the Life in the UK and driving theory tests.</p> <p>Friendly and supportive volunteers who can speak Arabic, Farsi and Kurdish as well as English.</p>	<p>Free</p> <p>No need to book.</p> <p>Just drop in.</p> <p>Church Street Library 67 Church Street NW8 8EU</p>
<p>Monday</p> <p>2 pm</p> <p>to</p> <p>3.30 pm</p> <p>Every Monday</p>	<p><u>Creative Movement Session</u> <u>With Resonate Arts</u></p> <p>A session for people living with dementia, their companions and carers. A space for gentle creative movement led by an experienced theatre artist and yoga practitioner. Transport available For more information and to book a place Contact Shelley 03000327212</p> <p>Shelley@resonatearts.org</p>	<p>Free</p> <p>You need to book a place.</p> <p>Refreshments provided</p>

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<p>Monday</p> <p>27th January</p> <p>2.15 pm Mercers Livery Hall Ironmongers Lane, City of London, EC2V 8HE</p>	<p><u>With A Song in My Heart</u></p> <p>A magical musical performance presented by the Connaught Opera with music from the Fabulous Fifties.</p> <p>Songs and Medleys that you can sing along to with come favourite West End and Broadway show stoppers.</p> <p>Refreshments provided</p> <p>Free access to visit the historic Mercers Hall which with some amazing Stained glass windows.</p>	<p>Free</p> <p>Tickets available</p> <p>For more information Contact <u>penfoldhub</u> <u>@housing21.org.uk</u></p> <p><u>07872811106</u></p>
<p>Mondays 1st and 3rd Monday of each Month 3 pm to 4 pm 60 Penfold Street</p>	<p><u>Social Afternoon</u> <u>with Games and Bingo</u></p> <p>Come along and meet up with other residents, have a chat and refreshments and find out what is going on in the neighbourhood.</p>	<p>£4.00 for six games</p> <p>No need to book. Just turn up</p>
<p>Every Tuesday</p> <p>10 am to 5 pm</p> <p>60 Penfold Street</p>	<p><u>Beauty Therapy</u> <u>Sessions</u></p> <p>A range of treatments, including toenail cutting, massage and facials with a professional therapist.</p> <p>Basic Nail Care /Cutting More info and bookings – Contact Rima on 07459712302</p>	<p>You must book in advance.</p> <p>Charges apply</p>
<p>Tuesday 18th March</p> <p>At 10.30 am Penfold Hub</p> <p>At 1 pm Devonshire House Community Housing Adpar Street</p>	<p><u>Alberts Band</u> <u>Live music performance</u></p> <p>Musicians from the Royal Albert will perform a one-hour concert of incredible songs that have been performed at the Hall by artists including Dame Vera Lynn, Sir Tom Jones, The Beatles and Frank Sinatra.</p> <p>Audience members will receive a special souvenir brochure containing the lyrics to the music played and photos from the Hall's archives.</p> <p><u>You must book a place in advance</u> <u>through the Penfold Hub</u></p>	<p>Free</p> <p>You need to book in advance.</p> <p><u>penfoldhub</u> <u>@housing21.org.uk</u></p> <p>07872811106</p>

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<p>Tuesdays 11 am to 11.45 am. 60 Penfold Street</p>	<p><u>Penfold Dementia Choir</u></p> <p>Join our Penfold residents' choir for a weekly session of joyous singing. Popular songs that you will know with all the lyrics provided.</p> <p>Session led by professional choir leader. No experience necessary</p>	<p>Free You must book a place in advance. penfoldhub@housing21.org.uk 07872811106</p>
<p>Tuesdays 2 pm - 3 pm Starts 4th February</p>	<p><u>Royal Academy of Music Music and Dance Project</u></p> <p>For people living with mild to moderate dementia and carers.</p> <p><i>"Music provides a way for people to connect, to communicate and share things. It builds a sense of community"</i></p>	<p>Free You must book a place in advance. penfoldhub@housing21.org.uk 07872811106</p>
<p>Wednesday Penfold Community Hub</p>	<p><u>Your Health – Your Way Patients Waiting Well</u></p> <p><u>Drop-In Service</u></p> <p>Mosaic Community Trust's drop-in service is available to you to take charge of your health while waiting for treatment or surgery. Located in the heart of Church Street at the <i>Penfold Hub</i>, this welcoming community-based service is open to BAME women with ongoing health conditions and in need of support.</p> <p>Drop in and see how taking small steps can lead to big health improvements. Let's make sure you're not just waiting—you're "Waiting Well."</p>	<p>For more information on times and location details</p> <p>Contact The Mosaic Community Trust on 07789914345</p>
<p>Wednesdays 10.30 am 60 Penfold Street</p>	<p><u>Health Information Sessions</u></p> <p>Regular advice sessions on a range of health issues</p> <p>Future sessions on Parkinson's, Diabetes and Dementia</p>	<p><u>Interested?</u> For more information on future sessions – contact Penfold Hub 07872811106 penfoldhub@housing21.org.uk</p>

