



# Penfold Community Hub

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

## ACTIVITY PROGRAMME

April 25<sup>th</sup> - July 17<sup>th</sup> 2022

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| <p>Monday<br/>to<br/>Friday<br/>10 am - 1 pm</p>                                 | <p><b><u>Information and Advice</u></b><br/><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 various activities across Westminster.</p>   | <p>Telephone availability<br/>10 am to 1 pm<br/><br/>020 3815 0033</p>                                   |
| <p>Mondays<br/>1 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 £5<br/>Showing on Monday, May 2<sup>nd</sup><br/><b>Belfast</b><br/>A poignant story of love, laughter and loss in one boy's childhood amid the music and social tumult of the 1960s.<br/><a href="http://www.regentstreetcinema.com/regency-seniors/">www.regentstreetcinema.com/regency-seniors/</a></p> | <p>Contact the Cinema for more information.<br/><br/>020 7911 5050<br/>307 Regents Street<br/>W1B 2H</p> |
| <p>Every Month<br/>First Monday<br/>10 am to 12 noon<br/>(not Bank Holidays)</p> | <p><b><u>Sewing Café</u></b></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 available.<br/>Bring along a project to work on.</p>  | <p>Free<br/>Phone to check availability<br/>0203 815 0033</p>  |

**PENFOLD COMMUNITY HUB**

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

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| <p><b>Monday</b></p> <p><b>May 23<sup>rd</sup></b></p> <p><b>10 am</b><br/>-<br/><b>4.30 pm</b></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<br/>The spectacular Temperate House – the world's biggest Victorian Glasshouse with over 10,000 plants- has reopened.<br/>Minibus transport available</p>            | <p>Entry to Kew Gardens are free</p> <p>Minibus cost £5</p> <p>020 3815 0033</p>   |
| <p><b>Every Monday</b><br/>11am - 4pm</p> <p>Penfold Hub,<br/>60 Penfold Street</p>   | <p><b><u>Reflexology and Massage</u></b></p> <p>Treat yourself to a relaxing session with our experienced therapist.</p> <p>Contact Maura on 07790313611</p>   | <p><b>You must book in advance.</b></p> <p><b>Charges apply</b></p>  |
| <p><b>Every Tuesday</b><br/>9 am to 5 pm</p> <p>Penfold Hub,<br/>60 Penfold Street</p>  | <p><b><u>Beauty Therapy Sessions</u></b></p> <p>A range of treatments for clients over 50 with a trained therapist including basic nail care.<br/>More info and bookings –</p> <p>Contact Rima on 07944502950.</p>   | <p>You must book in advance</p> <p>Charges apply</p>   |
| <p><b>Tuesdays</b></p> <p><b>May 3<sup>rd</sup></b><br/><b>May 17<sup>th</sup></b><br/><b>May 31<sup>st</sup></b></p> <p><b>10 am</b></p> | <p><b><u>Walking for Health</u></b><br/><b><u>Series of fortnightly walks</u></b></p> <p>3<sup>rd</sup> May – Canalside Walk<br/>May 17<sup>th</sup> – Portobello History and Culture<br/>May 31<sup>st</sup> - Hamstead Heath</p> <p><b><u>Organised by Hammersmith Community Gardens Association</u></b></p> | <p>Free to Westminster Residents.<br/>Book a place at <a href="mailto:bookings@hcga.org.uk">bookings@hcga.org.uk</a></p>           |
| <p><b>Tuesday</b><br/><b>May 10<sup>th</sup></b><br/><b>10 am - 12 noon</b></p> <p>Penfold Hub,<br/>60 Penfold Street</p>                 | <p><b><u>World in a Suitcase</u></b></p> <p>A Collective Voice - Arts project<br/>A visual storytelling project with creative and fun ways to share stories about events that shaped our lives.</p> <p><b><u>Penfold Community Room</u></b></p>  | <p>Free<br/>You need to book a place<br/><a href="mailto:penfoldhub@nhg.org.uk">penfoldhub@nhg.org.uk</a></p> <p>0203 815 0033</p> |

