

# Penfold Community Hub

Church Street and Regents Park Wards

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

## ACTIVITY TIMETABLE

**10<sup>th</sup> September – 20<sup>th</sup> December 2017**

Some sessions take a break at Half Term – 23<sup>rd</sup> to 27<sup>th</sup> of October  
Office closed bank holidays.

### UPCOMING HIGHLIGHTS

<p><b>Silver Sunday</b> 1<sup>st</sup> of October</p> <p>2pm to 5pm</p>	<p><b>Silver Sunday at Penfold Hub</b> An afternoon of activities and music at the Penfold Hub. Performance by the Connaught Opera. For more information see details on page 11</p>	<p>Free No Need to book</p> <p>At 60 Penfold Street NW8 8PJ</p>
<p><b>Mondays</b> From October 30th</p> <p>10:30am to 1pm</p>	<p><b>Open Stages Project</b> An opportunity to be part of celebrating the 150th anniversary of the Royal Albert Hall – join our 8 month intergenerational project! For more information see details on page 2</p>	<p>Free Booking essential Sessions at 60 Penfold Street, King Solomon Academy and Royal Albert Hall</p>
<p><b>Every Wednesday</b> 11:45am</p>	<p><b>Zumba Gold</b> ---New class!--- Living in the Church St area? Join our newest exercise class focused on balance, range of motion, coordination and fun! For more information see details on page 4</p>	<p>Free No need to book</p> <p>At 60 Penfold St, NW8 8PJ</p>
<p><b>Thursdays</b> October 5<sup>th</sup> November 9<sup>th</sup> 11am to 12:30pm</p>	<p><b>Health and Well Being Talks</b> This term our talks bring us: October 5<sup>th</sup> - <i>Stress, Mood and Mental Health</i> and November 9<sup>th</sup> - <i>Healthy Eating</i> For more information see details on page 7</p>	<p>Free - No need to book Just turn up</p> <p>Refreshments available At 60 Penfold St.,NW8 8PJ</p>

### PENFOLD COMMUNITY HUB

**TELEPHONE** 020 3815 0033

**EMAIL** penfoldhub@nhhg.org.uk

**ADDRESS** 60 Penfold Street, NW8 8PJ

**OFFICE OPEN** Monday to Friday 9am to 5pm

# Hub Programme

<p><b>Every Monday</b> 10am to 12pm</p> <p>Except Bank Holidays</p>	<p><b>Sewing Café</b> Join others in the gallery space for a friendly morning of coffee and company as you stitch. Table space and machines available. Bring along a project to work on.</p>	<p><b>Free</b> Drop In - No need to book</p> <p>60 Penfold St., NW8 8PJ</p>
<p><b>Every Monday</b> 10am to 4pm</p> <p>Except Bank Holidays</p>	<p><b>Third Age Counselling</b> The INSIDEOUT Project offers a safe and supportive environment to discuss your concerns with a trained counsellor.</p>	<p><b>Free</b> - Phone Third Age Counselling for an appointment 0207 976 6667 At 60 Penfold St, NW8 8PJ</p>
<p><b>Monday</b> <b>9<sup>th</sup> October</b></p> <p>Depart 9.30am Return at 5pm</p>	<p><b>Minibus Trip to Kew Gardens</b> Join us for a visit to these beautiful gardens with the option of taking the land train around the gardens. Priority will be given to those with difficulty using public transport.</p>	<p><b>Cost £8</b> – includes minibus and entrance to Kew Gardens Phone the Hub to check availability and to book.</p>
<p><b>Mondays</b></p> <p>From October 30th</p> <p>10:30am to 1pm</p>	<p><b>Open Stages Project</b> The Royal Albert Hall needs you! We're creating a theatre show to celebrate the Hall's incredible history. Join us for activities including poetry and story writing, acting, dancing, singing – plus games, cakes, films, music, chatting and lots of fun – there's something for everyone!</p>	<p><b>Free</b> - Are you interested? Contact the Hub office for more details. Information session – Tea &amp; Chat with RAH staff <b>20th October, 3pm</b> At 60 Penfold St, NW8 8PJ</p>
<p><b>Monday</b> Date TBC</p> <p>10.30am</p>	<p><b>Intergenerational Sessions with the American School in London</b> Join us on visits to The American School in St Johns Wood. Meet up with the young people as part of our regular partnership.</p>	<p><b>Free</b> Contact the Hub office to book a place At the American School in London</p>
<p><b>Third Monday of the month</b></p> <p>11am to 2 pm</p>	<p><b>Breathe Easy Westminster</b> The local patient support group for anyone affected by a lung condition. Friends, family and carers are welcome. For information contact Tess (<a href="mailto:breatheasywestminster@talktalk.net">breatheasywestminster@talktalk.net</a>) <b>Organised by Breathe Easy Westminster</b></p>	<p><b>Free</b> Contact: 02078340894 Held at Ada Court, 8<sup>th</sup> floor 10 to 16 Maida Vale W9 1TD</p>
<p><b>Every Monday</b></p> <p>12pm to 1pm</p>	<p><b>Chair Based Yoga</b> Gentle exercise that helps relieve tension and reduces aches and pains – can improve your sense of well being. <b>Funded by Church St Neighbourhood Keepers Programme</b></p>	<p><b>Free</b> Greenside Community Centre, Lilestone Street, NW8 8SR (off Lisson Grove)</p>