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<p>Wednesdays</p> <p>11.30 am</p> <p>To</p> <p>12.15 pm</p> <p>Starts</p> <p>15th January</p>	<p><u>Zumba Gold</u></p> <p>Dance and exercise sessions involving multiple rhythms are specially tailored for individuals over 50 and it's an amazing way to get healthier and improve your well-being.</p> <p>Greenside Community Centre</p> <p>24 Limestone Street, London NW8 8SR</p>	<p>Free for local residents</p> <p>For more info, please contact</p> <p>Andrea 07878 357 833</p>
<p>Wednesdays</p> <p>Various locations</p>	<p><u>Gentle History Walks</u></p> <p>Our History Walk sessions are taking a short break and will be back in the early Spring.</p> <p>See below for details on the winter walks organised by the Hammersmith Community Garden Association and open to Westminster Residents.</p>	<p><u>Interested?</u></p> <p>For more information on future sessions – contact Penfold Hub 07872811106 penfoldhub @housing21.org.uk</p>
<p>Wednesdays</p> <p>2.30 pm</p> <p>To</p> <p>3.30 pm</p> <p>60 Penfold Street</p>	<p><u>Chair Yoga</u></p> <p>This session will benefit your well-being, stimulate, and energise the mind, reduce anxiety, and improve physical strength and stability.</p>	<p>Free</p> <p>To book a place Contact Penfold Hub</p> <p>penfoldhub@housing21.org.uk 07872811106</p>
<p>Wednesday</p> <p>22nd January</p> <p>1.30 pm - 4.30 pm</p> <p>Liberal Jewish Synagogue</p>	<p><u>Video and Tea</u></p> <p>Watch a screening of the film ‘Cat Ballou ‘ followed by a delicious tea and ice cream.</p> <p>No need to book - tickets for £2 on the day.</p> <p>Wheelchair accessible. Contact: 020 7286 5181.</p> <p>Liberal Jewish Synagogue 28 St Johns Wood Road, NW8 7HA</p>	<p>Cost £2</p> <p>Pay at the event.</p> <p>For more information contact</p> <p>020 7286 5181</p>

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<p>Wednesdays</p> <p>1.30 pm</p> <p>to</p> <p>3.30 pm</p> <p>February to July 2025</p> <p>At Penfold Community Hub</p>	<p style="text-align: center;"><u>Open Stages</u></p> <p style="text-align: center;"><u>With the Royal Albert Hall</u></p> <p>Your chance to join with the opportunity to create a new performance by taking part in a practical art, music and storytelling sessions at the Penfold Community Hub</p> <p>Expect plenty of making, storytelling, singing and dreaming together, as well as lots of conversation!</p> <p>The group will work towards creating an exciting interactive experience to be held in the Summer at the world-famous Royal Albert Hall.</p> <p style="text-align: center;"><u>Taster Session 19th February 1.30 pm</u></p>	<p style="text-align: center;">Free</p> <p style="text-align: center;">Interested?</p> <p style="text-align: center;">For more information and to book a place at the Taster Session</p> <p style="text-align: center;">Contact Penfold Hub</p> <p style="text-align: center;">07872811106</p> <p style="text-align: center;">penfoldhub@housing21.org.uk</p>
<p>Wednesday</p> <p>26th</p> <p>February</p> <p>2pm</p> <p>Penfold Dining Room</p>	<p style="text-align: center;"><u>Moonlight and Roses</u></p> <p style="text-align: center;"><u>A (Late) Valentine's Day Event</u></p> <p>Join us for an afternoon of singing and music you will remember and sing along with the wonderful Connaught Opera team of Maria Arakie, Glen Wilson and Nick Bosworth in this fantastic romantic-themed event</p> <p>Prizes for the best-dressed woman and man</p> <p style="text-align: center;"><u>Refreshments provided</u></p>	<p style="text-align: center;">Free</p> <p style="text-align: center;">You need to book a place</p> <p style="text-align: center;">Booking opens 3rd February</p> <p style="text-align: center;">penfoldhub@housing21.org.uk</p> <p style="text-align: center;">07872811106</p>
<p>Wednesdays</p> <p>2 pm - 4 pm</p> <p>St John's Wood Library</p> <p>2 0 Circus Road</p> <p>NW8 6PD</p>	<p style="text-align: center;"><u>Help With Computers</u></p> <p>Join us for an advice session where you can learn more about using a Windows computer. Discover how to access information and support services online, such as food shopping, managing finances, and booking healthcare appointments. Additionally, find out how you can avoid computer scams.</p>	<p style="text-align: center;">Free</p> <p style="text-align: center;">Please book a place in advance.</p> <p style="text-align: center;">020 7641 6200</p>

