

Penfold Community Hub

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

ACTIVITY PROGRAMME

4th January to 30th March 2024

<p>Monday to Friday 10 am – 1 pm 60 Penfold Street</p>	<p><u>Information and Advice</u> <u>Telephone Support</u></p> <p>Need help or advice? Not sure which organisation to contact? Call us and we can direct you to the most suitable agency to provide the help you need. Information on what support is available and how to join in various activities across Westminster.</p>	<p>Telephone availability</p> <p>10 am to 1 pm</p> <p>Phone</p> <p>07872811106</p>
<p>Mondays 10 am to 12 noon Starts 19th February For 5 weeks</p>	<p><u>Art for Beginners</u> <u>Spring – Still Live</u></p> <p>The new programme will focus on using acrylic paint. With a spring theme looking at expressing images in abstract patterns No experience necessary All materials and refreshments provided.</p>	<p>You must book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p> <p>Contribution £2</p>
<p>Mondays 10 am to 12 noon 60 Penfold Street</p>	<p><u>Community Champions</u> <u>Coffee Morning</u></p> <p>Come along for a chat, a cuppa and lovely refreshments! Make new friends, try out some tabletop games and find out what's happening in the neighbourhood with information on local health and community services. Organised by Church Street Community Champions</p>	<p>Free</p> <p>No need to book.</p> <p>Just turn up.</p>

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<p>Mondays</p> <p>10 am to 12 noon</p> <p>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.</p> <p>Tablespace and machines are available.</p> <p>You are welcome to bring along your own work or join in making crafts for the fundraising</p> <p>Refreshments are available.</p>	<p>Phone to check availability.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p> <p>Contribution £1</p>
<p>Meets</p> <p>3rd Monday</p> <p>Every</p> <p>Month</p>	<p><u>Westminster Breathe Easy Support Group</u></p> <p>Supporting people with respiratory conditions, their friends, family and carers, helping with information and companionship.</p> <p>15th January – Recycling</p> <p>tessa.jelen@btinternet.com</p> <p>or text Tess: 0794 651 4380</p>	<p>Free</p> <p>Held at Ada Court, 8th floor 10-16 Maida Vale, W9 1TD</p>
<p>Every Monday</p> <p>11 am - 4 pm</p> <p>60 Penfold Street</p>	<p><u>Reflexology and Massage</u></p> <p>Treat yourself to a relaxing session with our experienced therapist.</p> <p>Contact Maura on 07790313611</p>	<p>You must book in advance.</p> <p>Charges apply</p>
<p>Mondays</p> <p>1.30 pm</p> <p>3.30 pm</p> <p>Church Street Library</p> <p>67 Church Street</p> <p>NW8 8EU</p>	<p><u>IT – Drop-In Sessions</u></p> <p>Do you want to learn about Microsoft Word, the Internet, sending emails etc.?</p> <p>Weekly drop-in session</p>	<p>Free</p> <p>No need to book.</p> <p>Just drop in.</p>
<p>Monday</p> <p>2 pm to 4 pm</p> <p>Starts</p> <p>26th February</p> <p>6 sessions</p>	<p><u>Everyday Maths</u></p> <p><u>Becoming Confident with Numbers</u></p> <p>Would you like to develop your maths skills by learning new ways of working with numbers? Come along and join this course at Penfold which will help you to become confident with using numbers in your daily activities - such as calculating the best value when shopping, how much savings you can achieve and measurements in craft and cooking.</p> <p>This course is run in collaboration with the City Lit.</p>	<p>Free</p> <p>To book a place</p> <p>Contact</p> <p>Penfold Hub</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>