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| <p><b>Tuesdays</b></p> <p><b>Starting<br/>May 3rd<br/>11 am</b></p> <p><b>Zoom</b></p>  | <p><b><u>Nourish and Thrive</u></b></p> <p>Online Cooking Course<br/>Free 8-week course<br/>Includes box of ingredients delivered free<br/>Arranged by Groundwork</p>   | <p>To register</p> <p>Contact<br/>Martin Shaw</p> <p>07912271960</p> <p><a href="mailto:Martin.shaw@groundwork.org.uk">Martin.shaw@groundwork.org.uk</a></p> |
| <p><b>Tuesdays</b></p> <p><b>3<sup>rd</sup> MAY<br/>14<sup>TH</sup> June</b></p> <p><b>July 5th</b></p> <p><b>1.30 pm –<br/>3.30 pm</b></p> | <p><b><u>Reminiscence Sessions</u></b><br/><b><i>At Lords Cricket Ground</i></b></p> <p>Are you looking for new activities for yourself or someone you care for?<br/>Sporting Memories Club monthly session for people who would like some company and those living with dementia and their carers.<br/>Come along for a friendly chat over tea and cake.<br/>Entry by Grace Gate, St John’s Wood Road.</p> | <p>Free to attend but booking required</p> <p>0207 616 8604<br/><a href="mailto:COMMUNITY@MCC.ORG.UK">COMMUNITY@MCC.ORG.UK</a></p>                           |
| <p><b>Every Tuesday</b></p> <p><b>2 pm -<br/>3 pm</b></p>   | <p><b><u>Shared Reading Group</u></b></p> <p>A reading aloud together adventure.<br/>Discover people, books, and stories. A chance to read or 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.<br/>Session on Microsoft Teams</p>   |
| <p><b>Wednesday</b></p> <p><b>Times to be<br/>arranged</b></p>  | <p><b><u>Grow your own vegetables and fruit</u></b></p> <p>You will have space in the garden to grow your own with professional help and advice provided by the Hammersmith Community Garden Association.<br/>Open to residents of Church Street and Paddington Green</p> <p><b><u>Supported by the Church Street Neighbourhood Keepers Programme</u></b></p>   | <p>Free</p> <p>Check for availability<br/><a href="mailto:penfoldhub@nhg.org.uk">penfoldhub@nhg.org.uk</a></p> <p>020 3815 0033</p>                          |
| <p><b>Wednesdays</b><br/><b>10.45 am –<br/>11.45 am</b></p> <p><b>Zoom</b></p>  | <p><b><u>Chair Yoga on Zoom</u></b></p> <p>A session that will benefit your sense of well-being, stimulate and energise the mind, reduce anxiety, and improve physical strength and stability.</p>  | <p>To book a place<br/>Contact<br/>Penfold Hub<br/>Fee £3 per session</p>  |

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| <p><b>Wednesdays</b></p> <p><b>Various time available</b></p> <p><b>Penfold Hub</b></p> <p><b>60 Penfold Street</b></p> | <p><b><u>Supporting Good Health and Wellbeing</u></b></p> <p>Are you over 50 or an unpaid carer living in the Church Street Ward / Paddington Green?<br/>Free one to one sessions available.<br/>Acupuncture, Craniosacral Massage , Reflexology and Shiatsu</p> <p><b><u>Supported by the Church Street Neighbourhood Keepers Programme</u></b></p>                                      | <p>Contact<br/>Munro<br/>Health</p> <p><a href="mailto:nazan@munrohealth.com">nazan@munrohealth.com</a></p> <p>07422972142</p>            |
| <p><b>Wednesday</b></p> <p><b>May 4th</b></p> <p><b>2 pm to 4 pm</b></p>  | <p><b><u>Afternoon Tea at Wetherby School</u></b></p> <p>We have been invited to join the senior students at this historic school in Marylebone.<br/>An afternoon of music, quizzes, games, tea, cake and chat.</p>   | <p>Free</p> <p>You need to book a ticket</p> <p><a href="mailto:penfoldhub@nhg.org.uk">penfoldhub@nhg.org.uk</a></p> <p>0203 815 0033</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.<br/>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>Every Thursday</b></p> <p><b>10 am – 12 noon</b></p>  | <p><b><u>Penfold Community Garden</u></b></p> <p>New gardening project</p> <p>Year-long programme of regular workshops led by a professional gardener in partnership with the Hammersmith Community Gardens Association<br/>Includes gardening, creative activities and outings</p> <p><b>Interested!! No experience necessary</b></p> <p>Contact us now for details of the workshops</p> | <p>Free</p> <p>Check for availability</p> <p><a href="mailto:penfoldhub@nhg.org.uk">penfoldhub@nhg.org.uk</a></p> <p>0203 815 0033</p>    |