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<p>Wednesdays</p> <p>4:30 pm</p> <p>To</p> <p>6:30 pm</p> <p>Starts 15th January</p> <p>Church Street Library 67 Church Street</p> <p>NW8 8EU</p>	<p><u>Drama for Elders</u></p> <p>A New Term of Laughter, Connection, and Creativity!</p> <p>After the roaring success of our improvised pantomime <i>Cinderella</i>, Drama for Elders is back at the Church Street Library! 60 +</p> <p>This term, we'll dive into the joyful and playful world of clowning technique and improvisation. Through games and exercises, you'll learn how to embrace spontaneity, find your inner clown, and connect with others in a truly unique and entertaining way.</p>	<p>Free</p> <p>For more information</p> <p> Call:</p> <p>07984 451796</p> <p>andre@dendecollective.org.uk www.dendecollective.org</p>
<p>Every Wednesday</p> <p>6 pm</p> <p>St Pauls Church</p> <p>Rossmore Road, NW1 6NT</p>	<p><u>Community Meal</u></p> <p><u>Tasty Food and Good Company</u></p> <p>Come along for a warm and tasty meal, with volunteers to welcome you.</p> <p>Organised by Food Cycle Marylebone</p>	<p>Free</p> <p>No need to book.</p> <p>Just turn up</p>
<p>Thursdays</p> <p>10 am</p> <p>Restarts March 2025</p> <p>Phone for exact dates</p>	<p><u>Penfold Community Garden</u></p> <p>Come along to the Penfold Garden, grow your vegetables and flowers, or join our gardening group to help keep the garden weed-free and looking fantastic.</p> <p>No experience necessary</p>	<p>Free</p> <p>Check for availability</p> <p>penfoldhub@housing21.org.uk</p>
<p>Thursdays</p> <p>11 am - 3 pm</p> <p>Fridays</p> <p>10 am - 3 pm</p>	<p><u>New Pin Church Street Drop-In</u></p> <p>The Drop-In is now open, the place to go for a cup of tea and a chat – take a break from the shopping and find out what is happening in the neighbourhood.</p> <p>The Drop-In is located at 10 Church Street, near the Lisson Grove end of the Church Street Market.</p>	<p>Free</p> <p>No need to book.</p> <p>Just turn up</p> <p>Open to all</p>

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<p>Thursdays</p> <p>11 am</p> <p>60 Penfold Street NW8 8PJ</p>	<p align="center"><u>Keep on Moving Chair Based Exercises</u></p> <p>If you are looking for a way to ease gently into an exercise routine this session is for you!</p> <p>Low-impact exercises can be adapted to suit all levels of ability</p>	<p align="center">Free</p> <p>Check availability</p> <p align="center">penfoldhub@housing21.org.uk</p> <p align="center">07872811106</p>
<p>Thursday</p> <p>9th January</p> <p>11 am to 1 pm</p> <p>60 Penfold Street</p> <p>Zoom link available</p>	<p align="center"><u>Older People's Voice</u></p> <p>BT DIGITAL LANDLINE SWITCHOVER Vicky Hicks, Senior Engagement Manager and Kristina Morrison, Engagement Manager, Digital Voice BT Group are both experts on the programme and will be able to answer all your questions. They'll also bring some equipment to demonstrate to you which will help bring it to life.</p> <p align="center">For details of the Zoom link contact - Maureen Brewster, User Involvement Coordinator The Advocacy Project – 02089693000 Older People's Voice meets every month, usually on the 1st Thursday.</p>	<p align="center">Free</p> <p>No need to book.</p> <p align="center">Refreshments provided.</p> <p>Community Room Penfold Hub, 60 Penfold Street NW8 8PJ</p>
<p>Thursdays</p> <p>11.00am - 12.00</p> <p>St John's Wood Library 20 Circus Road NW8 6PD</p>	<p align="center"><u>Chair Yoga Session</u></p> <p>The class will benefit your sense of well-being, stimulate, and energise the mind, reduce anxiety, and improve physical strength and stability.</p>	<p align="center">You need to book a place in advance.</p> <p align="center">penfoldhub@housing21.org.uk</p> <p align="center">Contribution £3</p>
<p>Thursdays</p> <p>12.15 pm - 1 pm</p> <p>Daventry House Lisson Grove NW8 8FT</p>	<p align="center"><u>Keep on Moving Chair Based Exercise</u></p> <p>If you are looking for a way to ease gently into an exercise routine this session is for you!</p> <p>Low-impact exercises which can be adapted to suit all levels of ability.</p>	<p align="center">Free</p> <p>Check availability</p> <p align="center">penfoldhub@housing21.org.uk</p> <p align="center">07872811106</p>