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<p>Mondays 2 pm to 4.30 pm</p> <p>29th January 26th February 25th March</p>	<p align="center"><u>Creative Movement Session</u> <u>With Resonate Arts</u></p> <p>A session for people living with dementia, their companions and carers. A space for gentle creative movement led by an experienced theatre artist and yoga practitioner. Transport available For more information and to book a place Contact Shelley 03000327212 Shelley@resonatearts.org</p>	<p align="center">Free</p> <p align="center">You need to book a place.</p> <p align="center">Refreshments provided</p>
<p>Mondays 1st and 3rd Monday of each Month 3 pm to 4 pm 60 Penfold Street</p>	<p align="center"><u>Social Afternoon</u> <u>with Games and Bingo</u></p> <p>Come along and meet up with other residents, have a chat and refreshments and find out what is going on in the neighbourhood.</p>	<p align="center">£4.00 for six games</p> <p align="center">No need to book.</p> <p align="center">Just turn up</p>
<p>Mondays</p> <p>15th January 22nd January 29th January</p> <p>6.00 pm to 7.30 pm</p>	<p align="center"><u>Wellbeing Webinars</u> <u>with Talking Therapies</u></p> <p>Finding things difficult? Would you like to learn how to improve your mood and relieve anxiety? Free online workshops</p> <p>15th January Winter Wellbeing Booster 22nd January Taking Charge of Stress and Worry 29th January How to Improve Sleep</p> <p align="center"><u>Click on the link to book.</u> Westminster Webform :: CNWL Talking Therapies Or call 03033330000</p>	<p align="center">Free</p> <p align="center">Sessions on Zoom</p>
<p>Every Tuesday</p> <p>10 am to 5 pm</p> <p>60 Penfold Street</p>	<p align="center"><u>Beauty Therapy</u> <u>Sessions</u></p> <p>A range of treatments, including toenail cutting, massage and facials with a professional therapist.</p> <p align="center">More info and bookings – Contact Rima on 07459712302</p>	<p align="center">You must book in advance.</p> <p align="center">Charges apply</p>

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<p>Tuesday</p> <p>6th February</p> <p>10.30 am</p> <p>Penfold Community Hub</p> <p>60 Penfold Street</p> <p>NW8 8PJ</p>	<p><u>One You Westminster</u></p> <p><u>Get help to improve your health and well-being</u></p> <p>One You supports Westminster residents to make simple changes towards a longer, healthier and happier life. Whether you're a smoker, concerned about your drinking habits, or want to lead a healthier lifestyle, there are many free services and resources you can use to improve your health.</p> <p>Baron Ibrahim from One You will be attending this session to provide information and advice on what support is available.</p> <p>Free Blood Pressure Test available on the day</p>	<p>Free</p> <p>Please book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>
<p>Tuesdays</p> <p>Dates to be agreed with participants</p>	<p><u>Men's Health</u></p> <p><u>Health information and support for older men in Westminster</u></p> <p>Are you interested in joining other older men in Westminster to discover how you can improve your physical health and mental well-being?</p> <p>This new opportunity will be able to provide you access to adult learning activities and health-related information or signposting to relevant services.</p> <p>Sessions will be held at the Penfold Hub and we will have access to information and advice provided by One You Westminster.</p> <p>If you are unable to join the group but would like information and support on various health issues – click on the link below.</p> <p>https://oneyou-rbkc-westminster.org.uk/</p> <p>Or drop into the Penfold Hub where we have a variety of information leaflets available.</p>	<p>Interested ??</p> <p>For more information</p> <p>Contact Denis Kane</p> <p>07872811106</p> <p>penfoldhub@housing21.org.uk</p>

