



Penfold Community Hub

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

28th April – 17th July 2025

Every Monday Except Bank Holidays 10 am to 12 noon 60 Penfold Street	<u>Community Coffee and Games Morning</u> 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.	Free No need to book For more information 07872811106
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
Mondays 10 am to 12 noon Penfold Hub	<u>IT Support</u> 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. <u>Appointments at 10 am and 11 am</u>	Free You need to book in advance. penfoldhub@housing21.org.uk 07872811106

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<p>Monday to Friday</p> <p>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>Every Monday</p> <p>10 am - 4 pm</p> <p>60 Penfold Street</p>	<p><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>You must book in advance.</p> <p>Charges apply</p>
<p>Mondays</p> <p>1.30 pm</p> <p>To</p> <p>3.30 pm</p>	<p><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>Free</p> <p>No need to book.</p> <p>Just drop in.</p> <p>Church Street Library 67 Church Street NW8 8EU</p>
<p>Monday</p> <p>2 pm</p> <p>to</p> <p>3.30 pm</p> <p>Every Monday</p>	<p><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>Shelley@resonatearts.org</p>	<p>Free</p> <p>You need to book a place.</p> <p>Refreshments provided</p>

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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>£4.00 for six games</p> <p>No need to book. Just turn up</p>
Mondays Starts 28th April 4:30 pm To 6:30 pm Church Street Library 67 Church Street NW8 8EU	<p align="center"><u>Drama for Elders</u>  <u>Clowning with a Twist!</u></p> <p>Get ready to explore clowning, character, and joyful performance in a playful, relaxed space. This term we'll be diving into the colourful world of clowning—with red noses, big feelings, and bold choices that bring laughter, connection, and creativity.</p>	<p align="center">Free</p> <p align="center">For more information</p> <p> Call:</p> <p>07984 451796</p> <p>andre@dendecollective.org.uk www.dendecollective.org</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.</p> <p align="center">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.</p> <p>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>2 pm - 3 pm</p> <p>20th, 28th May 3rd, 10th, 17th, 24th June 1st, 8th July</p>	<p><u>Royal Academy of Music</u> <u>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>Wednesdays</p> <p>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></p> <p>For more information on future sessions, contact Penfold Hub</p> <p>07872811106</p> <p>penfoldhub@housing21.org.uk</p>
<p>Wednesdays</p> <p>11.30 am</p> <p>To</p> <p>12.15 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 Limestone Street, London NW8 8SR</p>	<p>Free for local residents</p> <p>For more info, please contact Andrea</p> <p>07878 357 833</p>
<p>Wednesdays</p> <p>2.30 pm - 3.30 pm</p> <p>60 Penfold Street</p>	<p><u>Chair Yoga</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>Free</p> <p>To book a place Contact Penfold Hub</p> <p>penfoldhub@housing21.org.uk 07872811106</p>
<p>Wednesday</p> <p>30th April</p> <p>1.30 pm - 4.30 pm</p> <p>Liberal Jewish Synagogue</p>	<p><u>Video and Tea</u></p> <p>Watch a screening of the film 'Enchanted April' 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.</p> <p>Liberal Jewish Synagogue 28 St John's Wood Road, NW8 7HA</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>Penfold Community Hub</p> <p>2nd July</p> <p>(Various Times)</p>	<p><u>Open Stages</u></p> <p><u>With the Royal Albert Hall</u></p> <p>Penfold Hub participants have been creating a new performance of practical art, music and storytelling sessions. There have been sessions of making, storytelling, singing and dreaming together, as well as lots of conversation!</p> <p>The group is working towards creating an exciting interactive experience to be held in the Summer at the world-famous Royal Albert Hall.</p> <p>Interested in attending the performance at the Royal Albert Hall on the 2nd July. Limited tickets available - Successful application for tickets to be drawn in June</p>	<p>Free</p> <p>Interested?</p> <p>For more information and to request tickets after 2nd June</p> <p>Contact Penfold Hub</p> <p>07872811106</p> <p>penfoldhub@housing21.org.uk</p>
<p>Wednesdays 2 pm - 4 pm</p> <p>St John's Wood Library</p> <p>20 Circus Road</p> <p>NW8 6PD</p>	<p><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>Free</p> <p>Please book a place in advance.</p> <p>020 7641 6200</p>
<p>Every Wednesday 6 pm St Paul's Church Rossmore Road, NW1 6NT</p>	<p><u>Community Meal</u></p> <p><u>Tasty Food and Good Company</u></p> <p>Come along for a warm and tasty meal, with volunteers to welcome you.</p> <p>Organised by Food Cycle Marylebone</p>	<p>Free</p> <p>No need to book.</p> <p>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
Thursday 1st May 10:30 am to 12:45 pm	<u>Intergenerational Sessions with the American School in London</u> Join us on visits to the American School in St John's Wood. Meet up with the young people as part of our regular partnership, taking part in reading and discussion sessions and artwork. Refreshments will be provided upon arrival.	Free Booking is required Contact the Hub Free transport provided
Thursdays 11 am - 3 pm Fridays 10 am - 3 pm	<u>New Pin Church Street Drop-In</u> 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.	Free No need to book. Just turn up Open to all
Thursdays 11 am 60 Penfold Street NW8 8PJ	<u>Keep on Moving 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

