



Penfold Community Hub

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

14th July – 7th September 2025

Mondays 10 am - 12 noon Not bank holiday 60 Penfold Street	<u>Sewing Café</u> 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.	Phone to check availability. penfoldhub@housing21.org.uk 07872811106 Contribution £1
Monday to Friday 18th August To 29th August 1 pm to 5 pm Saturday 30th August Masquerade Performance in Church Street Market 1.30 pm	The Church Street Masquerade 2025 The hit intergenerational project is back—and this year, it's going BIG. Dendê Collective invites you join two weeks of free , drop-in mask-making and performance <ul style="list-style-type: none">• Design and build a series of GIANT papier-mâché masks• Support costume creation as part of a collaborative design team• Explore mask movement through accessible performance sessions• Participate in a vibrant public street celebration in Church Street Market (optional) Workshops are relaxed, welcoming, and open to all levels. Whether you're new to theatre or a returning participant, you'll be part of a creative community working towards a shared vision. Performing in the final event is encouraged but not required.	Free Two weeks of drop-in mask-making and performance Location Penfold Community Hub, 60 Penfold Street, London NW8 8PJ Presented by Dendê Collective

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TELEPHONE 07872811106

EMAIL penfoldhub@housing21.org.uk

Mondays 10 am to 12 noon Penfold Hub	<p align="center"><u>IT Support</u></p> <p align="center">Need help with your Smartphone? Laptop or Tablet</p> <p align="center">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.</p> <p align="center"><u>Appointments at 10 am and 11 am</u></p>	<p align="center">Free You need to book in advance.</p> <p align="center">penfoldhub @housing21.org.uk</p> <p align="center">07872811106</p>
Monday to Friday 10 am – 1 pm 60 Penfold Street	<p align="center"><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 align="center">Telephone availability</p> <p align="center">10 am to 1 pm</p> <p align="center">Phone</p> <p align="center">07872811106</p>
Every Monday 10 am - 4 pm 60 Penfold Street	<p align="center"><u>Reflexology and Massage</u></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 align="center">You must book in advance.</p> <p align="center">Charges apply</p>
Mondays 1.30 pm To 3.30 pm	<p align="center"><u>IT Help</u> <u>Drop-in Sessions</u></p> <p>Do you need help using Microsoft Word, searching the internet and sending emails? Then come along to our weekly IT help sessions. You can also get help with practising the Life in the UK and driving theory tests.</p> <p>Friendly and supportive volunteers who can speak Arabic, Farsi and Kurdish as well as English.</p>	<p align="center">Free</p> <p align="center">No need to book.</p> <p align="center">Just drop in.</p> <p align="center">Church Street Library 67 Church Street NW8 8EU</p>

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Monday 2 pm to 3.30 pm Every Monday Not bank holiday	<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</p> <p align="center">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>
Mondays 1st and 3rd Monday of each Month 3 pm to 4 pm 60 Penfold Street	<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. Just turn up</p>
Every Tuesday 10 am to 5 pm 60 Penfold Street	<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. Basic Nail Care /Cutting More info and bookings – Contact Rima on 07459712302</p>	<p align="center">You must book in advance.</p> <p align="center">Charges apply</p>
Tuesdays 11 am to 11.45 am. 60 Penfold Street	<p align="center"><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 a professional choir leader. No experience necessary</p>	<p align="center">Free</p> <p align="center">You must book a place in advance.</p> <p align="center">penfoldhub@housing21.org.uk</p> <p align="center">07872811106</p>

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<p>Tuesdays</p> <p>Third Tuesday of each month</p> <p>Starts 15th July</p> <p>to December</p> <p>4.30 pm to 6.30 pm</p>	<p><u>Made By Hands</u> <u>Textile Workshop Series</u> <u>With artist Kim Chin</u></p> <p>Join this intergenerational textile workshop for an opportunity to create together, build connections, and share experiences working with stitching, natural dye prints, embroidery, and collage. Participants are encouraged to attend all monthly sessions- all materials provided- no experience necessary.</p>	<p>The Showroom 63 Penfold Street. NW8 8PQ More info</p> <p>Concession places (free)</p> <p>Contact Telma Asemota at the Penfold Hub</p> <p>penfoldhub@housing21.org.uk</p>
<p>Tuesdays</p> <p>29th July</p> <p>5th August</p> <p>12th August</p> <p>4 pm to 7 pm</p> <p>Performance</p> <p>16th August</p>	<p>Music Workshops with the One World Orchestra</p> <p>Are you a Church Street Ward resident, student or worker interested in exploring music and participating in a community performance? The Showroom invites you to co-create and perform music with One World Orchestra in response to their colourful mural 'Hayat al Noujoum / La vie des étoiles', by artist Nassim Azarzar.</p> <p>Following the workshops, there will be a performance on the 16th August in Broadley Gardens.</p> <p>No musical experience needed. We also welcome musicians, whether amateur or professional.</p> <p>For more information, check: https://theshowroom.org/events/open-call-music-workshops-and-performance</p>	<p>Free</p> <p>Booking essential</p> <p>The Showroom Gallery 63 Penfold Street NW8 8PQ</p> <p>Saturday 16th August 3 pm to 4.30 pm Public performance in Broadley Gardens</p>
<p>Wednesdays 10.30 am</p> <p>60 Penfold Street</p>	<p><u>Health Information Sessions</u></p> <p>Regular advice sessions on a range of health issues</p> <p>Future sessions on Parkinson's, Diabetes and Dementia</p>	<p><u>Interested?</u> For more information on future sessions, contact Penfold Hub 07872811106 penfoldhub@housing21.org.uk</p>