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| <p><b>Thursdays</b></p> <p><b>May<br/>19th</b></p> <p><b>June<br/>16th</b></p> <p><b>July 21st</b></p> <p><b>10.30 am</b></p>                    | <p align="center"><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>May 19<sup>th</sup> – Farrington – City of London<br/>Among the places we will be visiting, we visit St Vendast's, which will be open to enter with its garden containing Roman ruins, the oldest house in the City and John Betjeman's house.</p> <p>Meet outside the Farrington Underground Station (next to Costa Coffee)</p> | <p align="center">Free</p> <p>You need to book a place in advance</p> <p align="center"><a href="mailto:penfoldhub@nhg.org.uk">penfoldhub@nhg.org.uk</a></p>   |
| <p><b>Thursdays</b></p> <p><b>May 5<sup>th</sup></b></p> <p><b>June 9<sup>th</sup></b></p> <p><b>July 7<sup>th</sup></b></p> <p><b>11 am</b></p> | <p align="center"><b><u>The Advocacy Project Discussion Group</u></b></p> <p align="center">Relevant information on older people services</p> <p>For more information contact Maureen Brewster User Involvement Coordinator at The Advocacy Project – 02089693000</p> <p align="center"><b>Meeting at the Penfold Hub,<br/>60 Penfold Street, NW8 8PJ</b></p>  | <p align="center">Free</p> <p>No need to book</p> <p align="center">Refreshments provided.</p>   |
| <p><b>Thursday</b></p> <p><b>May 26<sup>th</sup></b></p> <p><b>11 am</b></p> <p><b>Penfold Hub</b></p> <p><b>60 Penfold Street</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, and manage and reduce stress and anxiety.</p>   | <p align="center">Free</p> <p>You need to book a space.</p> <p align="center">Contact the Penfold Hub on 020 3815 0033</p>   |
| <p><b>Thursdays</b></p> <p><b>11.30am –</b></p> <p><b>12.15pm</b></p>  | <p align="center"><b><u>Chair Yoga Session</u></b></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"><b>St John's Wood Library,<br/>20 Circus Road, NW8 6PD</b></p>  | <p align="center">£3 per session</p> <p>You need to book a place in advance</p> <p align="center"><a href="mailto:penfoldhub@nhg.org.uk">penfoldhub@nhg.org.uk</a><br/><a href="tel:02038150033">020 3815 0033</a></p> |

**NEW**

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| <p>Thursdays</p> <p>12 30pm –<br/>1.30 pm</p>   | <p style="text-align: center;"><b><u>Chair Yoga Session</u></b></p> <p>The class will benefit your sense of well-being, stimulate and energise the mind, reduce anxiety, and improve physical strength and stability.<br/>The session is open to Church Street and Paddington Green Estate Residents over 50 years and carers.</p> <p style="text-align: center;"><b>Session at St Paul's Centre, 5 Rossmore Street, NW1 6NT</b></p> <p style="text-align: center;"><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</p> <p>020 3815 0033</p>            |
| <p>Thursday<br/>May 19<sup>th</sup><br/>2 pm –<br/>5 pm</p> <p>Penfold Hub</p> <p>60 Penfold Street</p> | <p style="text-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 is available<br/>Staff volunteering from Vodafone</p> <p style="text-align: center;"><b><u>Supported by The Paddington Partnership</u></b></p>   | <p>Free</p> <p>Book a space in advance</p> <p>Contact the Penfold Hub on<br/>020 3815 0033</p> |
| <p>Thursday</p> <p>May 26<sup>th</sup></p> <p>3 pm</p>  | <p style="text-align: center;"><b><u>Penfold Community Hub Forum</u></b></p> <p>Help us improve the work of the Penfold Hub. What do you like or dislike about the Hub programme—review and identify opportunities to develop and plan events and fundraising.</p> <p style="text-align: center;"><u>Penfold Community Room</u></p>  | <p>No need to book</p> <p>Refreshments provided</p>  |
| <p>Thursdays<br/>11 am - 3pm</p> <p>Fridays<br/>10 am - 3pm</p>   | <p style="text-align: center;"><b><u>New Pin<br/>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>                      |

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| <p><b>Fridays</b></p> <p><b>Various times</b></p>                       | <p><b><u>Hairdressing with Elaine</u></b></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>Call Elaine on 07949006417</p>   | <p>You need to make an appointment</p> <p>No walk-in service available</p> <p>Chares apply</p>   |
| <p><b>and times arranged</b></p>  | <p><b><u>Need help with your Smartphone or tablet</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</p> <p>Free tablets available – we can help you apply</p> | <p>For more information contact the Penfold Hub.</p> <p>020 28150033</p> <p><a href="mailto:penfoldhub@nhg.org.uk">penfoldhub@nhg.org.uk</a></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</p> <p>Exercise and Dance sessions - Zumba Gold Over 50's</p> <p>all levels welcome</p> <p>paola.gianelli@fun4over50s.co.uk</p> <p><b><u>Supported by Church Street Neighbourhood Keepers Programme</u></b></p>        | <p><b>Free</b></p> <p><b>Contact</b></p> <p><b>Andrea</b></p> <p><b>07878357833</b></p>  |

For more information about Penfold Hub activities for the over 50s in Westminster, Contact: Telma Asemota or 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.nhg.org.uk/penfold](http://www.nhg.org.uk/penfold)