



Penfold Community Hub

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

9th September – 13th December 2019
Some sessions take a break at Half Term
21st October – 27th October

ACTIVITY PROGRAMME

Tuesday
October 8th
Time slots from
10.30am to
3.15pm
One hour trip



Silver Sunday GoBoat London Trips
Enjoy a unique adventure around the Little Venice canal area with a special trip on board Paddington's GoBoats. Boats will be captained by volunteers from Paddington businesses and refreshments provided.

Arranged by the Penfold Community Hub,
The Paddington Partnership and GoBoat
London.

Free –
you need to book a place
in advance from the
Penfold Community Hub .
Booking opens from the
5th of September
0203 815 0033

penfoldhub@nhhg.org.uk

Thursday
October 3rd
2.30pm



Victorian Vignettes
The wonderful Connaught Opera are back for this special Silver Sunday show celebrating the life and times of Queen Victoria. This is a fun show, including a 'melodrama' and also a few 'inspirational' songs – with a flavor of the Good Old Days variety

Free – At the Penfold
Community Hub, 60
Penfold Street , NW88PJ
Tickets must be booked in
advance – booking opens
from the 9th September
0203 815 0033

penfoldhub@nhhg.org.uk

PENFOLD COMMUNITY HUB

TELEPHONE 020 3815 0033

EMAIL penfoldhub@nhhg.org.uk

ADDRESS 60 Penfold Street, NW8 8PJ

NEW OFFICE OPENING TIMES

Monday and Wednesday 9am to 5pm


Tuesday and Thursday – 9am to 1pm

Friday – Closed



Hub Programme

<p>Every Monday Except Bank Holidays</p> <p>10am to 12pm</p>	<p><u>Sewing Café</u> Join others in the gallery space for a friendly morning of coffee and company as you stitch, knit or crochet. Table space and machines available. Bring along a project to work on.</p>	<p>Fee £1 Drop In No need to book</p> <p>60 Penfold St., NW8 8PJ</p>
<p>Third Monday of the month</p> <p>11am to 2 pm</p>	<p><u>Breathe Easy Westminster</u> The local patient support group for anyone affected by a lung condition. Friends, family and carers are welcome. For information contact Tess (breatheasywestminster@talktalk.net) Organised by Breathe Easy Westminster</p>	<p>Free Contact: 020 7834 0894 Held at Ada Court, 8th floor 10-16 Maida Vale, W9 1TD</p>
<p>Every Monday</p> <p>12pm to 1pm</p>	<p><u>Chair Based Yoga</u> Exercise that helps relieve tension and reduces aches and pains – can help with strengthening leg muscles with standing postures; will improve flexibility and your sense of well being. Funded by Church Street Neighbourhood Keepers Programme</p>	<p>Free to residents in Church Street and Paddington Green Held at Greenside Community Centre, Lilestone Street, NW8 8SR (off Lisson Grove)</p>
<p>Every Monday</p> <p>3pm to 4pm</p>	<p><u>Bingo</u> Come along and meet up with other local residents, have a chat and some refreshments and find out what is going in the neighbourhood.</p>	<p>£3.50 for 6 games 60 Penfold St., NW8 8PJ No need to book , just turn up</p>
<p>Mondays</p> <p>Phone for times</p>	<p><u>New Acupuncture Service</u> Low cost acupuncture clinic delivered by Munro Health Practitioner. £20 per 45 minutes session</p>	<p>To book call Nazan Garzia 0785833162 www.nazanacupuncture.com</p>
<p>Every Tuesday</p> <p>9.30am to 3pm</p>	<p><u>Hairdressing with Elaine</u> Have a blow dry, perm, shampoo or trim at good prices – new experienced hairdresser. Perms and tints must be booked in advance.</p>	<p>Walk in service until 1pm Otherwise by appointment - Call to book: 07949006417</p> <p>At 60 Penfold St. NW8 8PJ</p>