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Wednesday 23rd July 1.30 pm- 4.30 pm Liberal Jewish Synagogue	<p align="center"><u>Video and Tea</u></p> <p>Watch a screening of the film 'Breakfast at Tiffany's ' 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 align="center">Cost £2</p> <p align="center">Pay at the event.</p> <p align="center">For more information, contact 020 7286 5181</p>
Wednesdays 2 pm - 4 pm St John's Wood Library 20 Circus Road NW8 6PD	<p align="center"><u>Help With Computers</u></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 align="center">Free</p> <p align="center">Please book a place in advance.</p> <p align="center">020 7641 6200</p>
Wednesday 13th August 2 pm - 3.30 pm	<p align="center"><u>Quiz and Ice Cream Party</u></p> <p>Join us for an enjoyable afternoon in the garden with a fun quiz, lively conversation, and delicious refreshments</p> <p>Feel free to explore the wonderful Penfold Garden and take home some fresh herbs</p>	<p align="center">Free</p> <p align="center">Please book a place in advance. Booking opens 4th August 07872811106</p>
Every Wednesday 6 pm St Paul's Church Rossmore Road, NW1 6NT	<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. Organised by Food Cycle Marylebone</p>	<p align="center">Free</p> <p align="center">No need to book. Just turn up</p>

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Thursdays 10 am to 12 noon	<u>Penfold Community Garden</u> 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. No experience necessary	Free Check for availability penfoldhub@housing21.org.uk
Thursdays 11 am 60 Penfold Street NW8 8PJ	<u>Keep on Moving</u> <u>Chair-Based Exercises</u> If you are looking for a way to ease gently into an exercise routine, this session is for you! Low-impact exercises can be adapted to suit all levels of ability	Free Check availability penfoldhub@housing21.org.uk 07872811106
Thursday 7th August 4th September 11 am -1 pm 60 Penfold Street Zoom link available	<u>Older People's Voice</u> Run consultations, speaking up groups and events for older people in Westminster. Their views are fed back to commissioners and service providers who plan and run services for older adults Contact Maureen Brewster, User Involvement Coordinator, The Advocacy Project – 02089693000 Older People's Voice meets every month, usually on the 1st Thursday.	Free No need to book. Refreshments provided. Community Room Penfold Hub, 60 Penfold Street NW8 8PJ
Thursdays 12.15 pm - 1 pm Daventry House Lisson Grove NW8 8FT	<u>Keep on Moving</u> <u>Chair-Based Exercise</u> 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.	Free Check availability penfoldhub@housing21.org.uk 07872811106

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Thursdays 1.30 pm to 2.30 pm 60 Penfold Street	<p align="center"><u>Steady and Stable</u></p> <p align="center">It improves balance, helps reduce falls and increases your confidence.</p> <p align="center">Please phone or email Lauren Earle at Open Age (020 4516 9975 / learle@openage.org.uk) to check availability</p>	<p align="center">No charge</p> <p align="center">Booking required</p> <p align="center">02045169975</p>
Fridays Walk-in Service from 11 am 60 Penfold Street	<p align="center"><u>Hairdressing with Elaine</u></p> <p align="center">Have a blow dry, perm, shampoo or trim at reasonable prices – experienced hairdresser. Perms and tints must be booked in advance.</p>	<p align="center">Phone Elaine to check availability.</p> <p align="center">07949006417 Charges apply</p>
Friday 25th July 10.30 am To 11.30 am	<p align="center"><u>Watercolour Whimsy.</u></p> <p align="center">In this guided painting session, participants will learn how to use watercolours to create a soft, dreamlike rendering of Marble Arch. The session includes tips on layering, blending and using resist techniques.</p> <p align="center">Session at <u>Hypa Studios, 15 Great Cumberland Place,</u> <u>London W1H 7AS</u> <u>(Close to Marble Arch)</u></p>	<p align="center">Free</p> <p align="center">Book at the Penfold Hub</p> <p align="center">0787281106</p> <p align="center">penfoldhub @housing21.org.uk</p> <p align="center">07872811106</p>
First Friday Each month (Next event in September) 60 Penfold Street	<p align="center"><u>Community Lunch</u></p> <p align="center">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 align="center">The meals are planned and cooked by staff volunteering from local businesses.</p>	<p align="center">You need to book in advance – Spaces are limited.</p> <p align="center">penfoldhub @housing21.org.uk</p> <p align="center">07872811106</p>

