

# Penfold Community Hub

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

## ACTIVITY PROGRAMME

### Summer 2023 July – September

<p>Monday to Friday  10 am – 1 pm 60 Penfold Street</p>	<p><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>
<p>Every Monday 10 am to 12 pm  60 Penfold Street  Except 28<sup>th</sup> August</p>	<p><b><u>Sewing Café</u></b></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. You are welcome to bring along your work or join in making crafts for the fundraising</p> <p>Refreshments are available.</p>	<p><b>Phone to check availability</b></p> <p>£1 voluntary contribution <a href="https://www.penfoldhub.org.uk">penfoldhub</a> <a href="https://www.housing21.org.uk">@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p>Every Monday 11 am - 4 pm  60 Penfold Street  Not Bank Holiday</p>	<p><b><u>Reflexology and Massage</u></b></p> <p>Treat yourself to a relaxing session with our experienced therapist.</p> <p>Contact Maura on 07790313611</p>	<p><b>You must book in advance.</b></p> <p><b>Charges apply</b></p>

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<p><b>Mondays</b>  <b>2.30 pm - 4 pm</b>  Church Street  Library  67-69 Church Street  London  NW8 8EU</p>	<p align="center"><b><u>Shared Reading Group</u></b></p> <p>Read, listen or take part in the discussion on the book or poems</p> <p align="center">Refreshments supplied</p>	<p align="center"><b>Free</b></p> <p align="center"><b>No need to book</b>  <b>All welcome</b></p>
<p><b>Monday</b>  <b>21<sup>st</sup> August</b>  2 pm  Church Street  Library  67-69 Church Street  London  NW8 8EU</p>	<p align="center"><b><u>Summer Tea Party</u></b></p> <p>Come along for an afternoon of fun and some great Soul and Motown music with Sharm.  Let your hair down and boogie</p> <p align="center">Refreshments provided</p>	<p align="center"><b>Free</b></p> <p>You must visit the library in advance to book a place.</p>
<p><b>Mondays</b>    <b>24<sup>th</sup> July</b>    2 pm  to    4.30 pm</p>	<p align="center"><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</p> <p>A space for gentle creative movement led by an experienced theatre artist and yoga practitioner.  Transport available  For more information contact Shelley  03000327212  <a href="mailto:Shelley@resonatearts.org">Shelley@resonatearts.org</a></p>	<p align="center"><b>Free</b></p> <p align="center"><b>You need to book a place.</b></p> <p align="center"><b>Refreshments provided</b></p>
<p><b>Monday</b>  <b>60 Penfold Street</b>  <b>3 pm</b>  <b>17<sup>th</sup> , 24<sup>th</sup> and 31<sup>st</sup></b>  <b>July</b>  <b>7<sup>th</sup> August</b>  <b>4<sup>th</sup> September</b></p>	<p align="center"><b><u>Social Afternoons with 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 align="center">Includes refreshments</p>	<p align="center"><b>£4.00 for six games</b></p> <p align="center"><b>No need to book.</b></p> <p align="center"><b>Just turn up</b></p>
<p><b>Tuesdays to Fridays</b>    <b>1<sup>st</sup> -31<sup>st</sup> August</b>    <b>1 pm to 4.30 pm</b>    <b>60 Penfold Street</b></p>	<p align="center"><b><u>THE CHURCH STREET</u></b>  <b><u>MASK PROJECT</u></b></p> <p><i>Free Mask Making &amp; Performance Drop-in classes</i>  An Intergenerational for ages 18 years plus  During the month of August, the theatre company Dende Collective will be resident at the Penfold Community Hub offering drop-in classes in making papier-mâché masks through their project <b>The Church Street Mask Project.</b></p>	<p><b>For more information:</b></p> <p><a href="mailto:andre@dendecollective.org">andre@dendecollective.org</a>  or call Andre Pink on 07984451796  (See more information attached )</p>