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**ADDRESS** 60 Penfold Street, NW8 8PJ

**OFFICE OPEN** Monday to Friday 9am to 5pm

<b>Every Monday</b> 3pm to 4pm	<b>Bingo</b> Eyes down for a fun session & refreshments	<b>£3.00 for 6 games</b> 60 Penfold St., NW8 8PJ
<b>Every Tuesday</b> 10.15am to 3pm	<b>Hairdressing with Marion</b> Have a blow dry, perm, shampoo or trim at good prices - experienced hairdresser. <b>Perms and tint must be booked in advance.</b>	Walk in' service until 1pm - For afternoon appointments call to book: 07904480975. 60 Penfold St. NW8 8PJ
<b>Every Tuesday</b> 10 am to 11am	<b>Steady and Stable</b> Improves balance, helps reduce falls and increases your confidence. Please phone Deryn Bath at Open Age (02089625582) to check availability	<b>No charge</b> Booking required  At 60 Penfold Street
<b>Every Tuesday</b> 10:30 am to 11:30 am	<b>English Conversation Group</b> If you're looking for a friendly group to practice your English in a supportive environment, you have found the right place! All levels welcome. Arabic language support.	<b>Free</b> No need to book  At 60 Penfold St, NW8 8PJ
<b>Every Tuesday</b> From Octb. 2 <sup>nd</sup> 10:30 am – 12pm	<b>Coffee mornings at Penfold Hub</b> Come along for a chat and a cuppa! Make some new friends, connect with old ones or just come along and say hello. <b>Organised by Church St. Community Champions</b>	<b>Free – no need to book</b> Refreshments available  At 60 Penfold St, NW8 8PJ
<b>Tuesdays</b>  3 <sup>rd</sup> and 17 <sup>th</sup> of October 7 <sup>th</sup> and 21 <sup>st</sup> of November  10:30am	<b>Getting to know the Church St Neighbourhood</b> Gentle walking tours. Come with us on a journey around your neighbourhood led by guide Richard Fentiman. <u>3rd of October</u> – The Great Central Railway <u>17th of October</u> – Regents Canal and the development of trade <u>7th of November</u> – Two Churches Walk <u>21st of November</u> – Paddington Green – Ancient Centre of Community <b>Funded by Church St Neighbourhood Keepers Programme</b>	<b>Free – phone to book a place</b>  Meet outside Church St. Library 67-69 Church St. NW8 8EU
<b>Every Tuesday</b> 11 am to 12pm	<b>Steady and Stable</b> Improves balance, helps reduce falls and increases your confidence. Contact Deryn Bath-02089625582 at Open Age.	<b>No charge</b> Booking required  At 60 Penfold Street
<b>Every Tuesday</b> 12pm to 4pm	<b>Reflexology and Massage</b> Treat yourself to a relaxing session with our experienced therapist.	<b>£12.50 per half hour session</b> . Booking required via Hub Office. At 60 Penfold St, NW8 8PJ