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<p>Tuesdays</p> <p>Dates to be confirmed</p>	<p><u>Need help with your Smartphone Laptop or Tablet</u></p> <p>Get free dedicated one-to-one support to help build your digital skills, learn how to use Zoom, What's App or how to set up an email account.</p> <p>Sessions at 10.30 am and 11.30 am</p>	<p>Free</p> <p>You must book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>
<p>Tuesdays</p> <p>11 am to 11.45 am.</p> <p>60 Penfold Street</p>	<p><u>Penfold Dementia Choir</u></p> <p>Join our Penfold residents' choir for a weekly session of joyous singing. Popular songs that you will know with all the lyrics provided. Session led by professional choir leader. No experience necessary</p>	<p>Free</p> <p>You must book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>
<p>Tuesdays</p> <p>2 pm - 3 pm</p> <p>February</p> <p>6th 13th 20th 27th</p> <p>March</p> <p>5th 12th 19th 26th</p>	<p><u>Royal Academy of Music Music and Dance Project</u></p> <p>For people living with mild to moderate dementia and carers.</p> <p><i>"Music provides a way for people to connect, to communicate and share things. It builds a sense of community"</i></p>	<p>Free</p> <p>You must book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>
<p>Wednesday</p> <p>21st</p> <p>February</p> <p>10.30 am</p> <p>to</p> <p>12 noon</p>	<p><u>Stay Safe On-Line With Barclays</u></p> <p>Join colleagues from Barclays for a workshop on staying safe online, including avoiding digital fraud and scams. Barclays staff will be here to answer your questions on protecting your passwords and safe online banking. The support offered will be relevant to all, regardless of where you choose - there is no obligation to bank with Barclays to join this session.</p>	<p>Free</p> <p>You must book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p> <p>At</p> <p>60 Penfold Street</p>
<p>Wednesdays</p> <p>10.45 am</p> <p>To</p> <p>11.30 am</p> <p>On Zoom</p>	<p><u>Chair Yoga on Zoom</u></p> <p>This session will benefit your well-being, stimulate, and energise the mind, reduce anxiety, and improve physical strength and stability.</p>	<p>To book a place Contact Penfold Hub penfoldhub@housing21.org.uk Contribution £3</p>

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<p>Wednesday</p> <p>28th February</p> <p>11 am to 1 pm</p> <p>St John's Wood Library</p> <p>20 Circus Road</p> <p>NW8 6PD</p>	<p><u>Be Safe Online</u></p> <p>The Metropolitan Police Cyber Protect Team will present on 'Our Cyber Behaviours' about the tricks hackers and scammers will use to try to trick us into letting them get to our online accounts and money, as well as what you can do to counter them.</p> <p>Following the presentation there will be time to ask questions and get advice.</p> <p>Organised by Penfold Hub in partnership with St Johns Wood Library Service</p>	<p>Free</p> <p>Please book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>
<p><u>Look out for this exciting new project. Starts in March</u> (<u>Wednesday Afternoons</u>)</p>	<p><u>Open Stages with the Royal Albert Hall</u></p> <p>Art, craft, and sharing stories come together with the Royal Albert Hall in this fantastic new project with artist Sue Mayo.</p> <p>Working as a small group, you will take part in practical art and storytelling sessions at Penfold Community Hub. The group will work towards creating an exciting interactive exhibition to be held in the Summer of 2024 at the world-famous Royal Albert Hall.</p> <p>Expect plenty of making, painting, stitching and dreaming together, as well as lots of conversation!</p> <p>No previous experience is necessary.</p>	<p>Free</p> <p>If you are interested</p> <p>Contact the Hub for more information.</p> <p>Penfold Hub</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>
<p>Wednesday</p> <p>4th Wednesday of the month</p> <p>1.30 pm – 4.30 pm</p> <p>Liberal Jewish Synagogue</p> <p>28 St Johns Wood Road, NW8 7HA</p>	<p><u>Video and Tea</u></p> <p>Watch a screening of the film and enjoy a delicious tea including ice cream.</p> <p>Wheelchair accessible. For more info, contact 020 7286 5181</p> <p><u>24th January 2024 - "Our Town"</u></p> <p>No need to book.</p> <p>Tickets are £2 on the day.</p>	<p>Cost £2</p> <p>Pay at the event.</p> <p>For more information contact</p> <p>020 7286 5181</p>

