



# Penfold Community Hub

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

## ACTIVITY PROGRAMME

10<sup>th</sup> January to 1<sup>st</sup> April 2022

<p>Monday to Friday 10 am - 1 pm</p>	<p><b><u>Information and Advice</u></b> <b><u>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 2 pm</p>	<p><b><u>Matinee Classics at Regent Street Cinema</u></b></p> <p>Regent Street Cinema has restarted its weekly matinees for the Over 55's on Monday afternoons, tickets at £4 10<sup>th</sup> January – The Red Shoes – a fantastic piece of cinema combining dance, romance and drama. <a href="http://www.regentstreetcinema.com/regency-seniors/">www.regentstreetcinema.com/regency-seniors/</a></p>	<p>Contact the Cinema for more information  020 7911 5050 307 Regents Street W1B 2H</p>
<p>Various dates in March Depart 10am Return 4pm</p>	<p><b><u>Outings to Kew Gardens</u></b></p> <p>Join us for a visit to these beautiful gardens and experience the magical autumnal colours The spectacular Temperate House – the world's biggest Victorian Glasshouse with over 10,000 plants has now reopened – Minibus transport available</p>	<p>Entry to Kew Gardens is free Minibus cost £5 020 3815 0033</p>

**PENFOLD COMMUNITY HUB**

**TELEPHONE** 020 3815 0033 - **EMAIL** penfoldhub@nhg.org.uk

<p><b>Mondays</b></p> <p><b>10 am to 12 noon</b></p> <p><b>Starts 17<sup>th</sup> of January</b></p>	<p><b><u>Neighbourhood Art Project</u></b></p> <p>Join with other local residents to use and explore different techniques to produce a shared work at the end of the project</p> <p>Session open to Church Street and Paddington Green Estate Residents over 50 years. <b><u>Supported by Church Street Neighbourhood Keepers Programme</u></b></p>	<p>You must book a place in advance</p> <p>Contact the Penfold Hub</p>
<p><b>Every Tuesday</b></p> <p><b>2 pm to 3 pm</b></p>	<p><b><u>Shared Reading Group</u></b></p> <p>A reading aloud together adventure Discover people, books, stories. A chance to read or just listen - No preparation required.</p> <p><b><u>Session arranged with the Westminster Library Service.</u></b></p>	<p>Contact the Hub to book a place. Session on Microsoft Teams</p>
<p><b>Wednesday</b></p> <p><b>12<sup>th</sup> January</b></p> <p><b>10.15 am</b></p>	<p><b><u>Frans Hals – The Male Portrait Exhibition</u></b> <b><u>Wallace Collection</u></b></p> <p>Relaxed session with complimentary tickets for this exhibition – small group. Tea and coffee available afterwards. Must be booked in advance</p> <p>Wallace Collection, Hertford House, Manchester Square, London W1U 3BN</p>	<p>Contact the Penfold Hub</p> <p>020 3815 0033</p>
<p><b>Wednesdays</b></p> <p><b>10.45 am - 11.45am</b></p> <p><b>From 12<sup>th</sup> January</b></p>	<p><b><u>Chair Yoga on Zoom</u></b></p> <p>A session that will benefit your sense of wellbeing, stimulate, and energise the mind, reduce anxiety, and improve physical strength and stability</p>	<p>You must book a place in advance Contact the Penfold Hub</p>
<p><b>Wednesdays</b></p> <p><b>From the 12<sup>th</sup> January</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 Aromatherapy session still available Sessions take place at the Portman Centre</p> <p><b><u>Supported by the Church Street Neighbourhood Keepers Programme</u></b></p>	<p>Contact Munro Health</p> <p>Session on Zoom</p> <p><a href="mailto:nazan@munrohealth.com">nazan@munrohealth.com</a></p> <p>07422972142</p>

<p><b>Every Wednesday</b></p> <p><b>3 pm</b></p>	<p><b><u>Keep on Moving</u></b></p> <p>If you are looking for a way to ease gently into an exercise routine this session is for you! Low impact exercises can be adapted to suit all levels of ability. Exercises can be undertaken seated or standing.</p> <p>Contact Penfold Hub to book a place and to receive the link to the Zoom sessions</p>	<p>Free</p> <p>Session</p> <p>On</p> <p>Zoom</p>
<p><b>Every Wednesday</b></p> <p><b>6 pm</b></p>	<p><b><u>Come and Join In – Tasty Food and Good Company</u></b></p> <p>Come along for a warm and tasty meal, with volunteers to welcome you and Covid safety measures in place Food Cycle Marylebone</p> <p>St Pauls Church, 5 Rossmore Road, NW1 6NJ</p>	<p>Free</p> <p>No need to book</p> <p>Just turn up</p>
<p><b>Thursdays</b></p> <p><b>17<sup>th</sup> February</b></p> <p><b>17<sup>th</sup> March</b></p> <p><b>10.30 am</b></p>	<p><b><u>Gentle Local History Walks</u></b></p> <p>Join the Penfold Hub History walking group and discover some of the hidden history of Westminster and other parts of London.</p> <p><b><u>February 17<sup>th</sup></u></b> Discovering Marble Arch and Hyde Park Find out about the history of the Tyburn Gallows, the Italian Gardens and the Serpentine Book a place to receive details of the meeting point</p>	<p>Free</p> <p>You need to book a space in advance</p> <p>Contact the Penfold Hub for more information</p>
<p><b>Thursday</b></p> <p><b>12 30pm – 1.30 pm</b></p> <p><b>Starts</b></p> <p><b>13<sup>th</sup> January</b></p>	<p><b><u>Chair Yoga Session</u></b></p> <p>The class will benefit your sense of wellbeing, stimulate, and energise the mind, reduce anxiety, and improve physical strength and stability The session opens to Church Street and Paddington Green Estate Residents over 50 years.</p> <p>Session at St Paul's Centre, 5 Rossmore Street, NW1 6NT</p> <p><b><u>Supported by the Church Street Neighbourhood Keepers Programme</u></b></p>	<p>You must book in advance</p> <p>Contact the Penfold Hub 020 3815 0033</p>