<p><b>Every Tuesday</b> 1pm to 2pm</p>	<p><b>Grub In The Hub – Social Lunches</b> Enjoy a fresh, hot lunch cooked in the Penfold kitchen and served in the Gallery at 60 Penfold Street (lift available). Transport available, small charge applies.</p>	<p><b>£5.00 for 2 courses</b> Booking Required by 1pm the previous Friday.  At 60 Penfold St, NW8 8PJ</p>
<p><b>Tuesday 26<sup>th</sup> of September</b> Sessions at 2pm, 3pm,4pm</p>	<p><b>IT Help Session with Volunteers</b> Need some help understanding your tablet, mobile phone or laptop? Book a one to one session with a volunteer from a local business and get more out of your devices!</p>	<p><b>Free - You need to book a place in advance</b>  At 60 Penfold St. NW8 8PJ</p>
<p><b>Every Wednesday</b>  10am to 12 noon</p>	<p><b>Age UK Westminster Advice and Information Drop In</b> The Advice team cover a wide remit. They will be able to assist you directly with Welfare Benefit entitlements, Taxi Card Applications, Charitable Grants, Debt, Pensions plus many other issues.</p>	<p>Free No need to book  Ada Court 10-16 Maida Vale W9 1TD</p>
<p><b>Every Wednesday</b>  10am to 11am</p>	<p><b>Pinner Court Gentle Chair Based Exercise Class</b> Improve your strength, balance and mobility in a fun and sociable session For more information contact : Karen Harris at Pinner Court - 0207 6413699</p>	<p>Free <b>No need to book</b> At Pinner Court, Wharncliffe Gardens Off Lisson Grove NW8 8UH</p>
<p><b>Every Wednesday</b> 10.30am – 11.30 am</p>	<p><b>Chair Based Exercise</b> Improve your muscle strength, balance and mobility. Limited space available, please check with the Hub office before joining.</p>	<p><b>£1 per session</b>  At 60 Penfold St, NW8 8PJ</p>
<p><b>Every Wednesday</b>  11:45am – 12:30pm</p>	<p><b>Zumba Gold</b> <b>***NEW CLASS***</b> Living in the Church St area? Join our newest exercise class for active older adults! The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. <b>Funded by Church St Neighbourhood Keepers Programme</b></p>	<p>Free session No need to book  At 60 Penfold St, NW8 8PJ</p>
<p><b>Wednesdays</b> Taster: Wednes. 18<sup>th</sup> October <b>From 1st of November</b> 10:30am</p>	<p><b>Acting Mature 2.0</b> Age UK Westminster are back with another exciting drama project for Church Street residents aged 50 plus - Flex your acting muscles, make new friends and create a Christmas play for your community.</p>	<p>Free Booking required  At 60 Penfold St. NW8 8PJ</p>

