



# Penfold Community Hub

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

**9<sup>th</sup> September – 20<sup>th</sup> December 2024**

<b>Monday to Friday</b>  <b>10 am – 1 pm</b> <b>60 Penfold Street</b>	<b><u>Information and Advice Telephone Support</u></b>  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.	<b>Telephone availability</b>  <b>10 am to 1 pm</b>  <b>Phone</b> <b>07872811106</b>
<b>Mondays</b>  <b>10 am - 12 noon</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>Monday</b>  <b>30<sup>th</sup> September</b>  <b>10 am - 12 noon</b>	<b><u>Gardening Craft Workshop</u></b>  Creative morning at the Penfold Garden includes pot painting, creative activities, lively conversation, and delicious refreshments with a team of staff from local businesses.  Feel free to explore the garden.	<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>
<b>Every Monday</b>  <b>11 am - 4 pm</b>  <b>60 Penfold Street</b>	<b><u>Reflexology and Massage</u></b>  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	<b>You must book in advance.</b>  <b>Charges apply</b>

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<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. 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 style="text-align: center;"><b>Free</b></p> <p style="text-align: center;"><b>No need to book.</b></p> <p style="text-align: center;"><b>Just drop in.</b></p> <p style="text-align: center;"><b>Church Street Library</b> <b>67 Church Street</b> <b>NW8 8EU</b></p>
<b>Monday</b>  <b>2 pm</b>  <b>to</b>  <b>3.30 pm</b>  <b>Every Monday</b>	<p style="text-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.</p> <p>Transport available</p> <p>For more information and to book a place Contact Shelley 03000327212 <a href="mailto:Shelley@resonatearts.org">Shelley@resonatearts.org</a></p>	<p style="text-align: center;"><b>Free</b></p> <p style="text-align: center;"><b>You need to book a place.</b></p> <p style="text-align: center;"><b>Refreshments provided</b></p>
<b>Mondays</b> <b>1<sup>st</sup> and 3<sup>rd</sup></b> <b>Monday of each</b> <b>Month</b> <b>3 pm to 4 pm</b> <b>60 Penfold Street</b>	<p style="text-align: center;"><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 style="text-align: center;"><b>£4.00 for six games</b></p> <p style="text-align: center;"><b>No need to book.</b> <b>Just turn up</b></p>
<b>Monday</b>  <b>23<sup>rd</sup> September</b>  <b>6 pm to 7.30 pm</b> <b>On line session</b>	<p style="text-align: center;"><b><u>Boast Low Mood</u></b> <b><u>Are you looking for ways</u></b> <b><u>to feel better</u></b></p> <p>Discover how cycles of low mood can be maintained and the strategies you can use to disrupt these cycles to help you feel better.</p> <p>Free Webinar</p> <p>To book contact -<a href="mailto:westminster.iapt@nhs.net">westminster.iapt@nhs.net</a> <a href="http://WestminsterNHSTalkingTherapies.cnwl.nhs.uk">Westminster NHS Talking Therapies</a> <a href="http://cnwl.nhs.uk">cnwl.nhs.uk</a></p>	<p style="text-align: center;"><b>Free Session.</b></p> <p style="text-align: center;"><b>Once you register, a Zoom link will be sent to you.</b></p> <p style="text-align: center;"><b>Phone:</b> <b>030333300009</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>Tuesday</b></p> <p><b>8<sup>th</sup> October</b></p> <p><b>At 11 am</b> <b>at</b> <b>Pinner Court</b></p> <p><b>At 2 pm</b> <b>At</b> <b>Grace House</b></p> <p><b>Lodge Road</b></p>	<p><b><u>Alberts Band</u></b> <b><u>Live music performance</u></b></p> <p>Musicians from the Royal Albert will perform a one-hour concert of incredible songs that have been performed at the Hall by artists including <b>Dame Vera Lynn, Sir Tom Jones, The Beatles and Frank Sinatra.</b></p> <p>Audience members will receive a special brochure containing the lyrics to the music played and photos from the Hall's archives.</p> <p><b><u>You must book a place in advance through the Penfold Hub</u></b></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>Tuesdays</b> <b>11 am</b> <b>to</b> <b>11.45 am.</b> <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 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>Tuesdays</b> <b>2 pm - 3 pm</b></p> <p><b>October 8<sup>th</sup></b></p> <p><b>To</b></p> <p><b>November 26<sup>th</sup></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>