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<p>Thursdays 12 .15pm To 1.00 pm 60 Penfold Street NW8 8PJ</p>	<p><u>Chair Yoga Session</u></p> <p>The class will benefit your sense of well-being, stimulate and energise the mind, reduce anxiety, and improve physical strength and stability.</p>	<p>You need to book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p><u>Contribution £3</u></p>
<p>Thursdays</p> <p>1.30 pm to 2.30 pm 60 Penfold Street</p>	<p><u>Steady and Stable</u></p> <p>It improves balance, helps reduce falls and increases your confidence.</p> <p>Please phone or email Lauren Earle at Open Age (020 4516 9975 / learle@openage.org.uk) to check availability</p>	<p>No charge</p> <p>Booking required</p> <p>02045169975</p>
<p>Friday</p> <p>28th February</p> <p>10.00 am To 3.00 pm</p>	<p><u>Kew Gardens - Orchid Festival</u></p> <p>Explore the beauty of Peru, with stunning horticultural displays of Peruvian plants and animals, and discover some iconic landmarks of Peru like the Nazca Lines and Machu Picchu. You might even spot some alpacas, flamingos or spectacled bears amongst the blooms!</p> <p>Minibus transport may be available for a small charge</p>	<p>Free – booking is required.</p> <p>Telephone</p> <p>07872811106</p>
<p>Fridays</p> <p>Walk in Service from 11 am 60 Penfold Street</p>	<p><u>Hairdressing with Elaine</u></p> <p>Have a blow dry, perm, shampoo or trim at reasonable prices – experienced hairdresser. Perms and tints must be booked in advance.</p>	<p>Phone Elaine to check availability.</p> <p>07949006417 Charges apply</p>
<p>Fridays</p> <p>Every Friday</p> <p>60 Penfold Street</p>	<p><u>Zumba Gold</u></p> <p>Dance and exercise sessions involving multiple rhythms are specially tailored for individuals over 50.</p> <p>It's an amazing way to get healthier and improve your well-being.</p>	<p>Free for local residents</p> <p>For more info, please contact Andrea 07878 357 833</p>

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<p>First Friday of the Month (Next lunch 7th March) 12.30 pm</p> <p>60 Penfold Street</p>	<p align="center"><u>Community Lunch</u></p> <p>Join us for a social lunch with a freshly vegetarian cooked meal – meet up with local older residents from Church Street with lots of opportunities to chat, meet new people and learn more about local activities.</p> <p>The meals are planned and cooked by staff volunteering from local businesses.</p>	<p>You need to book in advance – Spaces are limited.</p> <p align="center">penfoldhub@housing21.org.uk</p> <p align="center">07872811106</p>
<p>Fridays</p> <p>From</p> <p>10th January</p> <p>To</p> <p>February 29th</p> <p>1.30pm</p> <p>To</p> <p>4.30pm</p>	<p align="center"><u>Fruits R US</u></p> <p align="center"><u>New weekly sessions</u></p> <p>Delve into the colourful, lively world of fruits through drama, arts & crafts, and film.</p> <p><i>Fruits R Us</i> is a unique, multi-disciplinary project designed to encourage creative expression and social connection.</p> <p>Over eight weekly sessions, participants will explore their “inner apple, berry, and banana,” creating costumes, developing fruit-inspired characters, and performing in short, weekly film vignettes. These vignettes will be compiled into a final film, showcasing the group’s imaginative work and providing a celebration of each individual’s creativity.</p>	<p>Participants of all experience levels are welcome to join and can sign up via this link:</p> <p align="center">https://forms.gle/wzRCZCnE85NfTnhT9</p> <p>No prior experience is necessary, and participants are welcome to join whenever they’re available throughout the project.</p>
<p>Fridays</p> <p>3pm to 6pm</p> <p>Church Street Library</p> <p>67 Church Street NW8 8EU</p>	<p align="center"><u>50+ Games Club</u></p> <p align="center">At the Church Street Library</p> <p>Join us for an afternoon of fun games and conversation.</p> <p>Backgammon, Dominoes, Chess, or Cards or bring your own games, come challenge your friends or meet new people and have fun</p> <p align="center">Refreshment available</p>	<p>No Need to Book</p> <p align="center">Just turn up</p> <p>Church Street Library 67 Church Street London NW8 8EU churchstreetlibrary@westminster.gov.uk</p> <p align="center">0207 641 2000</p>

