



Penfold
Hub


Penfold Community Hub

6th January - 4th April 2020

Some sessions take a break at Half Term
17th -22nd February 2020

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

ACTIVITY PROGRAMME

<p>Mondays from 20th of January 11am to 11.45am</p>	<p><u>Chair Yoga for people living with a Dementia</u></p> <p>This new session will take participants through a series of movements and yogic practices, energising the body and mind. No previous experience necessary .</p>	<p>£2 per session Booking Essential 020 3815 0033 penfoldhub@nhhg.org.uk Held at 60 Penfold Street, NW8 8PJ</p>
<p>Tuesdays from 18th February 10am to 12 noon</p>	<p><u>A World in a Suitcase</u></p> <p>A visual storytelling project using and learning creative and fun art skills to share life experiences, – beginners very welcome Bring your stories to life through media , paper collage , and photography .</p>	<p>Free – you need to book a place in advance - Call now as places are limited 020 3815 0033 penfoldhub@nhhg.org.uk</p>
<p>Tuesday 10th March Tea at 2.30pm Music at 3.15pm</p>	 <p>Join us for a friendly relaxed musical experience with our friends from the wonderful Connaught Opera . Sing along with some old familiar favorites - come early and join us for some lovely afternoon tea.</p>	<p>Free – you need to book a place in advance. Booking opens from the 3rd of February 020 3815 0033 penfoldhub@nhhg.org.uk</p>

PENFOLD COMMUNITY HUB

TELEPHONE 020 3815 0033

EMAIL penfoldhub@nhhg.org.uk

ADDRESS 60 Penfold Street, NW8 8PJ

NEW OFFICE OPENING TIMES

Monday and Wednesday 9am to 5pm

Tuesday and Thursday – 9am to 1pm

Friday – Closed



Hub Programme

<p>Every Monday Except Bank Holidays</p> <p>10am to 12pm</p>	<p><u>Sewing Café</u> Join others in the gallery space for a friendly morning of coffee and company as you stitch, knit or crochet. Table space and machines available. Bring along a project to work on.</p>	<p>Fee £1 Drop in session No need to book</p> <p>Held at 60 Penfold Street, NW8 8PJ</p>
<p>Third Monday of the month</p> <p>11am to 2 pm</p>	<p><u>Breathe Easy Westminster</u> 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</p> <p>Held at Ada Court, 8th floor 10-16 Maida Vale, W9 1TD Contact: 020 7834 0894</p>
<p>Mondays from 20th January 11am to 11.45am</p>	<p><u>Chair Yoga for people living with a Dementia</u> New opportunity that will benefit your sense of well being, stimulate and energise the mind, reduce anxiety and improve physical strength and stability .</p>	<p>£2 per session 020 3815 0033 penfoldhub@nhhg.org.uk</p> <p>Held at 60 Penfold Street, NW8 8PJ</p>
<p>Every Monday 12pm to 1pm</p>	<p><u>Chair Based Yoga</u> Exercise that helps relieve tension and reduces aches and pains – can help with strengthening leg muscles with standing postures; will improve flexibility and your sense of well being. Funded by Church Street Neighbourhood Keepers Programme</p>	<p>Free to residents in Church Street and Paddington Green Held at Greenside Community Centre, Lilestone Street, NW8 8SR (off Lisson Grove)</p>
<p>Every Monday 3pm to 4pm</p>	<p><u>Bingo</u> Come along and meet up with other local residents, have a chat and some refreshments and find out what is going in the neighbourhood.</p>	<p>£3.50 for 6 games 60 Penfold St., NW8 8PJ No need to book , just turn up</p>
<p>Every Tuesday 9.30am to 3pm</p>	<p><u>Hairdressing with Elaine</u> Have a blow dry, perm, shampoo or trim at good prices – new experienced hairdresser. Perms and tints must be booked in advance.</p>	<p>Walk in service until 1pm Otherwise by appointment - Call to book: 07949006417</p> <p>At 60 Penfold St. NW8 8PJ</p>

