



# Penfold Community Hub

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

**8<sup>th</sup> September -19<sup>th</sup> December 2025**

<b>Every Monday</b>  <b>Except Bank Holidays</b> <b>10 am to 12 noon</b> <b>60 Penfold Street</b>	<b><u>Community Coffee and Games Morning</u></b>  Join our wonderful Church Street Community Champions in a fun and friendly session of all sorts of games with some nice refreshments.  Come along and find out about health and well-being activities for older residents available at the Penfold Hub and other local centres.	<b>Free</b>  <b>No need to book</b>  <b>For more information</b>  <b>07872811106</b>
<b>Mondays</b>  <b>10 am - 12 noon</b> <b>Not bank holiday</b> <b>60 Penfold Street</b>	<b><u>Sewing Café</u></b>  Join others in the community space for a friendly morning of coffee and company as you stitch, knit or crochet. Tablespace and machines are available. You are welcome to bring along your work or join in making crafts for the fundraising. Refreshments are available.	<b>Phone to check availability.</b> <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a>  <b>07872811106</b>  <b>Contribution £1</b>
<b>Mondays</b>  <b>10 am to 12 noon</b>  <b>Penfold Hub</b>	<b><u>IT Support</u></b>  Need help with your Smartphone? Laptop or Tablet Got an IT problem that needs to be sorted?  Get free dedicated one-to-one support to help build your digital skills, learn how to use Zoom, Whats App or how to set up an email account. <b><u>Appointments at 10 am and 11 am</u></b>	<b>Free</b> <b>You need to book in advance.</b>  <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a>  <b>07872811106</b>

**PENFOLD COMMUNITY HUB**

**TELEPHONE** 07872811106

**EMAIL** [penfoldhub@housing21.org.uk](mailto:penfoldhub@housing21.org.uk)

<b>Mondays</b>  <b>10.30 am</b>  <b>To</b> <b>12.30 pm</b>  <b>Starting</b> <b>September 8th</b>  <b>At the</b> <b>Penfold Hub</b>	<p style="text-align: center;"><b><u>Where Seeds Grow</u></b>  <b><u>Garden Workshop Series</u></b>  <b><u>At the Penfold Hub Garden</u></b></p> <p>Join us every Monday for a 10-week workshop that brings together gardening, creativity, and cultural knowledge.</p> <p>Led by Ali Yellop from Earth Tenders and supported by The Showroom, these workshops will take a hands-on and ecological approach, inviting you to explore the land through art, food growing, and various practices from around the world. Share skills, experiment with creative ideas, and connect with both nature and community in a relaxed, inclusive space.</p>	<p>For subscription and concessions, contact Magda at <a href="mailto:magdalena@theshowroom.org">magdalena@theshowroom.org</a></p> <p>or call 020 7724 4300</p> <p>Or Contact the Penfold Hub</p> <p>07872811106 (concessions available)</p>
<b>Monday to Friday</b>  <b>10 am – 1 pm</b> <b>60 Penfold Street</b>	<p style="text-align: center;"><b><u>Information and Advice</u></b>  <b><u>Telephone Support</u></b></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><b>Telephone availability</b></p> <p><b>10 am to 1 pm</b></p> <p><b>Phone</b></p> <p><b>07872811106</b></p>
<b>Every Monday</b>  <b>10 am - 4 pm</b>  <b>60 Penfold Street</b>	<p style="text-align: center;"><b><u>Reflexology and Massage</u></b></p> <p>Take a moment to treat yourself to a tranquil session with our highly skilled and professional therapist. It will provide you with a sense of reduced stress and relaxation. Contact Maura on 07790313611</p>	<p><b>You must book in advance.</b></p> <p><b>Charges apply</b></p>
<b>Mondays</b>  <b>1.30 pm</b>  <b>To</b>  <b>3.30 pm</b>	<p style="text-align: center;"><b><u>IT Help</u></b>  <b><u>Drop-in Sessions</u></b></p> <p>Do you need help using Microsoft Word, searching the internet and sending emails? Then come along to our weekly IT help sessions. Friendly and supportive volunteers who can speak Arabic, Farsi and Kurdish as well as English.</p>	<p><b>Free</b></p> <p><b>No need to book.</b></p> <p><b>Just drop in.</b></p> <p><b>Church Street Library</b>  <b>67 Church Street</b>  <b>NW8 8EU</b></p>