<p><b>Last Wednesday of each month</b> September 27<sup>th</sup> November 29<sup>th</sup> 10.30 am to 12 noon</p>	<p><b>St John's Wood Library Monthly Meet –Up</b> Regular speakers plus information on local activities &amp; services <u>September 27<sup>th</sup></u> – <i>Cardiovascular Health</i> with speaker <i>Oliver Phillips</i> from <i>Healthy Hearts</i> <u>November 29<sup>th</sup></u> – Speaker TBC</p>	<p><b>Free</b> – no need to book Refreshments available For information on future guest speakers, contact the Hub. St. John's Wood Library, 20 Circus Road NW8 6PD</p>
<p><b>Every Wednesday</b>  1pm to 5pm</p>	<p><b>Acupuncture Sessions</b> Can help to reduce pain as well as create a sense of wellbeing – Professional Therapist Mei Cheung - Special over 50's rates</p>	<p>For more information and to book a session: <b>Phone:</b> 07872160641 or <b>Email:</b> <a href="mailto:meii_c@yahoo.com">meii_c@yahoo.com</a> At 60 Penfold St, NW8 8PJ</p>
<p><b>Monthly Wednesdays</b>  1pm Or 6pm</p>	<p><b>Baker Street Quarter Local Walks</b> Free walks designed to help you discover the best of the Baker Street Quarter. Walks start at 1pm and last for 45 minutes Halloween walk at 6pm September 27<sup>th</sup> - Inside Wallace Collection October 25<sup>th</sup> - Halloween Spooky Walk November 22<sup>nd</sup> - Transport Through Times December 13<sup>th</sup> - Streets of Sherlock Holmes <b>Organised by Baker Street Quarter</b></p>	<p><b>Free</b> No need to book - Just turn up  Contact the Hub for more information  <b>Meet at 55 Baker Street , W1U 7EU</b></p>
<p><b>Every Wednesday</b>  1pm to 2pm</p>	<p><b>Wednesday Social Lunches</b> Enjoy a fresh, hot lunch cooked in the Penfold kitchen and served in the Gallery at 60 Penfold Street (lift available).</p>	<p><b>£5.00 for 2 courses</b> Booking Required by 1pm the previous Monday At 60 Penfold St, NW8 8PJ</p>
<p><b>Wednesday</b> Sept 20<sup>th</sup>, 27<sup>th</sup> Oct 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>  1.30 pm</p>	<p><b>Healthy Walks in Regents Park</b> Have fun, meet new people, get fit. Meet at Clarence Gate, Regents Park, near Baker Street Tube station. Led by a Health Professional <b>Organised by CLCH – NHS</b></p>	<p><b>Free</b> – just turn up – no need to book Contact the Hub for more information Regents Park</p>
<p><b>Every Wednesday</b> 2pm to 4pm</p>	<p><b>Gardening Group</b> Meet every Wednesday – grow your own vegetables or flowers</p>	<p><b>Free</b> – No need to book, join any time. 60 Penfold St, NW8 8PJ</p>
<p><b>Every Wednesday</b>  2pm (1:45pm prelude)</p>	<p><b>Matinee Classics at Regent Street Cinema</b> Visit one of the most historic cinemas in Britain to enjoy some of the world's favourite films at the Regent Street Cinema. Films start 2pm, live cinema organ prelude 1:45pm. <b>4th October</b> – “<i>Sabrina</i>” (1954) with Audrey Hepburn, Humphrey Bogart, William Holden</p>	<p><b>£1.75 tickets for 55+</b> No need to book Just turn up on the day  At the Regent Street Cinema 309 Regent St, W1B 2HW</p>

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<p><b>Every Wednesday</b></p> <p>2:15 pm to 3:15 pm</p>	<p><b>Keep on Moving</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 which can be adapted to suit all levels of ability. Can be performed seated or standing.</p>	<p><b>£1 per session</b></p> <p>No need to book – just turn up</p> <p>At 60 Penfold St.,NW8 8PJ</p>
<p><b>Wednesdays</b></p> <p>4<sup>th</sup> October to 29<sup>th</sup> November</p> <p>3pm to 5pm</p>	<p><b>Mindfulness with Christine Burgess</b></p> <p>Living in the Church St area? We are starting a mindfulness group! Come on the 4<sup>th</sup> of October and be introduced to Mindfulness. Regular sessions start the following week.</p> <p><i>Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. (Source: nhs.co.uk)</i></p> <p>Funded by Church St Neighbourhood Keepers Programme</p>	<p><b>Free</b></p> <p>Booking required</p> <p>60 Penfold St., NW8 8PJ</p>
<p><b>Wednesdays</b></p> <p>September 27<sup>th</sup> October 18<sup>th</sup> November 29<sup>th</sup> At 3.15pm</p>	<p><b>Share a Book Session with Westminster Libraries</b></p> <p>Come along for a friendly shared reading session. Refreshments provided.</p>	<p><b>Free</b></p> <p>No need to book</p> <p>At 60 Penfold Street, NW8 8PJ</p>
<p><b>Every Wednesday</b></p> <p>3.30 pm to 4.30pm</p>	<p><b>Tai Chi - Gentle Exercise</b></p> <p>Can help improve balance and general mobility, reduce stress and increase muscle strength in the legs.</p>	<p><b>£2 per session</b></p> <p>No need to book, just turn up</p> <p>60 Penfold St, NW8 8PJ</p>
<p><b>Thursday</b></p> <p>7<sup>th</sup> of December</p> <p>8:30am departure</p>	<p><b>Winter coach trip - Birmingham</b></p> <p>Birmingham's Frankfurt Christmas Market, the largest authentic German Christmas market in the UK, offers a large range of traditional gifts and a selection of edibles!</p>	<p><b>Tickets £17.00- available in person at Hub office from 7<sup>th</sup> of November</b></p> <p>Coach departs from 60 Penfold Street, NW8 8PJ.</p>
<p><b>Thursday the 28<sup>th</sup> of September</b></p> <p>1pm to 3:30pm</p>	<p><b>Free Health MOTs</b></p> <p><b>30 Minute lifestyle health check</b></p> <p>If you haven't done it before, come for a health check! Can include blood pressure /cholesterol checks and support to set goals to improve your lifestyle. Provided by a Health professional. <b>Organised by CLCH – NHS</b></p>	<p>NHS Service – No Charge</p> <p>Contact the Hub to book an appointment.</p> <p>At 60 Penfold Street</p>
<p><b>Thursdays</b></p> <p>10am to 4pm</p>	<p><b>Computer Drop In</b></p> <p>Already an experienced PC user? Access the internet in the Hub office.</p>	<p><b>Free</b></p> <p>No need to book</p> <p>60 Penfold St., NW8 8PJ</p>