<p>Every Tuesday</p> <p>10am to 11.15 am</p>	<p><u>Steady and Stable</u> Improves balance, helps reduce falls and increases your confidence. Check availability by contacting Shanie Page spage@openage.org.uk at Open Age (020 8962 5582)</p>	<p>No charge</p> <p>Booking required</p> <p>At 60 Penfold Street, NW88PJ</p>
<p>Every Tuesday</p> <p>10:30am to 12.00pm</p>	<p><u>Coffee mornings at Penfold Hub</u> Come along for a chat and a cuppa! Make some new friends, try out some table top games and find out what's happening in the neighbourhood. <u>Organised by Church Street Community Champions</u></p>	<p>Free – no need to book Refreshments available</p> <p>At 60 Penfold St, NW8 8PJ</p>
<p>Tuesdays 28th January 11th February</p> <p>9.30am to 11. 30am</p>	<p><u>Royal Albert Hall - 150th Anniversary</u> <u>Your chance to take part in the celebrations</u> Join creative artists from the Royal Albert Hall in exploring and creating a new work which will be performed in the anniversary year 2021.</p>	<p>Free . Limited number of places – booking essential Call 020 3815 0033 penfoldhub@nhhg.org.uk Held at 60 Penfold Street NW8 8PJ</p>
<p>Every Tuesday</p> <p>11.15 am to 12.30 pm</p>	<p><u>Steady and Stable</u> Improves balance, helps reduce falls and increases your confidence. Check availability by contacting Shanie Page at Open Age spage@openage.org.uk (020 8962 5582)</p>	<p>No charge</p> <p>Booking required</p> <p>At 60 Penfold Street</p>
<p>Every Tuesday 11am - 4pm</p>	<p><u>Reflexology and Massage</u> Treat yourself to a relaxing session with our experienced therapist.</p>	<p>£12.50 per half hour session. Held at 60 Penfold Street Call Maura on 07790313611</p>
<p>Every Tuesday 12 noon to 1pm</p>	<p><u>Shared Reading Group</u> Church Street Library Read or listen to stories, plays and poems read aloud - and then tell us what you think. There is no need to read a book in advance or pressure to read aloud</p>	<p>Free Church Street Library 67 Church Street London , NW8 8EU For more information - Phone: 020 7641 6200</p>
<p>Every Tuesday 2.30pm to 3.15pm</p>	<p><u>Zumba Gold</u> Living in the Church St area? Join our newest exercise class focused on balance, coordination and fun! <u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Free No need to book Just turn up At 60 Penfold St, NW8 8PJ</p>

<p>Every Wednesday</p> <p>10am to 11am</p>	<p><u>Pinner Court</u> 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 Held at Pinner Court, Wharncliffe Gardens Off Lissom Grove NW8 8UH</p>
<p>Every Wednesday 10.15 am to 11.15 am</p>	<p><u>Chair Based Exercise</u> Improve your muscle strength, balance and mobility. Limited space available, Please check with the Hub office for availability before joining.</p>	<p>£2.00 per session Held at 60 Penfold St, NW8 8PJ 020 3815 0033 penfoldhub@nhhg.org.uk</p>
<p>Wednesdays 11.45 am to 12.30pm</p>	<p><u>Zumba Gold</u> Living in the Church St area? Join our newest exercise class focused on balance, coordination and fun! <u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Free No need to book Just turn up At 60 Penfold St, NW8 8PJ</p>
<p>Every Wednesday</p> <p>Show times at 12pm and 3:30pm</p>	<p><u>Matinee Classics at Regent Street Cinema</u> Visit one of the most historic cinemas in Britain to enjoy some of the world's favourite films every Wednesday such as on the 22nd January "Inherit the Wind" based on a real-life case in 1925, two lawyers argue the case for and against, a science teacher accused of the crime of teaching evolution. Cast, Spencer Tracy, Gene Kelly, and Fredric March.</p>	<p>£1.75 tickets for the 55+ No need to book in advance Just turn and book on the day.</p> <p>Held at Regent Street Cinema 309 Regent St, W1B 2HW</p>
<p>Every Wednesday 2:15 pm to 3:15 pm</p>	<p><u>Keep on Moving</u> 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. Exercises can be performed seated or standing.</p>	<p>£1 per session No need to book – just turn up Held at 60 Penfold St.,NW8 8PJ</p>
<p>Wednesdays 2:00pm-3.30pm 15th January 12th February 11th of March</p>	<p><u>Need help with a mobile phone or tablet?</u> Staff from Vodafone will be here to help you and sort out what IT problems you have.</p> <p>Organised with The Paddington Partnership</p>	<p>Free – You need to book a place in advance Call 020 3815 0033 penfoldhub@nhhg.org.uk Held at 60 Penfold Street .</p>