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<b>Monday</b>  <b>2 pm</b>  <b>to</b>  <b>3.30 pm</b>  <b>Every Monday</b>	<p><b><u>Creative Movement Session</u></b> <b><u>With Resonate Arts</u></b></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</p> <p><a href="mailto:Shelley@resonatearts.org">Shelley@resonatearts.org</a></p>	<p><b>Free</b></p> <p><b>You need to book a place.</b></p> <p><b>Refreshments provided</b></p>
<b>Monday</b>  <b>2.30 pm</b>  <b>to</b>  <b>3.30 pm</b>	<p><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><b>Free</b></p> <p><b>You must book a place in advance.</b> <a href="https://penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a>  07872811106</p>
<b>Monday 22nd December</b>  <b>3:00 pm</b>  <b>Royal Albert Hall</b> <b>Kensington Gore</b> <b>SW7 2AP</b>	<p><b><u>Christmas Carols</u></b> <b><u>At The Royal Albert Hall</u></b></p> <p>Christmas isn't complete without carols at the Royal Albert Hall. Join us for a magical performance featuring a mix of traditional and modern festive favourites. With an orchestra, choir, presenter, soloist, and plenty of sing-along moments, it's the ultimate way to celebrate the season.</p>	<p><b>Tickets £5</b></p> <p><b>Available from the Penfold Hub</b></p> <p><b>Booking opens</b>  <b>24<sup>th</sup> November</b></p>
<b>Mondays</b> <b>1<sup>st</sup> and 3<sup>rd</sup></b> <b>Monday of each Month</b> <b>3 pm to 4 pm</b> <b>60 Penfold Street</b>	<p><b><u>Social Afternoon</u></b> <b><u>with Games and Bingo</u></b></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><b>£4.00 for six games</b></p> <p><b>No need to book.</b> <b>Just turn up</b></p>

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<p><b>Every Tuesday</b></p> <p><b>10 am to 5 pm</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Beauty Therapy Sessions</u></b></p> <p>A range of treatments, including toenail cutting, massage and facials with a professional therapist.</p> <p><b>Basic Nail Care /Cutting</b></p> <p>More info and bookings – Contact Rima on <b>07459712302</b></p>	<p><b>You must book in advance.</b></p> <p><b>Charges apply</b></p>
<p><b>Tuesdays</b></p> <p><b>11 am to 11.45 am.</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Penfold Dementia Choir</u></b></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 a professional choir leader. No experience necessary</p>	<p><b>Free</b></p> <p><b>You must book a place in advance.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Tuesday</b></p> <p><b>23<sup>rd</sup> September</b></p> <p><b>2.00 pm to 3.30 pm</b></p>	<p><b><u>Quiz and Afternoon Tea</u></b></p> <p><b>A perfect blend of tea, trivia, and togetherness.</b></p> <p>Join us for an enjoyable afternoon in the garden – weather permitting - with a fun quiz, lively conversation, and delicious refreshments Feel free to explore the wonderful Penfold Garden and take home some fresh herbs</p>	<p><b>Free</b></p> <p><b>You ned to book in advance</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Tuesdays</b></p> <p><b>2 pm - 3 pm</b></p> <p><b>30<sup>th</sup> September</b> <b>7<sup>th</sup> ,14<sup>th</sup> 21<sup>st</sup> 28<sup>th</sup></b> <b>October</b> <b>4<sup>th</sup> , 11<sup>th</sup> and</b> <b>18<sup>th</sup> November</b></p>	<p><b><u>Royal Academy of Music</u></b> <b><u>Music and Dance Project</u></b></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><b>Free</b></p> <p><b>You must book a place in advance.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Wednesday</b></p> <p><b>24<sup>th</sup> September</b></p> <p><b>11 am to 12 noon</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Out of the Frame</u></b></p> <p>Hands-on session exploring some wonderful pieces of art from The Wallace Collection. A curator will display and talk about some pieces the providing insights and information. Refreshments available</p>	<p><b><u>Interested?</u></b></p> <p><b>Free</b></p> <p><b>You must book a place in advance.</b></p> <p><b>07872811106</b></p>