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<b>Wednesday</b> <b>16<sup>th</sup> October</b> <b>10.30 am</b> <b>60 Penfold Street</b>	<p align="center"><b><u>What is a Stroke?</u></b></p> <p>What are the causes of stroke? How to recognise the main symptoms - Treatment and Recovery  What you can do to reduce your risk  Presentation and Discussion  Stroke Support Team  Central London Community Healthcare NHS Trust</p>	<p align="center"><b>Free</b></p> <p align="center"><b>You need to book a place.</b></p> <p align="center"><b>07872811106</b>  <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p>
<b>Wednesday</b> <b>11.30 am.</b> <b>To</b> <b>12.15 pm</b> <b>Starts</b> <b>11<sup>th</sup> September</b>	<p align="center"><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 align="center">Greenside Community Centre  24 Linestone Street, London NW8 8SR</p>	<p align="center"><b>Free for local residents</b></p> <p align="center">For more info, please contact</p> <p align="center">Andrea  07878 357 833</p>
<b>Wednesdays</b> <b>2.30 pm</b> <b>To</b> <b>3.30 pm</b> <b>60 Penfold Street</b>	<p align="center"><b><u>NEW</u></b></p> <p align="center"><b><u>Chair Yoga</u></b></p> <p>This session will benefit your well-being, stimulate, and energise the mind, reduce anxiety, and improve physical strength and stability.</p>	<p align="center"><b>Free</b>  <b>To book a place</b>  <b>Contact</b>  <b>Penfold Hub</b></p> <p align="center"><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a>  <a href="tel:07872811106">07872811106</a></p>
<b>Wednesday</b> <b>20<sup>th</sup> November</b> <b>2.30 pm - 4 pm</b> <b>60 Penfold Street</b>	<p align="center"><b><u>Quiz Afternoon</u></b></p> <p>Join us for an afternoon of questions and answers to test your memory with lots of time to chat and reminisce.  It will be a great laugh and some nice refreshments to enjoy.</p>	<p align="center"><b>Free</b></p> <p align="center"><b>Please book a place in advance</b></p> <p align="center"><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a>  <b>07872811106</b></p>

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<b>Wednesday</b> <b>25<sup>th</sup> September</b> <b>1.30 pm to 4.30 pm</b> <b>Liberal Jewish Synagogue</b> <b>28 St Johns Wood Road,</b> <b>NW8 7HA</b>	<p align="center"><b><u>Video and Tea</u></b></p> <p>Watch a screening of the film 'The Greatest Showman' followed by a delicious tea and ice cream.</p> <p>No need to book - tickets for £2 on the day.</p> <p>Wheelchair accessible. Contact: 020 7286 5181.</p>	<p align="center"><b>Cost £2</b></p> <p align="center"><b>Pay at the event.</b></p> <p align="center"><b>For more information contact</b></p> <p align="center"><b>020 7286 5181</b></p>
<b>Wednesdays</b> <b>2 pm - 4 pm</b> <b>St John's Wood Library</b> <b>20 Circus Road</b> <b>NW8 6PD</b>	<p align="center"><b><u>Help With Computers</u></b></p> <p>An advice session where you can learn more about using a Windows computer</p>	<p align="center"><b>Free</b></p> <p align="center"><b>Please book a place in advance</b></p> <p align="center"><b>020 7641 6200</b></p>
<b>Every Wednesday</b> <b>6 pm</b> <b>St Pauls Church</b> <b>5 Rossmore Road, NW1 6NT</b>	<p align="center"><b><u>Community Meal</u></b></p> <p align="center"><b><u>Tasty Food and Good Company</u></b></p> <p align="center">Come along for a warm and tasty meal, with volunteers to welcome you.</p> <p align="center"><b>Organised by Food Cycle Marylebone</b></p>	<p align="center"><b>Free</b></p> <p align="center"><b>No need to book.</b></p> <p align="center"><b>Just turn up</b></p>
<b>Thursdays</b> <b>10 am To 12 noon</b> <b>60 Penfold Street</b>	<p align="center"><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.</p> <p align="center">No experience necessary</p>	<p align="center"><b>Free</b></p> <p align="center"><b>Check for availability</b></p> <p align="center"><a href="https://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 align="center"><b><u>New Pin</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 align="center"><b>The Drop-In is located at 10 Church Street, near the Lisson Grove end of the Church Street Market.</b></p>	<p align="center"><b>Free</b></p> <p align="center"><b>No need to book.</b></p> <p align="center"><b>Just turn up</b></p> <p align="center"><b>Open to all</b></p>