<p>Thursdays</p> <p>Phone for times</p>	<p><u>New Acupuncture Service</u> Low cost acupuncture clinic delivered by Munro Health Practitioner. £20 per 45 minutes session</p>	<p>To book call Nazan Garzia 07858331626 www.nazanacupuncture.com</p>
<p>Thursdays</p> <p>10.15am - 11.15am</p>	<p><u>Chair Based Yoga</u> Exercise that helps relieve tension and reduces aches and pains – can help with strengthening leg muscles with standing postures, will improve flexibility and your sense of well being</p>	<p>£2.00 per session</p> <p>At 60 Penfold St., NW8 8PJ Phone to check availability</p>
<p>Thursdays</p> <p>13th February 19th March</p> <p>10.30am</p>	<p><u>Gentle History Walks</u> Join our regular group on a monthly walk at a gentle pace with City of Westminster Guide Richard Fentiman</p> <p><u>13th February</u> – the walk will start and end at Green Park Station. It will include Jermyn Street, St James's Church, St James's Square, The London Library, Gentlemen's Clubs, Marlborough House, Clarence House, Lancaster House, Spencer House, and St James's Palace .</p>	<p>Free You must book in advance to confirm the meeting place</p> <p>For more information Contact the Hub 020 3815 0033 penfoldhub@nhhg.org.uk</p>
<p>First Thursday of the month 11am - 1pm Except next session will be the 9th January</p>	<p><u>The Advocacy Project.</u> <u>Discussion Group at the Penfold Community Hub</u> Monthly focus group. 9th January - Dementia Awareness Dementia Friends Champion speaker part of Alzheimer's Society with information on current research and what support is available .</p>	<p>Free No need to book</p> <p>Refreshments provided. Held at 60 Penfold St. NW8 8PJ</p>
<p>Thursdays</p> <p>Phone to check start date and times</p>	<p><u>Grow your own vegetables and fruit</u> New garden project based at 60 Penfold Street. With professional help and advice provided by the Hammersmith Community Garden Association. Open to residents of Church Street and Paddington Green <u>Funded by Church St Neighbourhood Keepers</u></p>	<p>Free Phone to check availability and for more information</p> <p>020 3815 0033 penfoldhub@nhhg.org.uk</p>

<p>Every Thursday 11.30am to 1pm</p>	<p><u>The Art Group</u> This self organised group meets every week with participants providing their own materials and helping and supporting each other. Beginners welcome – refreshments provided</p>	<p>Fee £1 per session Phone the Penfold Hub to check availability of spaces At 60 Penfold St, NW8 8PJ</p>
<p>Thursday 30th January Sessions at 2pm and 3pm</p>	<p><u>Tea and Tech sessions</u> Come along to our free, friendly and helpful sessions. These one to one sessions can last an hour and are a great way to build up your confidence using a mobile phone , tablet or laptop . Provided by volunteers from Mars Wrigley . Organised with The Paddington Partnership</p>	<p>Free – You need to book a place in advance Call 020 3815 0033 penfoldhub@nhhg.org.uk Held at 60 Penfold Street NW8 8PJ</p>
<p>Every Thursday 2.30pm To 4pm</p>	<p><u>Chess Session</u> Join this tutor led chess session, give your brain a work out, be creative and increase your problem solving skills. Beginners and experienced players – Women only – all ages <u>Organised by Excellence and funded by Church St Neighbourhood Keepers Programme</u></p>	<p>Free Held at 60 Penfold Street Open to residents of Church Street and Paddington Green area</p>
<p>Thursday 12th March 3pm</p>	<p><u>Penfold Community Hub Forum</u> Help us improve the work of the Penfold Hub . What do you like or dislike – what other activities should we be organising Reviewing Hub activities and planning future events and fundraising .</p>	<p>Free No need to book – just turn up Held at 60 Penfold Street , NW8 8PJ</p>
<p>Every Friday 9am to 5pm</p>	<p><u>Beauty Therapy Sessions</u> A range of treatments for clients over 50 with a trained therapist including basic nail care . More info and bookings – Contact Rima on 07944502950.</p>	<p>Price list on request. Booking required. At 60 Penfold St, NW8 8PJ</p>
<p>Every Friday 9:30am to 3:00pm</p>	<p><u>Hairdressing and Nail Care with Elaine</u> Have a blow dry, perm, shampoo or trim at good prices – experienced hairdresser. Perms and tints must be booked in advance.</p>	<p>For afternoon appointments and prices call to book: 07949006417 60 Penfold St. NW8 8PJ</p>