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<p><b>Wednesdays</b></p> <p><b>11.30 am To 12.15 pm</b></p> <p><b>At Penfold Hub</b></p>	<p><b><u>Zumba Gold</u></b></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><b>Free for local residents</b></p> <p>For more info, please contact Andrea 07878 357 833</p>
<p><b>Wednesday 24<sup>th</sup> September</b></p> <p><b>1.30 pm - 4.30 pm</b></p> <p><b>Liberal Jewish Synagogue</b></p>	<p><b><u>Video and Tea</u></b></p> <p>Watch a screening of the film 'Singing in the Rain' followed by a delicious tea and ice cream.</p> <p>No need to book - tickets for £2 on the day. Wheelchair accessible. Contact: 020 7286 5181. Liberal Jewish Synagogue 28 St John's Wood Road, NW8 7HA</p>	<p><b>Cost £2</b></p> <p><b>Pay at the event.</b></p> <p><b>For more information, contact</b> <b>020 7286 5181</b></p>
<p><b>Wednesday 24<sup>th</sup> September</b></p> <p><b>3 pm</b></p> <p><b>Royal Albert Hall</b></p> <p><b>Kensington Gore</b></p> <p><b>SW7 2AP</b></p>	<p><b><u>Royal Albert Hall Friendship Concert</u></b></p> <p><b><u>Symphonic Queen</u></b></p> <p>Join us for a Friendship Matinee with the Royal Philharmonic Orchestra performing a tribute to one of the world's most iconic rock bands- <b>Queen.</b> Accompanied by Symphonic Voices</p> <p>Experience an unforgettable afternoon filled with timeless classics such as <i>Bohemian Rhapsody</i>, <i>We Will Rock You</i>, <i>Don't Stop Me Now</i>, <i>Somebody to Love</i>, <i>Another One Bites the Dust</i>, and many more.</p>	<p><b>Tickets £5</b></p> <p><b>Available from the Penfold Hub</b></p> <p><b>Booking</b></p> <p><b>Now open</b></p>

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<p><b>Wednesdays</b> <b>2 pm - 4 pm</b></p> <p><b>St John's Wood Library</b></p> <p><b>20 Circus Road</b></p> <p><b>NW8 6PD</b></p>	<p><b><u>Help With Computers</u></b></p> <p>Join us for an advice session where you can learn more about using a Windows computer. Discover how to access information and support services online, such as food shopping, managing finances, and booking healthcare appointments.</p> <p>Additionally, find out how you can avoid computer scams.</p>	<p><b>Free</b></p> <p><b>Please book a place in advance.</b></p> <p><b>020 7641 6200</b></p>
<p><b>Wednesdays</b></p> <p><b>Weekly</b></p> <p><b>17<sup>th</sup> September</b></p> <p><b>To</b></p> <p><b>26<sup>th</sup> November</b></p> <p><b>4.30 pm</b></p> <p><b>To</b></p> <p><b>6.30 pm</b></p>	<p><b>Panto for Elders</b></p> <p><b>Weekly Drama Classes 55+</b> <b>Free Classes &amp; Performances</b></p> <p>After the exuberant success of the Cinderella panto last year, Dendê Collective is returning to the magical world of pantomime — this time bigger, bolder, and with more performances than ever. Shows will take place at Church Street Library, The Cockpit Theatre, and Penfold Community Hub.</p> <p>Led by theatre-maker André Pink, these free weekly sessions invite elders to explore the world of pantomime through games, improvisation, and performance. Participants will learn new skills, connect with others, and showcase their talents in a fun and supportive environment.</p> <p>Not a performer? Backstage helpers are also welcome. Everyone has a role to play, on or off stage.</p>	<p><b>Sessions take place at the Church Street Library</b> <b>67 Church Street,</b> <b>NW8 8EU</b></p> <p><b>No experience necessary</b></p> <p><b>For more information</b> <b>Contact</b> <b>07984451796</b></p> <p><a href="mailto:andre@dendecollective.org">andre@dendecollective.org</a></p>
<p><b>Every</b> <b>Wednesday</b> <b>6 pm</b> <b>St Paul's Church</b> <b>Rossmore</b> <b>Road, NW1 6NT</b></p>	<p><b><u>Community Meal</u></b></p> <p><b><u>Tasty Food and Good Company</u></b></p> <p>Come along for a warm and tasty meal, with volunteers to welcome you.</p> <p><b>Organised by Food Cycle Marylebone</b></p>	<p><b>Free</b></p> <p><b>No need to book.</b></p> <p><b>Just turn up</b></p>