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<p>Every Tuesday</p> <p>10 am to 5 pm</p> <p>60 Penfold Street</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. More info and bookings –</p> <p>Contact Rima on 07944502950.</p>	<p><b>You must book in advance.</b></p> <p><b>Charges apply</b></p>
<p>Tuesdays</p> <p>11 am to 11.45 am</p> <p>60 Penfold Street</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 lyrics provided.</p> <p>Session led by professional choir leader No experience necessary – open to all</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>Every Tuesday</p> <p>2 pm - 3 pm</p> <p>On Teams</p>	<p><b><u>Shared Reading Group</u></b></p> <p>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><b>Contact the Hub to book a place.</b></p> <p>Session on Microsoft Teams <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p>
<p>Every Tuesday</p> <p>2.30 pm</p> <p>To</p> <p>4.15 pm</p>	<p><b><u>Dementia Support Group</u></b></p> <p>Weekly sessions for people living with mild to moderate dementia in Westminster. Open to new members.</p> <p>A fun, stimulating and supportive environment where people can build new relationships that are proven to maintain memory and mental function</p> <p>Please phone or email Jessica Thomas at Age UK (02030045610/ 07498469737/ <a href="mailto:Jessica.thomas@ageukwestminster.org.uk">Jessica.thomas@ageukwestminster.org.uk</a></p>	<p><b>Free</b></p> <p><b>Booking required</b></p> <p>To check availability</p> <p>Jessica.thomas@ageukwestminster.org.uk</p>
<p>Wednesdays</p> <p>July 19<sup>th</sup> To 30<sup>th</sup> August</p> <p>12.30 pm to 2 pm</p>	<p><b><u>Westminster Abbey – Free Lunchtime Concerts</u></b></p> <p>Come along to a series of fantastic free concerts throughout the summer. Bring a picnic and spend your Wednesday lunchtime enjoying great Brass Band music in the wonderful College Garden at the rear of the Abbey</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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<p><b>Wednesday</b> <b>26<sup>th</sup> July</b> <b>1.30 pm to 4.30 pm</b> The Liberal Jewish Synagogue, 28 St John's Wood Road, NW8 7HA</p>	<p><b><u>Video and Tea</u></b></p> <p>Watch a screening of the film 'Mamma Mia!' followed by a delicious tea including ice cream. No need to book, tickets are £2 on the day. For more info and dates Contact 020 7286 5181 for further dates</p>	<p><b>Tickets £2</b></p> <p>No need to book in advance Tickets available at the door</p>
<p><b>Wednesday</b>  <b>19<sup>th</sup> July</b>  <b>2 pm</b></p> <p>Meet Edgware Road Underground Station (Circle and Metropolitan Line ) By the statue of the Window Cleaner</p>	<p><b><u>Gentle History Walk</u></b></p> <p>Join our regular group on a monthly walk at a gentle pace with the City of Westminster Guide, Richard Fentiman.</p> <p>The walk will start with a guided visit to the Swedish Church in Marylebone, followed by a stroll through some of the finest architecture and ending at Dorset Square, the first location of Lord's Cricket Ground.</p> <p>Please arrive at the start on time as the visit to the Swedish Church is at a pre-booked timed arrangement</p>	<p><b><u>Free</u></b></p> <p>You must book a place in advance</p> <p><a href="https://www.facebook.com/penfoldhub">@penfoldhub</a> <a href="https://www.facebook.com/housing21.org.uk">@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Wednesday</b>  <b>30<sup>th</sup> August</b>  <b>2 pm</b> <b>to</b> <b>4 pm</b></p>	<p><b><u>Afternoon Tea Party in the Penfold Garden</u></b></p> <p>Join us for a relaxing afternoon, discover the story of our Loquat Tree, and check out Herb Garden and the Fig Tree</p> <p>Refreshments</p>	<p><b><u>Free</u></b></p> <p><b><u>You need to book in advance</u></b></p> <p><a href="https://www.facebook.com/penfoldhub">penfold hub</a> <a href="https://www.facebook.com/housing21.org.uk">@housing21.org.uk</a></p> <p><b>07872811106</b></p>
<p><b>Every Wednesday</b>  <b>From 6 pm</b></p> <p><b>St Pauls Church</b> <b>5 Rossmore Road</b> <b>NW1 6NT</b></p>	<p><b><u>Marylebone 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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<p><b>Thursday</b></p> <p><b>10<sup>th</sup> August</b></p> <p><b>Meet at Marble Arch</b></p> <p><b>10.30 am</b></p>	<p><b><u>Discover Marble Arch Walking Tour</u></b></p> <p>Steeped in history, the district is home to one of London's most famous monuments and is often associated with free speech and protest, as well as playing host to many Royal processions.</p> <p>On this character-led walk, you'll also discover grisly tales of execution from the Tyburn tree and hear the colourful history of Speakers' Corner.</p>	<p><b>Free</b></p> <p><b>You need to book in advance</b></p> <p><b>Places are limited and names will be drawn</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a> <b>07872811106</b></p>
<p><b>Thursdays</b></p> <p><b>10 am - 12 noon</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Penfold Community Garden</u></b></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. 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> <b>07872811106</b></p>
<p><b>First Thursday of the month</b></p> <p><b>September 7<sup>th</sup></b></p> <p><b>11 am to 1 pm</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>The Advocacy Project</u></b> <b><u>Older People's Voice</u></b></p> <p>Information on older people's services Consultation meetings and events on health and social care services. Responses are made available to the commissioners and service providers that plan and run local services for older adults.</p> <p>For more information contact <b>Maureen Brewster, User Involvement Coordinator</b> <b>Advocacy Project – 02089693000</b></p>	<p><b>Free</b></p> <p><b>No need to book</b></p> <p><b>Refreshments provided</b></p>
<p><b>Thursday</b></p> <p><b>11 am</b></p> <p><b>At 60 Penfold Street</b></p> <p><b>Except August 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup></b></p> <p><b>Resumes 7<sup>th</sup> September</b></p>	<p><b><u>Keep on Moving</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> <b>07872811106</b></p>

