



# Penfold Community Hub

## ACTIVITY PROGRAMME JANUARY - MARCH 2021 11<sup>TH</sup> JANUARY TO 26<sup>TH</sup> MARCH

<p>Monday to Friday 10 am to 1 pm</p>	<p><b><u>Information and Advice Telephone Support</u></b></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 the help you need. Information on what support is available and how you can join in a range of different activities across Westminster.</p>	<p>Telephone availability  10 am to 1 pm  0203 815 0033</p>
<p>Mondays 12.15 pm to 1 pm New Session starts 8<sup>th</sup> February</p>	<p><b><u>Better Breathing for Better Health</u></b></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 3.30 pm to 4.30 pm</p>	<p><b><u>Chair Yoga session</u></b></p> <p>Session that will benefit your sense of wellbeing, stimulate and energise the mind, reduce anxiety and improve physical strength and stability. <b><u>Funded by Church Street Neighbourhood Keepers Programme</u></b></p>	<p>Zoom Session Contact the Penfold Hub to book a space Free</p>
<p>Tuesday 23<sup>rd</sup> February  10.30 am to 12 pm</p>	<p><b><u>A World in a Suitcase Do you have a story to tell?</u></b></p> <p>Join Myra and Tim from a World in a Suitcase to reminisce, share experiences and stories.</p>	<p>Zoom Session Contact the Penfold Hub to book a space Free</p>

### PENFOLD COMMUNITY HUB

TELEPHONE 020 3815 0033 - EMAIL [penfoldhub@nhhg.org.uk](mailto:penfoldhub@nhhg.org.uk) -

<p><b>Tuesday</b> <b>16<sup>th</sup> February</b> <b>2 pm</b></p>	<p><b><u>Shared Reading Group</u></b> A reading aloud together adventure Discover people, books, stories. A chance to read or just listen - No preparation required. <b><u>Session led by staff from Westminster Libraries.</u></b></p>	<p>Contact the Hub to book a place.</p>
<p><b>Tuesdays</b> <b>2.30 pm</b></p>	<p><b><u>Zumba Gold</u></b> Living in the Church Street/Paddington Green area? Join our newest exercise class focused on balance, coordination, and fun! Provided by Zumba Gold <b><u>Funded by Church Street Neighbourhood Keepers Programme</u></b></p>	<p>Zoom Session Contact the Penfold Hub to find out how you can join</p>
<p><b>Wednesdays</b> <b>11.45 am</b></p>	<p><b><u>Zumba Gold</u></b> Living in the Church Street/Paddington area? Join our newest exercise class focused on balance, coordination, and fun! Provided by Zumba Gold <b><u>Funded by Church Street Neighbourhood Keepers Programme</u></b></p>	<p>Zoom Session Contact the Penfold Hub to find out how you can join</p>
<p><b>First Thursday of each month</b>  <b>Next Meeting Thursday the 4<sup>th</sup> of February</b>  <b>11 am</b></p>	<p><b><u>Older People's Voice Meeting Advocacy Project</u></b>  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>Meeting on Zoom  Contact the Hub for the meeting link</p>
<p><b>New Session Starts Thursday 21<sup>st</sup> January 11 am</b></p>	<p><b><u>Chair Pilates</u></b> 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><b>Fridays</b> <b>12 pm to 1 pm</b></p>	<p><b><u>Chair Yoga session</u></b> Session that will benefit your sense of wellbeing, stimulate and energise the mind, reduce anxiety and improve physical strength and stability <b><u>Funded by Church Street Neighbourhood Keepers Programme</u></b></p>	<p>Zoom Session Contact the Penfold Hub to book a space Free</p>
<p><b>Friday the 12<sup>th</sup> February 2.30 pm to 3.30 pm</b></p>	<p><b><u>Valentine Day's Quiz</u></b>  Make a date and join us for a friendly and fun Valentine's Day Quiz. Lots of amazing facts with pictures, song, music and memories. Prizes to be won.</p>	<p>Free Session on Zoom Contact the Hub to book a place</p>

<p><b>Saturdays</b></p> <p><b>11 am to</b></p> <p><b>12.30 pm</b></p>	<p><b><u>Church Street Community Singers</u></b></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><b>Pre booked appointment</b></p> <p><b>Spaces available</b></p>	<p><b><u>Supporting Good Health and Wellbeing</u></b></p> <p>Are you over 50 or an unpaid carer living in Church Street Ward / Paddington Green? Free one to one online consultation Including Reflexology, Self – Massage, Dietary Advice, Chi Kung and Shiatsu</p> <p><b><u>Funded by Church Street Neighbourhood Keepers Programme</u></b></p>	<p>Contact Munro Health</p> <p>Session on Zoom</p> <p><a href="mailto:Nazan@munrohealth">Nazan@munrohealth</a></p> <p>07422972142</p>
<p><b>Various dates</b></p>	<p><b><u>Telephone discussion groups</u></b></p> <p>Join our regular chit-chat with like-minded community members. Feel free to invite your friends to join in - it's a free phone number and can be arranged - there are no charges for the call</p>	<p>Contact the Hub to book onto a session</p>
<p><b>Third Thursday of the month</b></p> <p><b>10.30 am</b></p>	<p><b><u>Local History Walks</u></b></p> <p>Join the Penfold Hub History walking group and discover some of the hidden history of Regents Park. Free – Limited number of places. (Depending on current Covid restrictions)</p>	<p>Contact the Hub to book onto a session</p> <p>Free</p>
	<p><b><u>Need any IT help ?</u></b></p> <p>One to one session available to provide support to help you learn how to use Zoom, What's App. or how to set up an email account. Supported by The Paddington Partnership</p>	<p>Contact the Hub to book onto a session</p> <p>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@nhg.org.uk](mailto:penfoldhub@nhg.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](http://www.nhhg.org.uk/penfold)