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<b>Thursdays</b>  <b>11 am</b>  <b>60 Penfold Street</b> <b>NW8 8PJ</b>	<p align="center"><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 align="center">Free</p> <p align="center">Check availability</p> <p align="center"> <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a>  <b>07872811106</b> </p>
<b>Thursday</b>  <b>26th September</b>  <b>11 am to 1 pm</b>  <b>60 Penfold Street</b>  <b>Zoom link available</b>	<p align="center"><b><u>The Digital Switch Over</u></b></p> <p align="center"><b><u>Older People's Voice</u></b></p> <p>Over the next year, telephone providers will be switching your phone from the old analogue to the new upgraded digital service.</p> <p align="center"><b>How will this affect you?</b></p> <p>Come along to an information session with the Citizen Advice Bureau.</p> <p align="center">           For details of the Zoom link contact -            Maureen Brewster, User Involvement Coordinator            The Advocacy Project – 02089693000            Older People's Voice meets every month,            usually on 1<sup>st</sup> Thursday.         </p>	<p align="center">Free</p> <p align="center">No need to book.</p> <p align="center">Refreshments provided.</p> <p align="center"> <b>Community Room</b>  <b>Penfold Hub,</b>   <b>60 Penfold Street</b>   <b>NW8 8PJ</b> </p>
<b>Thursdays</b> <b>11.30 am-12.15 pm</b> <b>St John's Wood Library</b> <b>20 Circus Road</b> <b>NW8 6PD</b>	<p align="center"><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 align="center">You need to book a place in advance.</p> <p align="center"> <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a>  <b><u>Contribution £3</u></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 align="center"><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!</p> <p>Low-impact exercises which can be adapted to suit all levels of ability.</p>	<p align="center">Free</p> <p align="center">Check availability</p> <p align="center"> <a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a>  <b>07872811106</b> </p>

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<b>Thursdays</b> <b>12 .45 pm</b> <b>To</b> <b>1.30 pm</b> <b>60 Penfold</b> <b>Street</b> <b>NW8 8PJ</b>	<p align="center"><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 align="center"><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p align="center"><b><u>Contribution £3</u></b></p>
<b>Thursdays</b>  <b>1.30 pm</b> <b>to</b> <b>2.30 pm</b>  <b>60 Penfold</b> <b>Street</b>	<p align="center"><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</p>	<p align="center"><b>No charge</b></p> <p align="center"><b>Booking required</b></p> <p align="center"><b>02045169975</b></p>
<b>Thursday</b>  <b>26<sup>th</sup> September</b>  <b>2 pm</b>  <b>Meet outside</b> <b>St John's Wood</b> <b>Library</b> <b>20 Circus Road</b> <b>NW8 6PD</b>	<p align="center"><b><u>Gentle History Walks</u></b></p> <p>Join our regular group on a monthly walk at a gentle pace with the City of Westminster Guide.  Richard Fentiman.  <b><u>26<sup>th</sup> September</u></b>  <b>Blue Plaques in St John's Wood</b>  Discover and learn about some of the more famous and not well-known residents who lived in the St John's Wood area.    Future walks take place on the 3<sup>rd</sup> Thursday of each month in various locations in Westminster and the city of London.</p>	<p align="center"><b>Free</b></p> <p align="center"><b>You must book a place in advance.</b></p> <p align="center"><b>To book a place</b>  <b>Contact</b>  <b>Penfold Hub</b></p> <p align="center"><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p>
<b>Fridays</b> <b>10 am</b> <b>to</b> <b>12 noon</b>	<p align="center"><b><u>Stroke Support Group</u></b>  <b><u>Communication Support</u></b></p> <p>If you are interested in joining the group, please contact Berny Folan.  <b>Held 60 Penfold St, NW8 8PJ</b></p>	<p align="center"><b>Free – booking is required.</b></p> <p align="center"><b>Telephone</b>  <b>02081023879</b></p>
<b>Fridays</b> <b>Walk in Service</b> <b>from 11 am</b> <b>60 Penfold</b> <b>Street</b>	<p align="center"><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 align="center"><b>Phone Elaine to check availability.</b></p> <p align="center"><b>07949006417</b>  <b>Charges apply</b></p>

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<p><b>First Friday of the Month</b></p> <p><b>4<sup>th</sup> October</b>  <b>1<sup>st</sup> November</b>  <b>6<sup>th</sup> December</b>  <b>12.30 pm</b></p> <p><b>60 Penfold Street</b></p>	<p><b><u>Community Lunch</u></b></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><b>You need to book in advance – 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>Friday</b></p> <p><b>20<sup>th</sup> September</b>  <b>At</b>  <b>60 Penfold Street</b></p>	<p><b><u>IT Support</u></b></p> <p>Need help with your Smartphone.  Laptop or Tablet</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><b><u>Appointments at 10 am and 11 am</u></b></p>	<p><b>Free</b>  <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>Friday</b></p> <p><b>11<sup>th</sup> October</b></p> <p><b>Depart</b>  <b>60 Penfold Street at</b>  <b>9.30 am</b></p> <p><b>Return at 4 pm</b></p>	<p><b><u>Kew Gardens - Autumn Experience</u></b></p> <p>Join us for a group visit to Kew and enjoy the sensual delight of autumn with vibrant colours, crisp leaves, petrichor, and other seasonal smells. Observe the dramatic change in many different parts of the gardens.</p> <p>Travel by public transport – use your Freedom Pass and our Kew Community Access pass.</p> <p><b>If you are working with local groups in Westminster, and are interested in gaining community access to Kew Gardens, the Penfold Hub can provide help and support. Contact Denis Kane at Hub for more information.</b></p>	<p><b>Free</b>  <b>Community Access To Kew</b></p> <p><b>Book in advance</b></p> <p><a href="mailto:penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>07872811106</b></p>