<p>Every Tuesday</p> <p>10am to 11.15 am</p>	<p><u>Steady and Stable</u> Improves balance, helps reduce falls and increases your confidence. Check availability by contacting Shanie Page spage@openage.org.uk at Open Age (02089625582)</p>	<p>No charge</p> <p>Booking required</p> <p>At 60 Penfold Street, NW88PJ</p>
<p>Tuesday</p> <p>8th October</p> <p>Time slots from 10.30am to 3.15pm One hour trip</p> 	<p><u>Silver Sunday GoBoat London Trips</u></p> <p>Enjoy a unique adventure around the Little Venice canal area with a special trip on board Paddington's GoBoats. Boats will be captained by volunteers from Paddington businesses and refreshments provided.</p> <p>Arranged by the Penfold Community Hub, The Paddington Partnership and GoBoat London.</p>	<p>Free</p> <p>You need to book a place in advance Booking Open on the 5th September At 60 Penfold Street</p> <p>Contact the Hub 020 3815 0033 penfoldhub@nhhg.org.uk</p>
<p>Every Tuesday</p> <p>10:30am to 12.00pm</p>	<p><u>Coffee mornings at Penfold Hub</u> Come along for a chat and a cuppa! Make some new friends, try out some table top games and find out what's happening in the neighbourhood. Organised by Church Street Community Champions</p>	<p>Free – no need to book Refreshments available</p> <p>At 60 Penfold St, NW8 8PJ</p>
<p>Every Tuesday</p> <p>11.15 am to 12.30 pm</p>	<p><u>Steady and Stable</u> Improves balance, helps reduce falls and increases your confidence. Check availability by contacting Shanie Page at Open Age spage@openage.org.uk (02089625582)</p>	<p>No charge</p> <p>Booking required</p> <p>At 60 Penfold Street</p>
<p>Every Tuesday</p> <p>11am to 4pm</p>	<p><u>Reflexology and Massage</u></p> <p>Treat yourself to a relaxing session with our experienced therapist.</p>	<p>£12.50 per half hour session. Held at 60 Penfold Street To book call Maura 07790313611</p>
<p>Every Tuesday</p> <p>12 noon to 1pm</p>	<p><u>Shared Reading Group</u> Church Street Library Read or listen to stories, plays and poems read aloud - and then tell us what you think. There is no need to read a book in advance or pressure to read aloud</p>	<p>Free Church Street Library 67 Church Street London , NW8 8EU For more information - Phone: 020 7641 6200</p>

<p>Tuesday 1st October 3pm to 5pm</p> 	<p><u>Visa Innovations Hub</u> Spend an afternoon in the Visa Europe HQ having a 20 – 30 minute tour of the latest technology they are developing. This is an unique opportunity to get insight into top-secret projects at Visa HQ. Enjoy tea and cake, whilst chatting to Visa and learning about the future technology .</p> <p>If you are interested: Please email emily_parkes@thisispaddington.com or call 0203 145 1207</p>	<p>Free</p> <p>You need to book a place in advance .</p> <p>Held at Visa, Sheldon Square, Paddington, W2 6TT Guests will need to be able to stand for up to 30 minutes, when you will be walking around the Innovations Hub</p>
<p>Every Wednesday 10am to 11am</p>	<p><u>Pinner Court</u> Gentle Chair Based Exercise Class Improve your strength, balance and mobility in a fun and sociable session For more information contact : Karen Harris at Pinner Court - 0207 6413699</p>	<p>Free No need to book At Pinner Court, Wharncliffe Gardens Off Lissom Grove NW8 8UH</p>
<p>Every Wednesday 10.15 am to 11.15 am</p>	<p><u>Chair Based Exercise</u> Improve your muscle strength, balance and mobility. Limited space available, Please check with the Hub office for availability before joining.</p>	<p>£2.00 per session At 60 Penfold St, NW8 8PJ 020 3815 0033 penfoldhub@nhhg.org.uk</p>
<p>Wednesdays 11.45 am to 12. 30pm</p>	<p><u>Zumba Gold</u> Living in the Church St area? Join our newest exercise class focused on balance, coordination and fun! Funded by Church Street Neighbourhood Keepers Programme</p>	<p>Free No need to book Just turn up At 60 Penfold St, NW8 8PJ</p>
<p>Every Wednesday Show times at 12pm and 3:30pm</p>	<p><u>Matinee Classics at Regent Street Cinema</u> Visit one of the most historic cinemas in Britain to enjoy some of the world's favourite films every Wednesday such as on October 2nd the rarely seen - The Glass Bottom Boat - with Doris Day and Rod Taylor www.regentstreetcinema.com/matinee-classics or Tel: 020 7911 5050 for more information</p>	<p>£1.75 tickets for the 55+ No need to book in advance Just turn and book on the day.</p> <p>Regent Street Cinema 309 Regent St, W1B 2HW</p>