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<b>Thursdays</b>  <b>10 am to 12 noon</b>	<p><b><u>Penfold Community Garden</u></b></p> <p>Come along to the Penfold Garden, grow your vegetables and flowers, or join our gardening group to help keep the garden weed-free and looking fantastic.</p> <p>No experience necessary</p>	<p><b>Free</b></p> <p><b>Check for availability</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p>
<b>Thursdays</b>  <b>11 am - 3 pm</b>  <b>Fridays</b>  <b>10 am - 3 pm</b>	<p><b><u>Newpin</u></b> <b><u>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><b>The Drop-In is located at 10 Church Street, near the Lisson Grove end of the Church Street Market.</b></p>	<p><b>Free</b></p> <p><b>No need to book.</b></p> <p><b>Just turn up</b></p> <p><b>Open to all</b></p>
<b>Thursdays</b>  <b>11 am</b> <b>60 Penfold Street</b> <b>NW8 8PJ</b>	<p><b><u>Keep on Moving</u></b> <b><u>Chair-Based Exercises</u></b></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><b>Free</b></p> <p><b>Check availability</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<b>Thursday</b>  <b>September 4<sup>th</sup></b> <b>11 am to 1 pm</b>  <b>60 Penfold Street</b>  <b>Zoom link available</b>	<p><b><u>Older People's Voice</u></b></p> <p><b>Maureen Brewster, User Involvement Coordinator, The Advocacy Project – 02089693000</b></p> <p><b>Older People's Voice meets every month, usually on the 1<sup>st</sup> Thursday.</b></p> <p>The agenda of this meeting is a continuation of the <b>Know Your Rights</b> session held in May with Healthwatch Westminster as part of their series of free sessions which has been running with different groups in the community to help individuals feel more confident about navigating the complex healthcare system.</p>	<p><b>Free</b></p> <p><b>No need to book.</b></p> <p><b>Refreshments provided.</b></p> <p><b>Community Room Penfold Hub, 60 Penfold Street NW8 8PJ</b></p>

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<b>Thursdays</b> <b>11 am -12.00 pm</b> <b>St John's Wood</b> <b>Library</b> <b>20 Circus Road</b> <b>NW8 6PD</b>	<p><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><b>You need to book a place in advance.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>Contribution £3</b></p>
<b>Thursdays</b> <b>12.15 pm - 1 pm</b> <b>Daventry House</b> <b>Lisson Grove</b> <b>NW8 8FT</b>	<p><b><u>Keep on Moving</u></b>  <b><u>Chair-Based Exercise</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 which can be adapted to suit all levels of ability.</p>	<p><b>Free</b></p> <p><b>Check availability</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<b>Thursdays</b> <b>12.15 pm</b> <b>to</b> <b>1.00 pm</b> <b>60 Penfold Street</b>	<p><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><b>You need to book a place in advance.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>Free</b></p>
<b>Thursdays</b>  <b>1.30 pm</b> <b>to</b> <b>2.30 pm</b> <b>60 Penfold Street</b>	<p><b><u>Steady and Stable</u></b></p> <p>It improves balance, helps reduce falls and increases your confidence.</p> <p>Please phone or email Lauren Earle at Open Age (020 4516 9975 / <a href="mailto:learle@openage.org.uk">learle@openage.org.uk</a>) to check availability</p>	<p><b>No charge</b></p> <p><b>Booking required</b></p> <p><b>02045169975</b></p>
<b>Fridays</b>  <b>Walk-in Service</b> <b>from 11 am</b>  <b>60 Penfold Street</b>	<p><b><u>Hairdressing with Elaine</u></b></p> <p>Have a blow dry, perm, shampoo or trim at reasonable prices – experienced hairdresser.</p> <p>Perms and tints must be booked in advance.</p>	<p><b>Phone Elaine to check availability.</b></p> <p><b>07949006417</b>  <b>Charges apply</b></p>