<p><b>Thursdays</b> 28<sup>th</sup> September 19<sup>th</sup> October 16<sup>th</sup> November  10:30am</p>	<p><b>Local History Walks</b> <u>28<sup>th</sup> September</u> – Meet at Chancery Lane Station. Walking to the magnificent Maughan Library and the Royal Courts of Justice. Then along Fleet St. to St. Dunstan’s in the East and through lanes to Dr Johnson’s House and the walk will end at 2 Temple Place. <u>19<sup>th</sup> October</u> - Pimlico to Parliament Square <u>16<sup>th</sup> November</u> - St. Margaret Patens</p>	<p><b>Free – you need to book a place in advance</b>  Email the Hub or phone 0203 8150033 to book and for meeting point details</p>
<p><b>Every Thursday</b> 10.30am to 12.30pm</p>	<p><b>Introduction to Drawing/ Painting</b> Learn how to work with different materials including pencils, watercolours and pastels with an experienced tutor.</p>	<p><b>£3 includes all materials</b> – Phone Hub to check for available spaces At 60 Penfold St, NW8 8PJ</p>
<p><b>Thursdays</b> <b>October 5<sup>th</sup></b> <b>November 9<sup>th</sup></b>  11am to 12:30pm</p>	<p><b>Health and Well Being Talks</b> Regular information session: <b>October 5<sup>th</sup></b> – <b><i>Stress, Mood and Mental Health</i></b> with Georgi Wallington, CNWL Talking Therapies Westminster <b>November 9<sup>th</sup></b> – <b><i>Healthy Eating</i></b> with dietitian from Healthy Hearts</p>	<p><b>Free</b> - No need to book Just turn up  Refreshments available  At 60 Penfold St.,NW8 8PJ</p>
<p><b>Monthly Thursdays</b> 7<sup>th</sup> September 12<sup>th</sup> October 2<sup>nd</sup> November 7<sup>th</sup> December 11am</p>	<p><b>The Advocacy Project Discussion Group at the Penfold Community Hub</b> <u>7<sup>th</sup> of September</u> – Self Neglect and Hoarding – Talk by Nicola Bygrave – Occupational Therapist <u>Rest of the dates</u> – Speaker TBD For more information contact The Advocacy Project - 02089628695</p>	<p><b>Free</b> No need to book Refreshments provided.  Held at 60 Penfold Street, NW8 8PJ</p>
<p><b>Thursdays</b> 2pm to 3pm</p>	<p><b>Chair Based Yoga</b> Gentle exercise that helps relieve tension and reduces aches - and pains – can improve your sense of well being</p>	<p><b>£1 per session</b>  At 60 Penfold St.,NW8 8PJ</p>
<p><b>First Thursday of the month</b> 12:30pm to 1:30pm</p>	<p><b>Independent Advocacy for Older People Individual Drop In Sessions</b> Support to speak up, make complaints, get information and explore your options with a trained advocate. <b>The Advocacy Project</b></p>	<p><b>Free</b> Drop in - No need to book  At 60 Penfold St.,NW8 8PJ</p>
<p><b>Thursday</b> <b>2<sup>nd</sup> November</b>  2:30pm</p>	<p><b>Halloween Tea Party with BDO Volunteers</b> As November sneaks in, come along to a spooky and entertaining tea party hosted by volunteers from BDO.</p>	<p><b>Free</b> – booking required – limited spaces available  At 60 Penfold St.,NW8 8PJ</p>