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<p>Wednesdays</p> <p>2 pm</p> <p>Walks lasts. (1 ½ Hours)</p> <p>17th January</p> <p>21st February</p> <p>20th March</p>	<p align="center"><u>Gentle History Walks</u></p> <p>Join our regular group on a monthly walk at a gentle pace with the City of Westminster Guide Richard Fentiman.</p> <p><u>17th January - Mayfair Walk</u></p> <p>Our route will take us through the once notorious Shepherds Market, along Curzon Street we follow the line of the River Tyburn beneath our feet to Berkley Square with its magnificent Plane Trees and famous ghost. Then to Mount Street Gardens to hear of the links to Oliver Cromwell during the Civil War. The walk will end with a visit to the Grosvenor Chapel.</p> <p>Meeting Point – Outside Green Park Underground Station (North Side)</p>	<p align="center"><u>Free</u></p> <p>You must book a place in advance.</p> <p>To book a place Contact Penfold Hub</p> <p align="center">penfoldhub@housing21.org.uk</p> <p align="center">07872811106</p>
<p>Every Wednesday</p> <p>6 pm</p> <p>St Pauls Church</p> <p>5 Rossmore Road</p> <p>NW1 6NT</p>	<p align="center"><u>Community Meal</u></p> <p align="center"><u>Tasty Food and Good Company</u></p> <p>Come along for a warm and tasty meal, with volunteers to welcome you.</p> <p align="center">Organised by Food Cycle Marylebone</p>	<p align="center">Free</p> <p align="center">No need to book.</p> <p align="center">Just turn up</p>
<p>Thursday</p> <p>10 am</p> <p align="center">-</p> <p>12 noon</p> <p>60 Penfold Street</p> <p>Restarts in March</p>	<p align="center"><u>Penfold Community Garden</u></p> <p>Come along to the Penfold Garden, grow your own vegetables and flowers, or join our gardening group to help keep the garden weed-free and looking fantastic.</p> <p align="center">No experience necessary</p>	<p align="center">Free</p> <p align="center">Check for availability</p> <p align="center">penfoldhub@housing21.org.uk</p>
<p>Thursdays</p> <p>11 am</p> <p>60 Penfold Street</p>	<p align="center"><u>Keep on Moving</u></p> <p>If you are looking for a way to ease gently into an exercise routine this session is for you!</p> <p>Low-impact exercises can be adapted to suit all levels of ability.</p>	<p align="center">Free</p> <p align="center">Check availability</p> <p align="center">penfoldhub@housing21.org.uk</p> <p align="center">07872811106</p>

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<p>First Thursday of the month</p> <p>11th January (Note change of Date) 1st February</p> <p>7th March</p> <p>11 am to 1 pm</p>	<p><u>The Advocacy Project</u> <u>Older People's Voice</u></p> <p>Fran Husson, a member of OPV will discuss the Care Information Exchange and its components: Health checks; Patient Knows Best (PKB); and the NHS Login and NHS App. Available on Zoom Information on older people's services Consultation meetings and events on health and social care services.</p> <p>For more information contact Maureen Brewster: 07934 298720</p>	<p>Free</p> <p>No need to book.</p> <p>Refreshments provided.</p> <p>Community Room Penfold Hub, 60 Penfold Street NW8 8PJ</p>
<p>Thursdays 11.30 am- 12.15 pm St John's Wood Library 20 Circus Road NW8 6PD</p>	<p><u>Chair Yoga Session</u></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>You need to book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>Contribution £3</p>
<p>Thursdays 12.45 pm 1.30 pm 60 Penfold Street NW8 8PJ</p>	<p><u>Chair Yoga Session</u></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>Contact Hub on penfoldhub@housing21.org.uk 07872811106 Free</p>
<p>Thursdays 11 am - 3 pm</p> <p>Fridays 10 am - 3 pm</p>	<p><u>New Pin</u> <u>Church Street Drop-In</u></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. 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>Thursdays</p> <p>1.30 pm to 2.30 pm</p> <p>60 Penfold Street</p>	<p><u>Steady and Stable</u></p> <p>It improves balance, helps reduce falls and increases your confidence. Please phone or email Lauren Earle at Open Age (020 4516 9975 / learle@openage.org.uk) to check availability</p>	<p>No charge</p> <p>Booking required</p> <p>02045169975</p>
<p>Friday</p> <p>12th January</p> <p>10 am to 1 pm</p>	<p><u>Intergenerational Sessions</u></p> <p>Join our Penfold Hub group supporting students at a local school, helping with reading, chatting, and sharing your life experiences. Followed by a wonderful lunch with the senior students.</p>	<p>Free You need to book a place.</p> <p>07872811106 penfoldhub@housing21.org.uk</p>
<p>Fridays</p> <p>10 am to 12 noon</p> <p>5th January 19th January</p>	<p><u>Stroke Support Group Communication Support</u></p> <p>If you are interested in joining the group, please contact Berny Folan.</p> <p>Held 60 Penfold St, NW8 8PJ</p>	<p>Free – booking is required.</p> <p>For information and to book a place Telephone 02081023879</p>
<p>Fridays Walk in Service from 11 am At 60 Penfold Street</p>	<p><u>Hairdressing with Elaine</u></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>Phone Elaine to check the availability. 07949006417 Charges apply</p>
<p>Friday</p> <p>16th February</p> <p>2.00 pm</p> <p>Penfold Hub</p>	<p><u>Valentines Day Social</u></p> <p>Join us for some music, dancing, singing and refreshments Help us decide who is the best-dressed woman and man Live music – Raffle</p>	<p>Free You must book a ticket in advance <u>Booking opens 5th February</u></p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>

