



Penfold Community Hub

ACTIVITY PROGRAMME

NOVEMBER 2020

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

<p>Monday to Friday 10am to 1pm</p>	<p><u>Information and Advice Telephone Support</u></p> <p>Need some help or advice? Not sure which organisation to contact? Give us a call and we can direct you to the most suitable agency to provide help you need. Information on what support is available and how you join in a range of different activities across Westminster.</p>	<p>Telephone availability 10am to 1pm 0203 815 0033</p>
<p>Mondays 12.15pm to 1pm</p>	<p><u>Better Breathing for Better Health</u></p> <p>Yogic breathing practices to expand and enhance the breath at a time when we most need it. Experience how better breathing can reduce stress and anxiety, clear and calm the mind and revitalise the energy for the week ahead</p>	<p>Zoom Session Contact the Penfold Hub to book a space Free</p>
<p>Mondays 3.30pm to 4.30pm</p>	<p><u>Chair Yoga session</u></p> <p>Session that will benefit your sense of wellbeing, stimulate and energise the mind, reduce anxiety and improve physical strength and stability.</p>	<p>Zoom Session Contact the Penfold Hub to book a space Free</p>
<p>Tuesday 2.30pm to 3.15pm</p>	<p><u>Zumba Gold</u></p> <p>Living in the Church St area? Join our newest exercise class focused on balance, coordination and fun! Provided by Zumba Gold</p> <p><u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Zoom Session Contact the Penfold Hub to find out how you can join</p>

<p>Wednesday</p> <p>11.45 am to</p> <p>12.30pm</p> <p>Free</p>	<p style="text-align: center;"><u>Zumba Gold</u></p> <p>Living in the Church St area? Join our newest exercise class focused on balance, coordination and fun! Provided by Zumba Gold</p> <p style="text-align: center;"><u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Zoom Session Contact the Penfold Hub to find out how you can join</p>
<p>First Thursday of each month</p> <p>Next Meeting Thursday the 5th November</p> <p>11am</p>	<p style="text-align: center;"><u>Older People's Voice Meeting Advocacy Project</u></p> <p>Older People's health and social care services Learn about services and your rights, share your feedback and experiences of using a variety of health and social care services and network with services and other residents</p> <p>5th November Speaker: Lesley Derry, Community Champions Programme Manager from Public Health talking about Test and Trace.</p>	<p>Meeting on Zoom</p> <p>Contact the Hub for the meeting link</p>
<p>Thursday</p> <p>11am to</p> <p>11.45am</p>	<p style="text-align: center;"><u>Chair Pilates</u></p> <p>Session can help improve posture, muscle tone, balance and joint mobility, as well as relieve stress and tension.</p>	<p>Zoom Session Contact the Penfold Hub to book a space Free</p>
<p>Friday</p> <p>12 noon to</p> <p>1pm</p>	<p style="text-align: center;"><u>Chair Yoga session</u></p> <p>Session that will benefit your sense of wellbeing, stimulate and energise the mind, reduce anxiety and improve physical strength and stability</p> <p style="text-align: center;"><u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Zoom Session</p> <p>Contact the Penfold Hub to book a space Free</p>
<p>Saturday</p> <p>11am to</p> <p>12.30pm</p>	<p style="text-align: center;"><u>Church Street Community Singers</u></p> <p>Join in our Virtual Choir No need to have previous experience, just a positive attitude towards making music and having fun. A range of popular songs from Peggy Lee to Louis Armstrong, Tom Jones to Doris Day Starting with some verbal warm up exercises, you will by end of the session bopping along to some wonderful songs.</p>	<p>Zoom Session</p> <p>Contact the Penfold Hub to book a place</p> <p>Free</p>

<p>Pre booked appointments</p>	<p align="center"><u>Supporting Good Health and Wellbeing</u></p> <p>Are you over 50 or an unpaid carer living in the Church Street Ward? Free one to one online consultation Including Reflexology, Self – Massage, Dietary Advice, Chi Kung and Shiatsu</p> <p align="center"><u>Funded by Church Street Neighbourhood Keepers Programme</u></p>	<p>Contact Munro Health</p> <p>Session on Zoom</p> <p>Nazan@munrohealth.com</p> <p>07422972142</p>
<p>30th November at 7pm 3rd December at 2.30pm 8th December at 2pm 21st December at 2pm</p>	<p align="center"><u>Connaught Opera performances</u></p> <p>Our regular Connaught Opera performances can now be attended online. These live performances from such wonderful locations as Knebworth House and the Orleans Gallery and will take place November / December.</p>	<p>Zoom session</p> <p>Contact the Hub to book a space.</p>
<p>Various dates in November</p>	<p align="center"><u>Telephone discussion groups</u></p> <p>Join our regular chit-chat with likeminded community members. Feel free to invite your friends to join in - it's a free phone number.</p>	<p>Contact the Hub to book onto a session</p>
<p>Thursday 19th November 10.30am</p>	<p align="center"><u>Local History Walks</u></p> <p>Join the Penfold Hub History walking group and discover some of the hidden history of Regents Park. Free – Limited number of places.</p>	<p>Contact the Hub to book onto a session Free</p>
<p>Dates TBA Planned for 2021</p>	<p align="center"><u>A World in a Suitcase</u></p> <p>This arts / reminiscence community engagement project will be back in a digital form at the Penfold Hub in the New Year. The theme will be The World We Live In with sessions on Zoom / WhatsApp with some material mailed to your home. The programme will include help with using digital media.</p>	<p>Interested??</p> <p>Contact Denis Kane at the Hub for more information.</p>
<p>Dates Arranged as required</p>	<p align="center"><u>Need help with IT</u></p> <p>One to one session available to provide support to help you learn how to use Zoom, What's App. Or setting up an Email account.</p> <p align="center">Supported by The Paddington Partnership</p>	<p>Contact the Hub to book a session Free</p>

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