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<p>Fridays</p> <p>3 pm to 6 pm</p> <p>Church Street Library</p> <p>67 Church Street NW8 8EU</p>	<p><u>50+ Games Club</u></p> <p>At the Church Street Library</p> <p>Join us for an afternoon of fun games and conversation.</p> <p>Backgammon, Dominoes, Chess, or Cards or bring your own games, come challenge your friends or meet new people and have fun.</p> <p>Refreshment available</p>	<p>No Need to Book</p> <p>Just turn up</p> <p>67 Church Street</p> <p>London</p> <p>NW8 8EU</p> <p>churchstreetlibrary@westminster.gov.uk</p> <p>0207 641 2000</p>
<p>16th August</p> <p>3 pm to 4.30 pm</p> <p>Broadley Gardens</p> <p>5 Penfold Street</p> <p>NW1 6RX</p>	<p>Outdoor Summer Concert</p> <p>One World Orchestra</p> <p>With the Showroom Gallery</p> <p>The One World Orchestra is a new, ground-breaking music ensemble, drawing on the expertise and musical traditions of diverse musicians from across the planet, living and working in the UK.</p> <p>https://theshowroom.org/events/open-call-music-workshops-and-performance</p>	<p>Free</p> <p>No need to book</p>
<p>Sunday</p> <p>27th July</p> <p>at 2 pm</p>	<p><u>Opera Holland Park</u></p> <p>La Traviata</p> <p>Surrounded by the beautiful formal gardens and wild woodlands of Holland Park, the canopied open-air auditorium is the perfect place to enjoy critically acclaimed opera in the heart of London.</p> <p>A chance to experience one of the most famous operas by Verdi at a special community performance in this wonderful setting. One of the most powerful stories of nineteenth-century Paris, decadence, disease and selfless love.</p>	<p>A limited number of complimentary tickets are available</p> <p>Apply now</p> <p>Names drawn on the 18th July</p> <p>Details of the exact location and public transport options are available.</p>

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Kew Gardens

**Open 7 days
a week**

9 am to 6 pm

Kew Gardens

Visit the wonderful Kew Gardens this summer.

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.

Penfold's Hub is part of the Kew Community Access Scheme, designed to encourage more community participants to visit the Gardens

Public transport from the District Line Edgware Road Station to Kew Gardens.

Contact the Hub for more information on how to participate in the Kew Community Access Scheme with complementary admission to the Gardens.

If you are interested, please get in touch with Denis or Telma at the Community Hub

**Complementary
access
to the gardens**

**For
information**

Contact

**penfoldhub
@housing21.org.
uk**

07872811106

Regents Park

**Various locations
Including the
Bandstand
All summer
Saturdays and
Sundays**

Summer Music In The Park

Regents Park hosts a wonderful selection of free music every Saturday at 2 pm and Sunday with performances at 12 noon and 3 pm. Saturdays are mostly Jazz, and Sundays feature performances, including the famous Grimesdyke Brass Band, various Jazz bands and the Rock Choir.

<https://www.regentsparkmusicfestival.org.uk/>

Free

**Copies of the
programme are
available from
Penfold Hub.**

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.

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The Church Street MASQUERADE 2025



FREE Mask Making
& Performance
Drop-in Classes

**An Intergenerational
Project for
18+ and 60+**

from 18 to 29 August
Mondays to Fridays
12:30 PM - 4:30 PM



● Penfold Community Hub
● 60 Penfold Street
● London NW8 8PJ

●●● **Final Street Performance**
Saturday, 30 August

FOR INFORMATION:
andre@dendecollective.org
www.dendecollective.org

JOIN ANY TIME

Scan to Sign Up



A Dendê Collective project in partnership with Penfold Community Hub, funded by Derwent London and the Derwent Community Fund, and part of Westminster City Council's Inside Out Festival.

DERWENT
LONDON

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