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<p><b>First Friday Each Month October 3rd November 7th December 5<sup>th</sup> 12.30 pm 60 Penfold Street</b></p>	<p><b><u>Community Lunch</u></b></p> <p>Join us for a social lunch with a freshly cooked vegetarian 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><b>You need to book in advance –</b></p> <p><b>Spaces are limited.</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Sunday 7th December</b></p> <p><b>2.00 pm</b></p> <p><b>-</b></p> <p><b>5.00 pm</b></p> <p><b>Grosvenor House Hotel 86-90 Park Lane London W1K 7TN</b></p>	<p><b><u>Westminster Tea Dance</u></b></p> <p>Open to all Westminster residents over 65, this annual dance is a splendid occasion full of music, dancing, afternoon tea and lots of company and chatting.</p> <p>You can apply for a maximum of two tickets. The best place to apply is online at <a href="https://sirsimonmiltonfoundation.com/tea-dance">sirsimonmiltonfoundation.com/tea-dance</a></p> <p>Alternatively, you can write to: Tea Dance, c/o Sir Simon Milton Foundation, Westminster City Hall (16<sup>th</sup> Floor), 64 Victoria Street, SW1E 6QP. Please include your name, age, address, telephone number and dietary requirements and if you need wheelchair access or email <a href="mailto:info@sirsimonmiltonfoundation.com">info@sirsimonmiltonfoundation.com</a> or call us on: 07771047701</p>	<p><b>Free</b></p> <p><b>You need to book in advance</b></p> <p><b>Deadline for applications: Friday, 7<sup>th</sup> November, tickets will be sent mid-November.</b></p> <p><b>Contact the Penfold Hub if you need help making an application</b></p>
<p><b>Various dates and locations In December</b></p>	<p><b><u>Royal Albert Hall</u> <u>Alberts Band</u> <u>Christmas Songbook</u> <u>Live music performances</u></b></p> <p>Musicians from the Royal Albert Hall will perform a one-hour concert featuring beloved Christmas songs and melodies that have been sung by iconic artists such as Frank Sinatra, Vera Lynn, and Ella Fitzgerald.</p> <p>Audience members will receive a special brochure that includes the lyrics to the songs performed and photos from the Hall's archives.</p>	<p><b>Do you work at a local centre or project in Church Street and would like to invite the Alberts Band to perform for free?</b></p> <p><b>Contact the Penfold Hub for more Information</b></p>

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<p><b>Kew Gardens</b></p> <p><b>Open 7 days a week</b></p> <p><b>9 am to 4 pm</b></p> <p><b>Last few weeks</b></p> <p><b>Community Membership Ends</b></p> <p><b>31<sup>st</sup> October</b></p>	<p><b><u>Kew Gardens</u></b></p> <p><b><u>Visit the wonderful Kew Gardens this autumn.</u></b></p> <p>Kew Gardens, officially known as the Royal Botanic Gardens, Kew, is one of the world's most celebrated botanical gardens and a UNESCO World Heritage Site. Located in Richmond, southwest London, it spans over 300 acres and combines stunning natural landscapes with historic architecture and cutting-edge scientific research.</p> <p>Penfold's Hub is part of the Kew Community Access Scheme, designed to encourage more community participants to visit the Gardens</p> <p>Public transport from the District Line Edgware Road Station to Kew Gardens.</p> <p>Contact the Hub for more information on how to participate in the Kew Community Access Scheme with complementary admission to the Gardens.</p> <p>If you are interested, please get in touch with Denis or Telma at the Community Hub</p>	<p><b><u>Complementary access to the gardens</u></b></p> <p><b><u>For information</u></b></p> <p><b><u>Contact</u></b></p> <p><b><u><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></u></b></p> <p><b>07872811106</b></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 for free. If you are interested in participating in any activity and find it difficult to contribute, 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 the help available to Westminster residents, follow the link below or call the Penfold Hub office.

**[www.westminster.gov.uk/cost-of-living-support](http://www.westminster.gov.uk/cost-of-living-support)**

For more information about the Penfold Hub activities for Westminster residents over 50 years and carers.

Contact Telma Asemota or Denis Kane, Penfold Community Hub,

**PENFOLD COMMUNITY HUB**

**TELEPHONE**

**07872811106**

**EMAIL [penfoldhub@housing21.org.uk](mailto:penfoldhub@housing21.org.uk)**