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<p>Fridays</p> <p>Dated to be confirmed</p>	<p><u>Need help with your Smartphone or Tablet</u></p> <p>Get free dedicated one-to-one support to help build your digital skills, learn how to use Zoom, What's App or how to set up an email account. Session at 10 am and 11 am</p>	<p>Free</p> <p>You must book a place in advance.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>
<p>Fridays</p> <p>11.30 am.</p> <p>To</p> <p>12.30 pm</p>	<p><u>Zumba Gold</u></p> <p>Dance and exercise sessions involving multiple rhythms are specially tailored for individuals over 50 and it's an amazing way to get healthier and improve your well-being.</p> <p>Greenside Community Centre 24 Lilestone Street, London NW8 8SR</p>	<p>Free</p> <p>Local residents</p> <p>For more info, please contact Andrea 07878 357 833</p>
<p>First Friday of the Month</p> <p>5th January 2nd February 1st March</p> <p>12.30 pm</p> <p>60 Penfold Street</p>	<p><u>Community Lunch</u></p> <p>Join us for a social lunch with a freshly vegetarian cooked meal – meet up with local older residents from Church Street with lots of opportunities to chat, meet new people and learn more about local activities.</p> <p>The meals are planned and cooked by staff volunteering from local businesses</p>	<p>You need to book in advance – Spaces are limited.</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>
<p>Sunday 28th January 2 pm</p> <p>The Sainsbury Exhibitions Gallery Room 30 The British Museum Great Russell Street London WC1B 3DG</p>	<p><u>Legion life in the Roman Army British Museum Exhibition</u></p> <p>What did life in the Roman army look like from a soldier's perspective? What did their families make of life in the fort? How did the newly conquered react? Exhibition explores life in settled military communities from Scotland to the Red Sea through the people who lived it. Curator's Talk - BP Lecture Theatre from 12.00-13.00 – booking not required.</p>	<p>You need to book in advance.</p> <p>Draw for Complementary tickets.</p> <p>Booking opens on 15th January.</p> <p>Names drawn. 22nd January</p>

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<p>Various dates</p> <p>January and February 2024</p>	<p><u>Winter Walks</u></p> <p><u>Do you want to be more active, explore new places, and learn new things?</u></p> <p>Our partners Hammersmith Community Garden Association has an exciting new programme of winter walks open to Westminster Residents.</p> <p>Walks range from Thames River walk from Putney to St Katherine Dock, Leighton House Museum, Hamstead Heath and Kenwood House as well as a guided tour of the National History Museum Urban Nature Project</p>	<p>Free</p> <p>You must book. In advance</p> <p>For Information</p> <p>www.hcga.org.uk</p> <p><u>To book</u></p> <p>bookings@hcga.org.uk</p>
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The Penfold Community Hub provides a wide range of health and well-being opportunities to older Westminster residents and carers at a low cost or free. If you are interested in participating in any activity and find it difficult to make a contribution, please talk to the Hub staff who can offer advice and support.

Cost of Living Support

The Penfold Hub has information on other agencies and projects, including Food Banks, which can provide help and support.

For more information about help available to Westminster residents follow the link below or call the Penfold Hub office.

www.westminster.gov.uk/cost-of-living-support

For more information about the Penfold Hub activities for the over 50's in Westminster and carers in Westminster Contact: Telma Asemota or Denis Kane, Penfold Community Hub 60 Penfold Street, London NW8 8PJ

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