<p><b>Thursdays</b></p> <p>From the 21<sup>st</sup> of September</p>	<p><b>Complementary Therapies</b></p> <p>Are you're an unpaid carer living in the Church street area? Munro Health are offering free therapies including acupuncture, massage, reflexology and shiatsu. Complementary therapies are known to contribute to the well being of both mind and body, enabling you to understand your own health and better ways of caring for yourself. <b>Funded by Church St Neighbourhood Keepers Programme</b></p>	<p>Free. By appointment only.</p> <p>Contact Munro Health on 07422972142/02089696799 to discuss and make an appointment.</p> <p>Sessions will be held at Penfold Community Hub, 60 Penfold St., NW8 8PJ</p>
<p><b>Thursday 23<sup>rd</sup> November</b></p> <p>2pm</p>	<p><b>Group outing to the Wallace Collection</b></p> <p>Come with the Hub on an afternoon of exploring the wonderful Wallace Collection and taking a peak at their new exhibition <i>El Greco to Goya - Spanish Masterpieces from The Bowes Museum</i> . Guided tour included.</p>	<p><b>Free</b> – booking required</p> <p>Leave 60 Penfold St at 2pm, return at 5pm app. Travel by public transportation</p>
<p><b>Thursday 30<sup>th</sup> November</b></p> <p>2:30pm</p>	<p><b>The Walker – Create Church Street</b></p> <p>Come with us on an exclusive visit to this innovative project. Watch a performance and explore your creativity in a special workshop with multiple media – writing, music, film, colouring, drawing, etc</p>	<p><b>Free</b></p> <p>Phone/email to book</p> <p>Meet at hub at 2:15, walk to session at 2:30 on 33 Church Street</p>
<p><b>Thursday 5<sup>th</sup> October 7<sup>th</sup> December</b></p> <p>2.30pm</p>	<p><b>Onslow Square Concert</b></p> <p>An afternoon of music, friendly chat and a fantastic tea. <u>5<sup>th</sup> of October</u> – Piano &amp; Violin (Michael Bochmann &amp; Esther Cavett)</p>	<p><b>Free</b> – no need to book – Just turn up at HTB Onslow Square SW7 3NX – Details from the Hub</p>
<p><b>Thursday 5<sup>th</sup> of October</b></p> <p>3:00pm</p>	<p><b>Penfold Community Hub Forum</b></p> <p><b>Help us improve the work of the Hub</b></p> <p><b>Open to all Hub participants</b></p> <p>What do you like or dislike – what other activities should we organise? Reviewing Hub activities and charges.</p>	<p><b>Free</b> – no need to book</p> <p>At 60 Penfold St.,NW8 8PJ</p> <p>Refreshments provided</p>
<p><b>Thursdays</b></p> <p>Sept. 28<sup>th</sup>, Oct. 26<sup>th</sup>, Nov. 30<sup>th</sup> Dec. 7<sup>th</sup></p> <p>3:30 to 4:30</p>	<p><b>Penfold Digital Café</b></p> <p><i>with students from the American School in London</i></p> <p>Get help with your mobile phone or tablet or just come along and have a go at using a tablet – tablets provided.</p>	<p><b>Free</b></p> <p>Phone to book a place</p> <p>At 60 Penfold St, NW8 8PJ</p>
<p><b>Every Friday</b></p> <p>9am to 3pm</p>	<p><b>Beauty Therapy Sessions</b></p> <p>A range of treatments for clients over 50 with a trained therapist. More info and bookings – Contact Rima on 07944502950.</p>	<p><b>Price list on request.</b></p> <p>Booking required.</p> <p>At 60 Penfold St, NW8 8PJ</p>