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<p><b>Fridays</b></p> <p><b>Starts</b></p> <p>26<sup>th</sup> September</p> <p>To</p> <p>12<sup>th</sup> December</p> <p>4.30 pm</p> <p>to</p> <p>6.30 pm</p>	<p><b><u>Pantomime at Church Street Library</u></b></p> <p>Join Andre and the Dende Collective for another fantastic season of laughter, silliness, and theatrical magic!</p> <p>Join an exciting journey into the world of pantomime with Drama for Elders. ( 60+)</p> <ul style="list-style-type: none"> <li>• <b>Learn the ropes of pantomime:</b></li> <li>• <b>Improvisation and scene building:</b></li> <li>• <b>Collaborative story creation:</b></li> <li>• <b>Final showcase at the Cockpit Theatre</b></li> </ul> <p><b>No prior experience is necessary!</b></p> <p>Secure your spot by signing up here:</p> <p><a href="https://forms.gle/frzZBCF7KLGMXYe89">https://forms.gle/frzZBCF7KLGMXYe89</a></p>	<p><b>Free</b></p> <p><b>Come along to any one of the sessions to join up.</b></p> <p>Church Street Library</p> <p>67 Church Street</p> <p>NW8 8EU</p>
<p><b>Saturdays</b></p> <p><b>12 pm to 2 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>Digital Support</u></b></p> <p>A one-to-one session to learn how to use a computer or better understand your laptop, phone or tablet</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>Saturday</b></p> <p><b>26<sup>th</sup> October</b></p> <p><b>2.30m</b></p>	<p><b><u>Friendship Matinee</u></b></p> <p><b><u>Royal Albert Hall</u></b></p> <p><b><u>Ghostbusters in Concert</u></b></p> <p>Watch the beloved '80s sci-fi comedy, <i>Ghostbusters</i> projected in HD, with the <b>Royal Philharmonic Concert Orchestra</b> performing Elmer Bernstein's iconic score live-to-picture.</p>	<p><b>Tickets £5</b></p> <p><b>Available from the Penfold Hub</b></p> <p><b>From the 1<sup>st</sup> October</b></p>

**PENFOLD COMMUNITY HUB**

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<p><b>Saturday</b></p> <p><b>21<sup>st</sup> December</b></p> <p><b>11 am</b></p>	<p><b><u>Christmas Carols</u></b>  <b><u>Royal Albert Hall</u></b>  <b><u>Friendship Concert</u></b></p> <p>Featuring a delightful programme of timeless classics and contemporary carols that will undoubtedly get you in the festive spirit!</p>	<p><b>Tickets £5</b></p> <p><b>Available from the Penfold Hub</b></p> <p><b>Booking opens 25<sup>th</sup> November</b></p>
<p><b>British Museum</b></p> <p><b>Sunday 22<sup>nd</sup> September</b></p> <p><b>Timed entry 1.15 pm</b></p> <p><b>The Sainsbury Exhibitions Gallery Room 30</b></p> <p><b>The British Museum Great Russell Street London WC1B 3DG</b></p>	<p><b>The Silks Roads Exhibition at the British Museum</b></p> <p><b><u>Community Preview</u></b></p> <p>Camel caravans crossing desert dunes, merchants trading silks and spices at bazaars – these are the images that come to mind when we think of the Silk Roads. But the reality goes far beyond this.</p> <p>This major exhibition unravels how the journeys of people, objects and ideas that formed the Silk Roads shaped cultures and histories.</p>	<p><b>Free</b></p> <p><b>Booking open now</b></p> <p><a href="https://penfoldhub@housing21.org.uk">penfoldhub@housing21.org.uk</a></p> <p><b>Successful applications are to be drawn on the 16th of September.</b></p> <p><b>Maximum of two tickets per booking.</b></p>

**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 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 help available to Westminster residents follow the link below or call the Penfold Hub office.**

[www.westminster.gov.uk/cost-of-living-support](https://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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