<p>Every Wednesday 2:15 pm to 3:15 pm</p>	<p><u>Keep on Moving</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. Exercises can be performed seated or standing.</p>	<p>£1 per session No need to book – just turn up Held at 60 Penfold St.,NW8 8PJ</p>
<p>Wednesdays 2:00pm-3.30pm 18th September 16th October 13th November 11th December</p>	<p><u>Need help with a mobile phone or tablet?</u> Staff from Vodafone will be here to help you and sort out what IT problems you have. Organised with The Paddington Partnership</p>	<p>Free – You need to book a place in advance Call 020 3815 0033 penfoldhub@nhhg.org.uk Held at 60 Penfold St.,NW8 8PJ</p>
<p>Wednesday 30th of October 3.30pm</p>	<p><u>Penfold Community Hub Forum</u> Help us improve the work of the Penfold Hub . What do you like or dislike – what other activities should we be organising Reviewing Hub activities and planning future events and fundraising .</p>	<p>Free – no need to book Just turn up Refreshments provided Held at 60 Penfold Street NW8 8PJ</p>
<p>Thursdays Phone for times</p>	<p><u>New Shiatsu Session</u> Shiatsu is deeply nourishing and restores the body's ability to cope with everyday life situations. As a result you feel lighter, freer and optimistic Low cost session £20 for 45 minutes provided by Munro Health practitioner</p>	<p>Held at 60 Penfold Street You need to make an appointment Contact Aruna on 07904404 622</p>
<p>Thursdays 10.15am - 11.15am</p>	<p><u>Chair Based Yoga</u> Exercise that helps relieve tension and reduces aches and pains – can help with strengthening leg muscles with standing postures, will improve flexibility and your sense of well being</p>	<p>£2.00 per session At 60 Penfold St., NW8 8PJ Phone to check availability</p>
<p>Thursday 19th September 18th October 21st November 10.30am</p>	<p><u>Gentle History Walks</u> Join our regular group on a monthly walk at a gentle pace with City of Westminster Guide Richard Fentiman 19th September – Exploring the monuments and features of Hyde Park from the Italian Gardens to the Albert Monument . Check out Richard's new Web site at GentleWalks.co.uk</p>	<p>Free You must book in advance to confirm the meeting place For more information Contact the Hub 020 3815 0033 penfoldhub@nhhg.org.uk</p>

<p>First Thursday of the month 11am - 1pm Except September meeting will be on the 12th</p>	<p><u>The Advocacy Project. Discussion Group at the Penfold Community Hub</u> Monthly focus group to learn about and evaluate various services available for older people in Westminster 12th September-Church Street Regeneration - Proposals for the Church Street Library Services .</p>	<p>Free No need to book Refreshments provided. Held at 60 Penfold St. NW8 8PJ</p>
<p>Thursday 11am</p>	<p><u>Health and Wellbeing Information Sessions</u> October 10th <u>Falls Prevention with Open Age</u> A discussion on preventing falls and tips for staying steady. October 24th <u>One You Westminster</u> Come along and find out about this new organisation that can help you to be healthier and support you to make simple changes towards a longer and happier life</p>	<p>Free At 60 Penfold Street No need to book to book Refreshment available</p>
<p>Thursdays 11am To 3pm</p>	<p><u>Grow your own vegetables and fruit</u> New garden project based at 60 Penfold Street. With professional help and advice provided by the Hammersmith Community Garden Association. Open to residents of Church Street and Paddington Green Funded by Church St Neighbourhood Keepers</p>	<p>Free Phone to check availability and for more information 020 3815 0033 <u>penfoldhub@nhhg.org.uk</u></p>
<p>Thursday 10th October 11am -1pm</p>	<p><u>The Big Soup Share</u> Join the Church Street food growing group, harvesting the garden vegetables and creating some wonderful soups to share . Funded by Church St Neighbourhood Keepers</p>	<p>Free At 60 Penfold Street Garden - No need to book Just turn up on the day All welcome</p>
<p>Every Thursday 11.30am to 1pm</p>	<p><u>The Art Group</u> This self organised group meets every week with participants providing their own materials and helping and supporting each other. Beginners welcome – refreshments provided</p>	<p>Fee £1 per session Phone the Penfold Hub to check for available spaces At 60 Penfold St, NW8 8PJ</p>