<p><b>Thursday 10<sup>th</sup> February</b></p> <p><b>2 pm – 5 pm</b></p>	<p align="center"><b><u>IT Help Session</u></b></p> <p>Need help with your mobile phone, tablet or laptop</p> <p>One to one in-person help available Staff volunteering from Vodaphone</p> <p>If possible, book by email stating what device you use and what help you need <a href="mailto:penfoldhub@nhg.org.uk">penfoldhub@nhg.org.uk</a></p> <p>Supported by The Paddington Partnership</p>	<p>Free</p> <p>You will need to book a space</p> <p>Contact the Penfold Hub on 020 3815 0033</p>
<p><b>Thursdays 11 am - 3pm</b></p> <p><b>Fridays 10 am - 3pm</b></p>	<p align="center"><b><u>New Pin Church Street Drop-In</u></b></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>
<p><b>Friday</b></p> <p><b>18<sup>th</sup> February</b></p> <p><b>10.30 am</b></p>	<p align="center"><b><u>Westminster Talking Therapies Information Session</u></b></p> <p>Find out about the wide range of workshop sessions available to Westminster residents Help with ways to improve your sleep, gain confidence, manage and reduce stress and anxiety</p> <p>Depending on the Covid restriction, the session may be on Zoom or in person.</p>	<p>Free</p> <p>You need to book a space Contact the Penfold Hub on 020 3815 0033</p>
<p><b>Date and times arranged to suit</b></p>	<p align="center"><b><u>Struggling with your Smartphone or Computer</u></b></p> <p>Get free dedicated one to one support to help build your digital skills</p> <p>Penfold Hub has linked up with the Click-Silver Connections team who will provide mentoring over the phone with four weeks of free support <a href="mailto:penfoldhub@nhg.org.uk">penfoldhub@nhg.org.uk</a></p>	<p>For more information contact the Penfold Hub</p> <p>020 28150033</p>

<p><b>Session dates to be arranged</b></p>	<p><b><u>Penfold Community Garden</u></b></p> <p>New gardening project starting in March 2022 Year-long programme of regular workshops led by a professional gardener in partnership with the Hammersmith Community Gardens Association</p> <p><b>Interested!!</b> Contact us now for details of the workshops</p>	<p>Free</p> <p>Penfold Garden at at 60 Penfold Street</p>
<p><b>Various dates</b></p> <p><b>Currently, sessions are on Zoom</b></p>	<p><b><u>Dementia Awareness &amp; Living with Dementia in Westminster</u></b></p> <p>These sessions, provided by the Westminster Dementia Service, cover basic facts about dementia including risk factors, symptoms, types of dementia, diagnostic process, and treatment. You will also get an overview of services in Westminster and support available locally. This session is suitable for people living with dementia, carers, professionals, volunteers and anyone who would like to find out more about dementia, and the specifics of living with dementia in Westminster.</p>	<p>For more information contact</p> <p>Westminster Dementia Advisor</p> <p>Telephone 07540502379</p>
<p><b>Various days and time</b></p> <p><b>3 sessions every week</b></p>	<p><b><u>LET'S GET IN SHAPE @ HOME</u></b></p> <p>Free online classes for Church Street and Paddington Green Estate Residents Exercise and Dance sessions - Zumba Gold Over 50's all levels welcome paola.gianelli@fun4over50s.co.uk</p> <p><b><u>Supported by Church Street Neighbourhood Keepers Programme</u></b></p>	<p>Free</p> <p><b>Contact</b></p> <p><b>Andrea</b></p> <p><b>07878357833</b></p>
<p><b>Thursday 3<sup>rd</sup> February 11 am to 3 pm</b></p>	<p><b><u>Happy Chinese New Year</u></b></p> <p>Celebrate the Chinese New Year – the Year of the Tiger Lion Dance Performance – Chinese Traditional Food and Art/Craft activities Church Street Market, NW8 8EY</p>	<p>Free</p> <p><b>Open to all</b></p>

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

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.nhg.org.uk/penfold](http://www.nhg.org.uk/penfold)