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<p>Saturday</p> <p>25th January</p> <p>10 am to 1 pm</p>	<p><u>TATE Britain</u></p> <p>Community Arts and Coffee Morning</p> <p>Come along and join TATE staff and others on a morning filled with coffee and tea, conversations, a community archive workshop and sessions at our Library and Archive at Tate Britain. On the day you are also welcome to join us for a wider event called Flashbacks, which will include talks, readings, and workshops in response to The 80s: Photographing Britain exhibition.</p>	<p>Free</p> <p>You need to book a place in advance Book Directly with Tate Gallery</p> <p>Book a place by emailing local@tate.org.uk</p>
<p>Saturdays</p> <p>12 pm to 2 pm</p> <p>St John's Wood Library</p> <p>20 Circus Road</p> <p>NW8 6PD</p>	<p><u>Digital Support</u></p> <p>A one-to-one session to learn how to use a computer or better understand your laptop, phone or tablet</p>	<p>Free</p> <p>Please book a place in advance.</p> <p>020 7641 6200</p>

Winter walks organised by Hammersmith Community Gardens Association which are open to local residents

***Thursday 23rd January - Guided Tour of the new Natural History Museum Garden**

We will have a guided tour of the new garden at the Natural History Museum by the Head Gardener. This will be followed by refreshments provided by the museum and an opportunity to chat with staff about the garden and the Urban Nature Project.

***Tuesday 28th January - Acton London Transport Museum Depot Tour**

We will have a private tour of the depot which is only open to the public a couple of times a year. The Depot houses over 320,000 items of all types and is one of the most comprehensive and important records of urban transport anywhere in the world. After the tour, we will buy lunch and walk to nearby Gunnersbury Park to eat lunch and explore the park.

***Thursday 6th February - Guided Tour of the Camden Highline**

We have been lucky enough to organise a private guided tour of the new Camden Highline which is currently being constructed. Please be aware this trip will involve stairs. This is an afternoon tour and lunch is not included. We will go to a cafe after the tour to have a hot drink and to discuss what we have seen!

***Tuesday 11th February - Kew Gardens Orchid Festival**

We will travel by public transport to Kew Gardens and explore the site. The glasshouses will be decorated with a fabulous collection of orchids as part of the orchid festival. Lunch is included.

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Thursday 20th February - Burnt Oak to Wembley Walk

The highlight of this walk is Welsh Harp Open Space: 170 hectares of open water, marshes, woodland and grasslands. The route also links pretty local parks and follows both the River Brent — one of London's longest rivers — and one of its tributaries, the Silk Stream. The walk is 6 miles and is approximately 2 hours of walking. Lunch is included.

To book any of these walks please email bookings@hcga.org.uk

Please note :

- Please wear comfortable footwear and bring an Oyster card and a drink. HCGA can pay for travel for those who need it and lunch will be provided, or on shorter walks, tea and coffee. Walks and trips are different lengths and some cover a long distance requiring a good level of fitness. Please get in touch if you have any questions about a particular walk.
- To book on any of these walks and trips please email bookings@hcga.org.uk or contact your project staff leader. Booking is required for all activities apart from the AGM!
- You can only book a maximum of three walks which have a star next to them.
- If you book on a trip and are no longer able to attend please let us know ASAP so we can offer the place to someone else. In some cases, we are buying tickets in advance and it is a shame for them to go to waste.

The Penfold Community Hub provides a wide range of health and well-being opportunities to older Westminster residents and carers at a low cost or free. If you are interested in participating in any activity and find it difficult to contribute, please talk to the Hub staff who can offer advice and support.

Cost of Living Support / Winter Fuel Payment Fund

The Penfold Hub has information on other agencies and projects, including Food Banks, which can provide help and support.

For more information about help available to Westminster residents follow the link below or call the Penfold Hub office.

www.westminster.gov.uk/cost-of-living-support

For more information about the Penfold Hub activities for the over 50's in Westminster and carers in Westminster Contact:

Telma Asemota or Denis Kane, Penfold Community Hub,

60 Penfold Street, London NW8 8PJ

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