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<p>Thursday</p> <p>May 15th</p> <p>11 am</p> <p>to</p> <p>1 pm</p> <p>60 Penfold Street</p> <p>Zoom link available</p>	<p><u>Older People's Voice</u></p> <p><u>Know Your Rights session</u></p> <p>Healthwatch Westminster offers confidential advice and signposting to inform residents of their options and how to get help. They also ensure that people's experiences about health and social care services are fed into decision-making processes. "Know Your Rights" is a series of free sessions run with different groups in the community to help individuals feel more confident about navigating the complex healthcare system. What we cover: The NHS constitution; Rights for groups such as migrants and carers; The right to choose your healthcare provider; What to do if something goes wrong; Advocacy, Getting help from Westminster Council.</p> <p>Maureen Brewster, User Involvement Coordinator, The Advocacy Project – 02089693000</p> <p>Older People's Voice meets every month, usually on the 1st Thursday.</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</p> <p>11 am</p> <p>to</p> <p>12.00 pm</p> <p>St John's Wood Library</p> <p>20 Circus Road</p> <p>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>Free</p>
<p>Thursdays</p> <p>12.15 pm - 1 pm</p> <p>Daventry House</p> <p>Lisson Grove</p> <p>NW8 8FT</p>	<p><u>Keep on Moving</u></p> <p><u>Chair-Based Exercise</u></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>Free</p> <p>Check availability</p> <p>penfoldhub@housing21.org.uk</p> <p>07872811106</p>

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Thursdays 12.15 pm to 1.00 pm 60 Penfold Street NW8 8PJ	<p align="center"><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 align="center">penfoldhub@housing21.org.uk</p> <p align="center"><u>Contribution £3</u></p>
Thursdays 1.30 pm to 2.30 pm 60 Penfold Street	<p align="center"><u>Steady and Stable</u></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 / 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>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 6th June 2 pm to 4 pm 60 Penfold Street	<p align="center"><u>Open Garden Afternoon</u></p> <p>Come along and see the wonderful work that our gardening group have been doing. There will be afternoon tea, raffle, homemade knits, tombola and music.</p>	<p align="center">You need to book in advance – Spaces are limited.</p> <p align="center">Booking open 12th May 2025</p> <p align="center">penfoldhub@housing21.org.uk</p> <p align="center">07872811106</p>
Next lunch 16th May 12.30 pm 60 Penfold Street	<p align="center"><u>Community Lunch</u></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 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>Saturdays</p> <p>12 pm to 2 pm</p> <p>St John's Wood Library</p> <p>20 Circus Road NW8 6PD</p>	<p><u>Digital Support</u></p> <p>A one-to-one session to learn how to use a computer or better understand your laptop,</p> <p>phone or tablet</p>	<p>Free</p> <p>Please book a place in advance.</p> <p>020 7641 6200</p>
<p>British Museum</p> <p>Sunday</p> <p>18th May</p> <p>1.50 pm</p> <p>The Sainsbury Exhibitions Gallery Room 30</p> <p>The British Museum Great Russell Street London WC1B 3DG</p>	<p>Ancient India: Living Traditions</p> <p>Exhibition at the British Museum</p> <p><u>Community Preview</u></p> <p>Where does the image of the beloved and playful Hindu god Ganesha, with his elephant head and rounded belly, originate? What inspired depictions of the serene Buddha and Jain enlightened teachers?</p> <p>Reaching back more than 2,000 years, this new exhibition explores the origins of Hindu, Jain and Buddhist sacred art in the ancient and powerful nature spirits of India, and the spread of this art beyond the subcontinent. One of the first major exhibitions in the world to look at the early devotional art of India from a multi-faith, contemporary and global perspective, it will highlight the inspiration behind now-familiar depictions of the deities and enlightened teachers of these world religions – and how they were shared across the Indian Ocean to Southeast Asia and along the Silk Roads to East Asia.</p>	<p>Free</p> <p>Booking open 6th May</p> <p>Successful applications drawn on the 12th May</p> <p>Penfoldhub @housing21.org.uk</p> <p>Maximum of two tickets per booking</p>

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Sunday 11th May 12 pm to 6 pm	<p align="center"><u>Church Street Festival</u> Bringing Communities Together</p> <p>A wide range of stalls with community information, health and wellbeing opportunities, fairground rides, activities for children, and various food stalls.</p>	<p align="center">Free entry</p>
Sunday 27th July at 2 pm	<p align="center"><u>Opera Holland Park</u> 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 align="center">A limited number of complimentary tickets are available</p> <p align="center">Booking open 7th July</p> <p align="center">Successful names will be drawn on the 14th July</p> <p align="center">Details of the exact location and public transport options are available.</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 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

For more information about the Penfold Hub activities for the over 50s 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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