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<p><b>Thursday 3<sup>rd</sup> August</b></p> <p><b>2 pm to 4 pm</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Table Top Games Afternoon</u></b></p> <p>Join us for an enjoyable afternoon with some fun table games, lively conversation, and delicious refreshments with a team of staff from local businesses.</p> <p>Feel free to explore the garden</p>	<p><b>Free</b></p> <p><b>You need 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>Thursday</b></p> <p><b>7<sup>th</sup> September 2023</b></p> <p><b>2 pm to 4 pm</b></p>	<p><b><u>Garden Party and Fundraising Event</u></b></p> <p>Join us for an afternoon tea in the Penfold Community Garden with free activities and fundraising stalls including homemade crafts, Plants, Tombola and Raffles.</p>	<p><b>Free</b></p> <p><b>You need to book a ticket 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>Thursdays</b></p> <p><b>1.30 pm To 2.30 pm</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Steady and Stable</u></b></p> <p>It improves balance, helps reduce falls and increases your confidence. 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 ( No sessions</p>	<p><b>No charge</b></p> <p><b>Booking required</b></p> <p><b>02045169975</b></p>
<p><b>Fridays</b></p> <p><b>10 am to 12 noon</b></p>	<p><b><u>Stroke Support Group Communication Support</u></b></p> <p>If you are interested in joining the group, please contact Berny Folan.</p> <p><b>Held 60 Penfold St, NW8 8PJ</b></p>	<p><b>Free – booking is required.</b></p> <p><b>Telephone 02081023879</b></p>
<p><b>Fridays</b></p> <p><b>Book an appointment From 11 am</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Hairdressing with Elaine</u></b></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><b>Phone Elaine to check the availability</b></p> <p><b>07949006417</b></p> <p><b>Charges apply</b></p>

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<p><b>Friday</b> <b>1<sup>st</sup> September</b> <b>12.30</b> <b>Penfold Hub</b> <b>60 Penfold Street</b></p>	<p align="center"><b><u>Community Lunch</u></b></p> <p>Join us for a social lunch with a freshly cooked meal – meet up with some local older residents from Church Street with lots of opportunities to chat, meet new people and find out more about local activities.</p> <p>The meals are planned and cooked by staff volunteering from local businesses. Organised together with The Paddington Partnership</p>	<p align="center"><b>Free</b></p> <p align="center"><b>You must book in advance</b></p> <p align="center"><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p align="center"><b>07872811106</b></p>
<p align="center"><b>Saturdays</b> <b>And</b> <b>Sundays</b></p>	<p align="center"><b>Annual Regent’s Park Music Festival</b> <b>22<sup>nd</sup> July - 17<sup>th</sup> September</b></p> <p>It’s an amazing array of 45 concerts by a variety of bands- Jazz Big Bands, Concert Bands, Brass Bands, and small groups.</p> <p>Saturdays on the Boardwalk Bandstand opposite the Boardwalk café 2 pm to 4 pm</p> <p>Sundays and Bank Holiday Mondays at the Holme Green Bandstand from 12.00 to 2.00 pm and from 3.00 to 5.00 pm</p> <p align="center"><a href="https://www.friendsofregentspark.org/friends-events/">https://www.friendsofregentspark.org/friends-events/</a></p>	<p align="center"><b>Free</b></p> <p align="center"><b>No need to book</b></p> <p align="center"><b>For more information</b></p> <p align="center"><b>Contact Friends of Regents Park</b></p>
<p><b>Sunday 24<sup>th</sup></b> <b>September</b> <b>2 pm to 5 pm</b> <b>Regents Park</b> <b>Boardwalk</b></p>	<p align="center"><b>Regents Park – End of Season Bollywood Party</b></p> <p>The season will conclude with a Bollywood Party organised by the Friends of Regent’s Park &amp; Primrose Hill across from the Boardwalk Cafe from 2:00 to 5:00 pm</p>	<p align="center"><b>Free</b></p> <p align="center"><b>No need to book</b></p>
	<p align="center">Look out for our Autumn programme with lots of new activities. Available from the <b>7<sup>th</sup> September</b></p>	

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**The Penfold Community Hub provides a wide range of health and wellbeing 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 cover the fees, please talk to the Hub staff who can offer advice and support.**

## **Cost of Living Support**

Westminster Council has a dedicated Web page with a wide range of information and advice on help for anyone facing difficulties with the rising cost of living – follow the link below :

[Cost of living support hub and strategy | Westminster City Council](#)

### **Cost of Living Support**

The following agencies will also be able to offer help.

#### **Age UK Westminster**

**Telephone:** 020 3004 5610

**Email** enquiries@ageukwestminster.org.uk

**Enquiries hours:** Monday - Friday 10:00 am - 2:00 pm

Services available - advice and information, insurance and activities.

#### **Step Change Debt Charity**

A charity that offers free and impartial advice to help residents stay warm and save money - Advice via telephone consultation  
Energy and general Debt Advice 08001381111  
Online help

[Step Change Debt Charity - Free Expert Debt Advice.](#)

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

**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**

**TEL. 07872811106 [penfoldhub@housing21.org.uk](mailto:penfoldhub@housing21.org.uk)**

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