<p>Thursday</p> <p>10th October</p> <p>2pm</p> 	<p><u>Board Games Afternoon</u></p> <p>Board Games Gala is part of the national campaign Silver Sunday 2019. Guests will be treated to an afternoon of amusement , cheer and togetherness . Refreshments will be provided during the afternoon as well as entertainment from local school choirs .Tables will be led by volunteers from Marble Arch businesses.</p>	<p>Free</p> <p>The event will take place at Carisbrooke Hall , Victory Services Club, 63-79 Seymour Street W2 2HF Contact the Marble Arch Bid Community Team on 020-3145 1210 or by Emailing community@marble-arch.london to book your space.</p>
<p>Every Thursday</p> <p>2.30pm To 4pm</p>	<p><u>Chess Session</u></p> <p>Join this tutor led chess session, give your brain a work out, be creative and increase your problem solving skills. Beginners and experienced players – Women only – all ages</p> <p>Organised by Excellence and funded by Church St Neighbourhood Keepers Programme</p>	<p>Free</p> <p>Held at 60 Penfold Street</p> <p>Open to residents of Church Street and Paddington Green area</p>
<p>Thursday</p> <p>3rd October</p> <p>5th December</p> <p>3pm</p>	<p><u>Onslow Square Concerts</u></p> <p>Classical performance with afternoon tea for older people and friends. An afternoon of music, friendly chat and a fantastic tea.</p> <p>3rd October - James and Joy Lisney, father and daughter cello and piano duo</p>	<p>Free</p> <p>No need to book – just turn up</p> <p>HTB Onslow Square SW7 3NX – Details from the Hub 020 3815 0033</p>
<p>Every Friday</p> <p>9am to 5pm</p>	<p><u>Beauty Therapy Sessions</u></p> <p>A range of treatments for clients over 50 with a trained therapist including basic nail care . More info and bookings – Contact Rima on 07944502950.</p>	<p>Price list on request.</p> <p>Booking required.</p> <p>At 60 Penfold St, NW8 8PJ</p>
<p>Every Friday</p> <p>9:30am to 3:00pm</p>	<p><u>Hairdressing and Nail Care with Elaine</u></p> <p>Have a blow dry, perm, shampoo or trim at good prices – experienced hairdresser. Perms and tints must be booked in advance.</p>	<p>For afternoon appointments and prices call to book: 07949006417</p> <p>60 Penfold St. NW8 8PJ</p>
<p>Friday</p> <p>Last Friday on the month</p> <p>10.15 am to 11.15 am</p>	<p><u>Reading Group - Church Street Library</u></p> <p>Discussion group - read a book then meet and discuss . If you haven't read the book you are still very welcome to attend. Contact the Library get hold of a copy of the book</p>	<p>Church Street Library</p> <p>67 Church Street</p> <p>London , NW8 8EU</p> <p>Phone: 020 7641 6200</p> <p>churchstreetlibrary@westminster.gov.uk</p>

<p>Every Friday</p> <p>10.30am to 11.30am</p>	<p><u>Chair Based Yoga</u> Exercise that helps relieve tension and reduces aches and pains – can help with strengthening leg muscles with standing postures, will improve flexibility and your sense of well being</p>	<p>£3 per session – St. John's Wood Library 20 Circus Road, NW8 6PD Phone to check availability.</p>
<p>Every Friday 10.30am</p>	<p><u>Barbara Brosnan Court Coffee Mornings</u> Join in weekly for a chat and coffee – find out about local activities.</p>	<p>£1 Contribution At 46 Grove End Road, St. Johns Wood, NW8 9N.</p>
<p>Every Friday 10.30am to 12pm</p>	<p><u>Ada Court Singers</u> Join up with a local group and have a great time joining in on tunes from the 40's & 50's. Term time only</p>	<p>Free – No need to book. Ada Court, 10 – 16 Maida Vale, W9 1TD</p>
<p>Every Friday 10.30am to 12.00pm</p>	<p><u>Stroke Support Group Communication Support</u> If you are interested in joining the group – please make contact with Berni Folan.</p>	<p>Free – booking required. Telephone : 02081023879 Held at 60 Penfold Street NW8 8PJ</p>
<p>Every Friday 10am to 3pm</p>	<p><u>New Pin Over 50's Drop In</u> Visiting Church Street Market ? Drop in for a chat and a cup of tea/snack. All welcome</p>	<p>Free – No need to book 10 Church Street, London NW8 8ED</p>
<p>Fridays</p> <p>10:30am to 11:30am</p>	<p><u>Chair Based Exercise</u> Living in the Church St and Paddington Green area ? Gentle sitting exercises, easy to follow - helps improve your mobility. Funded by Church St Neighbourhood Keepers Programme</p>	<p>Free - Phone the Hub to book a place</p> <p>At Devonshire House Adpar Street, W2 1DE</p>
<p>Fridays</p> <p>October 4th November 15th December 6th</p> <p>12.30pm</p>	<p><u>Penfold Community Lunch</u> 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 more about activities in the area. The meals are planned and cooked by staff volunteering from local businesses . Organised together with The Paddington Partnership .</p>	<p>£3.00 donation You need to book in advance - Spaces are very limited In the Gallery at 60 Penfold St, NW8 8PJ 020 3815 0033 <u>penfoldhub@nhhg.org.uk</u></p>