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<b>Every Friday</b> 10am to 12.30pm	<b>Cook and Eat the Seasons!</b> Do you like cooking? Join us in the kitchen preparing seasonal recipes and creating a community lunch.	<b>Free</b> – no need to book, join anytime. For more info contact Hub. At 60 Penfold St., NW8 8P
<b>Fridays</b> 10:30am to 11:30am	<b>Chair based Exercise ***NEW CLASS***</b> Living in the Church St area? Gentle sitting exercises, easy to follow and will help improve your mobility. <b>Funded by Church St Neighbourhood Keepers Programme</b>	<b>Free</b> - Phone the Hub to book a place  Devonshire House Adpar Street, W2 1DE
<b>Every Friday</b> 10.30am to 11.30am	<b>Chair Based Yoga</b> Gentle exercise that helps relieve tension and reduces aches - and pains – can improve your sense of well being	<b>£1 per session</b> – No need to book St. John's Wood Library 20 Circus Road, NW8 6PD
<b>Every Friday</b> 10.30am	<b>Barbara Brosnan Court Coffee Mornings</b> Join in weekly for a chat and coffee – find out about local activities.	<b>£1 Contribution</b> At 46 Grove End Road, St. Johns Wood, NW8 9N.
<b>Every Friday</b> 10.30am to 12pm	<b>Ada Court Singers</b> Join up with a local group and have a great time joining in on tunes from the 40's & 50's.	<b>Free</b> – No need to book. Ada Court, 10 – 16 Maida Vale, W9 1TD
<b>Every Friday</b> 10.30am to 12.00pm	<b>Stroke Support Group Communication Support</b> If you are interested in joining the group – please make contact with Eleanor Levi.	<b>Free</b> – booking required. <a href="mailto:Eleanor.Levi@clch.nhs.uk">Eleanor.Levi@clch.nhs.uk</a> 02073493239 At 60 Penfold St, NW8 8PJ
<b>Every Friday</b> 11am to 12 noon	<b>Exercise to Music</b> Get fit and burn up those calories to a great music soundtrack!	<b>£1 per session</b> No need to book At 60 Penfold St, NW8 8PJ
<b>Every Friday</b> 12.30pm	<b>Healthy Lunch</b> Come along and join in our healthy lunch prepared by the 'Cook and Eat' chefs!	<b>£2.50</b> - No need to book  At 60 Penfold St, NW8 8PJ
<b>Every Friday</b> 1pm to 4.30pm	<b>Free Health MOTs</b> <b>30 Minute lifestyle health check</b> Can include blood pressure /cholesterol checks and support to set goals to improve your lifestyle. Provided by a Health professional. <b>Organised by CLCH – NHS</b>	Drop in or to book an appointment call Fabio Feca (Health Improvement Team) 02075636122/6217 At Church Street Library 67-69 Church St, NW8 8EU
<b>Every Friday</b> 1.30pm to 3pm	<b>Craft Classes</b> Join Textiles Artist Angela Brown for a new term. All abilities welcome – join any time .	<b>£1 per session .</b> No need to book. 60 Penfold St, NW8 8PJ

