



Penfold Community Hub

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

ACTIVITY PROGRAMME

Summer Programme – August 2022

<p>Monday. Tuesday Wednesday</p> <p>10 am - 1 pm</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 the help you need. Information on what support is available and how you can join in various activities across Westminster.</p>	<p>Telephone availability</p> <p>10 am to 1 pm</p> <p>07872811106</p>
<p>Mondays</p> <p>10 am to 12 noon (Not Bank Holidays)</p> <p>Penfold Hub, 60 Penfold Street</p>	<p><u>Sewing Café</u></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. Bring along a project to work on.</p> <p>Contribution £1</p>	<p>Phone to check availability</p> <p>07872811106</p>
<p>Mondays</p> <p>1 pm</p> <p>307 Regents Street, W1B 2H</p>	<p><u>Matinee Classics at Regent Street Cinema</u></p> <p>Regent Street Cinema has restarted its weekly matinees for the Over 55's each Monday at 1 pm</p> <p>A FREE SOUL - Monday Classic Matinée at Regent Street Cinema</p>	<p>Contact the Cinema for more information</p> <p>020 7911 5050</p> <p>307 Regents Street W1B 2H Tickets £5</p>

PENFOLD COMMUNITY HUB

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

<p>15th August Depart at 10.30 am</p>	<p><u>Outings to Kew Gardens</u> 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 To check availability penfoldhub@nhg.org.uk 07872811106</p>
<p>Every Monday 11am - 4pm Penfold Hub, 60 Penfold Street</p>	<p><u>Reflexology and Massage</u> Treat yourself to a relaxing session with our experienced therapist. Contact Maura on 07790313611</p>	<p>You must book in advance. Charges apply</p>
<p>Every Tuesday 9 am to 5 pm Penfold Hub, 60 Penfold Street</p>	<p><u>Beauty Therapy Sessions</u> A range of treatments for clients over 50 with professional therapist including basic nail care. More info and bookings – Contact Rima on 07944502950.</p>	<p>You must book in advance Charges apply</p>
<p>Tuesday August 2nd 1.30 pm – 3.30 pm</p>	<p><u>Reminiscence Sessions</u> <i>At Lords Cricket Ground</i> Are you looking for new activities for yourself or for someone you care for? Sporting Memories Club monthly session for people who would like some company and those living with dementia and their carers. Come along for a friendly chat over tea and cake. Entry by Grace Gate, St John’s Wood Road.</p>	<p>Free to attend but booking required 0207 616 8604 COMMUNITY@MCC.ORG.UK</p>
<p>Every Tuesday 2 pm - 3 pm</p>	<p><u>Shared Reading Group</u> A reading aloud together adventure Discover people, books, and stories. A chance to read or listen - No preparation required. <u>Session arranged with the Westminster Library Service.</u></p>	<p>Contact the Hub to book a place. 07872811106 Session on Microsoft Teams</p>

<p>Wednesday</p> <p>10 am to 12 noon arranged</p>	<p><u>Grow Your Own Vegetables and Fruit</u></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. Open to residents of Church Street and Paddington Green</p> <p><u>Supported by the Church Street Neighbourhood Keepers Programme</u></p>	<p>Free</p> <p>Check for availability penfoldhub@nhg.org.uk</p> <p>07872811106</p>
<p>Wednesdays</p> <p>Various time available</p> <p>Penfold Hub</p> <p>60 Penfold Street</p>	<p><u>Supporting Good Health and Wellbeing</u></p> <p>Are you over 50 or an unpaid carer living in the Church Street Ward / Paddington Green?</p> <p>Free one-to-one sessions available. Acupuncture, Craniosacral Massage , Reflexology and Shiatsu</p> <p><u>Supported by the Church Street Neighbourhood Keepers Programme</u></p>	<p>Contact</p> <p>Munro Health</p> <p>nazan@munrohealth.com</p> <p>07422972142</p>
<p>Every Wednesday</p> <p>6 pm</p>	<p><u>Come and Join In Tasty Food and Good Company</u></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>Every Thursday</p> <p>10 am – 12 noon</p>	<p><u>Penfold Community Garden</u></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</p> <p>Includes gardening, creative activities and outings</p>	<p>Free</p> <p>Check for availability penfoldhub@nhg.org.uk</p> <p>0203 815 0033</p>

<p>Thursday August 4th at 11 am</p>	<p><u>The Advocacy Project</u> Discussion Group Relevant Information on older people services Warren Pereira LPA Service Co-Ordinator and Gabriella Burgess will discuss the Lasting Power of Attorney service, which guides you step by step through the entire process.</p> <p>For more information contact Maureen Brewster User Involvement Coordinator at The Advocacy Project – 02089693000 This session is on Zoom</p>	<p>Free No need to book</p> <p>Join Zoom Meeting https://us06web.zoom.us/j/81815276708?pwd=bUtHdmxCMFplQjBJMmZZRUdOaUQwdz09</p> <p>Meeting ID: 818 1527 6708 Passcode: 899966</p>
<p>Saturdays 6th and 13th August</p> <p>11 am to 4 pm</p> <p>Further dates in September will be announced in due course</p>	<p>THE SHOW ROOM</p> <p>Free creative drawing and print-making workshops</p> <p>Join The Showroom at their upcoming free poster making workshops with artist Adam Shield.</p> <p>No previous experience required</p> <p>For more information or to book a place, contact Lily Hall:</p> <p>welcome@theshowroom.org</p> <p>https://www.theshowroom.org/events/adam-shield-poster-workshops</p>	<p>Free</p> <p>The Showroom is located at 63 Penfold Street opposite the Penfold Hub</p>

New Penfold Hub Autumn programme will be available from 5th September 2022