<p>Every Saturday 11am to 12.30pm</p>	<p><u>Church Street Community Singers</u> All ages and abilities welcome. Have fun singing a wide range of traditional and popular songs New members always welcome. No experience necessary Supported by Church Street Ward Budget</p>	<p>Free – No need to book At 60 Penfold Street, NW8 8PJ</p>
<p>Sunday 6th October Time (TBA)</p>	<p><u>British Museum – Free Tickets Inspired by the east – how the Islamic world influenced western art</u> Charting the fascinating history of cultural and artistic interactions between east and west , this exhibition explores the impact the Islamic world has had on Western art for centuries.</p>	<p>Free – you need to request tickets – maximum of 2 per application from the Penfold Hub – if your request is successful you will be notified by the 1st of October <u>penfoldhub@nhhg.org.uk</u></p>
<h2><u>Future Events</u></h2>		
<p>Sunday 1st December 2pm</p>	<p><u>Westminster Annual Tea Dance</u> This year the annual Tea Dance will take place at the Grosvenor House Hotel on Sunday 1st December 2019. Every year Westminster City Council holds a Tea Dance for local residents aged 65 and over, free of charge. If you need help with making your application , you can ask at your local library or call into the Hub office</p>	<p>Free Tickets must be requested in advance. https://www.sirsimonmiltonfoundation.com/what-we-do-older-people/tea-dance-celebrations/tea-dance-application <u>Any difficulty call 020 7641 8088</u></p>
<p>Thursday 19th December 3.30pm</p>	<p><u>Friendship Concert</u> <u>Guy Barkers Big Band Christmas</u> Guy Barker’s inimitable mixture of jazz classics, unearthed treasures and Christmas oddities will put a swing in your step as the festive season kicks off. With Barker’s musical mastery and illustrious guests raising the roof, Guy Barker’s Big Band Christmas can convert even the grumpiest bah humbugs to the joy of Christmas.</p>	<p>Tickets £5 Available from the Penfold Hub Booking opens from Monday the 18th of November</p>

Transport - Do you need transport to attend Hub activities? If you are unable or find it difficult to use public transport - Westway Community Transport has a new service to help you. It is free to register and the cost is £1.10 per mile. If you are interested, call them on 02089641114 between 1pm and 4pm any weekday and they will help you register. Registration forms are available from the Hub office.

Volunteering – Would you like to be a volunteer at the Penfold Community Hub? Let us know! We have volunteers in different areas and with different roles, let us know what your interests and availability are and we'll get you started in the wonderful world of contributing to the Penfold Community Hub's activities! We're always looking for gardeners, reception support and help with producing the Hub newsletter. Or come and discuss your volunteering interests with us!

For more information about Penfold Hub activities for the over 50s in Westminster, please contact: Denis Kane, Penfold Community Hub, 60 Penfold Street, London NW8 8PJ - TEL 020 3815 0033 - EMAIL penfoldhub@nhhg.org.uk You can also find more information about the Penfold Community Hub and the most up-to-date activity programme on the Notting Hill Genesis website: www.nhhg.org.uk/penfold

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EMAIL penfoldhub@nhhg.org.uk

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Friday – Closed