**PENFOLD COMMUNITY HUB**

**TELEPHONE** 020 3815 0033

**EMAIL** penfoldhub@nhhg.org.uk

**ADDRESS** 60 Penfold Street, NW8 8PJ

**OFFICE OPEN** Monday to Friday 9am to 5pm

<p><b>Friday</b> 6<sup>th</sup> of October 3pm Doors open at 2.15pm</p>	<p><b>Friendship Matinee – <i>Symphonic Queen</i></b> An epic afternoon of tribute to great British rock band Queen. Featuring unforgettable anthems that will truly rock you, all performed by the <b>Royal Philharmonic Orchestra</b></p>	<p><b>Tickets £5.00</b> from the Hub Office At the Royal Albert Hall Kensington Gore London, SW7 2AP</p>
<p><b>Every Friday</b> 3pm to 4:45pm</p>	<p><b>Scrabble Session</b> Come along and enjoy a game of Scrabble. Exercise your mind muscles!</p>	<p><b>50p</b> - No need to book Join in any time. 60 Penfold St, NW8 8PJ</p>
<p><b>Every Saturday</b> 11am to 12.30pm</p>	<p><b>Church Street Community Singers</b> All ages and abilities welcome. Have fun singing a wide range of traditional and popular songs New members always welcome. No experience necessary <b>Supported by Church Street Ward Budget</b></p>	<p><b>Free</b> – No need to book  60 Penfold Street, NW8 8PJ</p>
<p><b>Saturday</b> 23<sup>rd</sup> of September  10am to 4pm</p>	<p><b>Church Street Library Celebrating 50 years at the Heart of the Community</b> Activities, performances and goodies gathered at the Library in celebration of 50 years of service. Come join the party!</p>	<p><b>Free</b>, no need to book  At Church Street Library 67-69 Church St,NW8 8EU</p>
<p><b>Sunday</b> 10<sup>th</sup> of September  2pm entry</p>	<p><b>Scythians, Warriors of Ancient Siberia Community Preview of the Exhibition at the British Museum</b> 2,500 years ago groups of formidable warriors roamed the vast open plains of Siberia. Feared, loathed, admired – but over time forgotten...</p>	<p>Free. Contact the Hub to get a ticket.  British Museum Great Russell Street, London WC1B 3DG</p>
<p><b>Silver Sunday</b> 1<sup>st</sup> of October  1pm to 5pm</p>	<p><b>Everything We See Could Also Be Otherwise (My Sweet Little Lamb) exhibition</b> An exhibition of film, photography and archival artworks from the Kontakt Collection of Central, East and Southeast European Art.</p>	<p><b>Free</b> No need to book  The Showroom Gallery 63 Penfold Street, NW8 8PQ .</p>
<p><b>Silver Sunday</b> 1<sup>st</sup> of October  2pm to 5pm</p>	<p><b>Silver Sunday at Penfold Hub</b> An afternoon of activities and music at the Penfold Hub! The Connaught Opera presents an afternoon inspired by the Kensington Palace exhibition <i>Enlightened Princesses</i> plus refreshments, herbal teas, plants &amp; crafts for sale and free workshops. Stay tuned for details!</p>	<p>Free No Need to book  60 Penfold Street London, NW8 8PJ</p>

**Sunday**

**10<sup>th</sup> of  
December**

**Westminster Tea Dance**

A memorable afternoon of dancing, afternoon tea, company and entertainment. There will be live music from Tea Dance favourites, the Red Stripe Band; a full afternoon tea courtesy of Grosvenor House and performances from local performers.

Info at <https://www.westminster.gov.uk/tea-dance> or phone 020 7641 8088 with your queries  
Hosted by the Sir Simon Milton Foundation and supported by Westminster City Council.

Apply online or by post – contact the Hub office for details  
Deadline for applications: Monday 16th October

Venue: Grosvenor House, A JW Marriott Hotel, 86-90 Park Lane, W1K 7TN

**Transport** - Do you need transport to attend Hub activities? If you are unable or find it difficult to use public transport - Westway Community Transport has a new service to help you. It is free to register and the cost is £1.10 per mile. If you are interested, call them on 02089641114 between 1pm and 4pm any weekday and they will help you register. Registration forms are available from the Hub office.

**Volunteering** – Would you like to be a volunteer at the Penfold Community Hub? Let us know! We have volunteers in different areas and with different roles, let us know what your interests and availability are and we'll get you started in the wonderful world of contributing to the Penfold Community Hub's activities! We're always looking for gardeners, reception support and help with producing the hub newsletter. Or come and discuss your volunteering interests with us!

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

Catarina Sousa or Denis Kane  
Penfold Community Hub  
60 Penfold Street  
London NW8 8PJ  
TEL 020 3815 0033  
EMAIL [penfoldhub@nhhg.org.uk](mailto: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 Housing website:  
[www.nhhg.org.uk/penfold](http://www.nhhg.org.uk/penfold)

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