<p>Friday Last Friday on the month 10.15 am to 11.15 am</p>	<p><u>Reading Group - Church Street Library</u> Discussion group - read a book then meet and discuss . If you haven't read the book you are still very welcome to attend. Contact the Library to get hold of a copy of the book</p>	<p>Church Street Library 67 Church Street London , NW8 8EU Phone: 020 7641 6200 churchstreetlibrary@westminster.gov.uk</p>
<p>Every Friday 10.30am to 11.30am</p>	<p><u>Chair Based Yoga</u> Exercise that helps relieve tension and reduces aches and pains – can help with strengthening leg muscles with standing postures, will improve flexibility and your sense of well being</p>	<p>Fee £3 per session – St. John's Wood Library 20 Circus Road, NW8 6PD Phone to check availability.</p>
<p>Every Friday 10.30am</p>	<p><u>Barbara Brosnan Court Coffee Mornings</u> Join in weekly for a chat and coffee – find out about local activities.</p>	<p>£1 Contribution Held at 46 Grove End Road, St. Johns Wood, NW8 9N.</p>
<p>Every Friday 10.30am to 12pm</p>	<p><u>Ada Court Singers</u> Join up with a local group and have a great time joining in on tunes from the 40's & 50's. Term time only</p>	<p>Free – No need to book. Ada Court, 10 – 16 Maida Vale, W9 1TD</p>
<p>Every Friday 10.30am to 12.00pm</p>	<p><u>Stroke Support Group Communication Support</u> If you are interested in joining the group – please make contact with Berni Folan.</p>	<p>Free – booking required. Telephone : 020 8102 3879 Held at 60 Penfold Street NW8 8PJ</p>
<p>Every Friday 10am to 3pm</p>	<p><u>New Pin Over 50's Drop In</u> Visiting Church Street Market ? Drop in for a chat and a cup of tea/snack. All welcome</p>	<p>Free – No need to book 10 Church Street, London NW8 8ED</p>
<p>Fridays 10:30am to 11:30am</p>	<p><u>Chair Based Exercise</u> Living in the Church St and Paddington Green area ? Gentle sitting exercises, easy to follow - helps improve your mobility. <u>Funded by Church St Neighbourhood Keepers Programme</u></p>	<p>Free - Phone the Hub to book a place At Devonshire House Adpar Street, W2 1DE</p>

<p>Fridays</p> <p>7th February 6th of March</p> <p>12.30pm</p>	<p><u>Penfold Community Lunch</u> Join us for a social lunch with a freshly cooked meal – meet up with some local older residents from Church Street with lots of opportunities to chat, meet new people and find more about activities in the area. The meals are planned and cooked by staff volunteering from local businesses . <u>Organised together with The Paddington Partnership .</u></p>	<p>£3.00 donation You need to book in advance - Spaces are very limited In the Gallery at 60 Penfold St, NW8 8PJ 020 3815 0033 <u>penfoldhub@nhhg.org.uk</u></p>
<p>Every Saturday 11am to 12.30pm</p>	<p><u>Church Street Community Singers</u> All ages and abilities welcome. Have fun singing a wide range of traditional and popular songs New members always welcome. No experience necessary</p>	<p>Free – No need to book Held at 60 Penfold Street, NW8 8PJ</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 020 8964 1114 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: 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 Genesis website: www.nhhg.org.uk/penfold

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TELEPHONE 020 3815 0033
EMAIL penfoldhub@nhhg.org.uk
ADDRESS 60 Penfold Street, NW8 8PJ
NEW OFFICE OPENING TIMES
Monday and Wednesday - 9am to 5pm
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Friday – Closed